

# RIGHTS GUIDE

2019

*DEAR COLLEAGUES AND PARTNERS,*

We are very happy to present you our Foreign Rights Guide 2019!

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 more than 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 which you would like to receive review copies of.

We look forward to hearing from you.

Kind regards,

Heidi & Markus Schirner



For all Foreign Rights inquiries please contact:

Rudolf Scholz

Schirner Verlag GmbH & Co. KG  
Birkenweg 14a  
64295 Darmstadt  
Germany

[rudolf.scholz@schirner.com](mailto:rudolf.scholz@schirner.com)  
[rights@schirner.com](mailto:rights@schirner.com)



# CONTENTS

- 4 Spirituality
- 32 Self-Help / Counselling
- 56 Body in Balance
  
- 74 Selected Titles – Successfully Licensed

## PICTURE CREDITS:

[www.shutterstock.com](http://www.shutterstock.com):

Cover, pages 1, 72: # 1186087225 (© Denis Belitsky), # 691682524 (© StarLine), # 144072169 (© Peter Hermes Furian), # 341320430 (© dwph);  
page 2: # 412683298 (© Bogdan Sonjachnyj); page 30: # 667327660 (© Evgeny Atamanenko); page 54: # 360419555 (© Kite\_rin)

A person is walking barefoot through a field of tall, dry, golden-brown grass. They are wearing a light-colored, intricately patterned lace dress. Over the dress, they have a poncho with a bold geometric pattern of black, white, and brown stripes. The poncho has long, light-colored fringe hanging from the edges. The person is holding a long, thin, dark wooden stick in their right hand. The background is a soft-focus field of similar grass. The lighting is warm and golden, suggesting late afternoon or early morning. A solid purple shape is visible in the top right corner of the image.

# Spirituality



## The new mega trend

Crystal grids combine the healing powers of crystals with those of Sacred Geometry, which makes them so outstandingly effective. Already when laying out a crystal mandala, energies are released that help us manifest our wishes and intentions. This book contains everything you need to know about the work with crystals: hints about care, storage and cleaning of the stones, useful information on different colors and shapes, ways of crystal programming as well as interesting facts about the magic of numbers. Many useful tips on how to place crystals in a grid-style allow you to create powerful crystal patterns for any need whatsoever. Or you can use one of the thirty example patterns and –rituals for achieving wealth, love and balance or just a good night's sleep. Moreover, the crystal face massage, the Annapurna grid for energizing food, or the laying of a body grid provide plenty of inspiration for applications in the areas of beauty, healing and lifestyle.

- › everything you need to know about working with healing stones and crystal grids
- › featuring many tips, meditations and rituals
- › including copy templates of the most important spreads from Sacred Geometry



Anne-Mareike Schultz &  
Dennis Möck-Ludwig  
**Crystal Grids –  
The Power of Crystals**  
The big practice book for working  
and healing with crystals

softcover  
170 x 240 mm  
200 pages  
colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1398-5

**Publication: October 2019**



**Anne-Mareike Schultz** has been concerning herself with light beings since her childhood and came into contact with shamanic knowledge early on. After concluding her law studies, she discovered naturopathy and started, together with her twin sister, a joint practice for natural healing methods. She gives lectures on the subjects of "Avalon" and "priesthood" and regularly organizes spiritual journeys to power places in England.

[www.naturheilpraxis-schultz.de](http://www.naturheilpraxis-schultz.de)



**Dennis Möck-Ludwig** is a trained mental coach and has been leading seminars and retreats on the subjects of "journeys to the inner world", Ayurveda and mysticism for many years. Moreover he is a well-known lifestyle blogger writing about modern spirituality, old rituals and creative meditation.

[www.devis-ashram.de](http://www.devis-ashram.de)

## Deciphering the laws of the divine

More and more people feel drawn back to their origins – to nature as a place of power. Sacred Geometry is part of the natural world, the divine blueprint all life has been created after. In this book Jeanne Ruland gives an insight into the secrets of creation's perfect manifestations. We discover the patterns that are at the root of all our earth's natural realms, discover the elements' power in the Platonic solids, find the plants' growth patterns in the Fibonacci sequence, and experience infinite connectedness in the heart fields of the forest's trees and in the Flower of Life. Nature is in everything, and Sacred Geometry is the language it speaks. If we succeed in understanding it and in activating the powers that are present in all of us we will be able to find back to our roots, to a life in harmony with nature and to a higher level of our spiritual being.

"We can explore things, can take them apart – but in doing so we will not find the vital impulse that makes a frog croak or leap and a bird sing. The mystery of life is only revealed by contemplating nature and its patterns."

- › trend theme "back to nature"
- › with plenty of background information and suggestions for application
- › by the expert in the field of "Sacred Geometry"

Already more than  
2.300 copies sold



Jeanne Ruland  
**Sacred Geometry in Nature**  
How to discover and apply  
the patterns of creation in  
life's abundance

softcover  
144 x 205 mm  
200 pages  
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1389-3

**Publication: June 2019**

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



Sacred Geometry



Sacred Geometry  
in Action

BACKLIST



**Jeanne Ruland** is one of Schirner's best-selling authors. The mother of three 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 lightworking as well as ascended master studies and sacred geometry.  
[www.shantila.de](http://www.shantila.de)



## Understanding the holy language of nature

Nature is a place of abundance, stillness and power. It stimulates healing processes, evokes in us a sense of peace and allows us to completely immerse ourselves in the field of oneness. All this can also be experienced through the perfection of Sacred Geometry. In this card deck both aspects are combined, and with its fifty unique cards Jeanne Ruland makes us aware of the manifold forms and unlimited patterns of the natural world. So we discover the symbol of love in an apple, the balancing powers of Yin and Yang in the sun and the moon, and experience the cosmic power of the pyramid on a mountain top. Short impulses for every day pave the way to a life in the light of creation.

- › **unique card set combining the themes “nature” and “Sacred Geometry”**
- › **with impressive nature motifs**
- › **the best-selling author offers workshops on “Sacred Geometry”**



"Apple. Venus pattern.  
Love"



"Snowflake. Icosahedron.  
Purity and Beauty"

Already more than  
1.800 copies sold



Jeanne Ruland  
**Patterns of Creation in Nature**  
Sacred Geometry between  
heaven and earth

card deck  
89 x 127 mm  
50 cards including instruction  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9118-1

**Publication: June 2019**



Sacred Geometry

BACKLIST



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three 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 lightworking as well as ascended master studies and sacred geometry.  
[www.shantila.de](http://www.shantila.de)

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

**“Tell me your house number,  
and I will tell you who you are.”**

**Already more than  
1.300 copies sold**

Whether we live in a single-family house or in an apartment building: There is a unique vibration and power emanating from our house numbers. If we are aware of their specific energy we can not only use them for our personal development but find the answers to many of our questions as well: Which task are we supposed to fulfill in our present stage of life? Which of our qualities are we entitled to live more fully? And what can we do if our house number does not resonate well with us?

In this book the author shows which issues are associated with the different numbers and letters: vocation, partnership – or rather a good grounding? Step by step and with the help of many exercises Bhagavati P. Hafen guides us in deciphering the meaning of our own house number.

- › valuable information on the mysticism of numbers
- › the ideal gift for people who are moving in



Bhagavati P. Hafen

**The Mysticism of House Numbers**

Discover the numbers' impact  
on your life

paperback  
115 x 165 mm  
96 pages  
colour illustrations throughout

€ 6,95 (GER)

ISBN: 978-3-8434-5179-6

**Publication: July 2019**



Treasures of the Runes –  
Powers of the Names

**BACKLIST**



**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 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](http://www.reiki-lichtheilung.de)



## Heart-opening and simply beautiful – a journey into the center of your heart

In a world focusing on the external we long for a sense of being loved and accepted as we are. But what seems hard to be found in the outer world is available to us anytime as soon as we look inside: unconditioned love! Our soul's love for us is always unquestioning.

In this lovingly designed little book the holistic artist Gaby Shayana Hoffmann takes us on a journey that leads us into the center of our heart. The unique and light-colored mandalas and affectionate soul messages make us aware that we are already part of a larger whole. We are invited to open ourselves to the awareness flowing from the source of all being and rejoice in the inner sense of being intimately connected with our soul.

- › new edition in a modern design
- › gorgeous mandalas to immerse yourself in, to respire and feel accepted
- › for all lovers of luminous artwork
- › for all those longing for more love and a deepened sense of well-being



Gaby Shayana Hoffmann  
**You are Loved**

A declaration of love  
coming from your soul

paperback  
115 x 165 mm  
112 pages  
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-5055-3

**Publication: August 2019**



Dragon-power  
Energies



The Small Book  
of Angels

BACKLIST



**Gaby Shayana Hoffmann** is a holistic spiritual artist and author. Under the name of »Dolphins DreamDesign«, she has been creating art since 2002 – among others mandalas, pictures of light beings and power images that touch the heart and the soul. It's her central concern to remind other people how unique and wonderful they are, which is reflected in her texts.  
[www.dolphins-dreamdesign.de](http://www.dolphins-dreamdesign.de)

## A guide to your inner purpose

Already more than  
2.600 copies sold

It's time for you to be yourself – to satisfy your longing for fulfillment, peace and inner healing ... to find your answer to the question who you really are. You will succeed if you live your "medicine": your very own powers, gifts and talents. Then you will be in tune with yourself, with nature and the entire universe. And it is your medicine name that reveals the nature of your "medicine" to you.

This unique book written by the shamanic teacher Lisa Biritz can help you find your medicine name: when going on a meditative hiking tour, with the help of your power animal, while dancing, painting, writing or by talking to your spiritual ancestors. Every one of us carries such a particular name within his or her soul – and you are no exception! Whether it be "Happy Bee", "Singing Dolphin" or a completely different one: Your medicine name makes you aware and appreciative of your innermost being and true purpose. "It is time for you to find your medicine name."

- › the first book dealing with this exceptional soul-shamanic access to your inherent powers
- › the medicine name as a way to fulfillment, peace and healing
- › by the author of the successful titles "Soul Medicine" and "Visions of the Soul"



Lisa Biritz

### Your Medicine Name

Finding your hidden task in life – healing the world

paperback  
144 x 205 mm  
128 pages  
colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1374-9

**Publication: March 2019**

Lisa Biritz's works have  
been translated into 4 languages.



Soul Medicine



Shamanic Fasting

BACKLIST



**Lisa Biritz** travelled around the world and has learned the shamanic work according to Sandra Ingerman (core shamanism) and Sun Bear. She is trained in shamanic ancestors' constellations, Shiatsu, Reiki and is also a certified Hatha Yoga teacher. Born in the Netherlands, the mother of twins lives in Hawaii in the bay of dolphins and whales where she holds shamanic seminars and from where she takes the participants to encounters with dolphins and whales out at sea.  
[www.LisaRainbow.com](http://www.LisaRainbow.com)

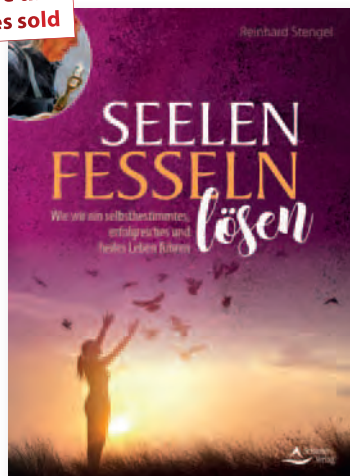


## Finally becoming who you really are!

We all want to live the life that really suits us, develop our full potential and experience joy and fulfillment day by day. But why does reality usually look quite differently? This is due to our soul fetters: energies that bog us down and weaken our self-confidence, that put us under alien rule and prevent us from fulfilling our soul's plan. These energies may include old beliefs from childhood, unresolved issues of our ancestors or mental occupations. Soul shaman Reinhard Stengel, also known as "Rainbowman", describes many simple but effective methods to break these shackles so that we can finally live a self-determined life – free to become who we really are.

- › simple but effective techniques for solving blockages
- › achieving fulfillment and health by living a life in authenticity

Already more than  
2.800 copies sold



Reinhard Stengel  
**Untying Our Soul's Fetters**  
How to lead a self-determined, successful and unrestricted life

paperback  
162 x 220 mm  
144 pages  
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1388-6

**Publication: June 2019**

Reinhard Stengel's works have been translated into 4 languages.



Journey into  
Your Own Past



What Fingers Reveal

BACKLIST



**Reinhard Stengel**, also known as »Rainbowman«, worked in the management sector for a long time. Following an encounter with a medicine man in 2004 he decided to work as a healer and shaman. Today the sought-after trainer and conference speaker fills large halls in the entire German-speaking area. His successes in treating mental and physical disorders speak for themselves.  
[www.reinhard-stengel.de](http://www.reinhard-stengel.de)

## Take some time for yourself, for your soul, for your healing ...

Already more than  
1.900 copies sold

Shamanic journeys offer you a marvelous space for contemplation: They help you reconnect with your soul, your true self and find your inner center. You can use these meditations to immerse yourself in the elements and discover your inherent strengths. They guide you into the world of spirit animals and spiritual leaders, of symbols and archetypes, and appeal to those areas of your being that do not work at an analytical and logical level but in an intuitive and emotional way. It is here where you meet with your deepest truth. Allow yourself to enter this world – knowing that your innermost being is appreciated and understood in its longing for peace. Everything you will encounter on this journey serves the vision of your life, thus helping you become whole again and find your way to healing.

- › a marvelous access to the true self
- › traditional and profound way to regain fresh energy
- › for beginners, experts and teachers as well



Susanne Hühn  
**Shamanic Journeys**  
Meditations for vision and healing

paperback  
144 x 205 mm  
152 pages  
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1387-9

**Publication: April 2019**

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



Imagine Whatever  
You Want



Guided Imagery Journeys  
to the Oasis of Tranquility

BACKLIST



**Susanne Hühn** 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 and abroad.  
[www.susannehuehn.de](http://www.susannehuehn.de)

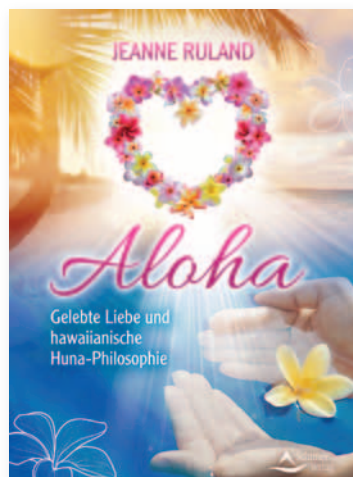


## Sustained by love

Love is everywhere – we are always permeated, surrounded and sustained by love. For millennia, this insight has been practiced within the Huna philosophy with unique wideness and openness since “Aloha”, meaning “love”, stands for a living force that includes all that is.

