

the holistic home feng shui for mind body spirit space

[#feng shui](#) [#holistic home](#) [#mind body spirit balance](#) [#home wellness](#) [#harmonious living space](#)

Discover how the ancient art of feng shui can transform your environment into a truly holistic home, fostering profound balance for your mind, body, and spirit. Learn to optimize your living space to enhance well-being, energy flow, and overall tranquility, creating a sanctuary that nurtures every aspect of your life.

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The Holistic Home

Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. The Holistic Home is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

Feng Shui Your Life

Jayme Bartett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

Holistic Spaces

Transform your home into a calm, balanced and harmonious oasis using architect Anjie Cho's helpful advice, drawing on her background in green design and feng shui. You don't have to get rid of all your possessions and become an ascetic to change your space and discover the benefits that living in a considered, organic way can bring. The easy suggestions in Holistic Spaces show you how to

implement the principles of feng shui and green design in your home. Written for the way we live today, as we move toward a more mindful approach to health, diet and the way that we choose the objects in our homes, this is the perfect guide to help you to clear and refresh your living environment. Learn how to make every room in your home serve its highest purpose, create eco-friendly spaces, bring nature indoors, choose colours for maximum impact, select a space for meditation practice, and overall, create a peaceful and organic home. From the bedroom to the home office, these intuitive, straightforward tips will teach you to how improve your spaces to boost the flow of energy through your life.

Feng Shui That Makes Sense

You don't need to be a professional designer or a feng shui expert in order to have a beautiful, comfortable home. Feng Shui That Makes Sense takes you step-by-step through the process of using feng shui principles to create a home that will please your eye, relax your body, inspire your mind, and lift your spirit. After reading this book, you will be able to:

- Easily create a home of beauty, harmony, and comfort
- Learn basic feng shui principles that work every time in every space
- Improve the look and feel of any room in your home
- Discover the origins of popular feng shui myths and misunderstandings
- Enhance the areas of your home relating to Love, Money, Health, Family, and more
- Apply feng shui principles to your landscape and garden
- Integrate nature and natural materials into your living space
- Clear your home of unwanted energy
- Create a home that nurtures and inspires you physically, mentally, and spiritually
- Understand how and why your environment affects you the way it does

OM for the hOMe: A Holistic Approach to Interior Design for Your Overall Wellbeing, Body, Mind and Spirit

Your home is a more than an address—it's a reflection of your soul. Your living space mirrors your inner space, telling the story of your life through your physical home. Function and feeling go hand in hand. The sacred place you call home supports the foundation for your inner balance and an empowering, fulfilling life. When limiting beliefs, negativity, and stress surround you, it's time to dive deep into who you are to build an environment where you are at home within yourself. In OM for the hOMe, interior designer and life coach Carrie Leskowitz shares her holistic approach to intentionally curating an environment where you'll thrive physically, emotionally, and spiritually. Full of design philosophy, creative lifestyle tips, and introspective activities, this is your complete guide to decorating a space with your authentic self in mind so you can achieve Zen, inside and out. You'll discover: How your house influences and reinforces your self-worth, aspirations, and joy. C-O-R-E pillars of wellness to explore your identity, values, and the home you need. Why energy in a room may be "off"—and how to invite a positive flow using natural remedies. The physical and mental clutter limiting you from manifesting abundance. Furniture, lighting, and coloring ideas for your unique style to promote health and happiness. When home and heart align, the door to transformation opens wide. Get OM for the hOMe now and design a life you love from within the beautiful place you call home.

Mind, Body, Home

Your Home is the Key to a Successful, Holistic Life Awaken to the energetic connections between you and your home. When you make conscious changes to your living space, you can transform your life and uplift your soul. Mind, Body, Home presents your home as an integral component for holistic living, correlating every room with its physical, mental, or emotional counterpart in you. Your home is a reflection of you, and being in tune with its energy allows you to create positive changes in your life. From foundation to roof, it holds the power to enhance your health, improve your relationships, and attract more prosperity. Open the door to the heart of your home and discover a whole new way of seeing and living within it. Praise: "You can never learn too much about feng shui, and Tisha's book 'breaks it down' cleanly and efficiently."—Karen Rauch Carter, author of the national bestseller, Move Your Stuff, Change Your Life "[Mind, Body, Home] is useful for anyone who wants her home to be a reflection of what's in her heart and mind."—Geraldine Thomas, professional organizer featured on the A&E hit television show Hoarders "This is a down-to-earth resource for anyone who has wondered how Feng Shui works and wished that they knew how to do it."—Anna Jedrzejewski, Spirit Connection, New York, NY.

