



RIGHTS GUIDE 2022



DEAR COLLEAGUES AND PARTNERS,

We are very happy to present you our Foreign Rights Guide 2022!

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 Schirner Publishing – a brief introduction:

Schirner Verlag GmbH & Co. KG is one of the leading spiritual publishing houses in Germany. This successful family business publishes around 80 non-fiction and fiction books, card decks, CDs, DVDs, and calendars every year. The topics range from »Spirituality« via »Self-help / Counselling« to »Body in Balance«.

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

We look forward to hearing from you.

Kind regards,

Heidi & Markus Schirner



For all Foreign Rights inquiries please contact:

Rudolf Scholz

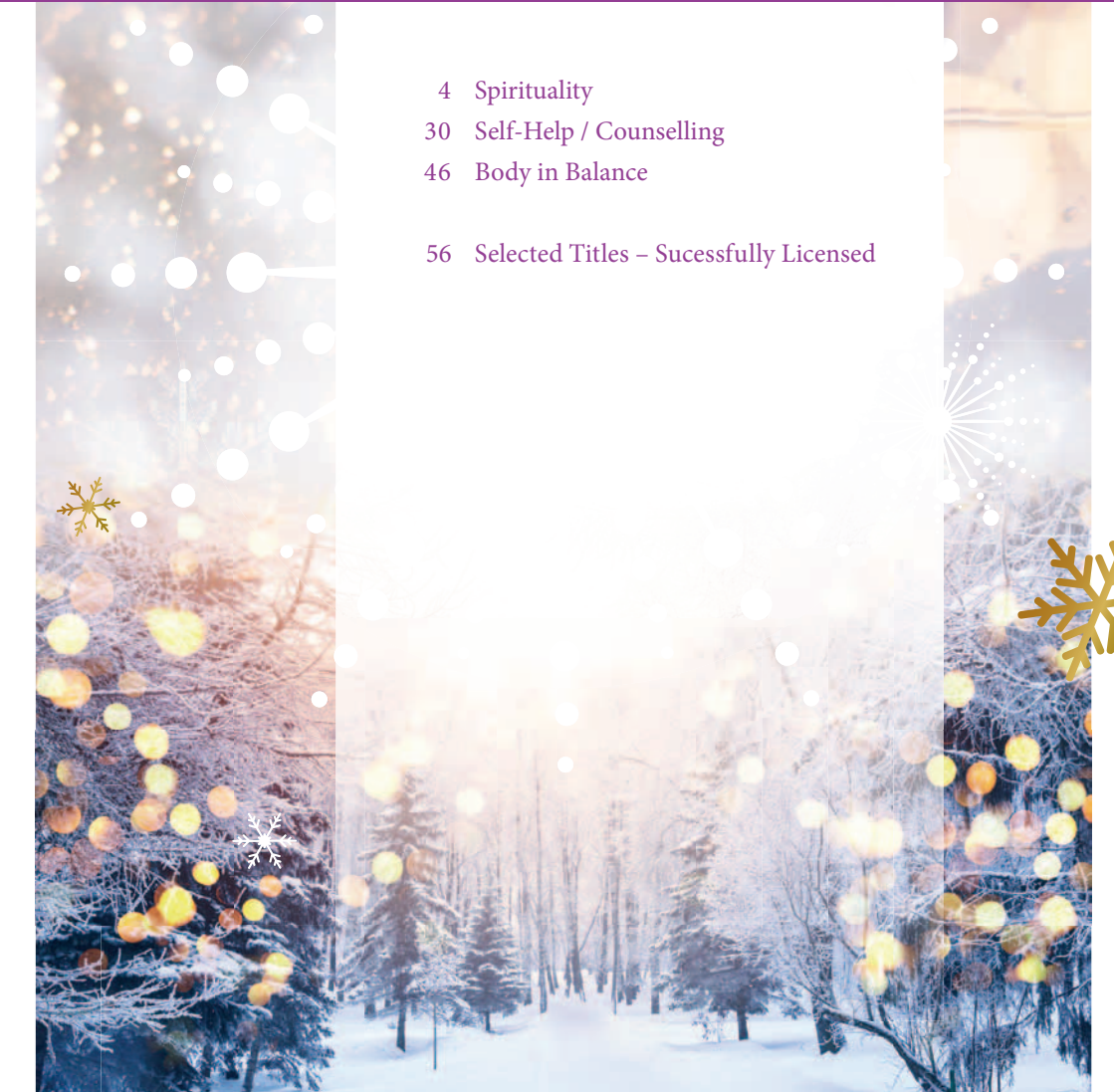
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Germany

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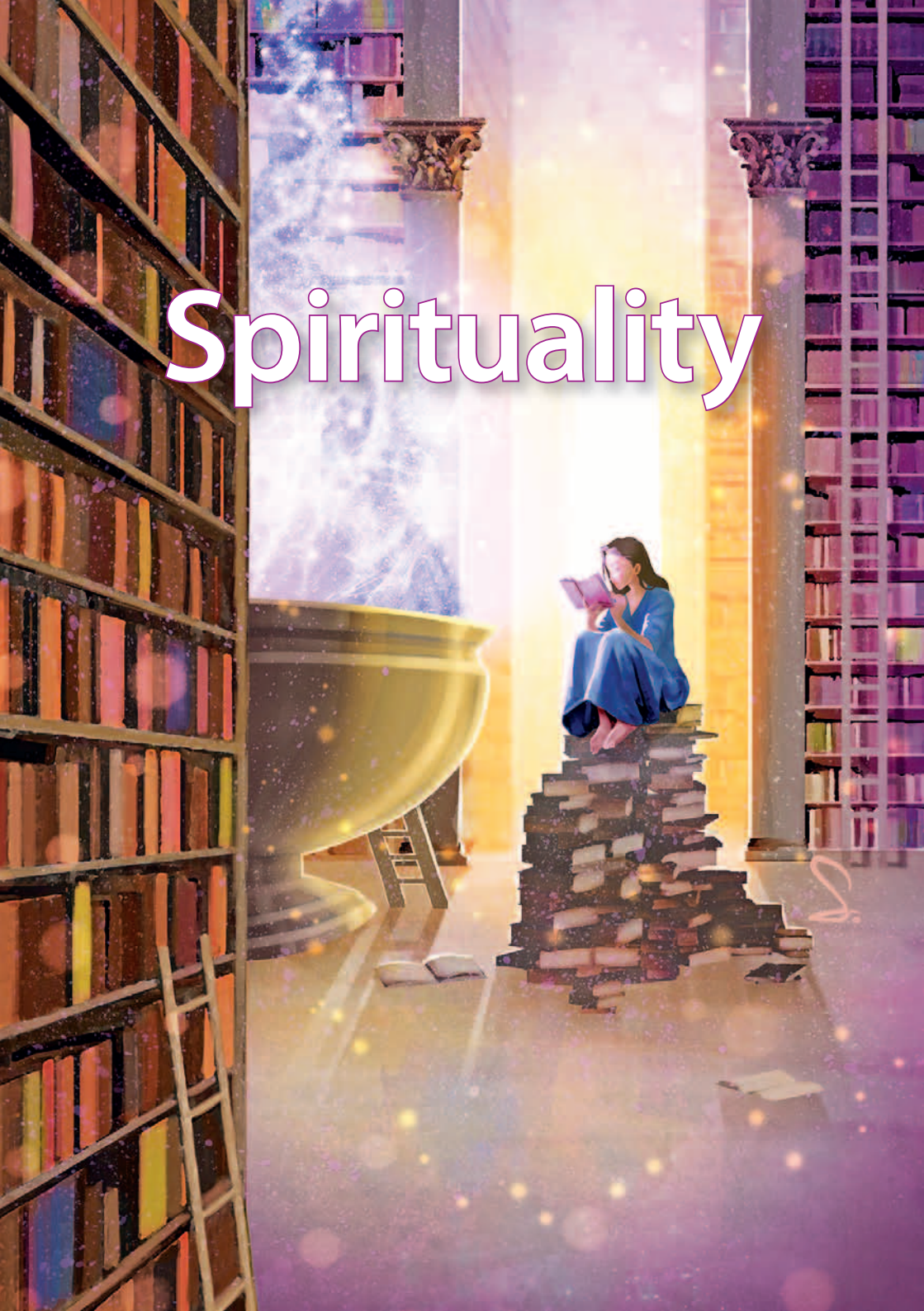
www.shutterstock.com:

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page 4: Sylvia Gruber, www.gruber-art.de; page 30: Katharina Hubner, www.katharinahubner.com; page 46: Sandra Weimar, www.sandraweimar.com, and David Dlugosch, www.mdb39.de



Spirituality



A fundamental work on healing with divine energy

Already more than
2,500 copies sold

These days, the desire for effective ways of healing is stronger than ever. Sacred Geometry is probably one of the most powerful energetic tools on the path to a new dimension of being. Whether the Flower of Life, the Platonic solids, the sphere, or the vortex field: bestselling author Jeanne Ruland describes as personally as never before her insights gained in practical work with the sacred patterns of creation. Light-working enhanced by Sacred Geometry can be applied in almost all areas of life: to intensify healing processes, for effective consciousness and soul work, personal alignment and life design, or in healing the earth.

This book is a loving call to experience the effects of Sacred Geometry ourselves, since the power of lightful transformation is given to everyone! Step by step, numerous exercises show how we can realign obstructive energies stored in our light field due to trauma, accidents, or other drastic experiences and lead them back into the divine order – because energy follows thought. Let us forge a life in harmony with the light of creation!

- › **Sacred Geometry is a valuable energetic tool**
- › **works on both soul and body level**
- › **optimal complement to conventional medical therapies**



Jeanne Ruland
**Sacred Geometry –
Healing with the Light of Creation**
The practical guide

hardcover
144 x 205 mm
176 pages
colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1483-8

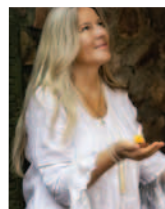
Publication: July 2022

Rights already sold: Czech



Sacred Geometry in Action

BACKLIST



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.
www.shantila.de

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

Successfully shaping your life the shamanic way

Already more than
2,600 copies sold

The author descends from a line of ancestors of strong women and grew up with Mongolian shamanism. Hence she knows how important grounding and a strong connection to mother nature are for a fulfilling, spiritual life. She guides us to our inner soul landscape and shows us how to deal better with emotions, solve old blockages and fears, awaken our self-love, bring gratitude into the world, follow our soul desires, and achieve inner freedom.

With the help of numerous meditations, easy exercises, inspiring guiding principles, and valuable impulses, we find out how we can live our lives self-determined and full of joy, make the right decisions, and develop our soul power.

- › shamanic self-coaching
- › rediscover your original connection to nature
- › with many meditations for essential topics of life, among the »living your womaness«

»Spirituality has no limits – we are unique by our eternal soul. In every moment, we can shape our lives the way it satisfies us, and all our inner yearnings are allowed to come true.«

(Chiara Amelie Weninger)



Chiara Amelie Weninger **The Shamanic Book of Life**

How to unfold yourself and expand your soul power

softcover
170 x 240 mm
160 pages
coloured, with illustrations

€ 19,95 (GER)

ISBN: 978-3-8434-1508-8

Publication: April 2022



Shamanic Journeys

BACKLIST



Chiara Amelie Weninger lives near Vienna and had contact with the world of shamanism already as a child. Her training began in Austria, and later she learned from female and male shamans in Mongolia. She is a certified kinesiologist in »Touch for Health« and studies human medicine. Her vision is holistic healing on all levels via the connection of science and spirituality, thus taking care of body, mind, and soul at the same time.
www.schamanischewelten.at

Jeanne Ruland's Legacy

Already more than
3,800 copies sold

The bird as a power animal is a special companion: It embodies freedom. A bird provides us with lightness and leads us into the world of the immortal soul. On its wings, we gain a higher perspective or our attention is drawn to things out of focus. Thus, we are enabled to recognise and understand interrelations in life. In addition, each bird spirit has its specific »medicine«, its unique gifts and talents. Reason enough for Jeanne Ruland to dedicate an oracle deck to the feathered power animals, which got impressively illustrated by spiritual artist Petra Kühne. Whether eagle, hummingbird, phoenix, or swan, in this card deck we encounter native, exotic as well as mythical birds that stand by our side as advisors and lightful companions full of power and curiosity for new experiences.