In this book, which is inspired by the beauty and the spirit of Hawaii, Jeanne Ruland shares with us the secret knowledge of the Hawaiian shamanism in theory and practice. She shows us how we can experience the feeling of being connected to the earth again in a powerful and harmonious way. With the help of Huna, Tiki Waena, Haipule, Ho’oponopono and other techniques we learn to love and appreciate our own being and to pass on this love and appreciation to others. In this way, we can harmonize the inner and outer world, regain our strength, create health, joy and success and manifest divine harmony and peace within ourselves and therefore in the world. We come to recognize: All is divine, all is love. Aloha!

- › **more than 16.000 copies sold of the previous edition**
- › **the guide to a happy and blessed life**
- › **Jeanne Ruland has more than 30 years of experience in shamanic healing techniques and the Hawaiian Huna philosophy**



Jeanne Ruland  
**Aloha**  
 Living love and Hawaiian  
 Huna philosophy

softcover  
 162 x 220 mm  
 352 pages  
 colour illustrations throughout

€ 24,95 (GER)

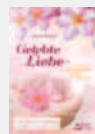
ISBN: 978-3-8434-1395-4

**Publication: March 2019**

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



Aloha



Love as a Lived Reality

BACKLIST



**Jeanne Ruland** is one of Schirner's best-selling authors. The mother of three 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 lightworking as well as ascended master studies and sacred geometry.

[www.shantila.de](http://www.shantila.de)

## Moving forward with new strength and in joyful expectation of the twelve months ahead!

Whether it's finding and living one's own vocation, fulfilling the dream of a perfect happy family or just going through life in good health and full of energy – whatever our wishes for the next year may be: they're supposed to bring us happiness, joy and success. Twelvetime is the perfect time to let go of outdated goals that do not serve us anymore and sow the seeds of new wishes and visions for the coming year – for in this holy time higher forces are at work and the golden seeds we now lay for the next year are particularly fertile.

In her spiritual journal bestselling author Jeanne Ruland guides us step by step through the twelve oracle nights and shows us how to channel our creative forces in the right direction. Many exercises, impulses, rituals and meditations strengthen our vision for the year to come with their blessing and support.

- › Twelvetime as a time to shape and manifest our visions for the new year
- › including many simple exercises and rituals
- › offering a lot of space to express your own thoughts
- › for all those who want to learn how to benefit from the twelve nights' creative power

Already more than  
4.000 copies sold



Jeanne Ruland  
**The Book of Visions for the  
Twelve Nights of Christmas**  
How to make our vision for the  
New Year come true

paperback with embossing finish  
170 x 240 mm  
160 pages  
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1396-1

**Publication: October 2019**

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



My Oracle of the  
Twelve Nights



My Companion of  
the Twelve Nights

BACKLIST



**Jeanne Ruland** is one of Schirner's best-selling authors. The mother of three 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 lightworking as well as ascended master studies and sacred geometry.  
[www.shantila.de](http://www.shantila.de)

## More than 200.000 copies sold in Germany!

From time immemorial the Twelve Nights have been considered as a time in which we should not work but celebrate, review the past year and consult some kind of oracle, a time to let go, leave old ballast behind and banish demons and evil spirits.

This *expanded* and redesigned edition of the classic contains everything we need to know about Twelvetide, the twelve Holy Nights between Christmas and Epiphany on January, 6<sup>th</sup>: informative facts about earthly and celestial cycles, ancient traditions as well as practical tips and exercises in order to spend each of the Holy Nights in a meditative and festive atmosphere with long-lasting effects.

Conveying in particular the spiritual aspects of the Twelve Nights, Jeanne Ruland's handy beginner's compendium has over the past ten years successfully been guiding readers through the most mystical time of the year.

Until today, the bestseller has remained to be the key to understanding the essence of this magical time. It is a must-have for Twelvetide beginners and a precious treasure for Twelvetide experts!

- › **the beginners' manual for the Twelve Nights of Christmas**
- › **step-by-step guidance through the Twelvetide**
- › **offering background knowledge, tips and simple exercises**



Jeanne Ruland  
**The Secret of the Twelve Nights of Christmas**

A guide through the Holy Nights of Twelvetide

paperback  
 115 x 165 mm  
 112 pages  
 colour illustrations throughout

€ 6,95 (GER)

ISBN: 978-3-89767-865-1

**Publication: September 2019**

**Rights already sold: Czech, Spanish**

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



My Oracle of the Twelve Nights



My Companion of the Twelve Nights

BACKLIST



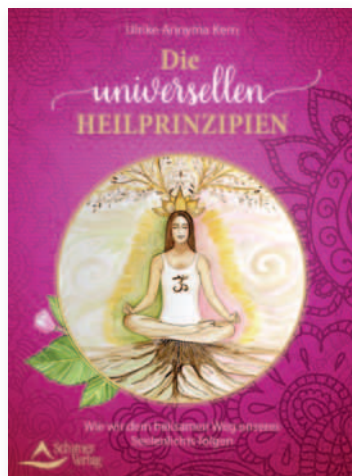
**Jeanne Ruland** is one of Schirner's best-selling authors. The mother of three is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys covering a wide range of themes. She teaches studies in nature, angels and lightworking as well as ascended master studies and sacred geometry.  
[www.shantila.de](http://www.shantila.de)



## Balancing our soul essence with the life on earth

Let the light of your soul shine in the world! When we are connected with our true self, our soul essence, we can unfold our gifts for the benefit of the world and experience heaven on earth. But time and again we become disconnected from the sense of oneness by feelings of guilt, lack and suffering. Mindfulness, gratitude, naturalness, true love ... the universal principles of healing make us aware that those burdening feelings have their source in the separation we created ourselves. In a loving and inspiring way the well-known spiritual teacher and artist Ulrike Annyma Kern explains the meaning and application of these principles and helps us find a balance between our earthly existence and the essence of our being. Once we are able to follow our inner light, challenges and blockages transform into gifts of healing und salvation, and we are free to manifest the happy and fulfilled life we are meant to live!

- › for all those who want to find a balance between their earthly existence and their spiritual being
- › written by the well-known author and artist
- › messages for a happy and fulfilled life



Ulrike Annyma Kern  
**The Universal Principles of Healing**  
 How to find the way to healing

paperback  
 162 x 220 mm  
 248 pages  
 colour illustrations throughout

€ 22,95 (GER)

ISBN: 978-3-8434-1391-6

**Publication: April 2019**



**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.ulrikehinrichs-engel-art.com](http://www.ulrikehinrichs-engel-art.com)



Heal Yourself and  
 Heal the World

BACKLIST

## Receiving the gifts of healing and salvation

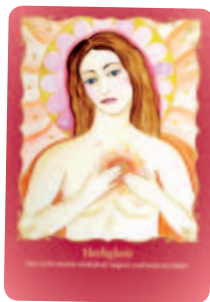
Already more than  
1.500 copies sold

Follow your soul's light! Everything you need to find healing and salvation you have within you: the light of your soul! With the help of forty powerful healing principles the well-known artist and spiritual teacher Ulrike Annyma Kern shows how to integrate the truth of your heart into your life's path on earth. By unfolding your divine gifts instead of sacrificing yourself for the ego's goals you will overcome the illusion of separateness. In this sense of oneness you will fulfill your life's task, unfold your true greatness and experience healing, wholeness and bliss.

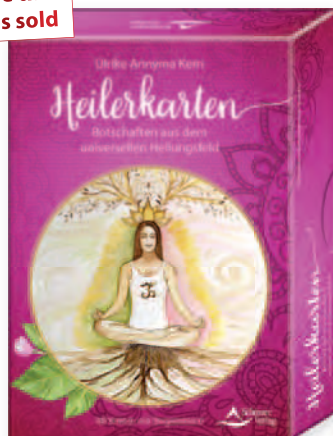
- › the perfect supplement to the book **"The Universal Principles of Healing"**
- › featuring marvelous artwork created by the author
- › covering a great variety of topics ranging from **"gratitude"** to **"devotion"**, from **"responsibility"** to **"true love"**



"Surrender"



"Sacredness"



Ulrike Annyma Kern

### **Cards for Healing**

Messages from the universal field of healing

card deck

89 x 127 mm

43 oracle cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9119-8

**Publication: April 2019**



Vision of the Soul

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.ulrikehinrichs-engel-art.com](http://www.ulrikehinrichs-engel-art.com)

## Womanhood

... is something mankind has associated with fertility, protection, creativity, nature and life itself since ancient times. So no surprise that for the Celts the most important deities were powerful female beings. And their Nordic neighbors, too, the imposing Vikings and Teutons, had their wise, sorcerous, beautiful and sometimes not so enchanting goddesses. All of them represent different facets of femininity and support us with their magic, wisdom and visionary force. Antara Reimann and Anne-Mareike Schultz bring the legends of thirteen Celtic and Nordic goddesses back to life – and with them the different aspects of womanhood each of them embody. Thus, it is the gift of Brigid we can sense in every creative thought, the youthful light-heartedness of the goddess Gefion we can feel in every new beginning and the power of the wise Cerridwen, keeper of the cauldron, we can perceive in every change. With its powerful rituals this unique spiritual journey leads us back to the deepest roots of our womanhood and helps us leave old beliefs behind, strengthen our own goddesses' powers and weave blissful threads into our wheel of fortune. Though this path may be challenging at times it will eventually endow us with self-determination, profound healing and transformation – for a life in the spirit of the Great Goddess.

- › **powerful rituals every woman can easily perform**
- › **featuring exciting legends and interesting facts about the Celtic and Nordic goddesses**
- › **for women of every age wanting to fully develop their femininity**
- › **collaborative work by two experts in the fields of "Avalon", "Celtic mythology" and "goddesses"**



**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.  
[linktr.ee/AntaraReimann](http://linktr.ee/AntaraReimann)



**Anne-Mareike Schultz** has been concerning herself with light beings since her childhood and came into contact with shamanic knowledge early on. After concluding her law studies, she discovered naturopathy and started, together with her twin sister, a joint practice for natural healing methods. She gives lectures on the subjects of "Avalon" and "priesthood" and regularly organizes spiritual journeys to power places in England.

[www.naturheilpraxis-schultz.de](http://www.naturheilpraxis-schultz.de)



Antara Reimann &  
Anne-Mareike Schultz  
**Goddesses Rituals**

Living your womanhood with  
the power of the Celtic and  
Nordic goddesses

softcover  
144 x 205 mm  
176 pages  
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1400-5

**Publication: September 2019**



## Angels seen in a new light

In most religions and traditions there has been a lot of writing and teaching about angels, some of it sounding fantastic, almost too good to be true. All too often, however, angels appear to us as overly saint and inapproachable beings. Since her childhood Angel expert Chamuel Schaufert has been in touch with the world of spirits. She has been accompanied by the seraphs Michael and Uriel all her life and considers the sphere of angels as the homeland of her soul. In this book she wholeheartedly shares her ample knowledge about angels with us. How do they incarnate? Why, actually, do angels have wings? Und do even angels sometimes make mistakes? The author shows that angels are no more "saint" than we are and guides us with the help of many exercises and tips to find our own way to and with the angels.

- › a fresh and modern outlook on the topic of "angels"
- › cosmic and earthly relationships explained in an easily comprehensible way
- › including comprehensive background knowledge and practical exercises



Chamuel Schaufert  
**Just One Wing Flap Away**  
 Angels and seraphs at our side

gatefolded paperback  
 162 x 220 mm  
 192 pages  
 colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1409-8

**Publication: November 2019**



The Enchanting World  
 of your Spiritual Home



Your Spiritual  
 Home Oracle

BACKLIST



**Chamuel Schaufert** offers seminars, workshops, channeling sessions and lectures in Germany, Austria and Switzerland. It is her main concern to help people develop their spiritual consciousness by conveying her knowledge in a loving way. She is convinced that the earthly life is inseparable from a spiritually oriented way of thinking and thus supports people in experiencing spiritual development in a joyful and liberating way.  
[www.chamuel-world-of-spirit.com](http://www.chamuel-world-of-spirit.com)

## Discover your own inner Avalon!

There are many sagas and legends about Avalon, like the myths of King Arthur, Merlin, Morgaine and the Holy Grail. Glastonbury is today considered as the place where the connection to Avalon can be felt most strongly and where we can still find access to these hidden realms. However, the Holy Island is a living inner experience for everyone who is willing to hear its call while everybody will sense its magic in a different way.

With plenty of exercises and meditations this enchanting companion grants you entrance to your unique world of Avalon. Meet the Great Goddess, the druids, priestesses, dragons and other fabulous creatures and find your individual way of experiencing this mystical world within. This also includes healing old wounds so you are free to live your personal Avalon while giving it expression at all levels and in a loving way. This soul diary offers the safe space you need to experience your own Avalon's magic!

- › a very personal workbook offering lots of space for thoughts, visions and dreams
- › written by best-selling experts
- › for all those who want to experience and express their inner Avalon

Already more than  
1.400 copies sold



Jeanne Ruland & Melanie Missing  
**Your Avalon Companion**  
A soul diary for the inner realms

softcover  
144 x 205 mm  
160 pages  
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1392-3

**Publication: April 2019**



**Jeanne Ruland** is one of Schirner's best-selling authors. The mother of three 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 lightworking as well as ascended master studies and sacred geometry.  
[www.shantila.de](http://www.shantila.de)



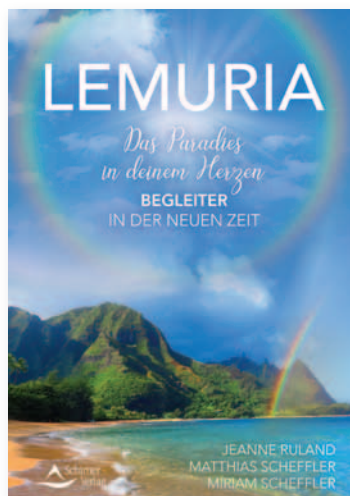
**Melanie Missing** is among the most popular authors concerned with the topic of "unicorns" in the German-speaking countries. She has published several books, card decks and CDs and is the creator of the prize-winning "unicorn essences", which she distributes through her own firm "Garten Eden" located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

## “Paradise first arises within ourselves und then becomes visible through us.”

A life in harmony, peace and abundance, a Golden Age – this is what we desire more than anything else in our times. This paradisiacal condition is deeply rooted in our souls because it is well-known to us from the third and fourth major epochs of the earth, the Lemurian Age.

This companion guides you to your golden light roots, your source and your true potential. It shows how to reawaken the paradise within you and provides you – through many meditations, connecting exercises and Lemurian messages – with the energy that is needed to make heaven on earth a reality. Whether you want to perform simple Lemurian everyday rituals or participate in the ancient knowledge of the healing power of nature – this companion is your luminous key to the new Golden Age.

