

RIGHTS GUIDE SPRING 2016



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The Book of Good Vinegar

History, manufacture, health, recipes

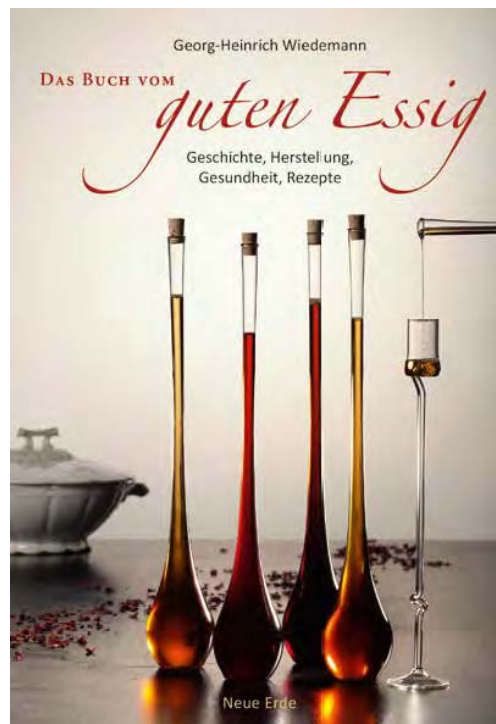
- Vinegar - an elixir for good health
- Vinegar - a subtle addition to any meal!
- Vinegars are not all the same – the secrets of good vinegar

In this volume, the author - also known as the “Vinegar Guru” - unfolds his extensive knowledge on the many uses of vinegar. Beginning with the fascinating story of vinegar from ancient times to the present, he then proceeds to divulge the secrets of vinegar making and shows us what constitutes the difference between standard “dead” industrial vinegar and good, traditionally created, “living” vinegar.

There follows a large section on the health benefits of using vinegar: how we may include it in our daily diet for great health benefits, and how it may be employed in many ways for all kinds of complaints, even for serious illnesses. The book is rounded off by a number of very special recipes for the preparation of delicious meals and beverages that include vinegar.

The beautiful colour illustrations make this volume a visual delight, which will animate the reader to discover the full range of vinegar uses.

Georg-Friedrich Wiedemann
(The Benefits of Good Vinegar)
History, manufacture, health, recipes
Hardcover, circa 176 pages, all full colour illustrations,
Format 17 x 24 cm
Approx. 19.90 s (D)/20.50 s (A)
ISBN 978-3-89060-637-8



Georg-Heinrich Wiedemann, also known in Germany as the “Vinegar Guru”, has been interested from the age of seventeen in traditional vinegar creation. With his brand, ‘Doktorenhof’ Vinegars, he supplies vinegars not only to the royal Saudi household and many internationally famous chefs, but also to a great number of hobby gourmets, who love to combine excellent flavours with healthy food.

www.doktorenhof.de

Please inquire with the publishers if you are interested in how to do vinegar tasting at home.

On Track for Life

How to make Change succeed

An Exercise Book for Self-Worth, Authenticity and True Being

- A veritable mine of helpful suggestions
- Many questions on self-reflection
- Encouragement to be oneself
- Leads to a helpful way of dealing with oneself
- A book like a road atlas: offering orientation but also how to find one's own way

There are plenty of Self-Help books on the market, but ready-made recipes tend not to work, because all humans are different. This book, too, is different: it invites the reader to get to know him- or herself better, which is the only way to gain an understanding of one's very own life path, how to liberate oneself from entanglements and enter a life full of meaning and responsibility for oneself.

The volume is packed full of offers and challenges to have a critical look at your own life, to question old habits and beliefs, and to try out new ways of looking at things. Life presents us with numerous possibilities, full of opportunities for change and growth. With his guidebook Rolf Mayer accompanies us through many different themes and subjects we are likely to encounter during our lives.

He asks us: Are you open to change? Do you know yourself? Are you able to say 'no'? Are you there only for others or for yourself as well? Self love – how does it work?