- › written by a dedicated power animal expert
- › background information, messages, and guidance
- › with illustrations full of atmosphere



Jeanne Ruland • Petra Kühne
The Oracle of Birds

card deck
89 x 127 mm
46 cards including guidebook
coloured

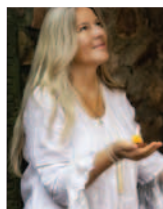
€ 24,95 (GER)

ISBN: 978-3-8434-9176-1

Publication: December 2022

Rights already sold: English

© Andrea Kowitz-Vierheller



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.

www.shantila.de

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



Petra Kühne is an illustrator and has been working with Chuck Spezzano, among others, for almost 20 years. Her pictures are mostly set in imaginative, almost fairytale-like, but also spiritual worlds. She lives in Bad Camberg, Hesse.

www.petralefaye.de

So close to heaven on earth

Already more than
3,200 copies sold

The time will come when all shadows will have to give way to heaven's light. Until then, the angels with their lightful presence want to encourage you to continue on your life's path with devotion.

Each of these 50 angel cards acts like a stargate: when you step through it, your vibration increases, you gain valuable insights, feel the divine blessing, and awaken your inner angel. Harmony and ease find their way into your life – and heaven on earth already becomes reality.

- › ideal companion and wonderful gift
- › enchanting angel cards providing strengthening impulses
- › for fans of angel oracles



Marija Schwarz
Angels' Blessing for You
Heavenly supported in any situation

card deck
89 x 127 mm
50 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9177-8

Publication: February 2022



Your Soul Speaks to You

BACKLIST



Marija Schwarz is clairvoyant and clairsentient and able to see energies of other people. She gives courses and seminars in Kassel, Hesse, in transformative sat yoga, classical hatha yoga, and yin yoga as well as dynamic yoga. Being also a spiritual artist, she makes the visions and energies she receives visible to others through her paintings.

www.marija-schwarz.de
www.meditation-yoga-kassel.de

Marija Schwarz' works have been
translated into 1 language.

A wonderful way to increase light and love in life

Already more than
4,500 copies sold

Blessing is one of the most powerful spiritual techniques. For centuries, however, it was reserved for only a few selected persons. Yet thanks to the law of attraction anyone can bless – with the breath, words, a facial expression, the touch of hands, a vibrant heart, by walking the earth.

In this book, Jeanne Ruland shares her wealth of experience with you. Blessing ceremonies from all over the world give you lively access to this powerful ritual that grants protection, comfort, peace, and support and increases abundance, happiness, love, harmony, and chances of miracles happening in life. Whether lightful gestures for daily use, blessing by calling the four cardinal points or mother nature, or consecration of the new year – fascinating blessing methods for different times and occasions in life enable you to use this beneficial act for your welfare and the highest good of all. Because when you bless or experience your life as blessed, you walk your path with more confidence, more hope, and more joy.

- › anyone can bless
- › **more than 35,000 copies sold of the previous edition**
- › with blessing ceremonies for forgiveness, happiness, peace, and prosperity



Jeanne Ruland **The Power of Blessing**

A treasure chest of lightful ceremonies for any occasion

paperback
144 x 205 mm
128 pages
coloured, with illustrations

€ 12,95 (GER)

ISBN: 978-3-8434-1485-2

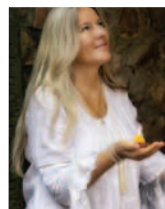
Publication: March 2022

Rights already sold: Dutch, Italian



Ancestral Healing

BACKLIST



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.
www.shantila.de

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

When angels travel, the sun always smiles

Finally escaping the daily grind, recharging our batteries, and discovering new places ... that's what we do best when we travel. Yet then it's even more important that everything works out as planned: without annoying traffic jams, long queues at check-in, or construction noise at the vacation destination.

Reflecting her many years of experience as a stewardess and shaman, Jeanne Ruland describes how you can involve angels, Ascended Masters, and nature spirits in advance of and during a trip. This way, you will open yourself with ease to inspirations, new paths, profound insights, and a higher meaning. Whether it's a family vacation, a business trip, or a pilgrimage: You'll learn how to transform your hotel room into an oasis of power, have your soul arrive quickly at a foreign place, and read signs in such a way that you'll always be guided to the right path. With Spirit in your luggage, you give your life the chance to write the most beautiful stories for you!

- › contains effective exercises and checklists to support worthwhile travel memories
- › with a special on working with colours as well as chakras
- › beautifully designed travel companion
- › perfect gift for all those who like to travel or travel a lot

Already more than
2,100 copies sold



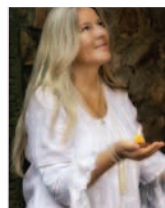
Jeanne Ruland
On the Move with Spirit
A travel companion for heart and soul

paperback
170 x 240 mm
184 pages
coloured, with illustrations

€ 18,95 (GER)

ISBN: 978-3-8434-1519-4

Publication: June 2022



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.
www.shantila.de

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

BACKLIST

Archangel Raphael and
the Power of the Green Ray

An imaginative quest

Already more than
3,200 copies sold

A journey to Avalon or a past life, a meeting with a wise thousand-year-old dragon or the mighty wizard Merlin, opening our third eye, or fulfilling our most profound dreams ... 40 inventive and effective imaginary short-journeys as well as enchanting images by Sylvia Gruber (artist of the successful card deck »Elves«) await you! This card deck invites your soul to dive into foreign worlds and helps you in bringing back magic into your life – whether you want to expand your consciousness, heal unconscious issues, or just relax and enjoy.

- › wide selection of soul journeys (suitable for an audio book)
- › amazing pictures by artist Sylvia Gruber
- › for all those looking for a timeout



Anna Katmore • Sylvia Gruber
Soul Wanderer Oracle
 Magical soul journeys full of wonders

card deck
 89 x 127 mm
 40 impulse cards including instruction
 coloured

€ 23,95 (GER)

ISBN: 978-3-8434-9178-5

Publication: May 2022



Anna Katmore is a bestselling author from Austria with over one million novels sold worldwide. She discovered her passion for storytelling and writing as a child and began her writing career early. She is best known as an author of fantasy and romance novels. In her private life, too, she is always on the threshold between fantasy and reality and is living her spirituality openly. She offers writing coaching for aspiring writers as well as seminars for those interested in spirituality.

www.annakatmore.com



Sylvia Gruber works as a commercial artist and illustrator. As a painter, she prefers the classic oil glaze of the »Old Masters« and passes on her knowledge in painting courses. Since 2016, she has been drawing her own children's books stories and putting them into words. Thus, with pen, brush, and imagination, she returns to the world a bit of its magic. Her greatest source of inspiration is Mother Earth: The beauty of the mountains, forests, and moors right outside her studio in southeast Bavaria provides endless material for her works.

www.gruber-art.de

Experience the powers of some of the greatest healers

At all times, in all cultures, there have been extraordinary women who worked for the good of mankind: the Maries. Even today, countless people go on pilgrimages to Marian places and springs to find peace, draw strength, heal their womaness, and experience blessings.

Jeanne Ruland and Melanie Missing present the most famous female healers such as Mary Magdalene, Mona Lisa, Quan Yin, or the Black Madonna along with their work and spiritual powers. Thanks to the impressive images by the spiritual artist Claudia Maria Karnatjan, profound messages, background information, affirmations, and special candle rituals the connection with these healers of the divine light will succeed quite easily.

- › **unique card deck about the Maries**
- › **lightful pictures combined with benedictory messages and candle rituals**



Already more than
2,000 copies sold



Jeanne Ruland • Melanie Missing •
Claudia Maria Karnatjan
The Return of the Maries
Female healers of the divine light

card deck
89 x 127 mm
48 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9189-1

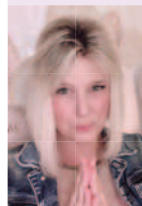
Publication: August 2022

Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry.
www.shantila.de

Melanie Missing is one of the best-known German-language authors on the subject of »unicorns« and publishes her award-winning »Unicorn Essences« in her company »Garten Eden« in Kassel, Hesse. Her other fields of expertise are angels, Avalon and the Maries.
www.einhornessenz.de



Claudia Maria Karnatjan lives her call of touching people through her paintings and bringing them closer to the source of vitality and joy. She works in her »Lebenskunst« (Art of Living) studio in Middle Franconia.
www.claudia-maria-lebenskunst.de



Using the spiritual tree wisdom of our ancestors

Already more than
1,800 copies sold

Trees have always been faithful companions of mankind. Not only do they give us wood, food, and oxygen, we also find in them friends who give us security and support us with their knowledge and experience. Our Celtic ancestors already knew that oak, willow, birch, and other trees touch us on different levels: They revered 13 native trees and were deeply connected with them and the cycle of nature.

Antara Reimann and Peter Eckel have lived in the consciousness of these companions for many a year. They show us how we can use the Celtic tree circle for ourselves still today. They bring us comprehensively closer to the respective tree species, and we experience how multifaceted and intuitive the experience and spiritual work with it can be. Inspiring rituals and simple tools such as runes or gemstones support us – in the forest as well as at home. We will dive deep into the world of trees and learn to grow with them, to draw from their knowledge, and thereby open ourselves to life.

- » **trend topic »Celtic spirituality«**
- » **simple exercises and powerful rituals to interact with trees as with power animals**
- » **benefitting from the trees as horoscope, oracle, and totem**



Antara Reimann • Peter Eckel
The Sacred Celtic Tree Circle
 Experiencing orientation and healing in the annual cycle of 13 native power trees

gatefolded paperback
 162 x 220 mm
 160 pages
 colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1501-9

Publication: May 2022



Antara Reimann from Neustadt/Wied, Rhineland-Palatinate, is a certified shamanic healer according to the guidelines of the »Bridget Healing Centre« (T. C. O. T. S.) in Glastonbury, UK, and a healer certified by the German »Dachverband Geistiges Heilen e.V.«. Since 1995 she has been running the »Licht-Focus« center. Ever since, the runic powers in particular have been part of her life and work, for which she offers lectures, readings, and workshops. Her other fields of expertise are shamanic coaching, treatments, and rituals.
www.lichtfocus.de



Peter Eckel, a native of the Sauerland, North Rhine-Westphalia, has been involved in shamanism, spirituality, and indigenous healing knowledge for more than 20 years. His passions include guided meditations and working with healing stones, especially rock crystals. As an experienced medium, the support and guidance of the spiritual worlds is at his disposal, among other things through the powers of the runes.
www.petereckel.de

A customer favourite

Already more than
2,900 copies sold

This beautifully designed perpetual calendar will become your faithful friend and reliable companion through the circles of the year and of life. Herein, Jeanne Ruland explains interesting facts about the individual days of the week, about happiness in general, moments of joy, and lucky numbers as well as zodiac signs in different cultures, and she tells about the festivals that are celebrated in the cycle of the year. Furthermore, she provides you with lots of helpful information throughout the year: You learn about the qualities and energies of each month and the corresponding full moon, find out about special days, and read suggestions, poems, meditations, and background information on various customs.

Fill this calendar with (your) life by recording important dates and events, such as birthdays, weddings, death anniversaries, dates of partnerships, exams passed, or various successes. Let it become a treasure chest of your life's journey!

