

RIGHTS GUIDE AUTUMN 2017



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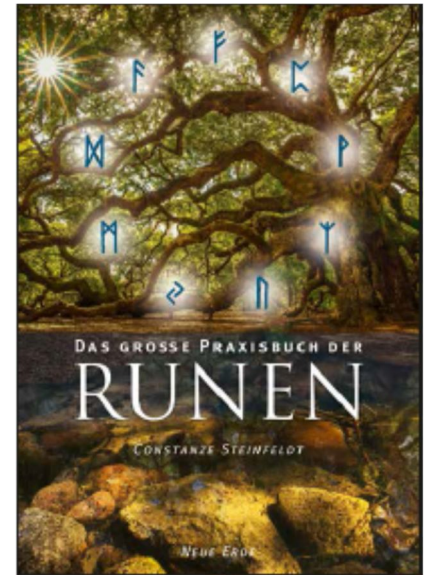
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The Big Book of Runes

Runes are ideographs that symbolize the laws of creation and form cosmic patterns.

The book explores them in all their depth and enables fresh and clearly conceived access for students of the runes. The author has opened-up the entire runic cosmos as magical tools for prediction and as pathfinders for our very own personal developmental journeys.

- Knowledge of the runes – competent, in-depth, and topical
- All the runes explained in detail: magic, prediction and runic constellations
- The runes: a developmental path as understood from their feminine source



This book is for all those who are interested in using the runes as an aid to their further personal development. Newcomers to the runes will find detailed information on their meanings and applications. But even those readers well versed in runic lore will find interesting new aspects from mythology and magical application. The goal is to transform and heal one's personality, so every rune comes with exercises that involve the body, spirit and soul. Carrying out these exercises helps support body and soul in their development toward expanded consciousness and higher perception. The book presents the runes as magical symbols for a path of initiation which has been accompanying mankind since the matriarchal era. Constanze Steinfeldt makes a close connection between both the *Edda* and magical and spiritual practises in our times.

Various types of runic oracle are introduced, as well as the meanings of individual runes, chosen individually, as well as in conjunction with casting systems, such as the Norn cast and the world cast. Mythological descriptions as well as reports from trance journeys by the author are used to round off the picture.

This work can, with definite justification, be classified as a new type of self-help book, which will not just awaken the curiosity of people interested in the runes, but will also appeal to those who wish to develop their own personality and perception. There is simply no other work which deals with the runes on these levels and scale.

Runes are ideographs, which symbolize the laws of creation and form cosmic patterns. This work deals with their ultimate depth of meaning and provides a fresh and clear entry. The author has been able to open for us a way to understand the entire runic cosmos: as magical tools, for prediction, and as signposts for our personal paths of development.

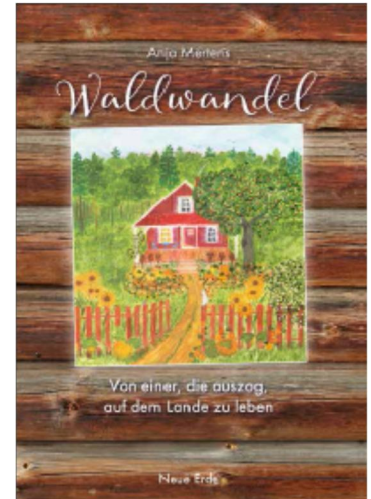
Constanze Steinfeldt, born 1961, began using the Tarot cards in 1983 in her work as a life coach. In 1986, following the call of the runes, she opened herself to their energies and messages and has been giving runic seminars since 2000. She has three grown-up children and lives together with her husband Jens (a spiritual healer) in the region of Stade on the lower Elbe river. She can be booked for events. www.steinfeldt-gbr.de

Softcover with flaps, 288 pages, 170 x 240 mm; 22 Euros, ISBN 978-3-89060-700-9

Transformation through woodland living

A genuine big-city woman realized in mid-life that the charm of living in a city had disappeared. Her original child-like liveliness had been lost in the hustle and bustle of city life. Searching for a return to that feeling she had lost and a better life, she consciously moved back to the country and transformed a piece of woodland into a garden. This gentle book is an account of her experiences and thoughts.

- Courageous, thought-provoking, humorous, with lots of soul
- What many dream of – realized by one woman
- Wealth in simple things



Her book not only describes the practical pursuit of changing her location from the city to a small block house in a wood and the every-day life there, but the author also tries to find a very personal answer to existential questions about life for humans in modern society. In an unassuming, quiet, yet very deeply searching way, and not without a modicum of self-deprecation and humour, Anja Mertens describes how something very real arose from her dream: the block house in the wood, renovating, creating a garden, minor tussles with the wood-burner – and the wealth she found in simple things, in that moderation through concentrating on what is essential.

The author explains in her book: I wrote “Waldwandel”, while I was creating my garden, from one insight to the next. Just as I connected with my garden through gardening, I began to know myself through writing. This book is an invitation to dream and contemplate – and even perhaps to follow.