- › **the perfect supplement to the successful book “Lemuria”, which is already in its third edition**
- › **already more than 12.000 enthusiastic readers of the two “Lemuria” books and the card deck**
- › **featuring many exercises and meditations for connecting with the Lemurian consciousness**



Jeanne Ruland, Matthias Scheffler & Miriam Scheffler

### **Lemuria**

The paradise in your heart – a companion in the New Age

softcover  
144 x 205 mm  
192 pages  
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1399-2

**Publication: August 2019**



**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](http://www.shantila.de)



**Matthias Scheffler** is a sound alchemist, artist, psychic medium of the spiritual world and visionary of the New Age. His journeys to distant countries and his love for his heart's homeland Hawaii granted him deep insights into the culture and customs of his ancestors.  
[www.matthiasscheffler.de](http://www.matthiasscheffler.de)



**Miriam Scheffler** has been interested in alternative healing methods for her whole life. She trusts in nature providing anything we need for our welfare and health. Uncounted journeys to far away lands have connected her deeply with the wisdom of her ancestors.  
[www.inlovewithoils.de](http://www.inlovewithoils.de)

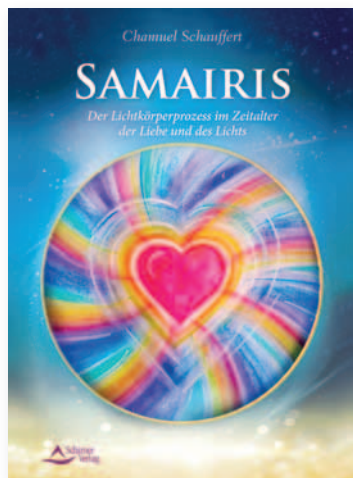


## Love conquers all – with the help of the energy of Samairis

The world is in a process of transition! We are now standing on the threshold between the third and the fifth dimension. Finding ways to enhance their own consciousness and actively take part in shaping a new era is for many people now more important than ever. But not only we humans are facing this change; our planet earth, Gaia, too, has long been ready to undergo a transformation and turn into paradise.

When the golden ages of Lemuria and Atlantis perished 40.000 years ago, the earth entered into a new state of energy: Samairis, the new age of divine love and forgiveness. In this book Chamuel Schaufert explains how it came into being and why it is so valuable for our personal development in the New Age. Equipped with this knowledge, we are able to step out of the shadow of Lemuria and Atlantis and take the process of awakening into our own hands, deeply assuming the responsibility for ourselves. We learn how the energy of Samairis can help us make our light body shine in order to consciously fulfill our role in the New Age as a bringer of light and love.

- › guidance for a life in the New Age
- › the interdependencies of cosmic and terrestrial processes explained in an easily understandable way
- › for all those who want to gently raise their being to a higher level
- › the author offers workshops on "light-body processes"



Chamuel Schaufert

### **Samairis**

The light-body process  
in the age of love and light

softcover

162 x 220 mm

184 pages

colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1390-9

**Publication: May 2019**



The Enchanting World  
of your Spiritual Home



Your Spiritual  
Home Oracel

BACKLIST



Chamuel Schaufert offers seminars, workshops, channeling sessions and lectures in Germany, Austria and Switzerland. It is her main concern to help people develop their spiritual consciousness by conveying her knowledge in a loving way. She is convinced that the earthly life is inseparable from a spiritually oriented way of thinking and thus supports people in experiencing spiritual development in a joyful and liberating way.

[www.chamuel-world-of-spirit.com](http://www.chamuel-world-of-spirit.com)

## En route with the “incense woman” – 21 stories from her daily work

Our home is the place where we should regain strength, come to rest and feel completely at ease. Many rooms, however, are affected by old and strange energies preventing this very recovery. Energetic house cleansing can help us dissolve those negative energies, and what is more: the smoke of the herbs, resins and woods can infuse your four walls or working place with new energetic information.

Equipped with her incense bowl, Bhagavati P. Hafen travels all around Germany transforming negative energy fields by burning dammar, rose and cedar or using the healing sounds of mantras. In 21 inspiring stories you get acquainted with people from all walks of life and their homes, each of them told in a vivid und instructive way to make you familiar with the various incenses' manifold positive effects. So we learn that mugwort not only has cleansing properties but also brings blessings to our home; that amber opens up our rooms for the rays of the sun; and that daisies bring us back the lightheartedness of our childhood. Many tips on how to collect and dry the various plants as well as little rituals of transformation complete this extraordinary guidebook that will help you bring happiness in each one of your rooms.

- › interesting facts about collecting and burning herbs, resins and woods
- › little cleansing rituals for your own four walls
- › for beginners and advanced users as well



Bhagavati P. Hafen  
**Making Room for Happiness**  
 How to turn your home into a power place with the help of energetic house cleansing

softcover  
 162 x 220 mm  
 160 pages  
 colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1397-8

**Publication: August 2019**



**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 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](http://www.reiki-lichtheilung.de)



The Incenseress

## How to regain our mental balance through the powers of nature

Our soul is particularly receptive to the energies of incenses. It may not always be easy, though, to tell which of our mental aspects need to be tended to. But by intuitively picking a card we can get a hint. And while connecting with the plant's spirit, as affectionately illustrated on each of the cards, we are able to solve our themes right away! Whether it's about relaxing or grounding ourselves, developing gratitude or gaining a sense of basic trust – the plants are our allies on our way to inner peace.

- › proven incense recipes for healing the soul
- › written by the well-known author managing her own incense manufactory
- › soul themes impressively illustrated by the artwork of Petra Kühne
- › intuitive approach to the practice of incense burning



"Full of joie de vivre"



"Love yourself"



Annemarie Herzog & Petra Kühne  
**Incense Burning for the Soul**  
 Intuitively finding the right mixture

card deck  
 89 x 127 mm  
 44 oracle cards including guidebook  
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9122-8

**Publication: November 2019**



With her expert knowledge **Annemarie Herzog** supports people in performing energetic home cleansing and incense burning rituals. She organizes the well-known health fair »gesund und glücklich« (»healthy & happy«) and writes for the same-named magazine.  
[www.malusa.at](http://www.malusa.at)



Illustrator **Petra Kühne** has been collaborating with Chuck Spezzano for nearly twenty years. Most of her motifs are imbedded in the realms of fantasy and fairytales but also in the spiritual world. In her artwork she aims at lending expression to stories, meanings and atmospheres in order to convey a sense of happiness and peaceful togetherness at an unconscious level.  
[www.petralefaye.de](http://www.petralefaye.de)

## Nature has many magical moments to offer

Simple rituals can help us enchant our everyday life: By taking time for ourselves we regain our balance and become aware of all the little miracles and magical moments that create within us a sense of ease and give us courage and strength. This card deck's 44 natural rites take us to islands of peace and joy: We compose healing mandalas out of flowers, summon friendly natural spirits to our side by burning incense, and ground ourselves at the roots of our spirit tree. In her powerful photos the prize-winning fashion designer and photographer Branka Kokol captures the magic of life, connecting us deeply with ourselves and providing us with a sense of being carried by inner peace and strength.

- › finding peace and strength in the realm of nature
- › 44 powerful and enchanting rituals that ground us and give us strength
- › imaginative photographs that make the magic of nature perceptible



"Ease"



"Summer"



**Branka Kokol**, a prize-winning fashion designer and photographer, lives in Munich. She creates fabulous elves' and fairies' dresses and, when working with her camera, finds her favorite motives in nature. With attention to detail, a keen sense of special moments and places and a lot of imagination she illustrates her own stories as well as her vision of an intact and unspoiled world. In various shamanic seminars she could strengthen her connection with the elements, and with her pictures she wants to make the magic of nature accessible to every one of us.



SPIRITUALITY

Branka Kokol  
**Magic and Enchantment for Your Everyday Life**

card deck  
89 x 127 mm  
44 cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9114-3

**Publication: March 2019**



## Listen to the whisper of your soul

With their fantastic imagery and profound messages these 43 cards help us listen to and understand the tender speech of our souls. Four companions – a spirit animal, a healing stone, a plant essence and a number – are assigned to each card and guide us on our soul's path. During 21 days they stay on our side to help us solve or reinforce the life's themes the different cards stand for. We discover our true feelings, can accept what is, find back to our soul's path and experience wisdom, truth, peace and bliss.

"The path of your soul is a path of healing, a path of the heart."

- › receive intuitive messages from your soul
- › featuring beautiful illustrations by Spanish artist Elena Dudina
- › for all fantasy fans



"Live as a dreamer in this world."



"Nature is calling for you."

Already more than  
5.000 copies sold



Christine Arana Fader

### The Soul's Realm

Impulses and messages from  
the matrix of your being

card deck

89 x 127 mm

43 oracle cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9117-4

**Publication: February 2019**

Christine Arana Fader's works have  
been translated into 5 languages.



Dragons' Wisdom



The Power of  
Femininity

BACKLIST



Christine Arana Fader has grown up protected by the spiritual world, which has prepared her for her task from early on. Within the last years she has made a name for herself with her dragon work and is therefore known as the "dragon woman". With great commitment and love, she makes the energy of dragons, Avalon and the New Time accessible to the people in her workshops and thus opens up new possibilities and horizons.  
[www.goldkamille.de](http://www.goldkamille.de)

# The Oracle of Elves

Already more than  
2.800 copies sold

Full of wisdom, peaceful and deeply in harmony with nature – this is the world of the elves. But what many people don't know: Elves aren't nature spirits like dwarfs or fairies but incarnated souls just as we humans are. Their tribe is among the oldest in the universe. With their wisdom they guide us on luminous paths leading us to healing, clarity and awareness and teach us mindfulness and the love of nature. This card deck not only introduces the most well-known elves to us like Artanis, Dian Cecht and Airmed but also provides deep insights into the gifts and values of the elves. Additional exercises support us in continually working on our life themes – for a world of light and love.

- › profound messages and stunning motifs
- › including a comprehensive companion book abounding with background knowledge, exercises and suggestions for interpretation
- › beautifully illustrated by the painter and illustrator Sylvia Gruber



"Listen to the call of  
your power animal."



"Don't be afraid of solitude."



Christine Arana Fader

## Elves

Wisdom from another dimension

card deck

89 x 127 mm

43 oracle cards including guidebook  
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9124-2

**Publication: August 2019**

Christine Arana Fader's works have  
been translated into 5 languages.



Dragons' Wisdom



The Power of  
Fertility

BACKLIST



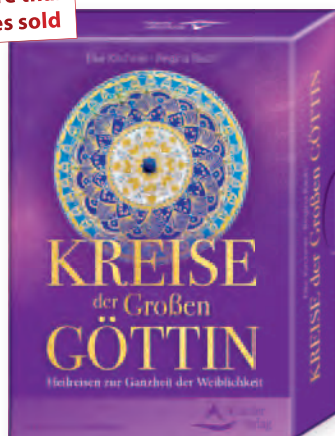
Christine Arana Fader has grown up protected by the spiritual world, which has prepared her for her task from early on. Within the last years she has made a name for herself with her dragon work and is therefore known as the "dragon woman". With great commitment and love, she makes the energy of dragons, Avalon and the New Time accessible to the people in her workshops and thus opens up new possibilities and horizons.  
[www.goldkamille.de](http://www.goldkamille.de)

## The Healer, the Artist, or the Heroine?

Already more than  
1.700 copies sold

How can I awaken the female potential that is slumbering within me and wants to be seen today? The answer to this question is provided by the 44-card deck created by the psychic healer Elke Kirchner and the artist Regina Rauh. Each card allows us to immerse ourselves in a profoundly magical world revealing to us an aspect of the Great Goddess and connecting us with the healing energies of the mandalas so we may unfold our innate female creativity. "This card deck allows us to discover the grace that is available to all of us when we receive the love of the Great Goddess. The Mandalas uplift us with their beauty, building bridges towards timelessness and its ecstatic joy." (Chuck Spezzano)

- › a unique combination of energetic mandalas and healing journeys
- › whether ancestor, companion or medium – strengthen a different aspect of your femaleness every day
- › for all women wanting to unfold their full potential



Elke Kirchner & Regina Rauh  
**Circles of the Great Goddess**  
Healing journeys to the  
wholeness of femininity

card deck  
89 x 127 mm  
44 oracle cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9120-4

**Publication: February 2019**



"The Awaken"



"The Mother"



**Elke Kirchner** is clairvoyant and follows the path of the female shaman. She is a channel for Uriel, an angelic being, and is in contact with light beings and power animals. She has been leading angel and shaman seminars for 12 years and is co-founder of the „Vision of Love“ Center for spiritual growth, mental healing and clairvoyance.

[www.vision-of-love.de](http://www.vision-of-love.de)



**Regina Rauh** lives in Wingst, Lower Saxony. She embarked on her spiritual path many years ago and completed trainings in energetic healing, mental training, meditation teaching and transformational hypnotherapy. She found her calling in creativity when she started freehand drawing of mandalas brimming with power, light and grace. In her pictures the mandala artist transforms divine beauty and harmony into matter.

[www.mandalas-magische-farbkunst.de](http://www.mandalas-magische-farbkunst.de)

# Overcome any imbalances using the vibration of the infinity symbol!

In this unique card deck Barbara Heider-Rauter shows us how to use the lemniscate for achieving more harmony and inner peace. This classic symbol of perfection and balance unites the polarities of life, regulates the flow of energy and helps you find from the duality of our earthly existence to the consciousness of all being one. Pick a card every day and activate the eternal energy flow in order to bring an important life theme into harmony. Allow to be shown the path of your spiritual development by the highly energetic imagery of these powerful cards!

- › the horizontal eight is among the most popular and powerful spiritual symbols
- › with imagery created by the well-known spiritual artist IVOI
- › a perfect complement to the international bestseller "The Power of the Horizontal Eight"



"Calling"



"Christ's Light"

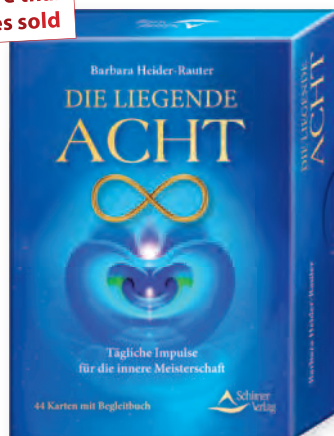
Barbara Heider-Rauter's works have been translated into 5 languages.



**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 organizes 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](http://www.avalon-spirit.com) | [www.barbara-heider-rauter.com](http://www.barbara-heider-rauter.com)

Already more than  
1.600 copies sold



Barbara Heider-Rauter  
**The Horizontal Eight (Lemniscate)**  
Daily impulses for attaining  
inner mastership

card deck  
89 x 127 mm  
44 oracle cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9123-5

**Publication: September 2019**



Flower of Life



The Power of the  
Horizontal Eight

BACKLIST

SPIRITUALITY



## Welcome to life's abundance!

What are we longing most for in this moment? Do we need a powerful energy boost to meet challenges ahead or rather a good dose of courage? Sometimes, however, we are just seeking refuge in the security of our inner being, find some comfort and comprehension or experience a sense of deep peace. All this is offered to us by the infinitely loving energies of the universe. And the best thing about it: These energies are already available to us within ourselves!