- › **more than 21,000 copies sold of the previous edition**
- › **perfect gift for any occasion**

»Time is like an empty book. Only encounters, thoughts, and feelings give it content. Make sure that there is something pleasant and good for you on every page – it will become balm for your soul.«
(Jeanne Ruland)



Jeanne Ruland
**Wheel of the Year –
Perpetual Calendar**

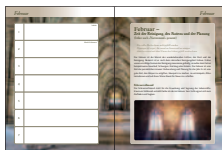
Your spiritual companion for a lifetime

hardcover, with page marker
145 x 195 mm
184 pages
colour illustrations throughout

€ 19,95 (GER)

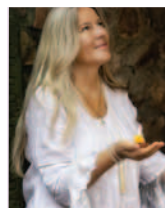
ISBN: 978-3-8434-1518-7

Publication: November 2022



The Magic of Nature's Realm

BACKLIST



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.
www.shantila.de

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

Advise and inspiration from continental-European trees

Already more than
2,100 copies sold

Trees are fascinating beings as well as wise mentors. Sensing their energy is a wonderful and touching experience that brings you into profound contact with yourself. From apple tree and birch to Swiss stone pine and willow, this card deck features 25 native trees whose essential powers support you in releasing blockages, making important decisions, and finding orientation in life.

In addition to the message of a specific tree as a whole, you will also receive that of its wood; this will help you in finding a balance on physical and mental level. The trees, deeply rooted and striving for the sky, will make your powers emerge!

- › first tree oracle with impulses and messages of blossoms, fruits, and wood
- › perfect supplement to the book »Trees – Gentle Messengers, Powerful Coaches«
- › trees can support us like power animals



Dr. Antje Ohlhoff
The Messages of the Trees
Impulses from our wise companions
for everyday life

card deck
89 x 127 mm
50 cards including guidebook
coloured

€ 21,95 (GER)

ISBN: 978-3-8434-9184-6

Publication: April 2022



Dr. Antje Ohlhoff had a special connection to wood and trees from childhood through her father, who was a carpenter. The university professor of mathematics and computer science has been on the spiritual path for 30 years. During trainings to become a systemic coach, an Oneness trainer and a spiritual teacher, her ability to communicate with trees became apparent. She uses this in meditations, workshops, and consultations in her practice for coaching and energy work »KraftQuell« (Well of Strength) in Bielefeld, North Rhine-Westphalia.
www.antje-ohlhoff.de



Trees – Gentle Messengers,
Powerful Coaches

BACKLIST

Sensual, wise, fond of life

Already more than
1,400 copies sold

Soul sisters are like your family of hearts, they embody best friends, loving mothers, prudent grandmothers, and daughters yearned for. Each of them opens a door to your inner treasures: beauty, femininity, and your best qualities.

With a clear focus for the new day, questions for deep self-reflection, and short meditations, the soul sisters of this card deck are your company all along your way. Recognise yourself as part of this large soul community that loves life and celebrates each sister like a goddess, and you will find yourself inspired to activate your own solar power, live your true feelings, and invite wonders into your life!

- › living femininity in all its facets
- › messages and impulses for every situation in life
- › with profound meditations



Karin Schmitt • Heike Hild

Soul Sisters Oracle

Love, light, and warmth for your day

card deck

89 x 127 mm

40 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9188-4

Publication: September 2022



Karin Schmitt is a coach, book author, and seminar leader who lives near Frankfurt/Main. Until 2010 she worked as a tutor and seminar leader in the health and fitness industry. Based on general principles of life and psychosomatic medicine, she developed her own coaching methods and offers them in individual sessions and seminars.

www.karin-schmitt.eu



Heike Hild lives and works in the Stuttgart area. She has been powerfully expressing her fascination for colours through her art since 2007. Among her favourite motifs are angels and other magical beings such as fairies, moon and water women, and goddesses. By her works, she wants to colour up the here and now, awaken the magic in life, and encourage people to be who they really are.

www.heike-hild.de

Anyone has a power animal

Already more than
1,800 copies sold

Animal spirits are your companions, allies, and protectors. They are the source of your strength and the mirror of your soul. They are by your side in challenging situations, unveil new paths to you, and help you develop your full potential. But it is not on you to choose a specific power animal, the power animal chooses you.

In this workbook, Jeanne Ruland shows you how diverse contact with power animals can be. She answers questions such as »Which animal will be with me in the near future, and which one for my whole life?« – and initiates you into shamanic techniques for connecting with the special energy of animal spirits, such as the power animal journey, the power animal dance, or the grokking (this is a Hawaiian method of changing the world by means of creative visualisation).

During a 21-day programme that was inspired by the author's own experiences with animal spirits, you will step by step consolidate the strength of your personal animal companion, go on a journey of discovery with it in inner worlds, and experience the amazing and the unexpected on this unique path.

Lovingly designed and with plenty of space for notes, dreams and extraordinary experiences, this workbook is the perfect manual for new and very personal encounters with your power animal.

- › **21-day programme for connecting with your personal power animal**
- › **offers different approaches to get in contact**
- › **perfect support for power animal work**
- › **sharing the author's personal experiences**



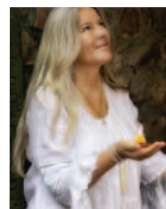
Jeanne Ruland
Discover Your Power Animal
The workbook

paperback
170 x 240 mm
160 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1513-2

Publication: January 2022



Jeanne Ruland was an author, pioneer of the New Age, angel medium, teacher, and international tutor. She taught about nature spirits, angels, Ascended Masters, light-working, and Huna as well as Sacred Geometry. She also guided international journeys to sacred places. She was happy to pass on her profound knowledge and many years of experience in energy work, in order to remind and awaken.
www.shantila.de



Power Animal Oracle

BACKLIST

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

Finding new faith in challenging times

Jesus is the embodiment of divine love. By his appearance and work on earth, he planted the seeds of light and love in the hearts of everyone. This card set presents you 33 touching messages from Jesus that will make these seeds grow and blossom. In connection with powerful images, his words provide you with orientation in difficult times, give you impulses for the next steps, and let you advance on your life path, filled with faith and devotion.

- › the second card deck by the successful duo
(more than 12,000 copies of »Chakra Energy« sold)
- › for comfort, hope, and encouragement
- › modern imagery



Already more than
1,000 copies sold



Susanne Steidl • Corinna Insam
My Love Speaks to You
Heart messages from Jesus

card deck
89 x 127 mm
33 cards including instruction
coloured

€ 21,95 (GER)

ISBN: 978-3-8434-9179-2

Publication: April 2022



Susanne Steidl lives in St. Lorenzen, South Tyrol, and has been working as an independent trainer and coach in the fields of energy work, consciousness, and personality development since 2003. She passes on her knowledge in seminars and individual consultations. She works for and with people who take themselves and their heart's desires seriously, who want to take responsibility for shaping their own lives, and who want to develop themselves further.
www.susanne-steidl.com



Corinna Insam lives in St. Leonhard in Passeier, Italy, and is a trained graphic artist. When it comes to artistic design, not only sound research and the rules of design theory are important to her, but also her intuition. She teaches art at South Tyrolean secondary schools and has been practising yoga for 20 years.
www.instagram.com/corinna.insam

This duor's works have been
translated into 1 language.

Archangel »medicine« for every day

Already more than
1,500 copies sold

Our celestial allies and their comprehensive healing powers are always at our side. All we have to do is to switch to »reception«. Angelic medium Elke Kirchner shows us how easy it is to connect to the powers of the archangels, receive them, and use them for ourselves or pass them on to others by laying on of hands. Whether for more creativity or unconditional love, the harmonisation of the chakras, or healing of the parental relationship, each of the eight featured archangels has his personal medicine, which means (as in Shamanism) his very special powers and gifts, ready for us. Numerous exercises and inner journeys reveal the lightful powers of the heavenly beings and pave our way to a happy and fulfilled life!

- › author has more than 25 years of experience in the fields of »angel tutorials« and »angel medicine«
- › transmission of divine archangel energies by laying on of hands explained step by step
- › with instructions for prayers, angel meditations, energy treatments, and inner healing journeys



Elke Kirchner

The Healing Art of Archangels

Healing and therapeutic methods of the New Era

gatefolded paperback
162 x 220 mm
208 pages
coloured, with illustrations

€ 21,95 (GER)

ISBN: 978-3-8434-1527-9

Publication: November 2022



The Love of Angels



Finding Your
Power Animal



Circles of the
Great Goddess



Living Original Female Power

BACKLIST



Elke Kirchner lives in Rehlingen, Lower Saxony, is clairvoyant and follows the path of the shaman. She channels Uriel, an angelic being, and is in contact with light beings and power animals. Elke Kirchner has been leading angel and shaman seminars for 12 years and is co-founder of the »Vision of Love« centre for spiritual growth, spiritual healing and clairvoyance.
www.soul-power-events.com

Elke Kirchner's works have been translated into 1 language.

Powerful help from higher spheres

Whether we wish for more courage or comfort or want to strengthen our self-love or our basic trust, the loving energies of the archangels support us in many ways and are always at our hands by means of this card deck. Spiritual artist Petra Kühne conveys the unique powers of the angelic sovereigns to us in her colourful pictures. And thanks to the prayers and connection exercises of angel medium Elke Kirchner, contacting the higher dimensions is wonderfully easy and we will always receive the help and assistance we need at the moment. In this way, the archangels become our daily companions. We can trust in their healing powers in all situations of life!

- › healing central life issues with celestial help
- › with connection prayers and exercises to receive targeted support



Already more than
1,000 copies sold



Elke Kirchner • Petra Kühne
Archangels of Healing Oracle

card deck
89 x 127 mm
40 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9196-9

Publication: Dezember 2022



Elke Kirchner lives in Rehlingen, Lower Saxony, is clairvoyant and follows the path of the shaman. She channels Uriel, an angelic being, and is in contact with light beings and power animals. Elke Kirchner has been leading angel and shaman seminars for 12 years and is co-founder of the »Vision of Love« centre for spiritual growth, spiritual healing and clairvoyance.

www.soul-power-events.com

Elke Kirchner's works have been
translated into 1 language.



Petra Kühne is an illustrator and has been working with Chuck Spezzano, among others, for almost 20 years. Her pictures are mostly set in imaginative, almost fairytale-like, but also spiritual worlds. She lives in Bad Camberg, Hesse.

www.petralefaye.de

With numerous exercises and tips for your happiness

Already more than
1,200 copies sold

The sun not only shares her warmth and light with us, she is also our guiding star on the way into a new era: the Golden Age. If we succeed in establishing a trusting connection with this powerful companion, we can benefit from her unique qualities and at the same time receive valuable impulses for the development of our consciousness. We will regain access to our own lightful abilities, and thereby make our inner sun shine. Expert Irma Streck tells us about the healing effects of the sun, which grant self-alignment, love and zest for life to us. We get to know how we can communicate with the sun, gain clarity and orientation through it, and find back to our confidence and strength.