Move Your Stuff, Change Your Life

Applying the ancient Chinese practice of feng shui to modern life, the author reveals how carefully arranging items in the home can lead to remarkable results in love, career, and personal happiness. Original.

High Vibe Home

From an interior designer and modern feng shui expert, High Vibe Home is a luxe handbook for creating restorative spaces that feel as good as they look. Create a home that feels as good as it looks. From an interior designer and energy practitioner, High Vibe Home teaches readers how to design harmonious spaces that invite free-flowing, positive energy into their homes and lives. By decluttering and cleaning, arranging furniture, decorating with crystals or houseplants, incorporating new colors, textures, and more, anyone, on any budget, can design a home with high vibes. The book outlines key design principles and energy rules that contribute to a nourishing home, and then, room-by-room, offers achievable ways to put those practices into place. In a luxe package, this handbook is woven through with atmospheric photography, evocative shots of styled decor elements, and helpful diagrams. High Vibe Home is a must-have for design aficionados, wellness enthusiasts, and anyone interested in crystals, feng shui, or energy work. Alongside smudge sticks or a cozy throw, it's a thoughtful gift for a girlfriend's birthday or a housewarming party. **ACCESSIBLE PRACTICES:** High Vibe Home offers achievable, affordable practices to make spaces feel more Zen. Anyone, on any budget, can make these small adjustments to improve their home and in turn, channel that newfound positive energy into other areas of their life. **MORE THAN JUST HOME DECOR:** This book is not simply a collection of design tips; it also teaches how to foster specific types of energy in your space—calming, invigorating, healing, etc. These choices can have an outsize impact on not just your mood but also your relationships, career, and health. **ON TREND:** The wellness trend is still going strong, and holistic interior design is an extension of that. There are sections throughout the book on crystals, chakras, feng shui, and other types of energy work, which will appeal to those interested in these on-trend wellness topics. Perfect for: • Anyone looking for ways to make their home lovelier or more Zen • People interested in energy work, crystals, or feng shui • Shoppers looking for a Mother's Day, hostess, or housewarming gift

Clear Your Clutter with Feng Shui (Revised and Updated)

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

Creating Luminous Spaces

Ancient and global modern design come together in this practical guide to interior design, biophilic design, and feng shui for your home. Part spiritual growth workbook and part treatise on the power of nature, Creating Luminous Spaces is your practical guide to giving your home a refreshing energy boost. In this inventive approach to interior design, Maureen K. Calamia blends modern trends with the five elements of feng shui, an ancient Chinese system that brings the cycles and benefits of nature to your home interior. With inspiring ideas and practical information, Calamia will help you discover which of nature's elements represents your energy. Should you enhance your home with natural light or a fish bowl? New organizational habits or tall, vertical lines? Featuring practical exercises, meditations, and real stories about clients and students, as you embark on this mind-body-spirit connection with your home, you'll find out how: Indoor lighting and lighting design can strengthen the fire elementOrganizational behavior is influenced by the metal elementSpace planning with plants nourishes the wood elementAnd more!

The Encyclopedia of Mind, Body, Spirit

MIND, BODY, SPIRIT. Bringing together a range of expert authors from various fields of complementary health, personal development and esoteric wisdom, this comprehensive and authoritative reference provides the complete guide to healing therapies, exercise and diet regimes and spiritual traditions from around the world. Clearly and logically organized into three main parts, Mind, Body and Spirit, the book then is divided into subsections including Divination and Prophecy, Energy Therapies and Earth

Mysteries. A comprehensive cross-referencing system allows you to find related subjects easily and take your understanding to a deeper level, while step-by-step photography and stunning illustrations provide further insights into therapies and spiritual approaches. A prestige publication, this book is ideal for both beginners and more advanced readers. From mythology to psychic skills, and astrology to Wicca, this encyclopedia is the only resource you will ever need.

