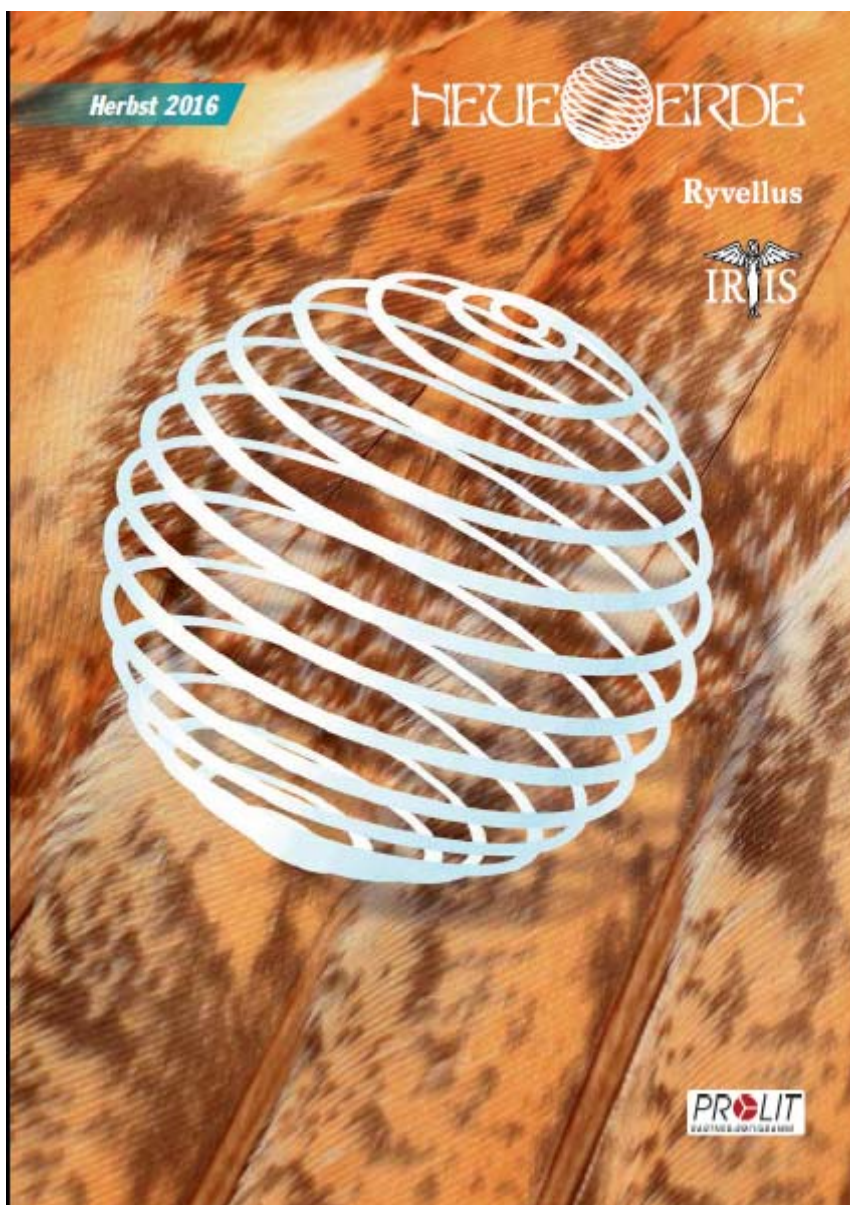


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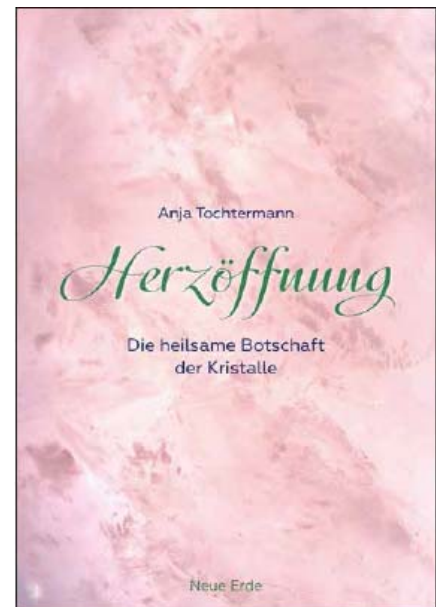
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Opening the Heart

Healing Message of the Crystals

- ▶ A new approach to the nature of crystals
- ▶ Healing, purifying and opening the heart with crystal energies
- ▶ Four master crystals speaking directly to us

Guided journeys with crystals in this volume allow four important crystals to speak directly to us. Explanatory chapters on the subjects matters of each of the crystals open up to us the depth of their messages about love, opening the heart, purification, and healing.