With each card we pick our soul sends us a clear message that allows us to access our creative forces in everyday life. The colorful, multidimensional energy images remind us of our soul's love and giftedness and instill us with a sense of ease and bliss.

- › experiencing one's own soul powers in a playful way
- › expressive imagery for dreaming and gathering new strength
- › by the well-known author and artist of "Dolphins DreamDesign"



"Freedom"



"Liberation"



**Gaby Shayana Hoffmann** is a holistic spiritual artist and author. Under the name of »Dolphins DreamDesign«, she has been creating art since 2002 – among others mandalas, pictures of light beings and power images that touch the heart and the soul. It's her central concern to remind other people how unique and wonderful they are, which is reflected in her texts.  
[www.dolphins-dreamdesign.de](http://www.dolphins-dreamdesign.de)



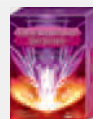
Gaby Shayana Hoffmann  
**The Treasury of Your Soul**  
 Receiving pure energy and love

card deck  
 89 x 127 mm  
 44 oracle cards including guidebook  
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9126-6

**Publication: October 2019**



Dragon-power  
 Energies

BACKLIST

## Unfolding one's own being

Nothing separates us more from life than does our mind. Whenever our thoughts are circling around past and future we tend to lose sight of the here and now. But only in the present moment we are able to create the reality we desire.

The messages of these 45 cards direct our focus to the heart und connect us with the "I-am" – the nourishing power that instills us with the trust that everything will turn out the way we want it to. They open up our consciousness, support us in embracing change – and in living our true, radiant self.

- › **powerful I-am-affirmations that allow direct access to our inherent potential**
- › **the card deck is an ideal aid to meditation**
- › **for working with unconscious aspects and inner issues**



"I AM the power of compassion."

"I AM the manifestation of my thoughts, feelings and inner pictures."



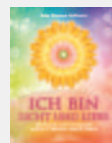
Alexander Wurster  
**In Contact with the I-Am-Presence**  
 From thinking to feeling –  
 strengthening your heart connection

card deck  
 89 x 127 mm  
 45 oracle cards including instruction  
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9125-9

**Publication: Juli 2019**



I AM Light and Love

BACKLIST



**Alexander Wurster** works as an alternative practitioner, meditation teacher, coach and energy worker in his own practice in Saarbrücken. Here he offers a space for slowing down that allows processes of growth to take place. Applying a holistic approach, he accompanies his clients on their path: a shift from brain-centeredness to heart-centeredness and thus a more conscious way of being.  
[www.alexanderwurster.de](http://www.alexanderwurster.de)

A woman with long dark hair, wearing a white tank top and a red plaid shirt tied around her waist, stands in a field of tall grass. Her arms are raised high in the air, and she is looking up with a joyful expression. The background is a bright, hazy sunset or sunrise over rolling hills, with a large orange semi-circle in the top right corner. The text "Self-Help / Counselling" is overlaid in the center in a large, white, sans-serif font.

# Self-Help / Counselling

## Small things that can make the world a healing environment

How to do this? The answer to this question is offered in this thought-provoking book that is at the same time a declaration of love to mother earth – an inspiring guide and eye-opener conveying the encouraging message that it is always possible to choose a more sustainable and joyful way of living in order to create a better world. In her book Susanne Orrù-Benterbusch shows practical ways how to achieve this and offers many suggestions for assuming a responsible and healing attitude towards the planet – which may range from adopting a more conscious consumer behavior and creating a healthy living environment to healing your own body or being more appreciative of other people's presence in your life. And the author demonstrates that spirituality and ecological awareness perfectly go together, both being easily compatible with our everyday lives.

- › **An eye-opener that provides a motivational boost**
- › **including many concrete and doable suggestions**
- › **for all those who feel helpless in the face of environmental pollution, global warming and species extinction**



Susanne Orrù-Benterbusch  
**You Are a Part of the Earth**

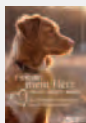
Creating the future we want to live in  
*What each of us can do for  
 a harmonious coexistence  
 of people, animals and nature*

softcover  
 144 x 205 mm  
 200 pages  
 colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1401-2

**Publication: September 2019**



What My Heart  
Wants to Tell You



Cats – Soulmates and  
Heart Conquerors



Your Soul Dog

BACKLIST



Susanne Orrù-Benterbusch is a trained veterinary practitioner who works in her own practice. Since the late nineties she herself has been intensively concerned with the field of alternative medicine. A matter particularly close to her heart is conveying her naturopathic knowledge to pet owners in order to help them act on their own responsibility and thus preserve the animal's health.

[www.susanne-orrue-benterbusch.jimdo.com](http://www.susanne-orrue-benterbusch.jimdo.com)



## The new Duprée – Express your true self

The ego is a mask that conceals our true self. It is that part of us which hesitates and voices misgivings as soon as we are ready to take on a new challenge and shuts down when we want to open up. It is the ego that is afraid of being embarrassed and belittled, of suffering a defeat or being excluded from others. Our true self – our soul – however, does not care about the worries of our mind – it just wants to thrive, find to its true greatness and authentic expression.

The many exercises in this book help us discern when the ego is speaking and when our soul. This way we can loosen the ego's grip on us little by little – to finally be fully ourselves. This means freedom, self-empowerment and ultimate fulfillment.

- › **being clear about the ego allows for genuine self-expression**
- › **simple and workable exercises suited for everyone**
- › **for all those willing to discover and pursue their soul's path**

Already more than  
1.800 copies sold



Ulrich Emil Duprée  
**Finding Out The Ego**  
Striking a new path  
to personal freedom

paperback  
144 x 205 mm  
192 pages  
colour illustrations throughout

€ 14,95 (GER)

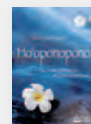
ISBN: 978-3-8434-1336-7

**Publication: June 2019**

Ulrich Emil Duprée's works have been  
translated into 12 languages.



The Secret  
of Abundance



Ho'oponopono

BACKLIST



**Ulrich Emil Duprée** is a spiritually oriented entrepreneur, teacher, author and therapist. He studied philosophy and completed trainings in Yoga and metaphysics. From 2005 to 2008 he lived as a monk in a Hindu monastery. His bestseller "Ho'oponopono", published by Schirner, has been released in the 34<sup>th</sup> edition!

[www.heile-dein-herz.de](http://www.heile-dein-herz.de)

## Every challenge makes us grow

Money worries, physical complaints or even misfortune – all of us know this more or less. If we manage to find purpose in the face of adversity, however, we can maintain our serenity and strength in any life situation we may be facing. In this book Marion Leuschner shows how every experience can carry us forward on our path of life. In many exercises we learn how to stay centered even in challenging situations, keep setting new goals for ourselves, and make peace with the past. In this way, we will not only be happier but manifest a life full of ease and joy as well.

- › **dealing skillfully with life's challenges**
- › **many exercises help you keeping your calm when faced with difficult situations**
- › **for all those who want to foster their positive thinking skills**

Already more than  
1.200 copies sold



### Marion Leuschner **Whatever Happens Serves a Purpose**

The perfect attitude towards life for more happiness and ease

paperback  
144 x 205 mm  
128 pages  
colour illustrations throughout

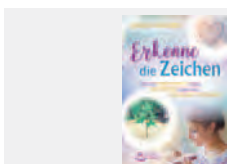
€ 12,95 (GER)

ISBN: 978-3-8434-1384-8

**Publication: April 2019**



Since her childhood **Marion Leuschner** has had a passion for writing, and in 2015 she published her first novel. It was at the darkest point of her life when she learned to open up to the messages of the universe and trust her inner voice. Profoundly moved by this new way of perceiving the world, she decided to pass on her knowledge to others. After completing a training as coach and several advanced trainings in the field of spirituality she already held a number of workshops on "successful wishing".  
[www.marionleuschner.com](http://www.marionleuschner.com)



Recognising the Signs

BACKLIST

## "Hello, my name is Susanne and I am co-dependent."

Establishing close relationships is among our most urgent basic needs. But what if you lose yourself in your relationship? If the things you do for your partner's sake go against the grain for you or are even harmful to you? If you put your own wishes at the bottom of the list, for the mere purpose of continuing the relationship or friendship? – If this sounds familiar you are probably co-dependent and this book is just the right one for you. With this companion Susanne Hühn opens up ways that help you break free from co-dependency. Many inner journeys as well as tried and proven exercises allow you to sense your own needs again and take loving care of yourself. This is how you can stay true to yourself, set your own limits – and have healthy relationships at eye-level.

- › with a lot of space for personal notes
- › clearly structured workbook helping readers overcome co-dependency step by step
- › featuring many progressing exercises

Already more than  
1.800 copies sold



### Susanne Hühn **Staying True to Myself**

A companion for leaving co-dependence behind

softcover  
144 x 205 mm  
168 pages  
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1382-4

**Publication: March 2019**

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



How to Spot and  
Solve Co-dependency



The Healing of  
the Inner Child

BACKLIST



**Susanne Hühn** 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 and abroad.

[www.susannehuehn.de](http://www.susannehuehn.de)

## SELF-HELP / COUNSELLING

Each time you fail to sense yourself, eating too much, smoking too much, you can ask yourself these questions and choose a card. The powerful messages allow you to become aware of your own needs and act accordingly. In this way, new paths open up that help you overcome self-alienation and co-dependency.

- 
- Two cards with German text. The left card says: "Du darfst dich selbst lieben, auch wenn dir nicht gefällt, was du wahrnimmst." The right card says: "Versuche dir deinen Gefühlen zu trauen. Sie sind deine Wegweiser in die glücklichsten, erhellten Zeiten. Dort, wo das Bewusstsein geht so lang. Denken in Freiheit hat die Regel, ob du diese Gefühle erleben oder nicht. Sich manchmal weigert zu folgen, ist etwas, das erwidert dir, auch wenn es dir Gefühle zu überlassen und so kann es nur dir die werden."

49 Buchbesprechungen  
Kraftvolle Impulse

**Ich bleib bei mir**

Kraftvolle Impulse  
für den Ausstieg aus  
der Co-Abhängigkeit

SUSANNE HUHN

49 Buchbesprechungen: 4,5 Punkte  
nach 100 Bewertungen

Schöner Verlag

## Powerful impulses for leaving co-dependence behind

€ 17,95 (GER)

ISBN: 978-3-8434-9113-6

**Publication: March 2019**

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



## The Inner Child – Get out of Co-dependency



## The Inner Adult

## BACKLIST



[www.susannehuehn.de](http://www.susannehuehn.de)



## Setting priorities – achieving your goals

People who dispose of considerable will power tend to be more successful than others. They are not easily distracted and keep their goals clearly in mind. This inner strength, however, is not some innate talent the lucky ones are gifted with and the rest of us are not – in fact will power is something that can be learned! With the help of many exercises and examples both from professional and private life Claudia Fabian demonstrates step by step how this can be achieved. Wanna lose weight without enduring the frustrating experience of failed diets? Need to establish a sound work-life balance? Whatever you may wish for: From consciously perceiving your own thoughts to clearly setting and implementing your goal – this book provides you with everything you need to unleash your will power and achieve your goals with ease and motivation.

- › for all those who are willing to finally carry out their projects
- › only when clear about our intentions we can take strong-willed action
- › featuring many helpful examples both from professional and private life



Claudia Fabian  
**Will Power – The Great Strength within You**

paperback  
144 x 205 mm  
136 pages  
colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1405-0

**Publication: October 2019**



Non-violent  
Communication



Non-violent  
Communication



How to Say No with  
Courage and Respect

BACKLIST



**Claudia Fabian** is a trainer for appreciative communication (according to Marshall B. Rosenberg), a mediumistic/holistic life coach as well as 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](http://www.claudia-fabian.de)

## How to switch negative thoughts “off” and joyful ones “on” instead

Just allowing ourselves to dream big without considering all that does not work – this is the key to happiness. Only by letting go of negative thoughts and just doing what our heart tells us to do we will experience true joy in our lives. What do we truly desire? What would we do if money, time and other people's opinion didn't count? What holds us back from living our dreams? With her positive approach to life the author reminds us that life can be easy-going and gives us the courage to actively take our happiness into our own hands.

- › encourages positive thinking
- › featuring many exercises and examples
- › for all those not daring yet to live their dreams



Marion Leuschner

### **Everything Will Work out Fine – for Sure!**

How our dreams come true with ease

paperback  
144 x 205 mm  
128 pages  
colour illustrations throughout

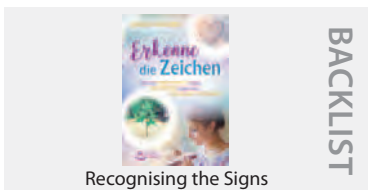
€ 12,95 (GER)

ISBN: 978-3-8434-1404-3

**Publication: November 2019**



Since her childhood **Marion Leuschner** has had a passion for writing, and in 2015 she published her first novel. It was at the darkest point of her life when she learned to open up to the messages of the universe and trust her inner voice. Profoundly moved by this new way of perceiving the world, she decided to pass on her knowledge to others. After completing a training as coach and several advanced trainings in the field of spirituality she already held a number of workshops on “successful wishing”.  
[www.marionleuschner.com](http://www.marionleuschner.com)



Recognising the Signs

## A travel guide to the depths of our souls

Already more than  
1.800 copies sold

There are few things as exciting, fascinating and insightful as a journey into our own self. When thinking of meditation most people imagine someone sitting on the floor in the lotus position, with crossed legs and oblivious of the world. But meditation is much more than that.

Meditation can be everything that brings us closer to ourselves and it takes place whenever we are fully in the now. It is an ancient practice allowing us to better know ourselves, find peace within, develop our intuition and strengthen our body awareness. Meditation is one of the most beautiful inner paths, and mental coach Dennis Möck-Ludwig shows us how we can make this path a unique experience not only for ourselves but also for others. He introduces us to the basic principles of meditation, accompanies us on inspiring journeys into the inner world and provides us with valuable tips for our daily practice, e.g. as to appropriate choices of background music and scents.

A perfect and inspiring companion for all meditators and meditation teachers-to-be.