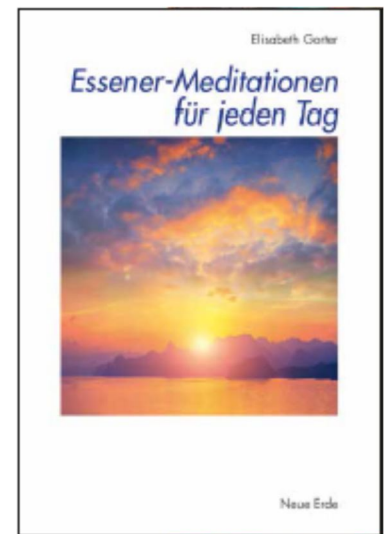
Anja Mertens, born 1966, worked free-lance with children and young people mainly in Hamburg and Berlin, before moving to the Lueneburg Heathland, where she lives with her husband and her dog. Anja Mertens has a grown-up son.

Paperback, 144 pages, 146 x 208 mm, Euro 16.00, ISBN 978-3-89060-723-8

Essene Meditations for daily living

The Essene volumes by Dr. E. Bordeaux Székely, which have been bestsellers for decades, are not only textbooks for many people, but also a daily practise. The author of this volume was deeply moved by the energies of the texts. During many years of working with seminars she has created meditations, which are made accessible to a large circle of readers through this book.

- Practical instructions for every day of the week
- For all of those who do not only read, but want to practise
- Important for the many readers of the Essene Series



The Essenes (emphasis on the second 'e') were a community of believers in biblical times. Whether Jesus emerged from this community or whether the community followed him is unknown. Szekely rediscovered fragments and entire texts of the Essene manuscripts in the Vatican Library, has clearly assigned them to the same sources as the Dead Sea Scrolls (also known as the Qumran scrolls), and has translated them into lively, poetic language. This has enabled many today to find a new, non-dogmatic access to the ancient Christian teachings. According to these texts Jesus spoke not merely of God and angels, but also of "Mother Earth", and he taught the One Law, which was not pre-determined from some external source, but is able to create resonance within us through daily spiritual practises. The Essene texts provide prayers, invocations and meditations for all seven days of the week, for every morning, midday and evening.

Elisabeth Gorter has lent these 21 meditations her own words, full of power and clarity, a gift for all those, who conduct daily meditations to resonate with that One Law, thus experiencing peace, good health and deep joy.

Elisabeth Gorter, 1941-2009, mother of three, was always deeply connected with the Creator and His creation with deepest love and great reverence. She began teaching Hatha Yoga in 1980. In 1990 she first met the great teacher and healer Dr. Stylianos Atteshlis, also known as Daskalos. This encounter led to a deep spiritual connection, through which Elisabeth Gorter plunged deep into searching for truth and, in the end, was led to knowledge about the Essenes.

Paperback, 144 pages, 130 x 185 mm; Euro 14.00; ISBN 978-3-89060-725-2

CHILDHOOD illnesses – Paths of HEALING

Childhood illnesses can appear less threatening if we are able to understand them and learn how to deal with them. They are important for overcoming genetic burdening and for building an intact immune system – they can also be avoided, if we are able to adopt proactive preventive measures from a deeper understanding of their meaning.

- Understanding and resolving childhood illnesses
- All childhood illnesses presented in individual case studies
- Preventive measures and holistic healing



Anja Tochtermann views illnesses not as 'derailments', but rather as attempts by our body-soul-organism to create equilibrium. Seen against that background those classic childhood illnesses can be perceived as transitional states to greater integrity. With a strategy of preventively fortifying one's life energy, those 'transitional stations' become easier and often not even requisite, because the necessary developmental steps can be taken without living through such crises.

Every individual illness stands for particular subjects. German measles concerns healing femininity, mumps are about masculinity.

Childhood illnesses may also signify important safety valves for natural elimination of foreign substances, such as with malaria and chicken pox, or they may serve a resolution of collective inheritances, such as with whooping cough.

Each illness is described in detail together with symptoms, maturity- and learning experiences, and above all, particular holistic preventive measures. A central theme is present throughout the entire book – illnesses need not happen, and if they do, they should not be combatted, rather it is the life spirit that needs fortifying; everything else will be naturally taken care of by our bodies. Real knowledge about healing is presented in this volume, a fanfare for enlightened, holistic medicine.

Anja Tochtermann was led to natural healing practices, and especially to classical homeopathic treatment, through her own health problems after studying IT Economics and many years of working in that field. After training as an alternative practitioner, she has been working in her own practise since 2006, with further emphasis on energetic healing and crystal sound therapy, as well as with family constellations employing crystal energies. She lives with her two daughters and husband in southern Germany. www.lichtcrystal.de

Paperback, 192 pages, 146 x 208 mm, Euro 18.00; ISBN 978-3-89060-722-1