The book begins with an introduction to the world of crystals and their healing energies. First, Rose Quartz accompanies us on a journey of unconditional love. We learn what it means to live with an open heart and to follow the vision of the heart, but also, what the task of the heart in our bodies really is. We understand what the spiritual roots of healing are and how crystal energies can help.

Along with Smoky Quartz we take a journey to letting go through forgiveness, and enter that wealth of the power of feelings. We deal with our hearts and our kidneys and how they are linked to emotional intelligence and resonating magnetic fields.

Then Rock Crystal introduces us to the purity and clarity of spirit. Here we are dealing with energetic purification of the aura, of spaces and places, and with creating healing fields and ascending fields.

The final chapter of the book takes us with Amethyst into Being-One within the concept of Being Human.

In connection with crystals the reader learns about knowledge of fields and holograms, especially regarding resonating magnetic fields of terrestrial living spaces with dual and higher-dimensional polarities. The study of holistic manners of healing in the light of field energies and in connection with the main chakras and illumination of the functions of the heart, the kidneys and the nervous system, also invites us to become more comprehensively aware of the true roots of diseases and illnesses.

A table in the appendix provides a means of locating which respective crystal will support us.

Anja Tochtermann

Opening the Heart

Healing messages of the Crystals

Folding brochure, ca. 192 pages, 146 x 208 mm

Ca. 18,90 s (D)/19,50 s (A)

ISBN 978-3-89060-696-5

After studying IT and Economics and years of experience in a profession in this field, Anja Tochtermann, through various illnesses found a path to natural healing and especially classic homeopathy. After training as a non-medical practitioner she has worked in her own practise since 2006, with an emphasis on energetic healing methods and crystal sound therapy, as well as with family constellations using crystal energies. She lives with her two daughters and her husband in southern Germany www.lichtcrystall.de

Clear and awake

Energetic purifying and charging

- ▶ Useful handbook for every day
- ▶ Important for all who work in close contact with others
- ▶ Why one should not only purify oneself energetically, but also re-charge oneself!
- ▶ An effective method which brings light-filled lightness into one's life

We are all constantly confronted with trouble, frustration and having demands made on us in our daily lives, and it is only too easy to carry these negative feelings around with us.

Once we have learned to purify ourselves energetically, we are able to liberate ourselves from these negative things, but we should not stop there: we also need to re-charge our protective shields afterwards!

This is a book for all those people who are constantly closely involved with others, whether they are lawyers or nurses, psychotherapists, energetic healers or even barmaids. They will all be taking on board lots of ‚foreign‘ energies from others, which are then carried around as burdens, if they are not tackled by purifying and re-charging. This entertaining and very practical little handbook explains the mechanisms, how we burden ourselves with negativity, stress, or worries, and how we are able to liberate ourselves again by means of simple and effective energetic purification.

Andrea Moutty shows us how important and helpful it is to integrate this purification ritual as a regular routine into our daily lives. Most importantly she explains that it is not sufficient to constantly purify ourselves with highly effective energies, but that afterwards we should – metaphorically speaking – ‚rub in the moisturizer‘, which means re-protecting and re-charging our energy system again.

This book presents us with the fundamental principles and a concrete purification ritual which can be modified to suit our individual needs.

Andrea Moutty

Clear and awake

Energetic purifying and recharging

Paperback, ca. 112 pages, 120 x 180 mm

Ca. 9,90 s (D)/10,20 s (A)

ISBN 978-3-89060-691-0



Andrea Moutty (1967), trained in retail, was employed for many years as a company manager. She found her beliefs in achievement and efficiency being questioned by her encounter with astrology.

Thereupon she completed training as a psychological counsellor. From 2002 she has been engaged with counselling private individuals as well as businesses and, from 2004 onward, has run her own practise in the fields of systemic and energetic work, psychological astrology and transformation techniques as a counsellor, coach and trainer.

www.andrea-moutty.de

When Gaia dreamed up the Earth

A Cosmic Love Story

- A myth for opening the heart
- Emotionally charged prayers and meditations
- A new vision of the Earth
- Sensing the Earth as a living being and rediscovering our love to her

In the beginning was the dream of a being called Gaia, and she bore our beautiful blue jewel, Planet Earth. This book tells of great cosmic forces, of the Song of the Earth and the heartbeat of Mother Earth – and of the temples of the five elements, where we may join in the great Choir.