Feng Shui Home Design and Colors

Feng Shui Tips for Your Home to Evoke Plenty of Good Vibes How do you feng shui your home? What are the basic principles of feng shui? The philosophy of FENG SHUI is a practice of arranging the pieces in living spaces in order to create balance with the natural world. The goal is to harness energy forces and establish harmony between an individual and their environment. FIVE ELEMENTS In feng shui, we use the five-element system, which comes from Taoist philosophy. This system looks at the cycles of nature and how they work together to be in balance. The five elements are earth, metal, water, wood, and fire. Each element is associated with certain qualities, as well as colors and shapes that can be used as design elements if you'd like to enhance those qualities in your home and life. COMMANDING POSITION The commanding position is one of the fundamental basics in feng shui. It's important that your bed, desk, and stove are all in command, since each of these items represents a significant aspect of your life. Your bed represents you, your stove represents your wealth and resources, and your desk represents your career and path in life. COLOURS AND FENG SHUI Experts use colors to direct chi and create beneficial energy changes in certain areas of the home. This should have a positive impact on our wellbeing, relationships and productivity. When choosing colors, it is necessary to rely on the harmonious use of the five elements and their circular cycle. Each of the five basic elements has its own colors that, with the element, generate and spread energy, or chi: Wood- blue, green Fire - red Earth - yellow Metal - white, beige, silver Water - dark blue, black In this special book, Amy Landry will teach you: FENG SHUI IN INTERIOR DESIGN: FEATURES AND MATERIALS TO USE FENG SHUI: THE ORIENTATION OF THE BED TO SLEEP WELL THE FAVORABLE AND UNFAVORABLE PERSONAL DIRECTIONS AND THE EIGHT PALACES METHOD THE RIGHT COLOR FOR EVERY ROOM 39 HOW TO FURNISH A LIVING ROOM IN FENG SHUI STYLE: PRACTICAL TIPS TO FOLLOW FENG SHUI TALISMANS AND AMULETS BAGUA MAP AND FENG SHUI HOW TO USE THE BAGUA MAP FENG SHUI AND BIOARCHITECTURE FENG SHUI: 10 TIPS FOR DECORATING YOUR HOME WITH AWARENESS THE FENG SHUI GARDEN. THE ANCIENT CHINESE ART OF MAKING ENERGIES FLOW INTO SPACE BAGUA METHOD TO ATTRACT LUCK IN THE DIFFERENT SECTORS OF THE HOUSE 10 THINGS NOT TO HAVE AT HOME ACCORDING TO FENG SHUI WHAT ARE THE GOOD (AND BAD) PLANTS FOR FENG SHUI? FURNISH SMALL HOUSES WITH FENG SHUI THE FIVE ELEMENTS IN FENG SHUI THE CYCLES OF THE FIVE ELEMENTS And much more! By following these FENG SHUI TIPS, you can turn your space into a beautiful, comfortable place to unwind. Find even more tips for planning and organizing your home! BUY THIS BOOK BY AMY LANDRY NOW AND START A HAPPIER LIFE!

The Holistic Dog

People love their pets—especially their dogs. They treat them as children, as part of the family. They want to do everything they can for them, including making them feel loved, welcomed, and appreciated around the house. By delving into dogs' worlds holistically through their mind, body, spirit, and space, *The Holistic Dog* delivers a thorough understanding of our canine friends. The mind portion covers their habits and personalities. The body addresses their breeds and physical characteristics. Spirit represents the dogs' dispositions and the many ways they enhance the home atmosphere. Space captures the dogs' connections to the beauty of the unique environments they call home. Lifestyle expert Laura Benko interviews various holistic care practitioners such as holistic veterinarians, a canine masseuse, a canine behaviorist, an animal communicator, and more. Photographs and step-by-step instructions enable readers to gain helpful tips and insights into holistic pet care and teach readers how to implement them on their own dogs. From pug to greyhound, purebred to winning mix, these dogs jump off the pages of *The Holistic Dog* and into our laps, warming our hearts with their charming stories by Benko and photographs by Susan Fisher Plotner, inviting us into their spaces, and introducing us to the trajectory of holistic pet care.

Bless This House

An urban shaman explains how to conduct blessing ceremonies that sanctify the home and other personal spaces. Learn about cleansing agents and how to use them to shower the home with love, luck, abundance, and protection.