- › easy-to-understand introduction to the inner-world journeys providing many practical tips on how to prepare and perform meditations
- › for all those interested in integrating relaxing and powerful meditations into their everyday lives
- › including guest contributions by Daniela Hutter, Susanne Hühn and Jennie Appel
- › for all those intending to conduct meditation courses and evening sessions themselves



Dennis Möck-Ludwig  
**Journeys into the Inner World**  
The practice book for guided meditations and soul travels

softcover  
162 x 220 mm  
160 pages  
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1383-1

**Publication: January 2019**

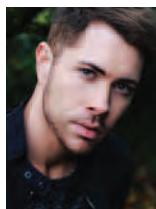


Moon Priesthood



Priesthood  
of the Moon

BACKLIST



Dennis Möck-Ludwig is a trained mental coach and has been leading seminars and retreats on the subjects of "journeys to the inner world", Ayurveda and mysticism for many years. Moreover he is a well-known lifestyle blogger writing about modern spirituality, old rituals and creative meditation.  
[www.devis-ashram.de](http://www.devis-ashram.de)

## 28 journeys that help you relax and gather new strength

Pausing for a moment, switching on one's imagination and leaving the daily routines behind: Who doesn't like to take short side-trips into the realms of fantasy every now and then – especially when things get heated up? These journeys into our inner being, though, allow for much more than just short moments of well-being and relaxation. They have a positive impact on our subconscious and a lasting influence on our whole life. Whether you want to improve your self-confidence, drop emotional baggage or quit smoking: Sylvia Bieber, expert in working with the inner world, knows the right journey and accompanies you on your way to your inner self. In addition to 28 different mental journeys she offers valuable background information and practical tips on how to perform them and benefit from their lasting effects. Equipped with this knowledge, you can turn already your next side-trip into the land of your soul into a deeply moving experience. A "travel guide" for all those interested in embarking on or guiding others through imaginary journeys.

- › **more than 12.000 copies sold of the previous edition**
- › **the indispensable standard work on mental journeys in a modern layout**
- › **easy-to-understand instructions including many practical tips on how to prepare, perform and conclude imaginary journeys**
- › **suitable for therapists and instructors as well**



Sylvia Bieber

### **Journeys into the Land of the Soul**

Guided meditations for relaxation, clarification and setting goals

paperback  
144 x 205 mm  
184 pages  
colour illustrations throughout

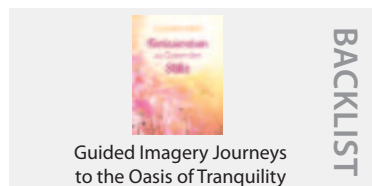
€ 14,95 (GER)

ISBN: 978-3-8434-1407-4

**Publication: August 2019**



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 counselor, 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](http://www.sylvia-bieber-coaching.de)



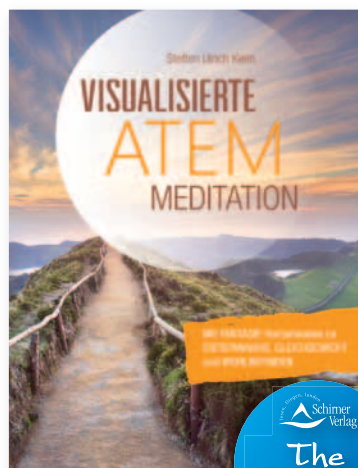
Guided Imagery Journeys  
to the Oasis of Tranquility



## As relaxed as if on vacation – in the middle of everyday life!

We all know how difficult it can be at times to find a moment of calm in the hustle and bustle of everyday life. Usually we do not manage to really relax except when enjoying a vacation. The technique of visualized breathing meditation as developed by Steffen Ulrich Keim allows us to re-experience the pleasant holiday feelings we had during our last vacation. Whether it be a day at the sea or a flight through the colors of the chakras – the sixteen virtual mini-vacations compiled in this book are as simple as can be: While breathing in and out we combine words with inner images. This way, we simultaneously stimulate various areas of the brain that are involved in the relaxing process. As a result we are able to find our inner center and equanimity again. And the best thing about breathing meditation: it can be practiced virtually anywhere and anytime, even when doing sports ...

- › innovative meditation technique allowing different relaxation principles to be integrated in a very easy way
- › as valuable as a short vacation at the sea
- › the breathing meditations are suitable for a short retreat but can also be practiced when jogging for example



Steffen Ulrich Keim  
**Visualized Breathing Meditation**  
 Short imaginary journeys as a way to relaxation, inner balance and wellbeing

paperback  
 134 x 175 mm  
 144 pages  
 colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1394-7

**Publication: May 2019**



**Steffen Ulrich Keim, PhD**, 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 "Glücks-Impulse". 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](http://www.gluecksimpulse.de)



Retreat@home

BACKLIST

## A marvelous gift for all amateur gardeners and nature enthusiasts

For many of us their garden is a small paradise and an oasis of peace in the turbulence of everyday life. Unfortunately, there is also a lot of work involved. But it's our choice whether we do this work in a stressed or in a mindful way, step by step, one thing at a time. Reto Locher demonstrates how this can be done with the help of short, meditative texts that invite us on an inspiring journey not only through our garden but also to ourselves, thus providing us with a fresh perspective. The book also offers many ideas how to find our serenity and inner strength in the midst of our garden's plants. And no matter whether we tend to potted or garden plants: any kind of greenery allows for mindful gardening!

- › consciously cultivating mindfulness
- › guidance for a unique time-out from stressful everyday life
- › a journey into the green – for non-gardeners, too!



Reto Locher  
**Mindful Gardening for Serenity and Inner Strength**

paperback  
115 x 165 mm  
112 pages  
colour illustrations throughout

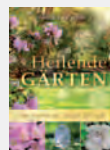
€ 9,95 (GER)

ISBN: 978-3-8434-5178-9

**Publication: August 2018**



**Reto Locher** studied biology at the University of Basel and worked as an economic journalist for several newspapers before he became an editor at the Zurich "Tages-Anzeiger". Today he heads a communications agency in Lucerne and is a lecturer for integral environmental communication at the ETH (Swiss Federal Institute of Technology) in Zurich. He is a passionate gardener and has been concerning himself with studies in Zen as well as meditation and contemplation techniques and the integral approach of Ken Wilber for more than twenty years.  
[www.mare.comm-care.ch](http://www.mare.comm-care.ch)



Healing Gardening

BACKLIST

## Using your intuition successfully in everyday life

Inner compass, sixth sense, gut feeling – whatever you may call it, intuition is a gift every one of us possesses. In many cases, however, we ignore this inner voice having been taught that reason is all that matters. Not infrequently, this leads to misguided decisions, discontentment, even illnesses.

This practice book provides us with numerous exercises and tips on how to rediscover our intuitive energy and employ it in our everyday lives. It shows us the way when making decisions, relating with others and encountering challenging situations. Life's meanings and interrelations become clearer to us, we experience guidance and support – and we feel: we can trust in life!

- › scientific studies have shown that the best decisions are made intuitively
- › featuring many exercises and techniques proven in practice as well as numerous case studies
- › for all those looking for guidance and clarity in their everyday lives

Already more than  
1.700 copies sold



Susanne Steidl & Susanne Schreiter  
**Discover Your Intuitive Energy**  
 How to experience clarity  
 and guidance in your life –  
 a practice book

paperback  
 134 x 175 mm  
 144 pages  
 colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1385-5

**Publication: May 2019**



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](http://www.susanne-steidl.com)



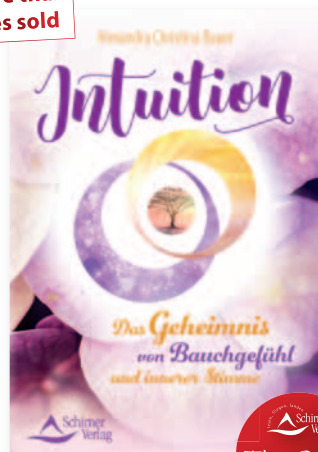
**Susanne Schreiter** lives in Woerth (Rheinland-Palatinate) where she works in her own practice offering energy healing and life coaching in the form of individual counseling and workshops as well as training courses. It is a heartfelt concern of hers to guide people into their true strength – thus bringing more ease and joy into their lives.  
[www.praxissschreiter.de](http://www.praxissschreiter.de)

## On intimate terms with the Self

Our intuition knows precisely where to head next and will not fail to lead us to a rich life full of confidence, joy and contentment – even if our path may be rough and stony at times. In order to follow our intuition, however, we need to become keen listeners of our inner voice. With the help of simple meditations and exercises the author shows us how to strengthen our awareness of the Self as well as our fundamental needs and explains how we can stay true to ourselves even in the midst of our stressful everyday lives. We learn how to reprogram our old beliefs and overcome doubts so that the tiny little voice of intuition may become a clear and reliable inner voice again.

- › **gaining new confidence in your gut instinct**
- › **the exercises can be performed immediately and without prior knowledge**
- › **for all those longing for deceleration**

Already more than  
1.800 copies sold



Alexandra Christina Bauer

### **Intuition**

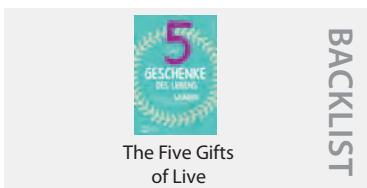
The secret of our gut feelings  
and inner voice

paperback  
115 x 165 mm  
112 pages  
colour illustrations throughout

€ 6,95 (GER)

ISBN: 978-3-8434-5176-5

**Publication: March 2019**



BACKLIST



**Alexandra Christina Bauer** lives in the heart of her hometown Munich. After several attempts to pursue a conventional career she turned her passion into her profession: that is accompanying other people in their efforts to lead an authentic life in accordance with their intuition. In her private practice for psychotherapy and coaching Alexandra Christina Bauer works with clients longing for a professional and private life that really meets their vital needs.  
[www.serenity-therapy.com](http://www.serenity-therapy.com)

## Living in harmony with the soul

The notes of our life's symphony provide the basis for inner peace and heartfelt joy – and only we can compose it. If this sinfonia is in harmony with the unique sound of our soul we find our true self-expression, fulfillment in our everyday lives as well as self-sufficient and lasting contentment.

The author takes us on a journey of self-discovery that makes us acquainted with entirely new sounds in ourselves, frees us from old blockages and leads us to our true potential. Many exercises help us deaden the noise of the everyday world and raise the volume of our inner voice instead, let go of old, wearing grief and trust in our intuition in times of crisis.

If we find the courage to create a life for ourselves that fits our soul's needs we will become the conductors of our own life's symphony!

- › a guidance on how to shield the noise of the everyday world and let your inner voice speak up
- › by the well-known author Bettina Kyrala Belitz
- › for all those in search of their true self
- › including many easy exercises and meditations



### Bettina Kyrala Belitz **The Sound of Your Soul**

How to find and follow your inner symphony despite the noise of the world

softcover  
144 x 205 mm  
176 pages  
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1403-6

**Publication: September 2019**



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 organizes crystal sound events. In 2017 she started her trainings as an animal psychologist and animal behavioral therapist. [www.chiimori.de](http://www.chiimori.de) | [www.bettinabelitz.de](http://www.bettinabelitz.de)



Discovering and Living  
Your Self

BACKLIST



## Who have I been up to now? And who do I want to be as of now?

Being totally ourselves without pretending – this takes the courage to stick to our own values and needs. Nobody wants to be regarded as selfish, though, and all too often we allow to be affected by the assumed opinions and expectations of other people. This book invites you to embark on a journey of self-discovery. Many questions for self-exploration and numerous exercises make us aware of what we really desire, help us strengthen our self-confidence and live our lives ever more true to our soul's essence. In this way we can make our dreams come true and create a fulfilled life for ourselves while at the same time being of use for other people. After all, those who do their best serve the world with their gifts and talents, which is pure love.

- › featuring many exercises for strengthening the self
- › when living our essence we can lead the lives of our dreams
- › for all those who want to liberate themselves from other people's expectations



Sabine Bromkamp

### Ever More YOU

How to live your life from the inside out

paperback  
144 x 205 mm  
160 pages  
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1402-9

**Publication: September 2019**



How to Bring More  
Magic into Your Life



Desire Meets  
Miracle!

BACKLIST



**Sabine Bromkamp** is an alternative practitioner (psychotherapy), psychological consultant and happiness-coach for positive approaches to life. In addition, she writes for the German lifestyle magazines "Auszeit" (Time-out) and "Zeit zu leben" (Time for Living). Writing is her passion, along with spirituality and energetic healing. Her main concern is to guide people back into their own power showing them that they are the creators of their own lives.  
[www.sabinebromkamp.de](http://www.sabinebromkamp.de)

## “Live differently – feel differently!”

The way we live reflects who we are. Whether we radiate a zest for life, are in good health, self-confident and professionally successful: all this also depends on the way we set up our homes – and therefore our lives. Maybe there is a desire for a more respectable living environment, or we might lack a sense of ease within our four walls. No problem! The tips and exercises in this book help us live up not only our homes but also such areas of our life that may have become stuck. And we can achieve this without having to abide by rigid rules or losing ourselves. Are you having trouble realizing your dreams? Maybe you should consider redesigning your bedroom. Is it difficult for you to set boundaries? Are you always being too nice? Then your kitchen's order is probably less than perfect. We discover how even small changes – such as introducing a different scent, a new wall color or some kind of symbol – can make a big difference.

- › fascinating facts about the interrelationship between people and their homes
- › for all those taking pleasure in decorating and designing their living spaces
- › for all those who attach more importance to their personal fulfillment than to living in mainstream domiciles

Already more than  
1.800 copies sold



Barbara Arzmueller  
**Your Home is the Mirror  
of Your Soul**

How little changes can give  
your life a boost

paperback  
144 x 205 mm  
192 pages  
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1386-2

**Publication: April 2019**

**Rights already sold: Czech**

Barbara Arzmueller's works have been  
translated into 2 languages.



High-Sensitive. Good Ways  
to Shelter and Strength



High-Sensitive. Good Ways  
to Wealth and Worth

BACKLIST



**Barbara Arzmueller** worked many years successfully as an interior designer before the encounter with Feng Shui and astrology offered her a chance to integrate her spiritual vocation into her professional and private life. Today she lives near Munich, writes books, holds seminars and offers counseling on “Feng Shui”, “astrology”, “sensitivity” and “family constellations”. Her goal is to show the true beauty of our world and the people living in it – even in a chaotic environment and in disturbing times.

[www.barbara-arzmueller.de](http://www.barbara-arzmueller.de)

## Who needs self-help seminars when living with a cat?

Already more than  
1.500 copies sold

However different and headstrong cats may be, there is one thing they have in common: they know what life is really about and how to make the best possible use of one's time in order to be happy. Complexes, feelings of guilt or fear of the future? Not a bit! Oh, to be a cat ... In this book our feline friends explain to us their view of things and give us advice on how to become a little more cat-like so we can make our everyday lives a lot easier. With a touch of humor and a lot of charm they hold up a mirror to us and motivate us to live our lives in joy and freedom.