Ingrid Keminer

When Gaia dreamed up the Earth

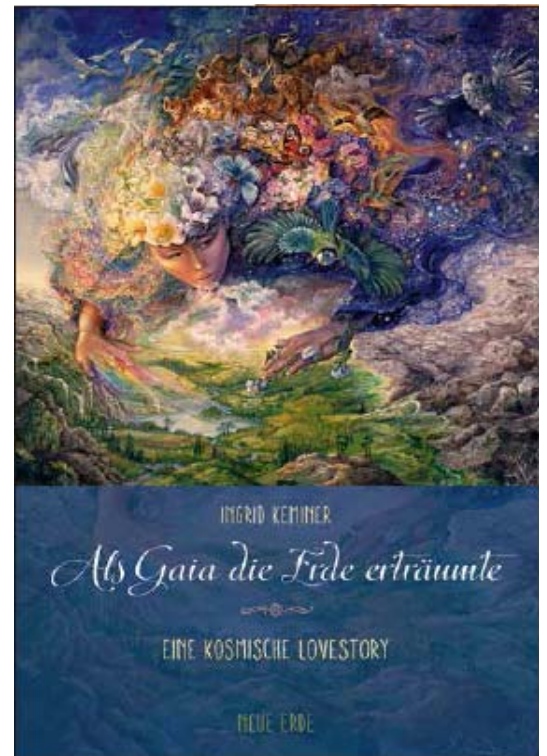
A Cosmic Love Story

Paperback, ca. 96 pages, two tone,

Format 146 x 208 mm

Ca. 12,90 s (D)/13,30 s (A)

ISBN 978-3-89060-693-4



From 1988 to 2001 Ingrid Keminer was employed as a free-lance make-up artist in photography, advertizing, and film. In 1995 she founded the international network »Galacticnetwork“ and since then has worked as a channeling-, workshop- und seminar leader, as well as a spiritual coach. She has two children and three grandchildren. Recently she moved from Munich to Düsseldorf where she set up her new centre.

www.galacticnetwork.com

Praying Flute

Song of the Earth Mother

- ▶ A classic with new illustrations
- ▶ A „Fairy Tale“ for children and adults
- ▶ An important message for our times
- ▶ More important and topical than ever!

Even when first published in 1976 – when it was taken on from the American original – the first edition of this book indicated that it was a „little classic“.

Now, forty years later with five editions and more than ten runs, we are able to say, it's true: to this day this true fairy tale still finds enthusiastic readers, who read it out to others, give it as presents, and keep on coming back to read it again. On this 40th anniversary the book is being published again in a completely new and freshly illustrated jubilee edition.



„Little girl“ does not play it, she prays on her flute, and whenever she does, all the people around can see the nature spirits and feel their connections with everything living. But gradually, more and more houses and factories are built, and no one wants to listen to the flute anymore. Only when the river dies, do the people remember the flute lady, but the nature spirits remain invisible. But when her friend Quill, who once led her to the flute, appears again, there comes a turning point. This is a book, a fairy tale, a song full of courage and confidence, which will surely touch many more hearts.

Tony Shearer (1926 – 2002) was half Native American and wrote several books, among other things about the harmonic convergence, the myth of Quetzalcoatl, and the Maya-Calendar. In the 1960s he finished with a promising career as a radio journalist, in order to turn to studying Central American indigenous culture. The best way to describe his work as an actor, university lecturer, and researcher of old legends and traditions, is as a „composing fairy tale raconteur“.

Johanna Lentz, more than the life companion of publisher, Andreas Lentz, spent years creating and expanding the publishing company. For two decades she devoted herself to the children, the family, the garden and animals, but over the last few years has taken up again her fine art and now creates visual dream worlds of her childhood days – and the world of nature spirits, which were always part of her own world. www.engel-elfen-atelier.de

The Path of Homeopathy

How it works – how it heals

- Finally understanding what makes homeopathy so effective
- Hahnemann's legacy and modern quantum physics
- A poetic expression of homeopathic substances

The fact that matter is both energy and information was already realized by Hahnemann a hundred years before Einstein. His brilliantly conceived method of grinding up substances subjects them to an energetizing effect. More than that even, during the potentiation process the medium passes through stages of crisis, catharsis and healing. Thus homeopathic remedies are quasi „healed healers“, and this explains their magnificent healing potential.