And he invites you to: Have the courage to be authentic! Stop comparing yourself all the time! Leave perfectionism behind! Escape from the role of the victim! Failures are not mistakes, but lessons!

Each of the sixteen chapters deals with individual issues and themes, offers inspiration for thought and makes suggestions about how one may react in a different way. Many of the chapters contain detailed lists of questions, which encourage us to engage in self-reflection and begin a clearing process. Thus the book is like a well equipped "tool box", from which everyone can choose suitable information to use for very personal strategies of change.

Rolf Mayer

Auf Kurs ins Leben (On course for Life)

How to make change succeed

An Exercise Book for Self-Worth, Authenticity and True Being

Brochure, approx.. 176 pages, format 146 x 208mm

Approx. 16.90 s (D)/17.40 s (A)

ISBN 978-3-89060-682-8



Rolf Mayer has worked in education as a teacher in primary, high and special schools, and also spent 25 years as a football trainer. Inspired by his accumulated experiences and his own history, he undertook various kinds of training in the fields of life counselling and life coaching. He lives and works in Pforzheim, Germany. www.kursbuch-leben.de

Yoga – the gentle Revolution

Healing within and without

Sangeet Singh Gill

Yoga – die sanfte Revolution

Gesundheit im
Innen und Außen

- Yoga for inner security in changing times
- Changes within ourselves lead to changes without
- Yoga exercises for self-perception and inner freedom
- Changing the world begins with ourselves

The world is fundamentally changing, and we all feel deep down that something is going to happen to make it clear that we cannot go on as we are. But that creates fear, and we would really like to close our eyes and not see it. This book presents yoga as a way to enable us to stand up to the coming challenges. The author illuminates the coming paradigm change and presents targeted yoga exercises for future themes, which will enable us to stay anchored within ourselves throughout stormy times.



Neue Erde

Although practising yoga is something that each of us does first for ourselves, it does change our way of looking at things – how we perceive the world around us, but also how we perceive ourselves – and thus leads to engaging with society.

Gill uses seven chapters that deal with consciousness and self-worth, illnesses through self-denial, the secure inner place, alienation through the modern media, the superiority of Nature over the mechanistic universe, and the coming group consciousness.

Every chapter of the second part of the book presents meditations and series of exercises. These create connections with one's own body and one's energy system, which in turn are connected in many ways with other humans and structures.

Sangeet Singh Gill

Yoga – the gentle Revolution

Healing within and without

Brochure, approx.. 208 pages, format 146 x 208mm

Approx. 18.90 s (D)/19.50 s (A)

ISBN 978-3-89060-681-1

Sangeet Singh Gill was a political activist in his youth, which, early on, made him recognize his own physical upper limits. Then he discovered yoga as a method for being effective socially from a point of self-perception and inner strength. He undertook training in yoga, among other things on a number of occasions with Yogi Bhan and has been working as a yoga teacher in Frankfurt for many years.

www.yoga-infos.de

The author is available for event bookings: talks with exercises and music.

The Heart of the Feminine

Transformations with the Moon Goddess and the Elements

- Feminine archetypal energy and its processes of change
- Meditations on the four elements
- Shamanic methods for being an authentic woman
- Creates the courage to bring inner knowledge from the depths

Women's liberation has still not attained its goal, as only too often women are still orientating themselves by male role models. What really constitutes true femininity can only be arrived at by women focussing on inner depths and re-connecting with the source of life. This volume leads us through the darkness of the Underworld to the original power of the creative feminine.

The author encourages women consciously to connect and resonate with the changes of the seasons. She presents helpful support for the processes of change using shamanic methods, which allow women to harness their true power: silent observation and hunting, and weaving one's own web. Each of the four elements has a special associated meditation, which will noticeably reconnect the woman with these truly elemental forces: those organic powers of growth, of dying and renewing.

"I would like to encourage women not to give up their often very difficult path to their "vibrating self", but to trust their inner knowledge and their wisdom, and to have the courage to bring this hidden knowledge back from the depths, to speak about it and to live it out authentically on the Earth."