Feng Shui for Healing

Accessible ancient wisdom for a happy modern home. Creating a powerful and healing home sanctuary is the essence of feng shui--the Chinese system of designing a space based on how energy flows. Feng Shui for Healing is a modern interpretation of this ancient wisdom, presented with empowering advice and step-by-step guidance for using your own space to nurture wellness and vitality. Improper feng shui can keep you from feeling comfortable in your home and keep you stuck in old thoughts, stubborn habits, and stalled health goals. But with this book, you can learn to free up that energy with simple, time-tested feng shui home edits--like adding imagery that fosters a lighter mood and happier relationships. When the energy in your space moves freely, you'll feel better inside and out. Feng Shui for Healing is your accessible guide to: Practical exercises--Discover simple rituals to sanctify your time and space, with actionable steps you can take right away. Mindful pauses--Simple breathing exercises are included throughout to help you slow down and check in with yourself as you take on this powerful home energy work. The 9 life areas--See how feng shui can enhance and protect family, friends, prosperity, health, reputation, career, creativity, relationships, and knowledge. Make your home more comfortable and restorative with this fun and easy start to feng shui.

Decorating With the Five Elements of Feng Shui

Balance your energy, improve your relationships and happiness, and heal your living space and the planet. Join feng shui expert Tisha Morris as she reveals the amazing possibilities for transformation when you use five elements wisdom to make simple yet beautiful changes in your home and life. The five elements—Wood, Fire, Earth, Metal, Water—are the threads of energy that connect all living beings with nature. Learn how each element is expressed not only in nature, but also through you and your home. Start with a quiz to understand your elemental makeup. Then follow the three-step formula to incorporate feng shui into your life. With a room-to-room guide for using the five elements, instructions for healing spaces both inside and outside, and much more, Decorating With the Five Elements of Feng Shui will help you find harmony in your body, your home, and the world.

The Holistic Guide to Decluttering

The Holistic Guide to Decluttering goes beyond traditional home organization books, helping readers in three key areas: physical space (home), time (calendar/scheduling), and mental space.

Feng Shui Made Easy, Revised Edition

The first edition, released in 1995, was lauded by seasoned practitioners and beginners alike. And no wonder. While most of the early English-language books on feng shui were dauntingly mystical or relied on complex calculations or culturally specific design practices, Feng Shui Made Easy took a more holistic approach, clearly explaining the fundamentals while guiding readers on an inner journey of understanding. Thoughtfully written and beautifully illustrated, the book is structured around an “architecture of consciousness” that is really the inner landscape. The book explores each “house” of the bagua—the chart representing one’s journey through life; relationships with parents, loved ones, and community; creativity; spirituality; and connectedness to the source of life—and the symbolism of the corresponding I Ching trigram. Feng Shui Made Easy helps readers discover the nature of these connections, as well as learn what obstructions must be removed to change fixed patterns of behavior and restore balance, harmony, and inner peace—a process that, when combined with external adjustments, results in increased success and lasting change in all areas of life. This revised edition expands on the author’s intuitive approach with new sections on health, children’s environments, and ecological concerns and sustainable practices. The author also corrects misconceptions about feng shui and uses fascinating case studies to share valuable insights he gained from interactions with his clients and readers. From the Trade Paperback edition.

The Practical Encyclopedia of Feng Shui

Here the theories of the ancient Eastern Art of Feng Shui are full explained, and practical advice is offered on how to make changes to your surroundings to foster good health, improve your relationships, and welcome prosperity into your life.

Feng Shui for Wellness and Wealth

There is a prevalent belief that Feng Shui is something that only rich people can practice, another belief that is promoted by many other 'experts'. In fact, anybody can practice Feng Shui if they understand its basic principles. You don't need to buy any expensive 'cures' or other special equipment to practice Feng Shui in your home...