- › spiritual self-coaching centered around the powers of the sun
- › mastering transformation and change
- › with numerous exercises and meditations
- › for clarity, strength, renewal, and focus



Irma Streck **Sun Happiness**

How to heal and transform your life with the sun's powers

hardcover
144 x 205 mm
128 pages
coloured, with illustrations

€ 16,95 (GER)

ISBN: 978-3-8434-1507-1

Publication: March 2022

Rights already sold: Italian



Irma Streck turned to art after studying biology. Today she works as a freelance spiritual artist, painting therapist, and author. She calls her special way of painting »LICHTmalerei« (light painting). In courses and seminars, she accompanies participants in discovering their own creativity and expanding their consciousness. Her heart's desire is to encourage people to live their inner light. She is a mother of two grown-up children and lives near Munich.
www.lichtmalerei.info

With Surrender to Freedom

BACKLIST

With cypress, sage, and incense into the new year

Already more than
4,700 copies sold

Between the years, the veils between the dimensions are particularly permeable, making it the best time to experience profound change. The fine, magical vibrations of essential oils of incense, sage, onycha etc. are able to increase these transformative energies and touch you on all levels of your being. Supported this way, we can wind down the old year in retrospect during the 12 »dark« nights (8th to 20th of December) and bring a fresh wind of change into the new year during the 12 holy nights (24th of December to 6th of January). The essential oil specialists Dennis Möck and Corinna Hanika combined their expert knowledge to create an inspiring practice book which, with the power of plants, guides you through the magical time of Yuletide and makes you remember that you yourself are the creator of your life. Among other things, you will learn how to manifest your wishes on a vision board more easily with cinnamon or how to clear your energy field with the cleansing power of clove. Numerous other rituals, tips, and impulses will help you create a profound basis for a fulfilled life, connect with your inner guidance, and cloak each of the coming months with light and blessings.

- › first book focussing on »essential oils« in advent season and Yuletide
- › numerous exercises and rituals
- › valuable tips on the winter solstice, personality development, and manifestation
- › workbook for the whole year



Dennis Möck • Corinna Hanika
**Essential Oils and the Magic of
 the Dark and the Holy Nights**
 Meeting the time of transformation in
 a conscious and relaxed way

paperback
 170 x 240 mm
 176 pages
 coloured, with illustrations

€ 16,95 (GER)

ISBN: 978-3-8434-1515-6

Publication: October 2022



Dennis Möck lives in Dreieich, Hesse, and is a trained mental coach as well as a successful blogger. He offers individual tutorials, online courses, and trainings; furthermore he organises retreats as well as workshops on the topics of »inner world journeys«, »modern rituals«, and »aromatherapy«. He has been working intensively with crystals and essential oils for years.
www.dennismoeck.com



Corinna Hanika is a trained librarian and bookseller. Her connection to nature and her interest in people led her, through various trainings, to essential oils early on. For more than 15 years, she has been offering courses and coaching in the field of »personality development«. In addition, she leads a large team in the field of »network marketing«. She lives in Berlin and works all over the world.
www.corinnahanika.com

Celestial guidance in all situations of life

With this card deck, a wonderful treasure is in your hands: It offers you direct access to the love of the angels, the power of your soul, and the peace of Spirit. Whether in relationship issues, professional decisions, or ancestral topics, 44 impulse cards bring celestial light into the darkness and help you in finding the right answers for you and to master every challenge. The highly vibrating angel images of Renate Baumeister will touch you deeply in the heart, while the messages channelled by Susanne Hühn will let clarity enter your mind. That way, you can follow your heart's path in the certainty to be guided, protected, and blessed anywhere at any time.

- › energetic angel pictures and clear messages received from Spirit
- › features a detailed Five Elements Spreading



Already more than
1,800 copies sold



Susanne Hühn • Renate Baumeister
Lightful Messages from the World of Angels

card deck
89 x 127 mm
44 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9190-7

Publication: August 2022



Susanne Hühn lives in Reinheim, Hesse. She is a holistic physiotherapist, seminar leader, international tutor, and well-known guidebook author. Her focus is on teaching emotional intelligence and inner freedom. Consciously applied self-compassion forms the most important element of her method. She shares her knowledge in her books as well as in lectures, tutorials, and seminars – at home, abroad, and online.
www.susannehuehn.de

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



Renate Baumeister lives in Bad Hönningen, Rhineland-Palatinate. She is an artist and has been working with spiritual topics for more than 20 years. Methods of holistic healing and, above all, mediumistic painting are the personal preferences of the photographer and media designer. The world of angels plays a significant role in her artistic work and inspires her again and again to create new works.
www.engel-malerei.de

Nature coaching during the Yuletide nights

Already more than
5,500 copies sold

In the magical time of the twelve nights we are particularly receptive to the spiritual world and also to the messages sent by nature. Although it is dark and cold outside and a deep wintry calm lies over everything, we can experience the time between the years in a wonderful way when holding rituals in nature. Each of the twelve nights has a special topic, be it strengthening one's roots, saying goodbye to the old, answering questions for the coming year, or mastering transitions. Inside this book, the experienced nature coach Kerstin Peter provides us with special exercises, rituals, and impulses. Guided by the forces of nature, we will easily dive into our own visions and wishes and shape the new year according to them.

- › **first book focusing on »nature coaching« in the twelve nights**
- › **offers solo exercises as well as partner exercises**
- › **author is an experienced nature coach**
- › **new impulses even for those experienced in the rituals of the 12 holy nights**



Kerstin Peter
Yuletide Nights & Nature Coaching
Effective impulses by nature for the twelve magical nights of winter

paperback
144 x 205 mm
160 pages
coloured, with illustrations

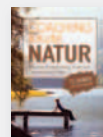
€ 16,95 (GER)

ISBN: 978-3-8434-1516-3

Publication: October 2022



Kerstin Peter lives in Mainz, Rhineland-Palatinate, and trains social workers and educators in the fields of »body movement«, »experience-based education«, and »relaxation«. In 2004, she completed her training as an alternative practitioner (psychotherapy) and since then has been leading seminars on self-awareness and self-experience. Through her trainings as a nature coach, body psychotherapist, relaxation trainer, and wilderness teacher, she has expanded her toolbox of methods. She wants people to find access to their inner truth and live by it.
www.therapie-coaching-mainz.de



Nature as Coaching Space

BACKLIST

Accessing higher energy

Already more than
4,400 copies sold

Sacred geometry symbols are a highly energetic tool with which we can harmonize ourselves on physical, psychological and spiritual level. The symbols used in this card deck derive from the source of all being. We immediately feel a connection with them, and upon implementing them the solution to all of our topics or problems emerges very easily, be it dental problems, sudden loss, feminine strength, relation to nature, balancing chakras, or receptivity to higher levels. These symbols of the New Era will enrich our lives and powerfully serve our purposes on our individual path.

- › simple, yet highly powerful tool for gaining access to the New Age's energies
- › working with symbols is very popular
- › clear instructions for kinesiological testing of the various symbols



Simone Overath • Katrin Lambert
Transformation Code
Symbols of the New Age

card deck
89 x 127 mm
45 cards including instruction
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9186-0

Publication: February 2022



Simone Overath from Sinzig, Rhineland-Palatinate, was born with the ability to write intuitively. During meditations, she discovered early on that in particular visual reception is her way of communicating with the spiritual world. Thanks to her affinity for geometry, she has a great openness for the symbols of the archangel energy. With the combination of these two abilities she supports people on their way into a conscious spiritual future.
www.simone-overath.com



Katrin Lambert from Ratingen, North Rhine-Westphalia, is a designer and certified practitioner of New Homeopathy according to Körbler. For many years, she has been working with this repertoire of signs to harmonise the problems of her clients and to increase their frequency. From her enormous wealth of experience, she uses numerous methods in addition to the symbols that serve transformation.
www.quantum-transformation.com

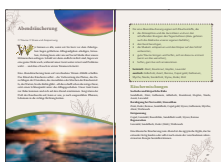
How to do traditional incense burning

Already more than
1,800 copies sold

You love the scent of incense sticks? The healing power of nature has always fascinated you and you are looking for a simple way to use it? Whether to strengthen the immune system, calm the mind, or cleanse from negative energies – the possibilities and effects of incense are manifold. But how exactly does burning loose incense on charcoal work? What utensils are needed and which substances support which life issues?

Incense expert and spiritual publisher Markus Schirner knows the questions of beginners from daily practice and provides you with this guide to get started. Over 30 areas of application, numerous recipes for mixtures (such as for house blessing, energetic room cleansing, various health issues, or peace of mind), instructions for creating incense cones or smudge bundles, and a large incense encyclopaedia will awaken your desire to try out and experiment. Discover the purifying, invigorating, and harmonising power of plants!

- › many are turning to the healing powers of nature
- › with numerous tips proven in practice
- › competent and internationally well-known expert for introductions into spiritual basics



Markus Schirner
Easy Guide to Incense Burning with Resins, Herbs, and Woods

The best practical tips for beginners

paperback
144 x 205 mm
192 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1517-0

Publication: December 2022



First-Aid Acupoints



Breathing Techniques



Pendulum Kit



Breathing Techniques

BACKLIST



Markus Schirner is a trained teacher of kinesiology, »Brain Gym«, and »Touch for Health« as well as a massage therapist. His other fields of expertise include aromatherapy and herbalism, meditation and breathing therapy, and Buddhist philosophy. He is the founder of the Schirner Verlag, which is one of the most important spiritual publishers in Germany.
www.schirner.com

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

Drawing from inner wisdom

Already more than
1,700 copies sold

To realise your uniqueness, interweave life with meaning, and follow your own path in life free from external influences ... Don't you wish for that? Probably you are not aware of the fact that your soul already bears the knowledge about your destiny and true potential.

The internationally well-known shamaness Lisa Biritz guides you to the wisdom of your soul. In 44 affirmative card messages, she conveys shamanic knowledge that has been passed down for thousands of years and asks you to find out about and live your very own destiny. With the exercises to each of the cards, you will gain more awareness, take the reins of your destiny into your hands, and dive deeply into the flow of life. The magical pictures by the popular artist Petra Kühne deepen this spiritual experience – and invite you to follow your individual path to a fulfilled and contented life.

- › with shamanistic exercises for everyday life
- › newly illustrated



Lisa Biritz • Petra Kühne
Shamanic Soul Wisdom

card deck
89 x 127 mm
44 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9191-4

Publication: November 2022



Lisa Biritz travelled around the world and learned the WHO-recognised shamanic work according to both Sandra Ingerman («core shamanism») and Sun Bear. The successful author lives with her family in Austria and Hawaii. She offers seminars in both places, and in Hawaii she also offers encounters with free-living dolphins and whales.
www.lisarainbow.com

Lisa Biritz' works have been translated into 4 languages.



Petra Kühne is an illustrator and has been working with Chuck Spezzano, among others, for almost 20 years. Her pictures are mostly set in imaginative, almost fairytale-like, but also spiritual worlds. She lives in Bad Camberg, Hesse.
www.petralfaye.de

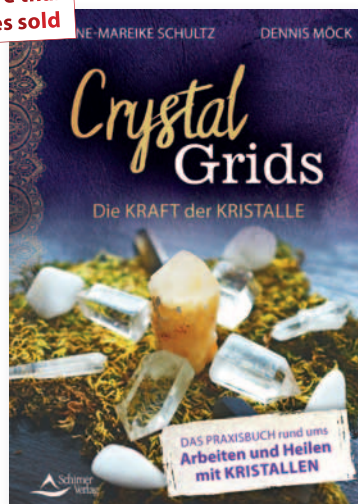
Like Stonehenge in small formats

Crystal grids open up magical spaces in which our heart's desires get fulfilled – whether we want to meet our soul mate, dissolve negative patterns of beliefs, or connect with the power of Avalon. Putting crystals according to the laws of sacred geometry strengthens the individual force field of the stones and brings us back in touch with mother earth. At the same time, it helps us to bring body, mind, and soul into harmony, manifest our dreams and goals, and increases the energy in every room.

In addition to numerous tips for creating crystal mandalas, we get inspired by over 30 sample patterns and rituals for abundance, protection, healing, or transformation, and much more. The crystal experts Anne-Mareike Schultz and Dennis Möck have compiled everything worth knowing about crystal grids in this book: from the correct care, storage, and cleaning of the stones via their programming up to colours, shapes, and numerology. Let yourself be enchanted and immerse yourself in the magical world of crystals!