Dr. Dorit Stövhase-Klaunig

Dorit Stövhase-Klaunig
The Heart of the Feminine
Transformations with the Moon Goddess and the Elements
Brochure, approx.. 160 pages, format 146 x 208mm
Approx.. 14.90 s (D)/15.40 s (A)
ISBN 978-3-89060-685-9



Dr. Dorit Stövhase-Klaunig was formerly a high school teacher in sport and biology and, through the initially functional sports exercises, found her way to the body-conscious meditative movements of Chi-gong. For many years she has been working as a teacher of Chi-gong and fasting and is a practising alternative practitioner with a core elements in TCM, psycho-kinesiology and classical Homeopathy.

Tales of plants and herbs

About the Purple Coneflower, Eyebright and many others.

- A different kind of herbal knowledge
- From a true expert
- Full of information; a delight to read; a visual treat

“God’s Pharmacy” contains an endless range of medicinal plants, but can any of us always remember which plant might be good for what complaint? The picturesque language of fairy tales is able to tell us about the properties of plants and herbs in a way that imbues them with ‘soul’, and which can be remembered easily. This healing herbal with its lively and graphic text presents us with eight individual tales about fourteen healing herbs and their properties; then individual portraits are described again in detail: family; biological information; healing properties, uses; and recipes, accompanied by a register of indications. The whole is beautifully illustrated and delightful to read, with lots of information for old and young readers alike.



Purple Coneflower (*Echinacea purpurea*) – Sage (*Salvia officinalis*) – Angelica (*Angelica archangelica*) – Common Tormentil (*Potentilla erecta*) – European Blueberry (*Vaccinium myrtillus*) – Arnica (*Arnica montana*) – Foxglove (*Digitalis purpurea*) – Chamomile (*Matricaria chamomilla*) – Valerian (*Valeriana officinalis*) – Common Wormwood (*Artemisia absinthium*) – Eyebright (*Euphrasia officinalis*) – Lady’s Mantle (*Alchemilla vulgaris*) – Dog Rose (*Rosa canina*) – Lavender (*Lavendula officinalis*) – Elder (*Sambucus nigra*)

Flor G. Schmidt

Wildkräutermärchen (Tales of Plants and Herbs)

About Echinacea, Eyebright and many others

Includes 15 plant portraits

Card covers, 128 pages, complete colour illustrations

Format 168 x 194mm

Approx. 18.90 s (D)/19.50 s (A)

ISBN 978-3-89060-684-2

Flor G. Schmidt studied German literature and philosophy (M.A.). She has produced and presented programmes for radio and completed training at the Freiburg school for herbal healing. After further training in Germany and abroad (including energetic healing), Schmidt (a phytopractitioner) now teaches seminars on healing herbs for adults and schoolchildren at her workshop “*Carpe florem*”. Her herb garden provides her with the inspiration for her tales about plants and herbs. The author lives with her husband and son in Freiburg (Breisgau), Germany. www.carpe-florem.de

Crystal elemental beings in the medicine wheel

A set of cards for working with the power of crystals

- Easy to use without previous knowledge
- Safely finding the right healing crystal
- Energetically effective cards
- All the best known (usual) healing crystals in one set

Using these cards and their essential messages will enable the reader to work successfully and easily with minerals and crystals, without having any previous knowledge. The cards provide deep contact with the crystal elements, which makes it possible to experience their energies and effects. Stephan Bergmann has very successfully used the Crystal-Elementals cards in his work with Motherdrum-Healing, as have therapists associated with this field.

The individual energy images are geometrically structured like a medicine wheel and thus work as “vibrational” or “information” medicine. Work with the cards is carried out either ‘hidden’ (by drawing a card for a question) - for example, “Which crystal elemental would help me most?” Or the cards are spread out openly and one senses which card, or which crystal elemental, speaks most strongly; or one allows the message of the crystal elementals to influence one, to find out which words would conjure up the greatest resonance in oneself.