Lillian Too's Easy-to-use Feng Shui

Looking for luck, love, wealth, and health? The world's best-selling writer on feng shui takes you step-by-step down the road to happiness! Lillian Too, renowned author of books and articles on this ancient Chinese art, divulges the secrets of controlling the powerful forces of ch'i to bring success into our lives. With 179 tips on everything from personalizing interior decoration to improving family relations, it's the most practical, thorough, systematic, and stunningly illustrated guide to eliminating every obstacle standing in the way of contentment. Enrich personal space by identifying auspicious corners, good fortune directions, and life-enhancing elements, and organize the household to intensify their beneficial qualities. Need to improve finances? Grow orange or lime plants, whose ripening fruits symbolize prosperity, or hang coins or bells on the doors. Sleep on an authentic Feng Shui bed, let carpets create solid foundations, and fill vases with the right flowers. Protect the home or office from the "shar chi" or "killing breath" of open shelves. And there's a reason traditional Chinese matriarchs keep cleaning paraphernalia out of sight—they know that visible brooms will "sweep away" the family's livelihood. Try one of many effective methods for ensuring togetherness and harmony between kinfolk, for helping children do well at school, and for attracting romance. As you put these time-tested ideas into practice, you'll feel your world getting better and better! 160 pages (all in color), 7 3/4 x 9 1/4. DELUXE PAPERBACK WITH FLAPS.

Feng Shui for the Loss of a Pet

Have you ever lost something very dear to you that it threw you off center? You thought you were pretty grounded, and all of a sudden you fell apart. You have an urgent need to grasp something to make you feel better, dull the pain, or get over it. My own journey of having lost something dear to me made me realize there was more to the grief than I had imagined. I share the moment it happened, how I felt, and got through it. The art of feng shui, which I practice and teach, helped me in more ways than one. In this book, you will learn how to move through the grief and into more balance; create a loving altar or memory piece to honor your loved one; and take steps to help you along your journey to peace again.

Creating Change

Good Design is Good Feng Shui In *Creating Change*, Laura Morris unites modern interior design and creativity with ancient Feng Shui principles to create an easy-to-use handbook for bringing more energy into your home and life. Intentional design is about mindfully creating: using your hands to design your space with the ancient and powerful tradition of Feng Shui. Morris offers a "learn-by-doing" approach, introducing you to the basic principles of Feng Shui as you apply them through 27 easy-to-implement design projects, including dressing up your bathroom, styling your bookcase, balancing your kitchen, and more! "Feng shui is an incredibly transformative philosophy with the power to focus intention, heal in various ways and create tremendous shifts in your life. With ease, patience and knowledge, Laura opens the magical door to these ancient teachings, bringing their healing and balancing power to everyone interested. She offers practical, easy-to-comprehend feng shui applications for all levels." --Anjie Cho, author of *108 Ways to Create Holistic Spaces*. "Laura Morris + Feng Shui = Magic. Anybody of any age can understand the simple and useful tools of this ancient principal just by reading a few pages of this masterfully curated book. A must read, must do book for sure!" --Tiffany Pratt, author of *This Can Be Beautiful*. "Creating Change is the perfect book for those of us who are intrigued by how Feng Shui can bring more life to our spaces, but too busy to become experts. Laura's simple, learn-as-you-go approach makes it easy--and fun--to start using Feng Shui immediately in your own home, space, and life." --Joan Sheridan LaBarge, publisher, Working Mother Media. WWW.MORRISFENGSHUI.COM

The Mindful Day

Combining contemplative traditions, modern neuroscience, and psychology, this engaging, relatable book is the ultimate how-to guide for overscheduled adults looking to bring peace and focus to their daily lives at home, in the workplace, and beyond. At the pinnacle of the digital age, it's hard to imagine packing one more thing into our overwhelmed lives. But new research shows that simple daily exercises can change the way our brain works, improve focus, lift our mood, create stronger connections, and help us develop greater resilience. In this enriching book, noted teacher and mindfulness expert Laurie Cameron provides an everyday road map to cultivate inner peace and navigate any situation with control and clarity. Timeless teachings and straightforward practices designed for busy schedules--from the morning commute to back-to-back meetings to family dinners--show how mindfulness can transform life at home, in the workplace, and beyond. A personal guide for women who have leaned in, men who want to be more effective, and professionals looking to optimize their lives, this book will help readers lead their lives with intention and purpose.