- › cats are the most favored pets in the German speaking world
- › the perfect gift for cat owners and cat enthusiasts
- › mindful guidance on the path of life, not just for cat lovers



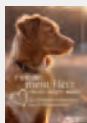
Susanne Orrù-Benterbusch  
**What My Cat Teaches Me**  
Wisdoms that brighten your day

paperback  
115 x 165 mm  
96 pages  
colour illustrations throughout

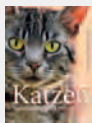
€ 6,95 (GER)

ISBN: 978-3-8434-5175-8

**Publication: January 2019**



What My Heart  
Wants to Tell You



Cats – Soulmates and  
Heart Conquerors



Your Soul Dog

BACKLIST



Susanne Orrù-Benterbusch is a trained veterinary practitioner who works in her own practice. Since the late nineties she herself has been intensively concerned with the field of alternative medicine. A matter particularly close to her heart is conveying her naturopathic knowledge to pet owners in order to help them act on their own responsibility and thus preserve the animal's health.

[www.susanne-orrue-benterbusch.jimdo.com](http://www.susanne-orrue-benterbusch.jimdo.com)

## Getting inspired by the oldest wisdom teachers and soul healers on earth

Trees are regarded as guardians of ancient knowledge offering us restful spaces of contemplation. Leaning against their gnarly trunks, refreshed by their scintillating shadows or amazed by their majestic sight, we find confidence, regeneration and surprising new perspectives. With their messages, encouragement and profound advice the 49 trees from all over the world help us find our inner guidance again, unfold our personalities and reach a higher level of consciousness.

- › featuring photos of magnificent trees from all over the world
- › achieving self-knowledge and emotional healing supported by the trees' power
- › for all those feeling close to nature who seek inner guidance and want to raise their awareness



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 homoeopathic 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](http://www.schwingung-potenziert.de)

Already more than  
1.300 copies sold



Claudia Köller

### **The Power of Trees on our Soul's Path**

Finding persistence and  
inspiration in the web of nature

card deck

89 x 127 mm

49 oracle cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9127-3

**Publication: September 2019**



The Wisdom of the Forest

BACKLIST

# The best coach is the one within yourself!

Within each of us there is an enlightened Buddha: the voice of our heart that offers us advice in all important matters. Challenges – whether in terms of our overall life situation, personal relationships or our own personality – can never be mastered at an outer level but only be met within ourselves.

For this purpose, the popular life coach and Zen Master Sandy Taikyu Kuhn Shimu provides us with 44 valuable maxims including short coaching messages. They give us the strength to change our own way of thinking and acting and to ease some of the burden a situation may hold. Ultimately, it is the voice of our heart that leads us to true inner peace, lasting happiness, peace of mind and unshakable self-confidence.

- › new edition of the successful card deck in a handier format
- › each card offers direct access to the wisdom of our inner center
- › short coaching sessions help apply the maxims to everyday life
- › taking new paths in an effortless way

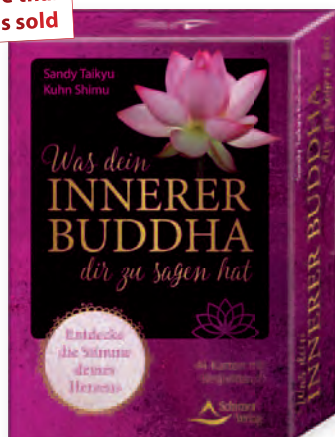


"Every change commences in this moment."



"To live means to take risks."

Already more than 1.600 copies sold



Sandy Taikyu Kuhn Shimu  
**Your Inner Buddha Speaks to You**  
Listen to the voice of your heart

card deck  
75 x 110 mm  
44 oracle cards  
including instruction  
coloured

€ 14,95 (GER)

ISBN: 978-3-8434-9115-0

**Publication: März 2019**



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 line with the WULIN principle she developed herself.

[www.taikyu.ch](http://www.taikyu.ch) | [www.wulin.ch](http://www.wulin.ch)

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



Simply Mindful



# Comforting and reassuring messages from the afterlife

Whether foreseeable or completely unexpected: When our loved ones enter upon their last journey we are deeply affected and left alone with our feelings of longing and mourning. However, though seemingly having left us for good they stay very close to us: since at a spiritual level we will remain connected with them forever.

Gently and affectionately the author helps us experience this connectedness. The 44 mindful impulses as provided by this card deck allow us to get in touch with our loved ones and ask them all the questions that are still troubling our mind. Their loving messages make us feel centered again and allow us to realize that we are never alone.

- › provides comfort, new strength and confidence after experiencing a loss
- › loving messages from the other world
- › helps consciously let go and come to terms with our feelings



Nathalie Schmidt

## I Am With You – Forever

What a beloved soul wants to tell you

card deck

89 x 127 mm

44 oracle cards including guidebook coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9116-7

**Publication: February 2019**



"Our love is stronger than my death."

"As the moon and the stars light up the night, so I am shining for you."



**Nathalie Schmidt**, an examined nurse, works as coach, life consultant, Reiki and soul therapist as well as author. Since 20 years she has been intensively concerning herself with various spiritual subjects such as "energy in human life", "life tasks" and "illness and death as impulses for personal growth". She wants to support people in their personal quest and instill in them the joy of life. The human soul is the focus of her work.

[www.energie-lebensberatung.de](http://www.energie-lebensberatung.de)



Soul Energy

BACKLIST

## Enchanting and exhilarating pictures that touch the heart

Life is wonderful and every moment is worth being turned into a very special one. With uplifting messages and wisdoms, this "little angel", well-known from the German women's magazine „Bild der Frau“, helps bring positive thoughts into our lives. This way it becomes easy to overcome sadness, gather one's strength or bring joy to others. With his charming ways of carrying positive energy and optimism into every situation he infuses us with confidence and a zest for life. So the little angel is not only a perfect companion through all the ups and downs of life but also a marvelous gift for someone especially close to our heart.

- › since 2012 the "little angel" has been an inspiration for the readers of the women's magazine "Bild der Frau"
- › featuring new motifs
- › wonderful gift for all age groups



"Love makes dreams grow."



"What lets your heart bounce?"



Petra Arndt  
**The Little Angel**  
 Messages for the soul

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

€ 14,95 (GER)

ISBN: 978-3-8434-9131-0

**Publication: August 2019**

**Rights already sold: Danish**



Enchanting Devas

BACKLIST

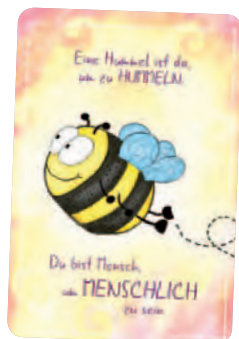


Since her childhood **Petra Arndt** has been receiving and painting light pictures. She works as a freelance painter, designer und illustrator, offers intensive art therapy for patients, conducts painting classes and is a lecturer at the Sasel-Haus in Hamburg, a center for culture and education. Once a week she draws the "little angel" for the "Bild der Frau" magazine.  
[www.petra-arndt.de](http://www.petra-arndt.de)

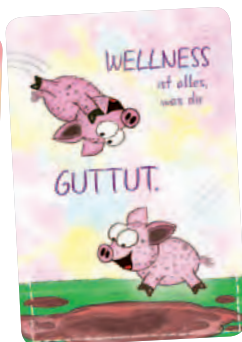
## Feeling grumpy? Not a bit!

These motley little beings created by the popular bearer of glad tidings Martina Trimpin know what really matters: zest of life, love, and a good deal of enthusiasm for everything you do. Abandon yourself to the caterpillar's contagious equanimity or allow the lion to give your self-confidence a boost – each of these little creatures conveys a specific message conjuring up ease and lightness in your everyday life. The 44 inspiring cards make your heart leap with joy und nudge you into noticing all the little wonders of life.

- › **already more than 36.000 copies sold of the author's card decks "Owl Happiness" and "Beside Yourself With Joy!"**
- › **cheerful messages for every situation in life**
- › **great gift idea**



"A bumblebee exists to bumble.  
You are a human being  
in order to be human."



"Wellness is whatever  
does you good."

Already more than  
4.600 copies sold



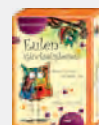
Martina Trimpin  
**Happy Heart Bounces**  
Sparklets of wonder for every day

card deck  
75 x 110 mm  
44 inspiring cards  
including instruction  
coloured

€ 14,95 (GER)

ISBN: 978-3-8434-9121-1

**Publication: April 2019**



Owl Happiness

BACKLIST



**Martina Trimpin** works as a coach. She has been creative and exploring life and its underlying principles all her life. With her charming drawings she has found a way of combining creativity and spirituality in her artistic expression. She wants to encourage people to take life not too seriously and take the necessary steps in order to find pure joy and creativity.

[www.martina-trimpin.de](http://www.martina-trimpin.de) | [www.glueckseelichkeiten.de](http://www.glueckseelichkeiten.de)

## Just being happy – it's as easy as that!

"Take a shower of ease", "Connect your heart with heaven and earth", "Look out for the signs of nature", "Play the melody of your soul" ...

This playful card deck with its enchanting messages and cheerful imagery reminds you every day to plant magical seeds in the soil of your life in order to let them grow and flourish. Make some room for the simple things in life and allow to be accompanied by joy and a sense of ease. In this way the seeds you sowed will turn into lightheartedness and bliss as they sprout, and you will never fail to discover a beam of sunlight even in the cloudiest of skies.

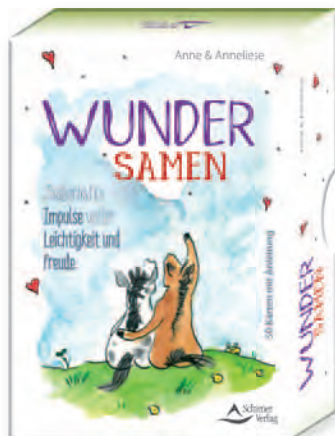
- › ideal present for young and old
- › cheerful feel-good cards with valuable tips for a happy life
- › bringing more lightness into everyday life in a playful way



"Take a shower of ease"



"Exercise forgiveness –  
it's an act of love"



Anneliese Tschenett & Anne Brandt  
**Magical Seeds**  
Enchanting impulses  
full of ease and joy

card deck  
75 x 110 mm  
50 inspiring cards  
including guidebook  
coloured

€ 14,95 (GER)

ISBN: 978-3-8434-9133-4

**Publication: August 2019**



**Anneliese Tschenett** 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. Her vision is to demonstrate in simple words and with lively depictions which underlying forces and dynamics are active in family systems. Demonstrating ways of transforming these influences is something that is particularly close to her heart.

[www.duchnapur.com](http://www.duchnapur.com)



**Anne Brandt** has been fond of drawing since her childhood. Today she lives and works as a self-educated illustrator in the Alsace region. She loves nature and is convinced that every positive vibration, however small, spreads in the world and brings about a change for the better. She wants her artwork to be understood with a twinkle in the eye, as supposed to convey a sense of ease and cheerfulness. Together with her longtime friend Anneliese Tschenett she wants to carry this zest for life out into the world.

A woman with her hair in a bun, wearing a light blue t-shirt and dark shorts, is sitting in a meditative lotus position on a blue floating mat. She is positioned on a body of water, with her reflection clearly visible below. In the background, there are blue mountains under a sky with soft, white clouds. A solid green curved shape is in the top right corner of the image.

# Body in Balance



## Gentle techniques for preserving and restoring the health of your thyroid gland

More than any other of the body's glands the small butterfly-shaped thyroid, which is located in the middle of the front neck, affects our wellbeing and all of our bodily functions. If the thyroid gland is overactive resp. underactive or affected by Hashimoto's disease or knot formation our whole life is thrown off balance. In her book, hormonal system expert Sabine Hauswald has compiled many simple exercises, techniques and suggestions that will help you support this important organ's functions: massages, movement techniques, meditation, compresses and a selection of vital substances for the prevention and treatment of various thyroid disorders.

Let's take the health of our thyroid gland into our own hands!

- › **thyroid gland disorders are becoming increasingly prevalent**
- › **easy-to-implement measures for prevention and treatment**
- › **the practice book as a supplement to the author's bestselling book "The Thyroid Gland and how to Treat its Dysfunctions"**
- › **Sabine Hauswald is a proven expert for the hormonal system and the thyroid gland**



The  
Compact  
Series

Sabine Hauswald

### **The Natural Way to Bring Your Thyroid Gland Back to Balance**

Healing massages, compresses and health coaching for a thyroid gland in balance

paperback  
134 x 175 mm  
144 pages  
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-5180-2

**Publication: September 2019**



The Thyroid Gland



Hormones Move  
My Life



Men Too  
Have Hormones

BACKLIST



**Sabine Hauswald** has 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](http://www.happyhormones.eu) | [www.schilddruese-in-harmonie.de](http://www.schilddruese-in-harmonie.de)

## Give your metabolism a boost!

There are countless guidelines for optimal nutrition. But there is also a fault in all these approaches: They refer to the food and not to the eater! In a clear and easily understandable way the expert in naturopathy Lothar Ursinus explains why the latter is the far more important point of view. By considering individual aspects such as blood group, metabolic characteristics and burning type, he can give specific recommendations for improving your metabolism – since dairy products or a vegan diet are not suited for everyone.

Here you will learn which kind of food turns out to be a burden for your body, what the causes of food intolerances are, how conditions such as diabetes, arteriosclerosis, dementia or autoimmune diseases develop and which measures you can take to give your metabolism a boost. This is how to vitalize body and mind!

- › **the author is among the leading experts in naturopathy in the German-speaking world**
- › **more than 44.000 copies sold of the previous edition**
- › **a healthy body and mind – through optimizing your metabolism**
- › **suited for alternative practitioners, therapists and doctors as well**



Lothar Ursinus  
**The Way to a Healthy Metabolism – Easily Explained**

Understanding and consciously optimizing our cell activity – for a healthy life full of ease

paperback  
 144 x 205 mm  
 144 pages  
 colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1377-0

**Publication: May 2019**

**Rights already sold: Polish**

Lothar Ursinus' works have been translated into 7 languages.



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](http://www.ursinus.de)

## Only our blood knows how well we really are!

Being far more than just columns of numbers, blood values grant us insight into the degree of our well-being and may also point to possible illnesses.

In a vivid and easily understandable way Lothar Ursinus demonstrates the connections between specific blood values and different systems of the body, which he makes transparent even for non-experts. It is his special concern to interpret common and novel blood values in a holistic way, and on the basis of many examples we are shown what the test results reveal about the different bodily functions and our overall well-being. In particular alternative practitioners and physicians will find valuable advice with regard to the early diagnosis of physiological dysfunctions as well as therapeutic measures.

Presenting the quintessence of 35 years' practical experience of one of Germany's leading experts in naturopathy, this book has long become a standard work and is now available in a thoroughly revised and updated edition. It offers everyone the opportunity to better understand their own health and take care of it in a self-determined way.

- › **unique holistic approach**
- › **by the author of "The Organ Clock – easily explained"**
- › **more than 18.000 copies sold of the previous edition**
- › **with many recommendations, in particular for alternative practitioners and therapists**



Lothar Ursinus  
**My Blood Is Telling Me ...**  
 Blood values seen in a holistic way

paperback  
 162 x 220 mm  
 368 pages  
 colour illustrations throughout

€ 22,95 (GER)

ISBN: 978-3-8434-1141-7

**Publication: September 2019**

**Rights already sold: Dutch, Polish**

Lothar Ursinus' works have been translated into 7 languages.