- › features templates of the most important basic patterns of Sacred Geometry
- › everything you need to know about working with crystals and crystal grids
- › revised edition, now with three brand new powerful grids

Already more than
1,800 copies sold



Anne-Mareike Schultz • Dennis Möck
**Crystal Grids –
The Power of Crystals**
How to work and heal with minerals
and gemstones

paperback
170 x 240 mm
208 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1502-6

Publication: January 2022



Anne-Mareike Schultz was already involved with light beings as a child and came into contact with shamanic knowledge at an early age. After completing her law studies, she discovered naturopathy for herself and opened a joint practice in Neumünster with her twin sister. She holds lectures on the topics of »Avalon« and »priesthood« and regularly offers spiritual seminar trips to power places in England.

www.annemareike.me
www.naturheilpraxis-schultz.de



Dennis Möck lives in Dreieich, Hesse, and is a trained mental coach as well as a successful blogger. He offers individual tutorials, online courses, and trainings; furthermore he organises retreats as well as workshops on the topics of »inner world journeys«, »modern rituals«, and »aromatherapy«. He has been working intensively with crystals and essential oils for years.

www.dennismoeck.com

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

Allow yourself to be finally free again!

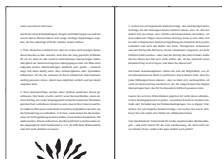
More than
25,000 copies sold

Be it the futile search for a partner, blockades to career success, or a recurring illness: Whenever things seem to be jinxed, quite regularly a negative soul contract (also called soul shackle) is the hidden cause. As long as it is not found and resolved, real changes in life are hardly possible.

Great mental pressure, severe pain, a shock, a bad experience, all this can lead to a soul contract; it is even possible that it stems from a past life or is inherited. One way or the other, such contracts weigh down your live like lead weights.

The experienced healer Désirée Baierl shows you how to detect and release soul contracts by means of powerful traditional shamanic healing. With the help of many case studies, you will learn how to profoundly free yourself and thus change your life, your relationships, your health, and your entire being.

- › shamanic energy work is a powerful tool
- › applicable in all areas of life
- › with many rituals and case studies
- › soul contracts are binding inner guidelines, often sealed during childhood



Désirée Baierl
The Power of Soul Contracts
How to heal your soul with
shamanic energy work

paperback
134 x 205 mm
256 pages
monochrome, with illustrations

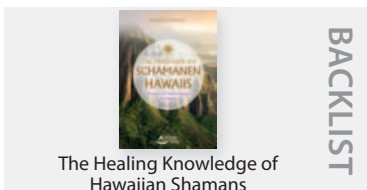
€ 14,95 (GER)

ISBN: 978-3-8434-1116-5

Publication: August 2013

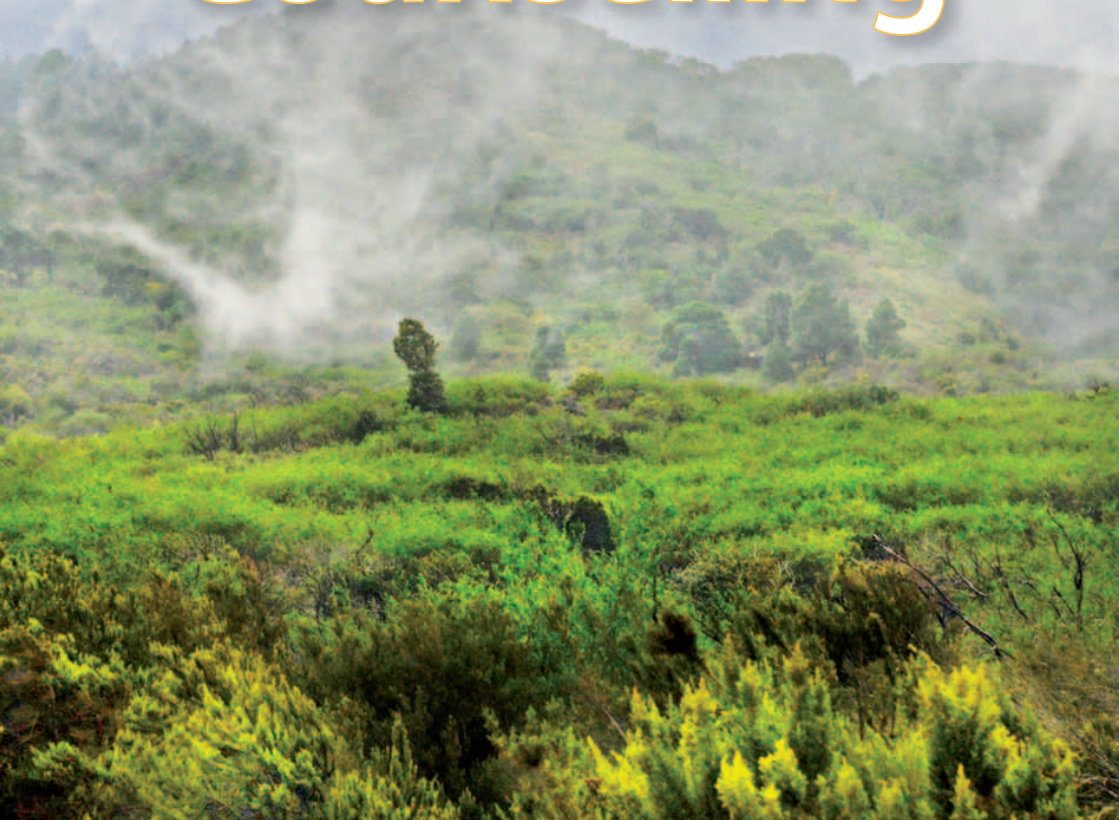


Désirée Baierl has been working with the methods of energy healing for over 20 years. She uses her clairvoyance as well as her knowledge from her training as a shamanic healer, psycho-oncologist, and herbalist.
www.nyfry-ynstitut.de



BACKLIST

Self-Help / Counselling



Using therapy and coaching approaches and methods

Already more than
2,000 copies sold

Fear can be toxic, damaging not only the psyche but the body as well. Of itself, fear is not a bad thing, as it makes us aware of possible threats. However, if we give fear too much space, it determines our lives, restricts us, and makes us control everything compulsively.

The good news is that we can free ourselves from the grip of fear. Within us, we already have everything we need. In our inner world there is a team ready to help us regaining a joyful life: the *inner grown-up* who finds ingenious solutions through reason and foresight; the *inner child* that reveals our emotional truth to us; the *inner man* with his enthusiasm and energy; the *inner woman* who nourishes our dreams and strengthens our intuition; the *true self* with its unmistakable sense of security and coherence.

Susanne Hühn shows us how to use exercises and inner journeys in order to develop and balance the strengths of this team. It will create an inner safety net that catches us in every situation of life. In this way, inner narrowness becomes vastness, control becomes creative power, and fear becomes trust and self-confidence.

- › conquering smaller and bigger fears
- › for all who want to develop more trust in life and in themselves
- › more than 19,000 copies sold of the previous edition
- › new edition with a stronger psychological focus



Susanne Hühn
Don't Let Fears Rule Your Life
How to follow your own path,
freely and with determination

paperback
144 x 205 mm
192 pages
coloured, with illustrations

€ 16,95 (GER)

ISBN: 978-3-8434-1504-0

Publication: March 2022



I Leave Yours with You

BACKLIST



Susanne Hühn lives in Reinheim, Hesse. She is a holistic physiotherapist, seminar leader, international tutor, and well-known guidebook author. Her focus is on teaching emotional intelligence and inner freedom. Consciously applied self-compassion forms the most important element of her method. She shares her knowledge in her books as well as in lectures, tutorials, and seminars – at home, abroad, and online.
www.susannehuehn.de

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

Strong messages for high self-esteem

»I believe in myself.« • »What I say is important.«
»I am happy.« • »I can do anything.«

Ideally, we develop positive beliefs like these as children, because then they are particularly effective. With 40 affirmations, the lovable and popular animal friends from the book »The Self-Assured Little Elephant« convey self-confidence, mindfulness, security, love and a good handling of strong feelings to our little ones. Simply draw a card, read out the saying or have it read aloud and do the short exercise on the card back. As a small ritual in the morning, before going to bed or in between, these cards enrich every child's soul – and confident happy children will become confident happy adults.

- › encouraging affirmations combined with exercises suitable for children
- › promoting mindfulness, self-awareness, self-love, and self-confidence
- › for children from 5 years on
- › lovingly illustrated
- › also usable for working with the »inner child«

Already more than
11,500 copies sold



Alexandra Molina • Stefanie Köster
I AM !!

Affirmations and rituals to
strengthen children

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9181-5

Publication: March 2022

BACKLIST



The Self-Assured Little Elephant

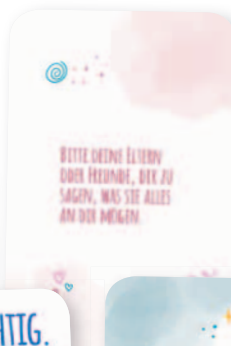


Alexandra Molina lives with her family in the Lower Rhine region. After successful years in various functions in human resources, the business economist dedicated herself to her real passion: psychology, personal development, and spirituality. She completed trainings as a personal and business coach, a Journey Practitioner according to Brandon Bays, and a children's and youth coach. Since then, she has been supporting people of all ages to reconnect with their intuition, build trust, and lead a fulfilled, free life.
www.alexandramolina.de



Stefanie Köster studied communication design in Salzburg, Austria, and has been working as an independent art director and designer since 2018. Based on her many years of professional experience, she develops and designs ideas and communication solutions for clients and advertising agencies. In addition to her classic work as a graphic designer, she is increasingly devoting herself to her passion: illustration. She lives near Düsseldorf, North Rhine-Westphalia, with her two daughters and her husband.
www.stefanie-koester.de

Alexandra Molina • Stefanie Köster
I AM I!



Ways to soul partnership

Already more than
1,300 copies sold

Whether you are a single looking for your soulmate or a couple with the desire for an all-round harmonious connection: Alexandra and Joaquin Molina, a soulmate couple and successful coaches, know about the crucial steps on the way to a fulfilling relationship. In this book, they show you how to recognise your soulmate, what constitutes a soul partnership, and how to deal with possible challenges. Thanks to examples from coaching practice, questions for self-reflection, and numerous exercises, you will step by step transform obstructive beliefs, heal old injuries, uncover negative relationship patterns – and attract your soulmate into your life as if by magic.

Once you have found your soulmate, practical tips and coaching tools will guide you regarding the important topics of »communication«, »dealing with conflicts«, »personal development in a relationship« as well as »joint search for meaning of life«, with which you will keep your love young for a lifetime.

Whether youthful or late love, patchwork family or same-sex partnership: each and every love is individual and different! That's why 14 happy soulmate couples share their insights into the ups and downs of relationship life and reveal their secret to a fulfilling partnership.

- › **lasting happiness in love is one of the most important goals of couples and the wish of many singles**
- › **numerous valuable coaching exercises, expert tips, »secret recipes«, and practical examples**
- › **lived soul partnership viewed from both female and male perspective**



Alexandra Molina • Joaquin Molina
Soulmate

Finding the right partner and living a happy relationship

paperback
170 x 240 mm
184 pages
coloured, with illustrations

€ 18,95 (GER)

ISBN: 978-3-8434-1503-3

Publication: June 2022



Alexandra Molina lives with her family in the Lower Rhine region. After successful years in various functions in human resources, the business economist dedicated herself to her real passion: psychology, personal development, and spirituality. She completed trainings as a personal and business coach, a Journey Practitioner according to Brandon Bays, and a children's and youth coach. Since then, she has been supporting people of all ages to reconnect with their intuition, build trust, and lead a fulfilled, free life.
www.alexandramolina.de



Joaquin Molina has been working in human resource management and development for over 20 years. During this time, he has offered numerous coaching sessions, both on professional and private life. Furthermore, as a manager, he has been active in accompanying people in their development for more than a decade. He is a trained coach according to Deutscher Bundesverband Coaching e.V. (German Federal Coaching Association) and a certified introversion coach. A father of four children, he lives with his family in the Lower Rhine region.