These four stages of the healing process, from wounding, through desperation, and a resurrection from deepest despair to becoming whole again, form a pattern. The pattern can be found in many myths, especially in those featuring a wounded and healed healer, or the shaman, who becomes completely dissolved and newly reconstituted. In literary excursions on eastern Asiatic philosophy, in quantum physics, and last but not least, in the very obscure original writings of Samuel Hahnemann, Renate Siefert shows what laws lie at the basis of the effectiveness of homeopathic substances. The why and wherefore, both of which are hard to explain even by homeopaths, no longer remain so difficult to understand given this background. This book is not merely a fluidly written explanation of the foundations of homeopathy, but also a poetic expression of thuja, bamboo, salt, and other substances which appear to us in their very essence.

Renate Siefert

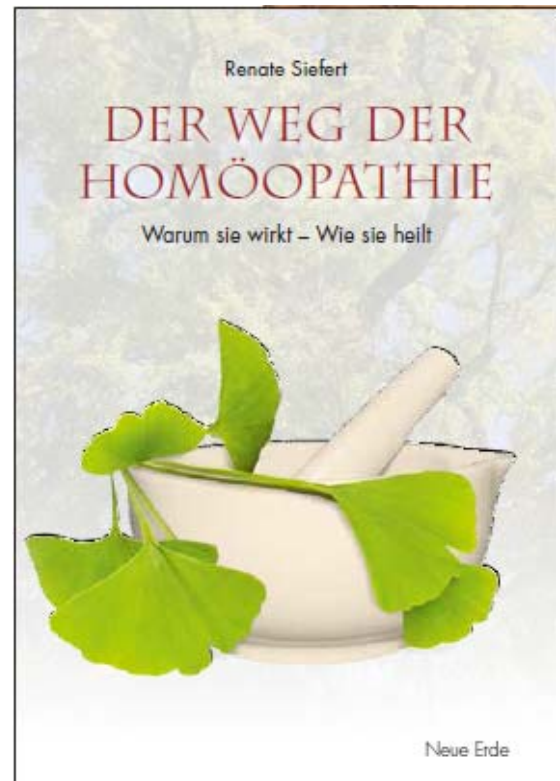
The Path of Homeopathy

Why it works – how it heals

Paperback, ca. 240 pages, 146 x 208 mm

Ca. 18,90 s (D)/19,50 s (A)

ISBN 978-3-89060-695-8



Renate Siefert, born 1939, is a trained marriage- and family therapist, working since 1980 as a psychotherapist. From 1987 she has also been actively working as a non-medical practitioner in classic homeopathy in Reichelsheim in the Odenwald. She trains students in Active Imagination (after C.G. Jung) and resonant writing. She also encountered Buddhism and Meditation during journeys in East Asia.

www.renate-siefert.de

Types of Breathing in Humans

- Scientifically based, generally intelligible presentation
- Includes perception exercises to identify one's own type of breathing
- (Not only) for all those who work with sports, yoga, body work, voice, and breath.

Human beings are familiar with two types of breathing. Active breathing in and passive breathing out, or the passive type of breathing in and active breathing out. The type of breathing determines body posture, waking and sleeping rhythms, and which senses predominate, and the type also fundamentally influences one's metabolism. This book scientifically describes the ways of breathing, but contains about 100 exercises and experiments to help one directly experience what has been read.



You know whether you are right- or left-handed, but do you also know whether you are a breather-in or a breather-out? Most humans are not aware that their own manner of breathing is of overriding importance for their lives, their perception, and their body. This is the first work of its kind which allows one to scientifically comprehend forms of human breathing and, at the same time, allows it to be experienced physically. It offers a plausible biological explanation of right and left-handedness, as well as for varying daily activities and also describes a kind of physical band-width of influences which make 'breathing life' possible.

Marco Gerhards
Types of breathing in Humans
Includes 111 exercises in perception
Paperback, ca. 352 pages, 146 x 208 mm
Ca. 22,90 s (D)/23,60 s (A)
ISBN 978-3-89060-698-9

Marco Gerhards is a state-certified sports- und gymnastics teacher with extra training in numerous different areas – among others, in Eutonia, Feldenkrais, massage, and education through dance. – He also has an MA in biological anthropology. He works as a lecturer in education and further education in the fields of movement therapy and –training, as well as being involved in activities as a body therapist and leading exercises for back health, yoga and Chi Gong. He lives and works in the area around Freiburg.