Architect's Guide to Feng Shui

Cate Bramble has devoted her career to highlighting the differences between 'feng shui-lite' as a fashionable pursuit in contrast to the original intentions of the Chinese masters. Here she presents the authentic principles in a technical, no-nonsense pocket book specifically for architects. As clients become more demanding and the competition for projects heats up, the architect is well advised to have many strings to their bow. This practical guide includes line illustrations that present the principles of feng shui, the Chinese art or practice in which a structure or site is chosen or configured so as to harmonize with the spiritual forces that inhabit it, and their application in architecture through planning principles, services, building elements and materials, in an accessible, easy reference format. The feng shui-savvy architect can also benefit from feng shui's ability to match structures and land, and the peculiar capacity of authentic feng shui to forecast development-related concerns including cost overruns, quality issues - even worker injuries and trade disputes! The author explains feng shui from archaeological sources and evidence of practice in the east, contrasting it with what passes for feng shui in the west. She analyses the practice in terms of such concepts as western systems theory, viewshed, space syntax and the 'pattern landscape' theory of urban planning. For the first time, the Sustainable implications of feng shui design are explained with reference to the latest developments in behavioural and cognitive sciences, evolutionary biology and other western viewpoints.

Spirit & Earth

With the exception of Feng Shui, 'House Healing' is not a widely accepted practice. This book has been written by two of the world's most eminent practitioners in what has become known as modern Geomancy. Working with subtleties that can be accessed through meditation, mindfulness and dowsing this book shows how the power of focused intent can be harnessed to improve the relationship between humans, buildings, nature and Mother Earth in simple, practical ways. The authors have spent decades helping people subtly change the way they function in their homes and here they share their experience, knowledge and philosophy to illustrate how, by changing the perceptions of our lives through truly holistic thinking, we can create a sustained positive relationship with everything around us.

Spirit of the Home: How to Make Your Home a Sanctuary

Spirit of the Home is a wonderful guide to creating your own sacred space and sanctuary and discovering peace and tranquillity.

The Little Book of Feng Shui

Start living a calmer, more balanced life with this all-in-one feng shui guide that explains the benefits that this energy healing technique can have on your mind, body, and spirit. Harness the ancient healing power of feng shui! Declutter your life, identify your qi, and reclaim your space with a brand-new perspective. Just by simply choosing specific colors and positioning your furniture in various places, you can take control of your space and your life. Feng shui is an ancient science involving the art of placement that can bring clarity to your life by showing you how to declutter your space and find the right energy flow that works to create a soothing environment and bring you joy. In The Little Book of Feng Shui, you can learn the basics of this practice, along with its history and how to balance and harmonize with the energies in any given space—in your home, workplace, or outdoor area. This beautiful and

insightful book promotes healing through the choices you make for the spaces you inhabit and helps you learn how to heal yourself and live a happy, balanced life.

Plant Spirit Medicine

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, *Plant Spirit Medicine* has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including: Plant spirit medicine's five-element view of healing Ways to assess our own states of health and balance Receiving guidance from plants, including those found within herbal preparations New passages on community and sacred plants such as peyote, marijuana, and tobacco Additional interviews with plant shamans across diverse traditions, and more

Labyrinth

Step into the Labyrinth Sacred Practices for Health, Wisdom, and True Purpose The labyrinth is an enigma, a seemingly ordinary symbol that has the power to open the gateway to profound self-discovery. Within its coils and turns, secret wisdom is revealed that has the potential to help humanity on its journey toward spiritual advancement. In this book, spiritual teacher Tony Christie shares new information and powerful techniques for exploring the labyrinth as a source of wonder, wisdom, healing, and enlightenment. Discover how to work with labyrinths to quiet your mind and gain insights and answers for the questions that matter most to you. Use the labyrinth as a safe container for letting go of your troubles and finding that peaceful place within yourself. Learn about the fascinating connections between the labyrinth and tarot, alchemy, crop circles, and the cosmos. With the right guidance and intention, every step you take in a labyrinth can bring you greater understanding of your life's purpose on your own sacred journey. Praise: "Tony combines a deep wisdom of labyrinths and his personal experience to offer an opportunity to the reader to explore the labyrinth of their own sacred being. I love the mix of practical and theory. A truly enjoyable read."—Abby Wynne, author of *How to Be Well* and *AZ Spiritual Colouring Affirmations* "This book is a confident statement of the limitless possibilities of the labyrinth on all levels of existence, material and immaterial."—Robert Ferré, master labyrinth builder and author of *The Labyrinth Revival* "This book by Tony Christie covers the entire spectrum of time—back to the Big Bang and into the Future. If you are to read only one book on labyrinths, this is the one to read."—Sig Longren, author of *Labyrinths: Ancient Myths and Modern Uses* "This is an important book for anyone interested in working with labyrinths or who wishes to try to gain some understanding of the immense power of them."—Yvonne Ryves, author of *Shaman Pathways—Web of Life*, shamanic healer, Reiki master, and past life therapist "Well researched and written with a steady hand and heart, *Labyrinth* offers Tony Christie's unique understanding of this amazing tool."—Lauren Artress, author of *Walking a Sacred Path* "Readers interested in esoteric spiritual traditions will find much to enjoy in Christie's tutorial on the spiritual powers of labyrinths."—Publishers Weekly