Finding your true essence

Do you sometimes ask yourself questions like »Why am I here on earth« or »What are my unique gifts and talents«? Your heart and soul know the truth, you only need to take your chance to explore yourself and your true potential.

This card deck enables you to feel the divine sparks of creativity and love as well as to connect yourself with the I-AM presence. This way, you will realise who you really are and what possibilities lie dormant within you. The gates to the new age have opened and you can access all that you are and all that you desire. Your true essence and light will renew your life and the whole earth!

- › **I-AM affirmations work directly on the subconscious mind**
- › **uplifting, strengthening impulses for more clarity and self-confidence**
- › **picture collages full of life**
- › **card deck is connected to the energies of La Palma**



Katharina Hubner

I AM Life

I-AM Affirmations guiding you to your full potential

card deck
89 x 127 mm
42 cards including guidebook
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9194-5

Publication: September 2022



Katharina Hubner is a photo artist, Reiki master, and shaman of the New Age. Since 2018 she has been living on the Canary Island of La Palma, where she offers photographic and mediumistic guidance, creative workshops, and shamanic drum journeys. She has felt very connected to nature since childhood, and her images often create a bridge between worlds. She is able to make contact with the spiritual world and nature beings – and to express their messages through her photography in order to bring them into people's hearts.
www.katharinahubner.com



Let Your Soul Shine

Back to self-love and healing

In the daily hustle and bustle, it gets increasingly hard for us to find time to think about life and do something beneficial for the soul. This way, we are likely to lose our inner balance and even develop physical complaints. Yet with the help of our own positive thoughts' powers it is easy to realign ourselves. With this lovingly designed card deck, Tanja Kohl, Reiki instructor, NLP coach, and author of »Healing Hands«, provides us with healing messages and strengthening impulses that make us aware of our true greatness. If we believe in our inner powers, we can pursue the path of healing and welcome the blessings of life.

- › **positive messages have a lasting effect on the subconscious**
- › **applying self-love for self-healing**
- › **perfect supplement to the book »Healing Hands«**



Tanja Kohl
On the Path of Healing Every Day
 The gift of your positive thoughts

card deck
 100 x 150 mm
 40 cards including instruction
 coloured

€ 21,95 (GER)

ISBN: 978-3-8434-9185-3

Publication: February 2022



Healing Hands

BACKLIST



Tanja Kohl is a Reiki teacher and NLP hypnosis coach in private practice. She lives with her family and her dogs in Lower Saxony. With her books and CDs, she has been touching people for many years and supporting them to courageously go their own way.

www.energie-zentrum-kohl.de

You go easier without guilty feelings

Already more than
1,000 copies sold

Does the following sound familiar? You always care about the welfare of others. However, no matter how hard you try, you seem to disregard someone, fail to meet any needs, or cause somebody harm. The nagging feeling that you owe something to e.g. your parents, friends, or colleagues makes you want to do even more for them – and too much, even though you already feel that you are harming yourself in the process. Your own desires and zest for life fall by the wayside, and in your mind is that painful thought: »Who takes care of me?«

Susanne Hühn, holistic physiotherapist, seminar leader and well-known guidebook author, shows you how you can succeed not only in caring for others appropriately, but above all in giving yourself the care you need. With numerous exercises and impulses, she leads you on a path of insight that reveals how you can fulfil your own needs instead of sacrificing yourself for others, driven by toxic feelings of guilt. In this way, you can finally self-actualise without a guilty conscience and enjoy life to the fullest.

- › **guilty feelings can make sick**
- › **for all those who finally want to realise themselves**
- › **with approaches from therapy and coaching**



Susanne Hühn **Finally Letting Go of Feelings of Guilt**

How to forgive yourself – for inner peace and new strength

gatefolded paperback
144 x 205 mm
168 pages
coloured, with illustrations

€ 19,95 (GER)

ISBN: 978-3-8434-1522-4

Publication: October 2022



Understanding and Finally
Releasing Addictions

BACKLIST



Susanne Hühn lives in Reinheim, Hesse. She is a holistic physiotherapist, seminar leader, international tutor, and well-known guidebook author. Her focus is on teaching emotional intelligence and inner freedom. Consciously applied self-compassion forms the most important element of her method. She shares her knowledge in her books as well as in lectures, tutorials, and seminars – at home, abroad, and online.
www.susannehuehn.de

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

A rest for the soul

Do you yearn for more peace of mind in your everyday life? Do you wish to slow down and find those small precious moments of inner calmness? With this book, the experienced coach, workshop instructor and meditation tutor Susanne Hühn offers you proven and tested inner journeys with which you can relax and clear your mind whenever needed.

It's a kind of feel-good medicine chest that you can always reach out for when things are overwhelming you. A white cloak of light to hold off stress, a pillar of light for cleansing and collecting new strength, a magic garden where your inner child is in good hands while you take care of adult affairs ... You receive distinct inner pictures, with which you will be able to fill up with fresh energy, serenity, and zest for life at any time.

- › author with many years of experience as a meditation leader
- › with tips on how to lead others through meditation exercises
- › **more than 30,000 copies sold of the previous editions**
- › for all those who have little spare time and yet wish to relax



**Already more than
1,200 copies sold**



Susanne Hühn

My Moment of Tranquility

Imaginary journeys for switching off and recharging your batteries

gatefolded paperback
144 x 205 mm
144 pages
coloured, with illustrations

€ 14,95 (GER)

ISBN: 978-3-8434-1514-9

Publication: March 2022



Emotional Protection

BACKLIST



Susanne Hühn lives in Reinheim, Hesse. She is a holistic physiotherapist, seminar leader, international tutor, and well-known guidebook author. Her focus is on teaching emotional intelligence and inner freedom. Consciously applied self-compassion forms the most important element of her method. She shares her knowledge in her books as well as in lectures, tutorials, and seminars – at home, abroad, and online.
www.susannehuehn.de

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

Life is change – and change management

Already more than
1,000 copies sold

To all of us, it can happen from one day to the next: an unexpected loss, dramatic events in our surroundings or the world, the personal question of the meaning of life ... But such exceptional situations do not have to throw us off track: The experienced wisdom teachers Aljoscha Long and Ronald Schweppe have developed a deck of 30 oracle and 10 helper cards and with profound laying patterns, by which you can use a crisis as a welcome occasion for stocktaking and reorientation. In this way, you will recognise the higher meaning of a challenge in life – and emerge from it stronger, more conscious, and wiser!

- › master crises through awareness and devotion
- › with special, profound laying patterns



SELF-HELP / COUNSELLING

Aljoscha Long • Ronald Schweppe
Overcoming Crises with Wisdom
Impulses for the times of change

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9192-1

Publication: August 2022



After studying psychology, philosophy, linguistics, and music education, **Aljoscha Long** worked as an author, composer, and therapist as well as a Taijiquan and Qigong teacher. In 1989, together with Ronald Schweppe, with whom he had already produced music, he wrote the first book, which was to be followed by many more. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.



Ronald Schweppe is an orchestral musician and author of numerous books in the fields of «psychology», «art of living», and «spirituality». He completed a training in NLP and spent many years studying Far Eastern philosophy, Zen Buddhism, and mindfulness techniques. He was frequently interviewed on radio and television as an expert on meditation and mindfulness. He lives in Munich with his wife and three children.

www.longschweppe.de

Life is wonderful!

Every single moment is a special one and worth living. The Little Angel, known from the popular German women's magazine »Bild der Frau«, helps us with encouraging messages and wisdom to bring beautiful thoughts into our lives. If he is at our side, it is easy to overcome sadness, to draw new strength, or to bring joy to others. With his charming manners, he exudes positive energy and optimism in any situation and gives confidence and zest for life. This not only makes this card deck a perfect companion in all situations, it is also an excellent gift for someone very special.

- › **enchanting images appealing to everyone**
- › **more than 10,000 copies sold of the previous editions**
- › **wonderful gift for all ages**



**Already more than
2,100 copies sold**



Petra Arndt
The Little Angel
Messages for the soul

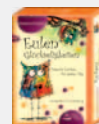
card deck
75 x 110 mm
50 cards including instruction
coloured

€ 16,95 (GER)

ISBN: 978-3-8434-9183-9

Publication: February 2022

Rights already sold: Danish



Owl Happiness

BACKLIST



Petra Arndt has been receiving and painting lightful pictures since childhood. She works freelance as a painter, designer, and illustrator, provides intensive art therapy for sick people, gives painting workshops, and is a lecturer at Sasel-Haus in Hamburg, a centre for culture and education. Since 2012, her »Little Angel« has been appearing weekly in the popular German women's magazine »Bild der Frau«.

www.petra-arndt.de

Petra Arndt's works have
been translated into 1 language.

We are the way we live: dynamic, cosy, glamorous ...

Some people feel most comfortable in a home which emanates harmony and cosiness, others flourish in a vibrant and modern environment. Seven different energetic archetypes work not only in the environment but also within people, and these energies are often the reason for how we furnish our homes – and thus shape our lives.

Whether »dynamic«, »versatile«, »sensitive«, »glamorous«, »clear«, »sovereign«, or »cosy«, if we know of these energetic archetypes we can individually and again and again determine which area of life and which quality we want to strengthen in ourselves. We learn fascinating things about the interaction between people and their residence and how even small measures such as a different scent, a new wall colour, or a symbol can bring about great changes. Numerous tips and exercises not only bring new momentum into our homes, but also into deadlocked issues.

- › **more than 10,000 copies sold of the previous editions**
- › **fascinating facts about the interaction between personality types and room energies**
- › **for all those who want to make their home a place of power and develop their personality**



Barbara Arzmüller is an interior designer and author from Gangkofen, Bavaria. Via Feng Shui, family constellations, and astrology, she incorporated her spiritual gifts into her profession. Be it on journeys or in the garden, in nature she finds the connection to heaven and earth. She writes books, gives consultations and seminars, and paints energy pictures. Her goal is to make the true beauty of the world and the people visible.
www.barbara-arzmueller.de



Barbara Arzmüller
Your Home as a Mirror of Your Soul
How to get your life going with small changes

gatefolded paperback
162 x 220 mm
216 pages
colour illustrations throughout

€ 21,95 (GER)

ISBN: 978-3-8434-1523-1

Publication: August 2022

Rights already sold: Czech



BACKLIST

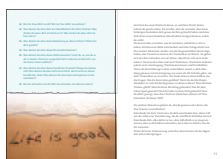
Barbara Arzmüller's works have been translated into 2 languages.

Your soul wants to be free

If you recognised your own strengths and believed in yourself, you would rise above yourself. But instead of self-confidently following your own path, you are often guided by your inner critic, reason, or old, obstructive beliefs. Yet then you are under control of forces outside yourself.

Inside this book, NLP hypnosis coach Tanja Kohl offers practical exercises with which you become aware of your own »programming« and realise whether and where you have left your own path. With easy-to-implement tools and positive thought power, you create new patterns of belief and learn to trust your heart. Free and self-determined, you will soon unfold your true greatness and lead the life you have long dreamed of.