It is possible to use the card to “inform” water, or to use the card as a meditation image; or use the actual crystal carried on one’s person. Even more effective are crystals laid out in the shape of a medicine wheel, inside which you (or the client) lie down.

See more under: <http://www.steinwesen.com/>

Stephan Bergmann and Frank Girulat
Illustrations by Herbert Schedlbauer
Crystal elementals in the medicine wheel
A card set for working with the powers of crystals
Magnetic box with 72 cards 96 x 136mm and accompanying book,
4-colours, 96 pages, format 150 x 212mm
approx. 36.00 s (D)/37.10 s (A)
ISBN 978-3-89060-688-0



Stephan Bergmann learned the art of tanning, became a drum builder, and invented the “Mother-Drum”; he is a sun-dancer and dream coach, trains therapists in Mother-Drum healing and works with crystal elementals in the medicine wheel.

Frank Girulat is an engineer working on healing illumination (light), and has been doing shamanic work since 2011 with Stephan Bergmann and the Mother-Drum. His highly sensitive sensory perception enables him to establish direct contact with crystal elementals. The authors are available for crystal elementals events.

Diagnosis: Cancer – what now?

A guide on the path of healing

- Escape the panic – welcome healing
- Acceptance – the key to healing
- Includes simple, tried exercises

Thomas Bach, who has experienced many years of accompanying people suffering from cancer, recommends that after the diagnosis to just wait, in order to inform oneself about the various types of therapy and treatment, and especially to include the soul in this process. (Standard medicine refers to “psycho-neuro-endocrinology”).

The author refers to knowledge gained from “Salutogenese” (salutogenesis)- research, which explains how becoming healthy again (salus), and healing (genese) is accomplished. This is because healing is far more dependent on the inner attitude of the sick person than on external treatment. The great value of this book lies in its success communicating this in clear and simple language together with well-described examples.

Dealing with the issues of death and dying is not avoided here. Rather, experience shows that an honest confrontation with our mortality can considerably increase the chances of healing. After the first, more general part, the second section offers a new view of the world and suggests an attitude toward life in which there is no room for cancer.

Thomas Bach

Diagnose Krebs – und nun? (Diagnosis: Cancer – what now?)

A guide on the path to healing

Brochure, approx. 96 pages, format 146 x 208mm

Approx. 9.90 s (D)/10.20 S (A)

ISBN 978-3-89060-687-3

Thomas Bach, born 1962, after a career as a civil servant, undertook training to become an alternative medical practitioner and studied systemic therapy. He worked at the Vita-Natura Clinic for Holistic Medicine as a psycho-oncologist (psychological counselling of cancer patients) for fifteen years, and accompanied more than two thousand patients on their paths to recovery. Today he lives near Bamberg, Germany, and works as an alternative medical practitioner, psycho-oncologist and counsellor in companies' health management sectors.

Thomas Bach

Diagnose Krebs – und nun?



*Ein Begleiter auf dem
Weg der Genesung*

Ryvellus

No Necessity to Be Unhappy

- Thought-provoking things described in an entertaining way
- Deals with those “final questions” with insight, but without false emotionalism
- A personal book about awakening
- Spirituality for beginners

In this very personal book Ulli Quaiser is dedicated to the basic questions about our being. In the first part he asks, what is it really to be ‘grown up’, whether opposites really exclude each other, and whether there really is such a thing as happiness. In the second part he speaks of his own life and of his spiritual awakening. The third part deals with those final questions about death, God, and about love and forgiveness.

The central message is: it is possible to become totally free of fear and worry?

At the beginning of the book stands a quotation that points the way ahead:

‘When I went to school I was asked what I would like to be when I am grown up. I answered, “Happy.”

They told me that I hadn’t really understood the question, and I told them that they had not understood life.’