The Good Energy Book

Become a fountain of good energy in every area of your life! In this gem of a book, Tess Whitehurst offers sparkling advice for creating, maintaining, and sharing positive energy. Using this holistic and easy-to-follow system, you'll discover how to keep your energy positive and traverse any place, situation, or challenge with confidence, clarity, and grace. The fun and effective techniques in this book draw from both the physical and energetic realms. You'll learn how to: —Keep your energy clear and positive —Manifest the conditions you desire —Maintain good health habits —Establish a regular meditation practice —Fine-tune your intuition —Create sacred space in your home —Live fearlessly and confidently —Energetically protect yourself PRAISE: "Tess Whitehurst presents personally empowering, eminently practical, and refreshingly accessible techniques for creating an environment that feeds and uplifts your soul. She teaches how to harness the law of attraction to manifest the life you want."—Jhenah Telyndru, author of *Avalon Within*.

Crystals for Healing: The Complete Reference Guide with Over 200 Remedies for Mind, Heart & Soul

Create positive change through the power of crystals. Whether you're working through grief or holding onto grudges, seeking peace or deepening gratitude, Crystals for Healing offers the basics for beginners to explore the deep connection between mind, body, and spirit. Learn the fundamentals to clear emotional blockages, stimulate creativity, and elevate your mood through the vibrational power of healing crystals, with: Clear descriptions of crystals and their unique healing properties Over 200 remedies, plus profiles of 95 crystals covering colors, primary uses, corresponding chakra, and placement recommendations Daily meditations and mantras for a truly holistic approach Guidelines for creating grids to harness the positive power of crystals and healing stones Discover a more fulfilling life through the power of crystal healing as explained by ordained metaphysical minister, intuitive energy healer, and Usui Reiki practitioner Karen Frazier.

Druidcraft: The Magic of Wicca and Druidry

Druidry and Wicca, also known as "the Craft"

The Art of Chilling Out for Women

Banish burnout, worry, and stress once and for all with these practical tips and strategies for relaxing, going beyond simple self-care to chill your mind, body, and soul. Women are resilient leaders driven to achieve but can often feel stressed out. They are being adversely impacted by the Covid-19 "she-cession" with less and less women returning to the workforce due to the multi-faceted responsibilities they face inside and outside of their homes. And in a world where heart disease is the leading cause of death for women, they can't afford to wait to relax. Author Angela D. Coleman's prescription in The Art of Chilling Out for Women teaches women the value of chilling out. Here women can learn to seek self-awareness, self-love, happiness, peace, and health. With this essential resource, women will eliminate burnout, stress, and excessive personal sacrifice with practical tips and holistic wellness, like creating cleansing spaces and sacred spots, releasing childhood trauma, establishing boundaries, increasing compassion and self-love, eliminating doubt, regulating with herbs, and listening to your physical self, and much more. This book is a must-have for any woman burdened by taking on the world.

Metamorphosis

I was sick, overweight, and depressed. I was coming off the heels of an intensely emotional breakup, while simultaneously dealing with a persistent infection of unknown origin. I was at a place where I felt like things would never get better. Doctor visit after failed doctor visit, I nearly came to the conclusion I would have to accept my reality. Before I was to give up, I wanted to allow myself an opportunity to figure things out on my own. Instead of relying on someone or something else, I realized I had to be responsible for my wellness. My story is one of transformation, and along the way, I went from having no control of my future to empowering others to reclaim their wellness using a simple fundamental practice. Through one ancient wellness technique, I not only discovered weight loss was quick, efficient, and cost-effective, but also that holistic wellness didn't have to feel like a far-out concept. I went from being sick, overweight, and depressed to losing 90 lb, being empowered, healthy, and joyful. Join me for my metamorphosis.