- › »self-esteem« and »self-realisation« are more topical than ever before
- › step-by-step instructions for a self-determined life
- › author has published several works on positive mind power



Tanja Kohl
You Are Far More than You Think You Are

Discover yourself and your true greatness and unfold a self-determined life

paperback
144 x 205 mm
152 pages
coloured, with illustrations

€ 16,00 (GER)

ISBN: 978-3-8434-1520-0

Publication: January 2023



Finding Out about the Ego



Just for Today



The Compass of Life



Be Yourself and Live Your Full Potential

BACKLIST



Tanja Kohl is a Reiki teacher and NLP hypnosis coach in private practice. She lives with her family and her dogs in Lower Saxony. With her books and CDs, she has been touching people for many years and supporting them to courageously go their own way.

www.energie-zentrum-kohl.de

May grief turn into gratitude

A loved one or a pet dies, a love relationship fails, or we have to say goodbye to our home. In such moments, grief and longing, but also anger, bitterness, or powerlessness can be overwhelming, and we have no idea how to go on. Then it is extremely important that we reflect on ourselves and our needs. Like a sensitive spiritual grief counselling, the suggestions on the 40 cards guide us to understand our loss and to draw new strength from what we have experienced. Meditations, prayers, a memory diary, or selected medicinal herbs allow us to come to peace at our own pace – and turn back to life, reenergized and in gratitude.

- › gentle and profound support in coping with grief
- › suggestions for the time of initial shock, of intense mourning and for the long-term coming to terms



Philipp Feichtinger •
Abbas Schirmohammadi

Lovingly Comforted

Gaining new strength in times of grief

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 24,95 (GER)

ISBN: 978-3-8434-9193-8

Publication: November 2022



Philipp Feichtinger is a holistic practitioner and hypnotherapist with his own practice in Upper Austria. After studying to become a secondary school teacher, he approached a new goal and trained as an organisational therapist and AMQ mental coach. Today he accompanies and supports his clients through difficult times.

www.nhp-feichtinger.at



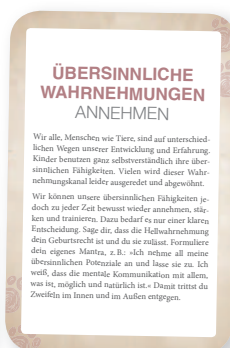
Abbas Schirmohammadi is a holistic practitioner for psychotherapy, high performance coach, and mediator. He is one of the leading experts in Germany in the fields of »coaching« and »autogenic training«. In his practice in Upper Bavaria, he works with client-centred conversation, relaxation techniques, and solution-oriented coaching. For over 15 years he has been helping his clients to improve their success, health, and happiness. He is the author of numerous psychological books as well as relaxation, mental training, and coaching CDs.

www.abbas-schirmohammadi.de

From heart to heart

Animals talk to us – if we remember the common language. As soon as we train our intuition and learn to exchange inner perceptions with our best animal friend, there are no more obstacles to a mindful, respectful and empathetic relationship on equal level. Be it as a set of random day by day impulses, be it as an exercise programme for the animal-human team, this card deck will open up a heart-to-heart communication with dogs, cats, and horses, with rabbits, budgies, and turtles.

- › for all those who wish to have a mindful, respectful, and empathic relationship with their pet
- › with checklists on how to do heart-to-heart communication



Already more than
1,100 copies sold



Christiane Krieg •
Abbas Schirmohammadi
Communicating with Animals
How to understand your pets

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 21,95 (GER)

ISBN: 978-3-8434-9182-2

Publication: March 2022



Christiane Krieg is a trained animal communicator and holistic coach, who lives with her husband and their animals near Hamburg. Training in healing touch, shamanism, and quantum healing completed her repertoire with which she works as an animal interpreter, medium, and life counsellor. It is important to her to bring out and strengthen the light of each individual's soul, which is often hidden behind beliefs and old injuries.
www.christianekrieg.com



Abbas Schirmohammadi is a holistic practitioner for psychotherapy, high performance coach, and mediator. He is one of the leading experts in Germany in the fields of »coaching« and »autogenic training«. In his practice in Upper Bavaria, he works with client-centred conversation, relaxation techniques, and solution-oriented coaching. For over 15 years he has been helping his clients to improve their success, health, and happiness. He is the author of numerous psychological books as well as relaxation, mental training, and coaching CDs.
www.abbas-schirmohammadi.de

Ho'oponopono for peace throughout the world

Forgiveness is the most effective way of resolving conflicts and problems. To this end, the Hawaiians developed a ritual they have successfully practiced for centuries: Ho'oponopono. Whatever might be worrying you: a relationship crisis, an argument on the job, nagging self-reproaches, or the global political situation, four short statements are able to work wonders: *»I'm sorry. Please forgive me. Thank you. I love you.«*

Bestseller author Ulrich Emil Duprée has been teaching Ho'oponopono for many years before writing about the Hawaiian practice of reconciliation that is arguably the most important technique of our time. Let love flow, and heal the world!

- » **peace on earth has become more important than ever**
- » **simple, yet powerful method**
- » **easy access to a profound understanding of forgiveness**

»We are a part of this world, and because of this connection all that what we do influences this world. When we suffer, we increase sorrow in the world; when we achieve inner harmony, we increase peace in the world.«
(Ulrich E. Duprée)

More than
7,700 copies sold



Ulrich Emil Duprée
Heal Yourself, and Heal the World
Ho'oponopono – the Hawaiian path to fortune, peace, and harmony

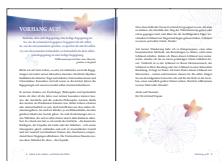
paperback
134 x 205 mm
176 pages
coloured, with illustrations

€ 14,95 (GER)

ISBN: 978-3-8434-1227-8

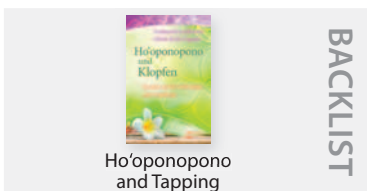
Publication: February 2016

Rights already sold: Dutch, Polish



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. More than 235,000 copies of the German edition of his bestseller *»Ho'oponopono«*, published by Schirner, have been sold so far and it has been translated into 14 languages.
www.heile-dein-herz.de

Ulrich Emil Duprée's works have been translated into 14 languages.



Ho'oponopono
and Tapping

BACKLIST

Body in Balance



An authentic workbook for full woman power!

Already more than
1,500 copies sold

From around the mid-40s, the menopause becomes a challenging time for most women: love handles increase, the skin loses elasticity ... hot flushes, sleeping problems ... and the feelings go crazy.

No reason to bury your head in the sand and just sit at home on the couch in a baggy sweater! Aloka Wunderwald, yoga teacher and coach with over 25 years of professional experience, provides you with simple yoga sequences that are also suitable for beginners. These allow you to rebalance your hormone levels, counteract menopausal symptoms, and regain your strength. In addition, by using the numerous described coaching tools, you learn little by little to lovingly accept yourself with all changes and to rediscover and celebrate your WOW Woman – the self-confident, cheerful, and sensual woman that is within you.

- › **yoga exercise book and midlife guidebook in one**
- › **women's power instead of menopausal crisis**
- › **for women of age 40+**

»You are magnificent, beautiful, powerful, delicate, wild, compassionate, crazy – and infinitely rich: rich in experiences, skills, competences, feelings, pain, consciousness, light, empathy, intelligence, vulnerability, love ... You are a WOW Woman!«
(Aloka Wunderwald)



Aloka Wunderwald lives in Baden-Baden, Baden-Württemberg, and has been working as a yoga teacher and coach for over 25 years. She passes on her knowledge in (online) courses, workshops, individual coaching sessions, and on yoga DVDs. She developed the WOW-Woman programme of yoga, coaching, and nutrition when she herself was at the low point of her menopause. Since then, she has been supporting women in this phase of life. Her cheerful and relaxed teaching style can be experienced for instance in her videos on YouTube.
www.aloka-yoga.com | www.wowwoman.de



Aloka Wunderwald **WOW Woman Yoga**

Staying charismatic and powerful
in midlife

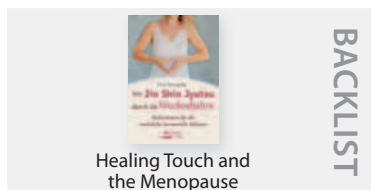
*With numerous coaching tools for a
mindset of confidence*

gatefolded paperback
162 x 220 mm
184 pages
colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1509-5

Publication: April 2022



Healing Touch and
the Menopause

BACKLIST

Decoded by the renowned expert: intestinal health

The importance of the intestine is often underestimated. It is only when we have diarrhoea, constipation or flatulence and our vitality decreases as a result, our immune defence fails, and our well-being suffers, that we recognise its importance as the source of health. The well-known alternative practitioner and expert in holistic naturopathy Lothar Ursinus explains everything you need to know about the intestine and how to keep it healthy in a vivid way.

Experience has shown that most disorders or diseases – be it irritable bowel syndrome, diverticula, leaky gut, or bowel cancer – do not originate in the bowel itself. Stress, how and what you eat, medication, or an organ weakness can throw its fascinating microbiome out of balance. Many useful tips and practical advice, for example on dietary supplements, enemas, and fasting cures, immediately put you in a position to improve and maintain your intestinal health on your own.

- › **being healthy starts with a healthy intestine**
- › **80% of the immune cells are located in the gastrointestinal tract**
- › **more than 125,000 copies sold of the author's books on the topics of »health« and »nutrition«**
- › **holistic tips and profound practical advice on the intestinal health**



For more than 35 years, **Lothar Ursinus** has been among the leading experts in naturopathy in Germany. His extensive knowledge in the field of holistic vitality and metabolism analysis, which he passes on to alternative practitioners and doctors in numerous seminars and lectures, is the basis of the individual nutrition programme of »gesund + aktiv« (healthy and active), which he has designed and which has been successful for 20 years.
www.ursinus.de

Already more than
1,600 copies sold



Lothar Ursinus

The intestine, the basis of health

From chewing to digesting
What to do in case of intestinal disorders, food intolerance and weight problems

paperback

144 x 205 mm

200 pages

coloured, with illustrations

€ 16,95 (GER)

ISBN: 978-3-8434-1505-7

Publication: April 2022

Rights already sold: Czech



The Way to a
Healthy Metabolism

BACKLIST

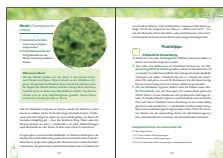
Lothar Ursinus' works have been
translated into 6 languages.

Finding back to inner balance anywhere and anytime

The fresh scent of earth and foliage, the green of leaves, the chirping of birds ... a visit to the forest is just as relaxing as a short vacation. Yet what to do if we cannot visit the realm of trees in everyday life? The solution: With essential tree oils, we always have the forest in our pockets! Whether at home, on the go, or in the office, with only a few breaths of tree fragrances we can recharge our batteries, calm down, and strengthen the immune system.

From spruce and fir via pine and cypress to palo santo and eucalyptus: The renowned expert Karin Opitz-Kreher presents the 26 best essential oils from trees from all over the world. Thanks to simple, effective exercises, recipes for aromatherapy and other tips for use, the forest scents accompany us through every situation in life, lift us up and provide us with deep roots.

- › the healing powers of trees always at hand via essential oils, throughout the whole year
- › **more than 50,000 copies sold of the author's books on the topics of »aromatherapy« and »nutrition«**
- › many practical tips and wellness exercises, especially for office workers
- › reducing restlessness and stress, finding inner balance



Karin Opitz-Kreher is trained in Aura Soma, Aura Soma Bodywork and foot reflexology. She works in her own wellness practice near Augsburg, Bavaria, with a focus on stress reduction and harmonisation. Since 2013 she has also been using the traditional knowledge of essential oils and passes it on in workshops.
www.lebeenergetisch.de



Karin Opitz-Kreher **Applying the Healing Powers of the Trees**

How to find new strength and relaxation with essential tree oils

gatefolded paperback
144 x 205 mm
184 pages
coloured, with illustrations

€ 17,95 (GER)

ISBN: 978-3-8434-1506-4

Publication: March 2022



The Fragrance Coach

BACKLIST

Karin Opitz-Kreher's works have been translated into 2 languages.