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](http://www.ursinus.de)

## The application book on vital substances

The assortment of vital substances and dietary supplements is huge. But when randomly combined these products rarely have the desired effect – also in this context it turns out to be true that “less is more”. Even many therapists struggle to find their orientation, given the confusing abundance of partly conflicting information. The potential of vital substance therapies is enormous, though, since they may prevent many illnesses, including cancer, by natural means, accelerate the healing process and increase vitality.

In their book the authors – who work in a holistic oriented medical practice themselves – present all the necessary information about vital substances in an easily understandable way. Comprehensive information on vitamins, minerals, trace elements, secondary plant substances, amino acids and fatty acids makes this book a valuable guide not only for therapists, pharmacists and medical doctors but also for all users who want to proceed with awareness in this domain and ensure their optimal supply with nutrients.

- › intelligible explanations instead of medical slang
- › background information that is interesting also for physicians and therapists
- › holistic methods to keep healthy in the long run



Nathalie Schmidt &  
Dr. med. Edmund Schmidt  
**The Basic Knowledge  
about Vital Substances**  
Principles, Research and  
Biochemical Relationships

paperback  
162 x 220 mm  
272 pages  
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-1165-3

**Publication: March 2019**



**Dr. med. Edmund Schmidt** is a general practitioner specialized in nutritional health as well as travel and tropical medicine. Since 1996 he has been working in his own medical office offering nutritional consulting and vitamin therapy. Moreover, he is an assistant lecturer at the University of Munich.  
[www.praxis-schmidt-ottobrunn.de](http://www.praxis-schmidt-ottobrunn.de)



**Nathalie Schmidt**, an examined nurse, works as coach, life consultant, Reiki and soul therapist as well as author. Since 20 years she has been intensively concerning herself with various spiritual subjects such as “energy in human life”, “life tasks” and “illness and death as impulses for personal growth”. She wants to support people in their personal quest and instill in them the joy of life. The human soul is the focus of her work.  
[www.energie-lebensberatung.de](http://www.energie-lebensberatung.de)

## Turmeric – the delicious health-boosting all-rounder

Already more than  
1.300 copies sold

Protecting the immune system, losing weight and preserving one's youthfulness with the help of a tasty matutinal drink – it sounds almost too good to be true! But this is exactly what offers the "Golden Milk" from the Ayurveda tradition, which now is – sometimes referred to as „Turmeric Latte“ – a trendy beverage served in the cafés from Berlin to New York. And curcumin, a substance extracted from the turmeric rhizome, is something also medical research is fascinated with. Conditions such as inflammations, infections, diabetes, cardiovascular diseases, elevated cholesterol levels and cancer have shown to be positively influenced. The author explains how the turmeric's miraculous powers can improve our health and inspires us with creative recipes to make the small yet valuable ritual of brewing this "magic potion" part of our daily morning routine. Including guest contributions by physician Dr. Oliver Wenker, alternative practitioner Sabine Hauswald, Ayurvedic cook Harald Schmitz and pharmacist Armin Herold

- › turmeric is considered to be the medicinal plant covering the broadest range of applications
- › protecting oneself against numerous diseases with the help of one single matutinal drink
- › terrific yet simple recipes for immediate use



Schirner Verlag  
The Compact Series

Karin Opitz-Kreher  
**Golden Milk**

The Ayurvedic magic potion  
for improving your energy level  
and health

paperback  
134 x 175 mm  
128 pages  
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-5181-9

**Publication: August 2019**



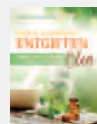
Essential Oils as Your  
Daily Companion



Essential Oils for Healthy  
and Relaxed Eyes



Essential Oils for Healthy  
and Pain-Free Teeth



Radically Holistic  
Detoxification

BACKLIST



Karin Opitz-Kreher is trained in Aura Soma, Aura Soma Bodywork and the harmonisation of foot reflex zones. She works in her own wellness practice focusing on stress reduction and harmonisation. Since 2013 she has been using the traditional knowledge about essential oils and offering workshops in this field.

[www.lebeenergetisch.de](http://www.lebeenergetisch.de)



## The concentrated healing power of trees from all over the world

What could be a better place to unwind, take deep breaths and recharge our batteries than the woods? In our everyday lives, however, we cannot always manage to pay a relaxing visit to the forest. The trees' essential oils offer the ideal solution as they contain terpenes – the organic compounds that make "forest bathing" so healthy – in concentrated form. Whether derived from spruce, fir, pine, cypress, palo santo or eucalyptus – the expert in essential oils Karin Opitz-Kreher introduces to us the 15 most powerful tree oils. Well-balanced compositions help us revitalize body and soul, ground us and protect us from stress and strains. A soothing walk in the woods is finally within our reach whenever we need it.

- › for all those wanting to sense the trees' healing power at any time
- › with many practical tips for our everyday lives
- › using the trees' essential oils to keep us free from burdens like stress, agitation and electro smog

Already more than  
1.700 copies sold



Karin Opitz-Kreher  
**Tree Oils**

How to relax and invigorate ourselves with the help of the trees' essential oils

paperback  
134 x 175 mm  
144 pages  
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1380-0

**Publication: February 2019**

**Rights already sold: Dutch**



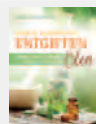
Essential Oils as Your  
Daily Companion



Essential Oils for Healthy  
and Relaxed Eyes



Essential Oils for Healthy  
and Pain-Free Teeth



Radically Holistic  
Detoxification

BACKLIST



Karin Opitz-Kreher is trained in Aura Soma, Aura Soma Bodywork and the harmonisation of foot reflex zones. She works in her own wellness practice focusing on stress reduction and harmonisation. Since 2013 she has been using the traditional knowledge about essential oils and offering workshops in this field.

[www.lebeenergetisch.de](http://www.lebeenergetisch.de)

## How to relieve many symptoms with the simplest of all household remedies

Rinse your mouth with vegetable oil for a few minutes – that's all! The oil-pulling cure is this easy and yet highly effective: Toxins and waste products are released from the mouth's mucous membranes to the oil, which has rejuvenating effects on body and soul and strengthens your immune system. Give it a try and you will soon notice that fatigue and skin impurities are a thing of the past while infectious diseases and allergies are efficiently prevented.

Katharina Wolfram, expert for holistic and alternative medicine, invites you to discover this classic of naturopathy. Ranging from basic instructions on rinsing and detoxification to choosing the appropriate kind of oil you learn everything you need to know about oil-pulling.

- › **one of the most effective methods of detoxification described professionally**
- › **five minutes daily of oil-pulling for a new vitality**
- › **for anyone who wants to improve their health**



Katharina Wolfram  
**The Oil-Pulling Cure**  
 Healing through detoxification

paperback  
 134 x 175 mm  
 128 pages  
 colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1195-0

**Publication: April 2019**

**Rights already sold: Italian**



**Katharina Wolfram** lives as an independent journalist and author in Munich. In her work she focuses on topics such as "health", "alternative healing" and "spirituality", which she already covered in numerous book publications.



Fasting Made Easy

BACKLIST

## A must-have for all those working in front of a PC screen

If you work on a computer you are surely familiar with this kind of problem: dry, itchy eyes and an increasingly blurred vision. Not surprisingly, since computer screens are a real strain for our visual organs! And the long-term consequences may be even more serious: vision impairment, glaucoma, cataract, retinal detachment or macular degeneration. But none of us wants to miss modern technology, neither on the job nor in our private life. Master optician and eye trainer Caroline Ebert shows how to set up your workplace in an efficient way and introduces well-tried eye-protecting exercises that are suitable for the office. Moreover, she explains how the right nutrition and appropriate breathing techniques can contribute to your eye's health. This is how to preserve the most valuable of your senses for the good things in life!

- › vividly illustrated exercises suitable for the office
- › Caroline Ebert is a master optician and experienced eye trainer according to Bates
- › the author regularly offers eye training courses for companies
- › already 30.000 sold copies of the author's guidebooks on eye health



Caroline Ebert  
**Fitness for Stressed Eyes**  
 The best exercises for desk heroes and PC owls

paperback  
 134 x 175 mm  
 136 pages  
 illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1378-7

**Publication: April 2019**



Eyes Love Herbs



Every Child Has a Good Vision



The Eye's Messages



Open Your Eyes!

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](http://www.augenschule-eyeland.de)

## What's really behind eye disorders

The eyes are our most important sensory organs. Understandably, we get all the more frightened if they are affected by some kind of disorder or disease. Master optician and kinesiologist Caroline Ebert knows: glaucoma, cataract, conjunctivitis or vitreous opacities are not an ineluctable fate. In many cases these different forms of impairment can be interpreted as messages of the soul: A cataract may be caused by fear of the future, glaucoma may point to an increased level of stress, and dry eyes often are associated with suppressed anger. If we work out these issues our eyes can begin to heal. Apart from demonstrating the relationships between eye disorders and mental issues this easy-to-follow guide also points out physical risk factors and the pre-conditions of the most common eye diseases. Many naturopathic treatments and vision training exercises allow us to take the wellbeing of our eyes into our own hands.

In this way we gain a clear view and new perspectives – also in other areas of life!

- › **more than 30.000 copies sold of renowned eye expert Caroline Ebert's books on eye health care**
- › **popular author who offers in-house seminars as well**
- › **also suitable for opticians, ophthalmologists and eye trainers**



Caroline Ebert  
**The Eyes as Gateways to the Soul**  
 A new view on eye diseases

paperback  
 144 x 205 mm  
 144 pages  
 colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1408-1

**Publication: July 2019**

**Rights already sold: Czech**



Eyes Love Herbs



Every Child Has  
 a Good Vision



The Eye's Messages



Open Your Eyes!

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](http://www.augenschule-eyeland.de)

## Got a lot of pimples? Need to become more independent! Having cracked lips? Time for an intestinal repair!

In the morning, the first glance into the mirror often reveals something less than desirable: dark circles under the eyes, a puffy face, pimples and a sallow appearance. If we know the message, however, that is behind these little blemishes we can use the analysis of our mirror image in order to systematically improve our health and wellbeing. This is because the different facial zones correspond not only to specific organs but to emotional issues as well. Here we learn all about the appropriate essential oils and applications that help us bring both aspects back into harmony – and will be thrilled about the results when looking at the fresh, vital and relaxed face that smiles at us in the morning out of the mirror!

- › **the authors are experts in vital substance therapy resp. essential oils**
- › **a reference guide allowing for quick symptom interpretation and providing clear information on appropriate treatments**
- › **for all those wishing for a more powerful, balanced and healthy start into the day**



Wibke-Martina Schultz &  
Karin Opitz-Kreher  
**Facial Oils**

How to recognize physical and emotional strains and harmonize them with the help of essential oils

softcover  
134 x 175 mm  
144 pages  
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1406-7

**Publication: January 2020**



After finishing her pharmaceutical studies and gathering some personal experiences in the field **Wibke-Martina Schultz** discovered for herself naturopathy. She went on to complete her training as alternative practitioner and started together with her twin sister a joint practice for naturopathy near Kiel. At the Paracelsus academy in Kiel she now trains alternative practitioners herself.

[www.naturheilpraxis-schultz.de](http://www.naturheilpraxis-schultz.de)



**Karin Opitz-Kreher** is trained in Aura Soma, Aura Soma Bodywork and the harmonisation of foot reflex zones. She works in her own wellness practice focusing on stress reduction and harmonisation. Since 2013 she has been using the traditional knowledge about essential oils and offering workshops in this field.

[www.lebeenergetisch.de](http://www.lebeenergetisch.de)



## How to preserve your seductiveness and sexual power right into old age

What is it that makes people attractive? And how can we stay desirable to others even in our old age? It's a secret philosophers, scientists and anti-aging alchemists have been trying to solve for thousands of years. That said, we all know people who despite their advanced age seem to stay forever young and are full of dynamism, radiating with charisma and charm. What sets them apart from others? Christof Steinhauser stands for a kind of anti-aging research that is far from applying creams, swallowing nutritional supplements and undergoing cosmetic surgery. He has been able to unveil the true mystery of those remaining young-at-heart and reveals in this 6-step program how to naturally increase and preserve our attractiveness and libido right into old age with the help of simple energetic exercises – by following our intuition and empathy and developing the right attitude of mind. Everyone can take advantage of this wealth of knowledge – not only singles longing to fall in love again but those having been in a partnership for many years as well. Many practical tips that are easily applicable in everyday life help us (re)develop sexual charisma, creativity and new vital energy – irrespective of our age.

- › the must-have guide for the self-determined ageless
- › powerful rejuvenating techniques
- › for all men and women interested in natural anti-aging methods



Christof Steinhauser  
**Sexy and Desirable at Every Age**  
 An energetic guidance to increase your lust and personal attractiveness  
*The 6-step program for eternal youth*

paperback  
 134 x 175 mm  
 144 pages  
 colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1379-4

**Publication: February 2019**



**Christof Steinhauser** is a graduate in business administration with an additional psychological training, non-fiction writer and chief financial officer of a technology corporation. Since more than 20 years he has been concerning himself with psychological and energetic techniques and practices such as NLP, Reiki, meditation, quantum healing and the martial art Taijiquan. Based on his many years of experience and practice he developed a holistic programme for health, personal growth and effective rejuvenation with the help of mental-spiritual techniques.

[www.christofsteinhauser.com](http://www.christofsteinhauser.com)



You're not Getting Older yet Better



Spark the Fire in Your Heart

BACKLIST

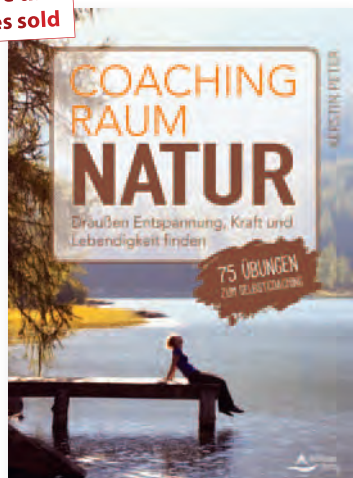
## Going outside means coming home!

Nature offers us an immeasurably vast space in which we can come to know ourselves and find answers to our vital questions: What is my place in life? Where do I draw strength from? How can I achieve my goals? A hill, a river, a tree, a flower or a stone – they all can speak to us and present us with solutions.

By introducing 75 exercises “nature coach” Kerstin Peter invites you to become familiar with nature as a “coaching space”. Go out into nature, open your senses, get balanced, drop your burdens and relax before making difficult decisions. With its practical tips for a stroll through the woods and meadows and many suggestions for coaches this book is the ideal companion – for professionals and curious “laypeople” alike.