John Lennon

Further, Ulli Quaiser writes, “This book is for all people who have a feeling that something is missing from their lives, who feel badly treated by life, who think that life should have more to offer, who are searching for meaning – all of those are addressed here, maybe to be inspired a little, and later, in the not too distant future, to understand the wonder and grandeur of our existence.” Without a lot of fuss this book leads to thinking deeply about one’s own life and about whether it is really necessary to be unhappy.

Ulli Quaiser

Von der Unnötigkeit des Unglücklichseins (No Necessity to be Unhappy)

Brochure, approx. 128 pages, format 146 x 208mm

Approx. 12.90 s (D)/13.30 s (A)

ISBN 978-3-89060-683-5



Ulli Quaiser, born 1967, studied sociology for several semesters, trained in business, and experienced many years as a rock musician. In Spring of 1999 he had a spiritually life changing experience. From 2005 onwards he spent time on intensive study and research on the subjects of religion, spirituality and psychology. His book is the result of sixteen years of searching for truth. Ulli Quaiser has a grown up daughter and lives with his partner near Frankfurt am Main, Germany.

Making Love With Life and Becoming Who You Are

A healing community and Biodanza

- The amalgamation of two holistic therapeutic departure points
- For all who yearn for true Liveliness
- Includes helpful exercises and informative examples
- A brief survey of new forms of therapy about human kindness

With a background of many years of experience as a Biodanza (Biodance) teacher and group psychotherapist, Tom John Wolff expands, in this book, on the living panorama of human potential. In it he connects growth and the life enhancing impulses of both of these holistic departure points.

The idea of a therapeutic community was first practically inspired by Alcoholics Anonymous and nowadays extends further and is used as a “teaching and learning community”. Such communities deal with communal growth and liberating processes and believe in healing basically coming from within.

The openness and honesty of discussion in the safety of the group, which is conducted according to clear rules and includes the therapists in the process, provides the decisive means of support and help.

The book not only describes opportunities for healing in a group, but also how humans may become more alive through spontaneous expression in dance. Here the path leads via the methods of “Biodanza” to vitality, enjoyment, creativity, the ability to bond and to transcending.

This book provides a huge range of information and inspirations for all people, who wish to move out of frozen relationships and toward an attitude that loves life – no matter whether you are a therapist, a client, or are simply interested in personal growth.

Tom John Wolff

Mache Liebe mit dem Leben – und werde, wer du bist (Making Love with Life and becoming who you really are)

Healing community and Biodanza

Brochure, approx. 160 pages, format 146 x 208mm

Approx. 14.90 s (D)/15.40 s (A)

ISBN 978-3-89060-686-6



Tom John Wolff, born 1976, psychotherapist, psychologist with diploma, study at the university of Leipzig, therapist for addictions and depth-psychology, many years of work according to the ‘Bad Herrenalber’ model at the Adula Clinic (Oberstdorf, Germany) as a group, individual and bonding therapist, leader of workshops of the special association for holistic medicine in Bad Herrenalb, Germany. He has presently emigrated to Peru for a few years with his wife and two children.

Love and Sex at 50+

Tantric and energetic love for grown ups

- It is possible to allow sexual love to be the centre of life in old age
- What is good sexuality really?
- How to get involved in energetic love

Many people now over fifty lived through and co-shaped the “sexual revolution”, a liberation from many constraints and compulsions, which were however restricted by each individual’s ‘ego armour’. Now is a time for turning to energetic love. Sex is no longer “done”, but experienced as a deep human need. Especially when one is older, there is room for giving fulfilling sexuality the position it deserves.

In this very personal book, Jürgen Fischer (65) writes about fulfilling sexuality in later years, is dedicated to the question what “good sex” really is and contrast the usual “doing sex” with energetic love, consisting of the genital encounter and pain body work. Both belong equally to sexual love. As Eckart Tolle describes it, Jürgen Fischer also explains how the pain-body functions like an autonomous personality structure, with which humans at times identify. Then they want to (unconsciously) experience pain. Only when it can be perceived directly as beyond all content, does it lose its power to destroy love in a partnership. Energetic love is only possible in the centre, in the heart, where the pain-body cannot exist.