A superfood rediscovered

Already more than
1,700 copies sold

Good old porridge is celebrating a renaissance: The latest findings show that the gluten-free oats can permanently lower blood sugar levels. Even more, it contains lots of healthy protein, vitamins, minerals, and fibre, and that ensures an optimal metabolism and helps to lose weight. Used as a cure, oats can even balance hormones, prevent diabetes, and rejuvenate! This book provides different variations of »oats days« as well as savoury and sweet recipes with fine spices, fresh herbs, and sophisticated essential oils. Thanks to that, oat flakes are guaranteed to taste well on and on!

- › widespread super food with numerous health benefits
- › author is a well-known home chef and specialist for essential oils
- › more than 50,000 copies sold of the author's books on the topics of »aromatherapy« and »nutrition«
- › healthy oatmeal recipes from sweet to savoury



Karin Opitz-Kreher
Slim and Healthy with Oats
Stimulating metabolism – regulating hormones – losing weight healthily

paperback
134 x 175 mm
144 pages
coloured, with illustrations

€ 12,95 (GER)

ISBN: 978-3-8434-1524-8

Publication: January 2023



Essential Oils for Healthy
and Pain-Free Teeth



Facial Oils



Holistic Detoxification



Golden Milk

BACKLIST



Karin Opitz-Kreher is trained in Aura Soma, Aura Soma Bodywork and foot reflexology. She works in her own wellness practice near Augsburg, Bavaria, with a focus on stress reduction and harmonisation. Since 2013 she has also been using the traditional knowledge of essential oils and passes it on in workshops.
www.lebeenergetisch.de

Karin Opitz-Kreher's works have been translated into 2 languages.

Life is movement – movement is life!

Whether in the neck or back, in the hips, shoulders, or knees, pain is often the result of an unfavourable posture or movement routine. Thus pain shows us the necessity to rebalance our body. This is where the Feldenkrais Method, a holistic body therapy, can be of great help. Consciously executed and small yet very effective movements not only relieve acute tension and pain, even stuck postures and movement patterns are overcome in the long term by strengthening body awareness.

Carola Bleis, experienced movement and relaxation therapist, presents inside this book numerous exercises for all areas of the body that are easy to implement in our everyday life. Simple instructions and descriptive photos invite us to get started immediately!

- › **more than 10,000 copies sold of the previous edition**
- › **20 gentle exercises for young and old**
- › **author with more than 20 years of experience in movement and relaxation therapy**
- › **treating pain specifically according to body parts, both holistically and individually**



Carola Bleis lives in Lower Saxony and has been working as a lecturer in movement and relaxation therapies with a focus on »holistic ways of movement« for more than 20 years. She is a trained Feldenkrais Method and yoga instructor and teaches at various adult education institutes. She also leads further education courses and seminars. Since 2002, she has been writing reference books and articles on movement for various professional journals.
www.carolableis.de



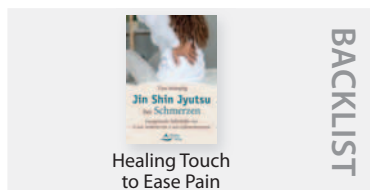
Carola Bleis
Feldenkrais Method against Pain
Releasing tension, improving posture, and increasing well-being with small, subtle movements

paperback
144 x 205 mm
136 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1525-5

Publication: November 2022



Healing Touch
to Ease Pain

BACKLIST

The basic work on aromatherapy

From spruce and lavender to tea tree and eucalyptus to lime and cananga tree – inside this book you will find every important information on more than 200 essential oils, which is the most comprehensive survey on that topic available on the market. Lavishly illustrated and with a modern design, it offers you the tried and tested profiles of the fragrance and base oils, information on their effect on body and mind, instructions for application, and a clearly structured register of clinical pictures and symptoms. It is not without reason that »Applying Essential Oils« has established itself over the years as an indispensable reference work on the topic of aromatherapy. A must-have!

- › offers natural treatment for anxiety, nervousness, headache, nausea, flu, depression ...
- › **more than 25,000 copies sold of the previous editions**
- › lavishly illustrated, modern design
- › author of the internationally successful books »Breathing Techniques« and »Pendulum Worlds«

»Each essential oil has its own distinct scent, character, and subtle energy.«
(Markus Schirner)



Markus Schirner is a trained teacher of kinesiology, »Brain Gym«, and »Touch for Health« as well as a massage therapist. His other fields of expertise include aromatherapy and herbalism, meditation and breathing therapy, and Buddhist philosophy. Schirner Verlag, which he founded, is one of the most important spiritual publishers in Germany.
www.schirner.com



Markus Schirner
Applying Essential Oils
200+ essences for aromatherapy

gatefolded paperback
162 x 220 mm
296 pages
colour illustrations throughout

€ 29,95 (GER)

ISBN: 978-3-8434-1526-2

Publication: November 2022



Pendulum Worlds

BACKLIST

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

40 exercises for a better vision

Improving your eyesight without glasses or surgery? That is possible by means of eye training. These are simple exercises which can also be used to prevent or even counteract various eye diseases or refractive errors, e.g. dry eyes, presbyopia, or cataracts. With the help of this card deck, we get to know the 40 most important applications, such as palming, head tapping massage, colour therapy, or blinking. Clear photos, step-by-step instructions, and tips on which methods help on what matter make it very easy to get started. All it takes are 15 to 20 minutes per day!

- › at least every second adult has ametropia
- › effective methods for treating eye diseases, complaints, and refractive errors
- › **already more than 42,000 sold copies of the author's books on the field of »eye health«**
- › easy-to-understand working cards to start practicing right away



Caroline Ebert
Eyes Open!
 Exercise cards for eye training

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

€ 24,95 (GER)

ISBN: 978-3-8434-9195-2

Publication: December 2022



Aromatherapy for the 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 vision school »Eyeland« in the Rhön Mountains in central Germany, where she has already been able to help numerous patients, and regularly holds eye health training courses in companies.
www.augenschule-eyeland.de

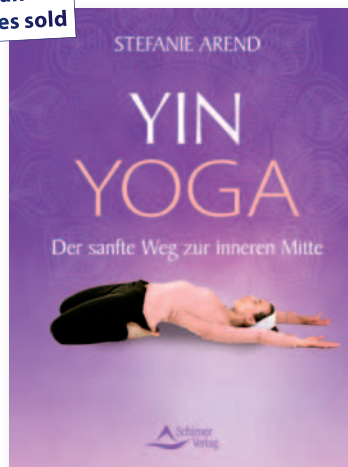
Caroline Ebert's works have been translated into 1 language.

Tailor your asanas to your needs!

The more popular traditional yoga styles, such as Ashtanga Yoga, are mostly Yang-oriented, which means that the exercises focus on the muscles. Yet Yin Yoga acts on the deeper-lying fasciae by holding the individual asanas longer and with relaxed muscles (without strength). This is why this passively oriented form of yoga offers you the key to greater flexibility and to perfecting your yoga practice. In Yin Yoga, you find combined a profound knowledge of anatomy with the teachings of Dao Yoga and the meridians. Yin Yoga allows you to harmonize your chi flow, stimulate your fasciae, and regenerate your joints as well as enrich your meditation. Stefanie Arend's book on this gentle yoga style enables you to take into account the individual anatomy of your body – with the help of practical orientation, large pictures, easy to understand descriptions, and many possible variations.

- › for all those who want to improve their body awareness and agility
- › Yin Yoga features the trend topic »fasciae training«
- › addressing deeper spiritual dimensions of yoga, e.g. the chi flow

More than
32,000 copies sold



Stefanie Arend
Yin Yoga
The gentle path to inner harmony

paperback
160 x 215 mm
176 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1038-0

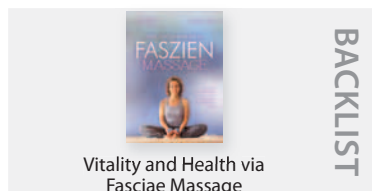
Publication: October 2011

Rights already sold: Czech, Dutch, French, Italian



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

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



BACKLIST

Vitality and Health via
Fasciae Massage

Dissolving shadows on the soul

It is far more than a temporary phase of dejection or a low mood: If we suffer from depression, our thoughts, feelings, and actions are strongly influenced and we are caught in a negative spiral. Zest for life has become alien to us. Then the melodies on this CD by Michael Reimann, the expert for extraordinary spiritual healing music, can support us. They set impulses on an unconscious level and thus give new space to our feelings and our inner drive. Mind and soul are given the opportunity to dissolve shadows and regain confidence in life – and we allow ourselves find our way back to joy!

- › **instrumental music only**
- › **the number of people with depression has increased sharply**
- › **already more than 40,000 copies of the author's »Healing Music« series sold**
- › **author is an internationally renowned musician and an expert in spiritual music**

Already more than
1,200 copies sold



Michael Reimann
**Healing Music for Liberation
from Depression**
Reconnecting to the rhythm of joy

digipack
140 x 125 mm
running time: 70 minutes

€ 17,95 (GER)

ISBN: 978-3-8434-8435-0

Publication: September 2022

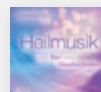
BODY IN BALANCE – MUSIC



Healing Music for Signs,
Miracles, and Transformation



Healing Music to
Strengthen Self-Confidence



Healing Music for
Falling and Staying Asleep

BACKLIST



Michael Reimann studied conducting and choral conducting at Cologne University of Music and Dance. He became known for his solo concerts as a multi-instrumentalist. He was a lecturer at the Saarbrücken Academy of Music and has been giving seminars all over Europe since 1987. He is interested in the spiritual aspects of music, to which he devotes himself under his label »Acron Music«.
www.michaelreimann.de

Selected Titles – SUCCESSFULLY LICENSED

Bestseller



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

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



Markus Schirner
Breathing Techniques
Paperback (October 2000,
Relaunch July 2020)

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



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

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



Sandy Taiyku Kuhn Shimu
What Makes Your Energy Flow
Paperback (February 2013,
Relaunch May 2021)

Rights sold: Czech, English, Italian,
Polish, Vietnamese

Bestseller



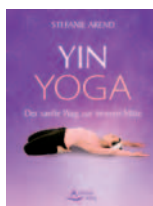
Markus Schirner
Pendulum Worlds
Paperback (April 1995,
Relaunch May 2018)

Rights sold: Czech, French,
Lithuanian, 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

Bestseller



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

Rights sold: Czech, Dutch,
Hungarian, Polish



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

Rights sold: Czech, Dutch, French,
Polish



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

Rights sold: Czech, English,
Spanish

Selected Titles – SUCCESSFULLY LICENSED



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

Rights sold: French, Italian, Spanish

Bestseller



Jeanne Ruland
The Secret of the Twelvenights
Small Series (November 2009, Relaunch September 2019)

Rights sold: Dutch, English, Spanish



Lisa Biritz
Shamanic Fasting
Paperback (March 2015)

Rights sold: Czech, French, Polish



Georg Huber
Energetic Room Cleansing
Compact Series (February 2009, Relaunch October 2020)

Rights sold: Czech, Hungarian, Polish



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

Rights sold: Dutch, Polish



Christine Arana Fader
Soul Realm
Card Deck with Guidebook (February 2019)

Rights sold: English, Spanish



Karin Opitz-Kreher & Dr. med. dent. Jutta Schreiber
Essential Oils for Healthy and Pain-Free Teeth
Compact Series (February 2018)

Rights sold: Czech, English



Elvira Schneider
Tibetan Pulsing Organ Calendar
Paperback (Februaz 2017, Relaunch April 2021)

Rights sold: Czech, Dutch



Jeanne Ruland & Shantidevi Felgenhauer
Ancestral Healing
Paperback (October 2013, Relaunch September 2019)

Rights sold: English, Italian



Lothar Ursinus
Your Way to a Healthy Metabolism
Paperback (May 2019)

Rights sold: Dutch, Polish



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