- › for all those who want to discover nature as an adviser and wish to discover themselves anew
- › exercises and rituals for inspiration and invigoration
- › self-coaching for everyone

Already more than  
2.000 copies sold



Kerstin Peter  
**Nature as a “Coaching Space”**  
Finding relaxation, strength and liveliness outdoors  
*75 exercises for self-coaching*

softcover  
162 x 220 mm  
208 pages  
colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1393-0

**Publication: June 2019**



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](http://www.therapie-coaching-mainz.de)



Power Rituals  
in Nature

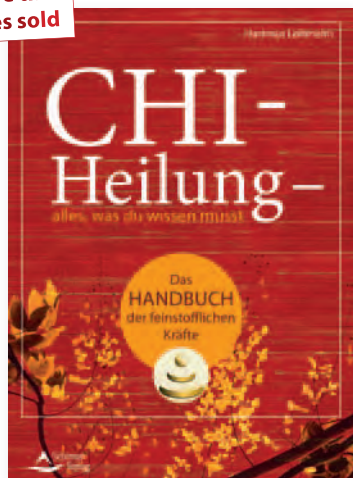
BACKLIST

## Everything worth knowing about the universal life energy

Already more than  
3.200 copies sold

Chi, the fundamental energy of life, becomes more and more popular, and Chi Healing as developed by Hartmut Lohmann has been among the most successful types of energetic healing work in the last decades. In this compendium he summarizes the insights he has gained in his ten years of healing work and provides us with a means to increase our wellbeing on our own. Numerous illustrations explain the different human energy systems and the relationships between Chi as a universal power principle and our physical and mental state of health. With the help of Chi Healing we can dissolve energy blockades and thereby overcome anxiety or treat stress-related conditions for which the western medicine often has no lasting cure to offer – such as back pain, depression and allergies – with a more holistic approach. Meanwhile, many physicians, psychologists and other health professionals consult the author's practice for energetic healing in order to learn this method. Finally, there is a standard work focusing on Chi Healing and the work with subtle energies.

- › **guidebook and reference work for beginners and advanced users**
- › **Hartmut Lohmann has already published numerous books and CDs**
- › **well-known author with high media presence (YouTube, Audible, Facebook)**



Hartmut Lohmann  
**All You Need to Know about  
Chi Healing**  
The handbook of subtle energies

softcover  
162 x 220 mm  
248 pages  
colour illustrations throughout

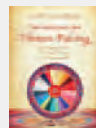
€ 22,95 (GER)

ISBN: 978-3-8434-1376-3

**Publication: April 2019**



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.  
[www.chi-heilung.de](http://www.chi-heilung.de)



The Healing Art of  
Tibetan Pulsing

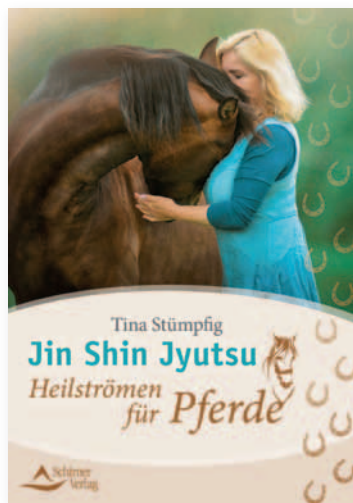
BACKLIST

# How to take your horse's health into your own hands

Whether it is about colic, eczemas or lameness – Jin Shin Jyutsu is a gentle art of healing you can use to improve your horse's health, alleviate a symptom or initiate a comprehensive healing process. All you have to do is lay on your hands to specific energy points of the horse's body.

With simple explanations and numerous illustrations the experienced Jin-Shin-Jyutsu practitioner Tina Stümpfig shows how to apply these techniques on horses in order to restore their physical and emotional balance.

- › more than 23.000 copies sold of renowned expert Tina Stümpfig's books on the healing-touch technique Jin Shin Jyutsu
- › horses are especially responsive to energetic work
- › not only helpful for treating acute symptoms but as a preventive measure as well
- › immediately applicable without prior knowledge



Tina Stümpfig  
**Jin Shin Jyutsu –  
Energetic Healing for Horses**

paperback  
144 x 205 mm  
184 pages  
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1381-7

**Publication: February 2019**

Tina Stümpfig's works have been translated into 6 languages.



Jin Shin Jyutsu  
for Cats



Jin Shin Jyutsu  
for Dogs



Jin Shin Jyutsu  
for Resilience and Bliss



The Jin Shin Jyutsu  
Medicine Chest

BACKLIST



Psychologist and special educator **Tina Stümpfig** lives in the Allgäu region and has been working as a Jin-Shin-Jyutsu practitioner for many years, treating both human patients and animals. During individual treatments as well as in group seminars she shows that everything we need to be healthy and happy lies within ourselves. She has already published several reference books on the subject of "Jin Shin Jyutsu".  
[www.harmonie-in-der-mitte.de](http://www.harmonie-in-der-mitte.de)

# Setting impulses for dissolving stress and blockages

Already more than  
2.900 copies sold

Whether you want to overcome anxiety, jealousy or a traumatic experience, strengthen your self-confidence, activate your self-healing powers or just increase your ability to concentrate – just by holding certain points of the body you can bring movement into deadlocked patterns and convert them into a new sense of strength, focus and health. Vivid illustrations of the different healing points in combination with empathic affirmations allow for quick and straightforward changes in your life. This is how to set impulses for healing and breaking free from old patterns!

It is possible to hold your own or somebody else's healing points without any prior knowledge, either as an immediate measure or in order to heal old wounds. The method has also proven to be successful as a complement to other forms of therapy.

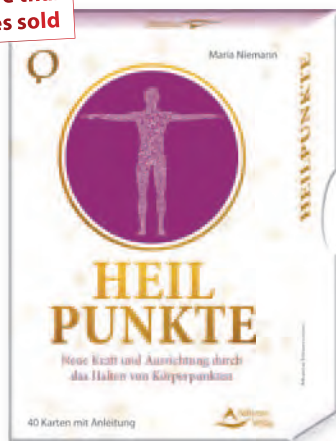
- › the locations of the healing points have been kinesiologically identified and frequently proven in practice
- › a simple technique allowing self-treatment as well as the treatment of other people without any prior knowledge
- › intuitively finding the appropriate healing point



Boundary  
"I am I, stay true to myself and set healthy limits."



Transformation  
"I disengage myself from the destructive energies of \_\_\_\_ (name)."



Maria Niemann  
**Healing Points**

How to gain new strength and direction through holding body points

card deck  
100 x 150 mm  
40 cards including instruction  
coloured

€ 17,95 (GER)

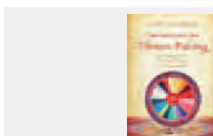
ISBN: 978-3-8434-9130-3

**Publication: September 2019**



Maria Niemann has been working as an alternative practitioner and kinesiologist in her own practice in Wiesbaden for 25 years. The discovery of the healing points fundamentally changed her work. It has always been her concern to clarify the energies at the levels of body, mind and soul – as a prerequisite for readjusting the client's energy system in order to achieve lasting and sustainable healing results.

[www.niemann-methode.de](http://www.niemann-methode.de)



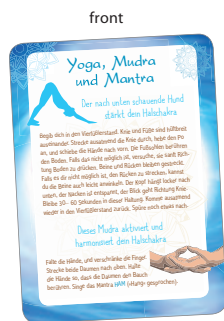
The Healing Art of  
Tibetan Pulsing



## How to let our vital energies flow again

The chakras provide us with cosmic energy at all levels and are therefore crucial for our physical, mental and emotional well-being. This card deck combines powerful chakra images with valuable suggestions and easy-to-perform exercises. The card's manifold impulses range from affirmations and useful tips for everyday life to the explanation of yoga and mudra positions and help us clarify, balance and strengthen the chakras. In this way we make the sources of our life-force flow again!

- › with easy-to-perform exercises and tips
- › featuring powerful energy images by the artist Corinna Insam
- › for all those looking for a practical and intuitive access to the energy of the chakras

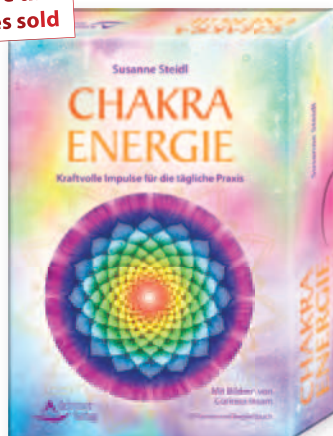


"Yoga, Mudra  
and Mantra"



Throat Chakra  
"I speak."

Already more than  
1.500 copies sold



Susanne Steidl  
**Chakra Energy**  
Powerful impulses for  
the daily practice

card deck  
89 x 127 mm  
50 cards including guidebook  
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9129-7

**Publication: October 2019**



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](http://www.susanne-steidl.com)



**Corinna Insam** is a trained graphic designer and lives in the small market town of St. Leonhard in Passeier (Italy). In her artistic work she attaches importance not only to the rules of design theory and a thorough research of her subject but no less to her intuition. She teaches art at the South Tyrolean secondary schools and has been practicing yoga for as long as twenty years.

## A fairytale for the soul

Already more than  
1.200 copies sold

With plenty of humor Gerdi Fröhlich tells us the story of a sick man who has given up himself. But one day everything changes when an unusual healer comes to visit his house ...

But this book is not just about telling a fairytale ... With its charming and encouraging pieces of wisdom it makes us aware that everything we wish to achieve is within our reach – since happiness, health and success are merely a matter of the right way of thinking! With a wink, the story holds up a mirror to us – and does so with so much ease und cheerfulness that we readily venture a glimpse at our behavioral and mental patterns.

- › conjures up a positive attitude towards whatever situation we may be facing
- › popular fairytale in a new guise
- › a beautiful present for fairytale lovers of all ages



Gerdi Fröhlich  
**The Wise Healer**  
A fairytale for the soul

paperback  
115 x 165 mm  
72 pages  
coloured

€ 6,95 (GER)

ISBN: 978-3-8434-5177-2

**Publication: March 2019**



The Paths of the Soul

BACKLIST

**Gerdi Fröhlich**, who went through a difficult childhood and adolescence, found support in books early on, which helped her discover her own spiritual path. Thanks to her positive attitude towards life she defeated a serious illness, and by writing fairytales she could fulfill her desire to share her knowledge and experience with others in a humorous way.

## Selected Titles – SUCCESSFULLY LICENSED



Ulrich Emil Duprée  
**Ho'oponopono**  
Small Series (March 2011,  
Relaunch May 2018)

Rights sold: Czech, Dutch,  
English, French, Hungarian,  
Italian, Polish, Russian,  
Slovenian, Spanish, Turkish



Ulrich Emil Duprée  
**Ho'oponopono and  
Family Constellation**  
Paperback (August 2015)

Rights sold: Czech, English,  
French, Hungarian, Italian,  
Portuguese, Slovenian, Spanish



Lothar Ursinus  
**The Organ Clock**  
Compact Series (November 2009,  
Relaunch July 2016)

Rights sold: Bulgarian, Czech,  
Dutch, English, Italian, Polish,  
Spanish



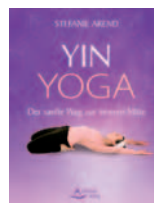
Markus Schirmer  
**Breathing Techniques**  
Paperback (January 2011,  
Relaunch November 2016)

Rights sold: Czech, Dutch,  
French, Hungarian, Italian,  
Polish, Spanish



Ulli Felber  
**Forest Bathing**  
Small Series (March 2018)

Rights sold: Czech, French,  
Italian, Polish, Spanish



Stefanie Arend  
**Yin Yoga**  
Paperback (October 2011)

Rights sold: Czech, Dutch,  
French, Italian



Jeanne Ruland  
**Power Animals**  
Accompany your Life  
Softcover (May 2004 /  
Relaunch March 2017)

Rights sold: Czech, Dutch,  
Hungarian, Polish



Barbara Heider-Rauter  
**The Power of the  
Horizontal Eight**  
Compact Series (June 2016)

Rights sold: Czech, English,  
Spanish



Tina Stümpfig  
**Jin Shin Jyutsu for  
Resilience and Bliss**  
Paperback (August 2017)

Rights sold: French, Italian,  
Spanish



Sandy Taiyuu Kuhn Shimu  
**Let Your Energy Flow!**  
Small Series (February 2013)

Rights sold: Czech, English,  
Polish

## Selected Titles – SUCCESSFULLY LICENSED



Jeanne Ruland  
**The Big Book of Angels**  
Paperback (May 2001 /  
Relaunch June 2015)

**Rights sold:** Czech, Polish,  
Spanish



Lisa Biritz  
**Shamanic Fasting**  
Paperback (March 2015)

**Rights sold:** Czech, French,  
Polish



Philip Kansa & Elke Kirchner  
**Find Your Power Animal**  
Small Series (February 2010 /  
Relaunch May 2018)

**Rights sold:** English, French



Reinhard Stengel  
**Soul Dialogue with Your Body**  
Small series (July 2014)

**Rights sold:** Czech, Spanish



Barbara Simonsohn  
**Acidosis Therapy**  
Compact Series  
(September 2016)

**Rights sold:** Italian, Polish



Christine Arana Fader  
**Dragon's Wisdom**  
Paperback (April 2014)

**Rights sold:** Dutch, English,  
Slovenian



Susanne Hühn  
**Healing the Inner Child**  
Paperback (February 2008 /  
Relaunch June 2017)

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



Sabine Hauswald  
**The Thyroid**  
Paperback (December 2016)

**Rights sold:** Dutch, Polish



Eric Standop  
**Facereading –  
Character and Personality**  
Paperback (October 2012)

**Rights sold:** Dutch, Spanish



Lothar Ursinus  
**My Blood Tells Me...**  
Paperback (January 2015 /  
Relaunch September 2019)

**Rights sold:** Dutch, Polish



## **Foreign Rights @ Schirner Verlag**

Schirner Verlag GmbH & Co. KG  
Birkenweg 14a  
D-64295 Darmstadt  
+49 6151 39 18 31 04  
[rights@schirner.com](mailto:rights@schirner.com)

## **Agents**

### **Agence Schweiger**

Christian Schweiger  
Pech Picou  
F-46090 Vers  
France  
[christian@schweiger.fr](mailto:christian@schweiger.fr)

### **CoHerence Media**

Dr. Hueiling Yen  
2 F., No.24, Ln. 332, Yongzhen Rd., Yonghe Dist.,  
New Taipei City 23446, Taiwan  
[dr.hueiling.yen@gmail.com](mailto:dr.hueiling.yen@gmail.com)

### **Sabine Weeke Agency**

Sabine Weeke  
4 Bay Views, Forres IV36 3XY  
Moray  
United Kingdom  
[sabine@findhornpress.com](mailto:sabine@findhornpress.com)