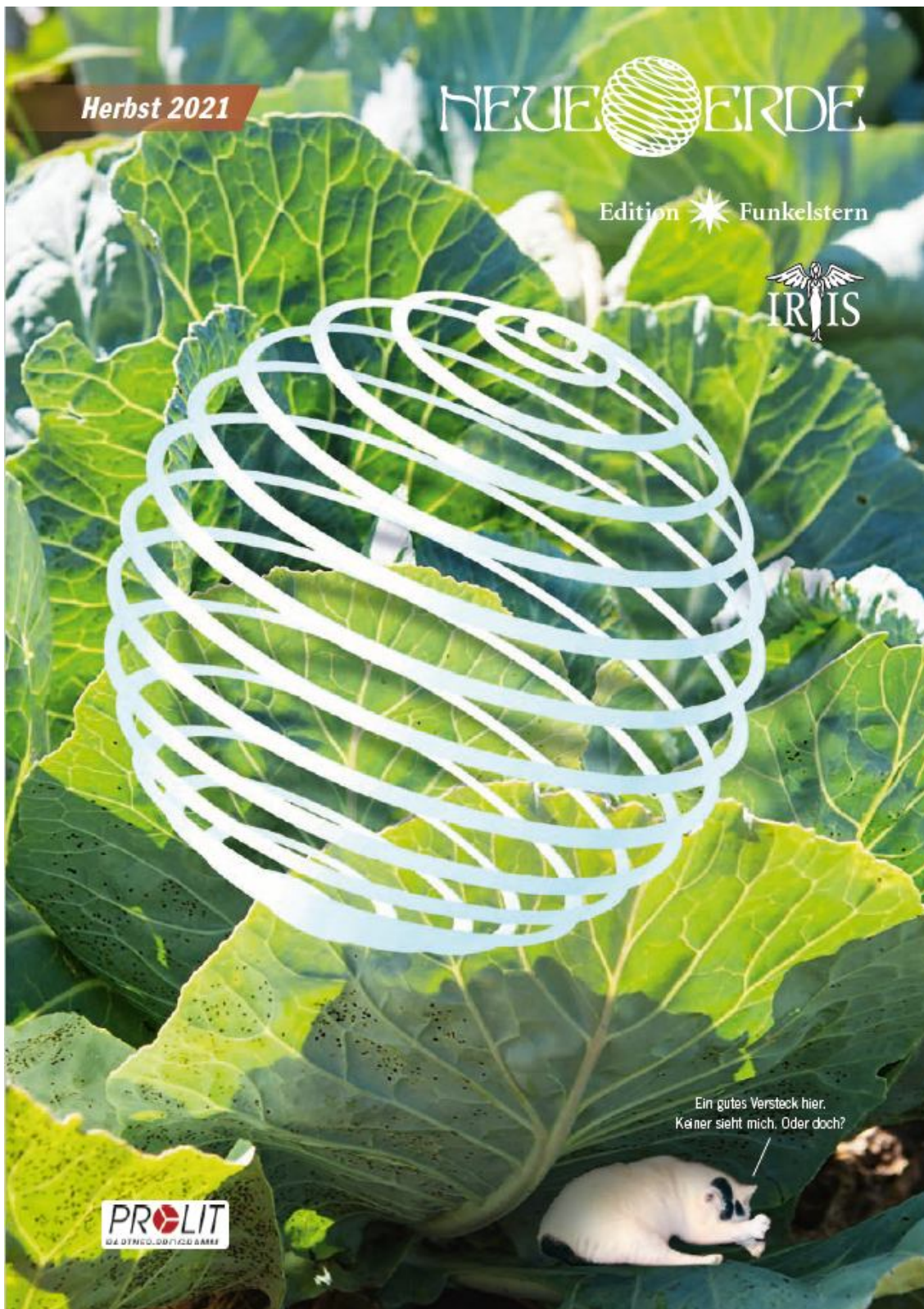


# RIGHTS GUIDE FALL 2021



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## Casting the Net

### *Lessons of the Grandmothers Vol 3*

With this third volume of the message of the Grandmothers, we are penetrating ever deeper into working with the light web. In this book, Sharon McErlane has collected many new encouraging messages to shake us awake; it is a volume in which she has created gripping material of her experiences in her work with groups of Grandmothers from all around the world. Working with the light web will have consequences, as many women - and even men - have already discovered and experienced.

- Continuing and deepening
- A book that will not be read just once, but many times, and practised in daily life.
- Includes 35 reports on women's experiences with the light web from all over the world



We are being confronted with so many changes these days, that many people are suffering from chronic stress. This accelerated rate of change is affecting our nervous systems and makes us yearn for a place to rest and relax.

Luckily, the light web underlies all these storms of life. What scientists tend to call the Cosmic Web, cradles everything – even us – in its consoling embrace and reminds us that we are not unimportant, separate entities, but that we are all an essential part of the totality of life that sustains our planet. This web holds us, permeates the cells of our bodies and penetrates the entire cosmos. **“This is the light web”** tell us the Grandmothers, **“which will sustain the Earth in these times of change which have arrived.”** This web of love and light enables us to hold each other and our beloved planet. It is a place for resting.

*For thousands of years, Life on Earth had to manage without the Mother. Life on Earth has lost its equilibrium, indeed it is so far out of balance that the entire planet is missing its Mother. All of you are feeling the lack of the feminine principle, which holds and nurtures life. Without the Mother, humankind is suffering and lost.*

*For aeons, you have been forced to live without the Mother and to rely exclusively on the male principle. This is no longer tenable!*

### **The great council of the Grandmothers**

“I became aware of the Light Web through my Chi Gong practise. We are part of the web, but as long as we are not aware of it, we are not fully connected to it. Once we have been completely connected, it will allow us to practise that awakening, awareness and the being-in-the-Now. Then, we will be doing everything we do for all of us. This knowledge will open our hearts so that we may become tools of the Spirit for the wellbeing of us all.”