Jürgen Fischer
Sexual love at 50+
Tantric and energetic love for grown-ups
Brochure, approx.. 144 pages, format 146 x 208mm
Approx. 14.90 s (D)/15.40 s (A)
ISBN 978-3-89060-680-4



Jürgen Fischer is a member of that “1968” generation, who were involved with the commune movement in Berlin. He was active in tantric Buddhism and other spiritual groups. He worked for alternative publishers, has been studying Wilhelm Reich’s work intensively since 1977, and has published many books on life energy and on spiritual subjects. Since 1994 he has been working with a website called www.orgon.de and for 39 years has been creating devices (orgone accumulators) according to Wilhelm Reich’s principles.

PEACE WORKSHOP

Renewing the Peace Matrix

Includes 13 Gaia Touch Exercises

Marko Pogacnik

We are all able to do something for PEACE. Marko Pogacnik shows us how with his peace workshops and with this new booklet, including 13 practical exercises, which lead to a renewal of the Peace Matrix.

The book is in German and English. The rights for all other languages are available for a one-time fee. Pls. ask us for details.

The book is a personal invitation to contribute to all-encompassing peace

- between human beings and Gaia
- between nations and religions
- and among individual human beings.

Peace is no longer a given. The very idea of peace has too often been mutilated, and today certain leaders are even trying to secure peace through war. This cannot continue. We should be consciously working on a transformation of the old ideas of peace and creating foundations for a new Peace Matrix.

Artist and geomancer Marko Pogacnik has identified 13 causes which lead to conflict. To address these he has developed exercises, meditations and rituals which enable creative working on a renewal of the Peace Matrix.

During 2015 peace workshops were held in Munich, Berlin, Zurich, London, and Linz and practically evaluated. The book is the result and further development of these peace workshops. The latter can now be held or carried out by individuals on their own, or together, with (many!) others through the exercises presented in the book. The book will be a bi-lingual publication in German and English.

Peace Workshops are being planned in the Yoga-Centre Horn, Bad Meinberg, Germany, in Jerusalem, and on the Odilienberg, Alsace.

RENEWING THE PEACE MATRIX

We are increasingly being faced with wars all around us, along with the creeping fear of terrorist attacks pervading our consciousness, and including misguided political decisions, which drive on an escalation of social inequality. There is an urgent need to work on a transformation of these twisted patterns of response, which affect humanity in ways that encourage conflict, war and deny peace.

There can be no lasting peace on our home planet, if those archetypal images of Peace cannot be renewed with the Earth, with her wealth of living forms, and among humans, nations, and religions. Let us work artistically and creatively on a renewal of the Peace Matrix, which is itself anchored in and vibrating within the memory of the Earth! In the end, the key to Peace and for the renewal of the Peace Matrix lies in every one of us.



With this book we aim together to begin creating impulses for change, along with new departure points for the theme of Peace and to carry out special Gaia Touch-Exercises, meditations and rituals for individuals, or better still, in groups.

During 2015 the Peace Workshop was held in Munich, Berlin, Zurich, London and Linz. The book followed on from the practical experiences in these peace workshops, which – although the following 13 points continued to be dealt with, in order to strengthen their influence – displayed a different quality each time due to the peace-enhancing potentials of each location being incorporated.

Brochure, approx. 64 pages, format approx. 130 x 180mm

Approx. 4.90 Euros (D)/5.00 Euros (A)

ISBN 978-3-89060-690-3

ProLit Number 221-00690

Marko Pogacnik is one of the best known geomancers of our times. He is the author of numerous books on earth-healing and is the co-founder of the School for Geomancy “Hagia Chora”. As a teacher, lecturer and seminar leader, he travels all around the globe and, from 2005 onward, has been realizing the global geopuncture circles project together with his fellow workers. With his cosmograms he even inspired the creation of the Slovenian national flag.

www.markopogacnik.com

Not available: English