The Wellness Guide

Embrace every aspect of your well-being—from physical, mental, and emotional health to improved nutrition, sleep, and relationships. True wellness is rooted in mental, emotional, social, occupational, financial, and physical well-being. Wellness is fed and watered by practicing healthy—but simple—habits that allow us to grow and blossom. The Wellness Guide sets readers on the path to achieving a balanced life that is healthy and fulfilling, with practical advice on how to set and achieve goals for every aspect of well-being. By optimizing your physical, mental, and emotional health, you can find the ideal work-life balance that will result in positive long-term benefits.

The Tao of Craft

For the first time in English, Benebell Wen reveals the rich history and theoretical principles underlying the ancient practice of crafting Fu talismans, or magical sigils, in the Chinese Taoist tradition and gives detailed instructions for modern practitioners who would like to craft their own Fu. Fu talismans are ideograms and writings typically rendered on paper and empowered by means of invocations, ritual,

and transferences of energy, or Qi. Talismans can be used for many purposes, such as strengthening or weakening personality characteristics, finding love, earning more money, or easing emotional tensions in the home. The Tao of Craft shows how metaphysical energy can be harnessed to amplify, strengthen, weaken, dispel, or block other metaphysical energy and to rectify perceived imbalances in the material plane. Supported by an abundance of detailed charts and images, this book serves as a step-by-step handbook that gives readers the knowledge and confidence to craft their own Fu talismans for personal empowerment. Wen, author of Holistic Tarot, delves into historic and cultural contexts of the Fu, from the neolithic period of Chinese history to contemporary practices of esoteric Taoism. Providing a solid foundation in the principles of Eastern spellcrafting, she highlights the blending of Taoist metaphysical practices with Western approaches to magic by pointing out eclectic, integrating, and harmonizing facets from other cultures and religions. Historically, Fu talismans were used by medieval Chinese for alleviating illness; averting misfortune, magical attacks, and curses; defending against assaults; and avoiding poverty. This book shows Western practitioners that the skill and knowledge to develop an interactive relationship with spirit realms are still available to them today, and serves as a practical handbook for accumulating Qi energy from sources in the environment and channeling it in concentrated form into their own Fu talismans.

Watching the Daisies

Long time sufferer of fibromyalgia, Brigid Gallagher set out on a journey between Egypt, India, Rome, Lourdes, Carcassonne and Bali. In this beautiful travel writing memoir on healing, spirituality and alternative medicine, Brigid shares her travel memories and the importance of slowing down. If you enjoyed Eat, Pray, Love, you will enjoy this.

The Heart of Feng Shui... Simply Put

The HeART of Feng Shui... Simply Put takes the reader on a journey of self-discovery and empowerment, learning how to reduce stress is living a heart-filled abundant life. For some, Feng Shui is a complex body of knowledge sometimes referred to as the art of placement. Anita Adrain simplifies the science and presents a new view of Feng Shui as 'simply the study of energy'—an energy system that you already practice instinctively. You just haven't been taught how to recognize and use it until now. A gentle and expert guide, she has created a format whereby readers participate in the practical principles that lead them to a deeper understanding of why there is 'no-thing' that they are not connected to energetically—including the intimate space of the home. Readers will discover a unique version of the Yin Yang symbol, energetic heart codes, wisdom from our Ancestors, and locate many other gems through clues and there is even a Treasure Map. All of these support raising awareness and consciousness, increasing personal frequency, and intentionally living a heart-felt life. This book is purposely designed to engage the reader in a style that enables them to awaken the genius within. Through note-making, and by answering questions, readers become active contributors, thereby discovering more about themselves and the profound impact the environment plays in living a healthy, holistic, abundant existence. By the time readers have completed this compact book they will have made an energetic shift, gaining a new awareness of the mind, body, spirit connection.

Feng Shui for the Mind, Body and Soul

Feng Shui for the Mind, Body & Soul is a guide for the modern spiritual seeker. Part memoir, part manual, this powerful book shows you how to understand and trust your journey in order to fulfill your life's purpose while incorporating concepts of Feng Shui in an easy-to-understand and implement manner. Feng Shui for the Mind, Body & Soul is filled with information for those who have recently started their spiritual journey as well as those who are well on their way to fulfilling their life's purpose.