### **Ruby Harvey**

**Sharon McErlane** was a teacher and marriage and family guidance counsellor for more than three decades. Her work concentrated on clients and students, to give them techniques for spiritual and emotional integration which they could use to accompany them through life. She teaches shamanic journeying and travels, in order to speak to groups and to spread the message of the Grandmothers. She is married, has two grown-up children and lives with her husband and a Golden Retriever in Laguna Beach, California.

# TYPES OF BREATHING

*A practical handbook*

All humans breathe. However, from birth people use two types of breathing:

- Active inhaling with passive exhaling
- Passive inhaling with active exhaling

These types of breathing are very simple and natural, and they influence body posture, one's behaviour of moving, and one's metabolism. All of us who are concentrating on our bodies (or professionally with those of others), should know about these types of breathing.

- Basic knowledge for all who do body work
- The path to full breathing, and to ultimate living
- Includes many test exercises, in order to find out your own type of breathing
- Refers to all who are involved with Sports, Yoga, Tai Chi, Singing and similar matters



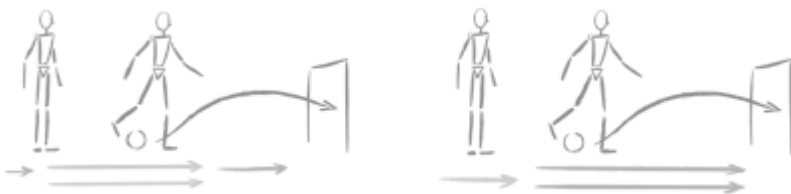
This knowledge is an important aid to: self-knowledge and personal development as well as for assessing individual predisposition of patients or clients, partners or students.

This book deals with practical confirmation of the individual type of breathing, and how we take account of it in our daily dealings with our own bodies. Elsa Gindler, a pioneer of modern teaching about the body, used to say, "We are not engaging with gymnastics in order to achieve something on our mats, but in order to transfer it to real life."

Thus, the advice and tips in this book are to serve as impulses for a realistic balance, and for a connection with the body that makes sense and emphasizes the senses: in other words, connecting with one's own body shape. The book offers brief theoretical narratives and numerous exercises, to help recognize the individual type of breathing.

Beyond that, examples and impulses are provided, in order optimally to integrate the type of breathing into daily behavioural patterns of moving and living.

Optimal breathing maximizes metabolic processes and also measurably supports one's own body system. Once we have recognized the type of breathing, we are able to orientate ourselves optimally physically and to cope naturally with our inborn nature.



**Marco Gerhards** is a state-approved sports and gymnastics teacher with a Master's degree in biological anthropology, modern history and history of medicine. He works as a scientific author, lecturer in education and training as well as a freelance body therapist. He lives in the Freiburg area and offers seminars and individual sessions.

[www.atemformen.de](http://www.atemformen.de) and [www.body-reading.de](http://www.body-reading.de)

## Magically Laying the Cards

*A Handbook for Use and Interpretation*

The history of playing cards reaches way back into the distant past. They are far more than a profane cultural pastime, but are based on ancient knowledge. Wicca-Priestess Eire Rautenberg has been working for years with these playing cards as a life coach. In this book, she presents a multitude of interpretations for various very different combinations of cards, that has never before been presented in this manner. Includes tried and tested and new spreads for the most varied posing of questions.

- A most comprehensive interpretative handbook for spreads of playing cards
- Includes old and new spreads
- By an initiated high priestess of the Wicca Tradition

Predicting with cards looks back on long traditions and is an art. As with all art forms, engaging in it requires both continued practise and empathy, in addition to that special something that cannot be passed on or communicated.

What can be passed on are, in some ways, the "practical tools". With this book, both the beginner as well as the experienced practitioner will have a very usable means at her disposal. The volume begins with very well-balanced advice for preparations and the making of predictions and ends beyond basic thoughts about the responsibility of the person predicting with cards.

Predicting with cards is set up as follows:

- Key concepts with planetary classifications
- Primary interpretation
- Secondary interpretation
- Combinations

Eire Rautenberg writes: "Whoever lays the cards, or wants them laid, needs to be able to deal with fortunate or less fortunate results of the predictions. The best way to approach the matter is with a fearless and heartfelt attitude, which will weaken any negative energies and anxieties, so that a lot of which may appear unlucky may, in the end, not be so bad.

Human beings have great imaginative powers, so fears and anxieties will support all unlucky circumstances. This goes for the cards as well as for real life. Warnings from some of the cards should merely be acknowledged, in order to be 'prepared' without fear, if possible. Enjoy the good cards, and take the bad ones calmly with composure, as you would an uncomfortable encounter. The cards only reflect our lives, sometimes with difficulty, and often with beauty.

In the end, I wish all readers a lucky hand in the art of laying the cards!"

**Eire Rautenberg** is an author and bookseller. After many journeys abroad, in 1984 she founded the oldest esoteric reference book shop in Dortmund, Northrhine-Westfalia, called '*Das Pentagramm*'. She has also worked as a sales representant for publishers. Presently, she runs poetry workshops at colleges and is a well-known private card reader for Tarot and standard playing cards. In addition, Eire runs shamanic sweat lodges and offers seminars in the field of neo-paganism.

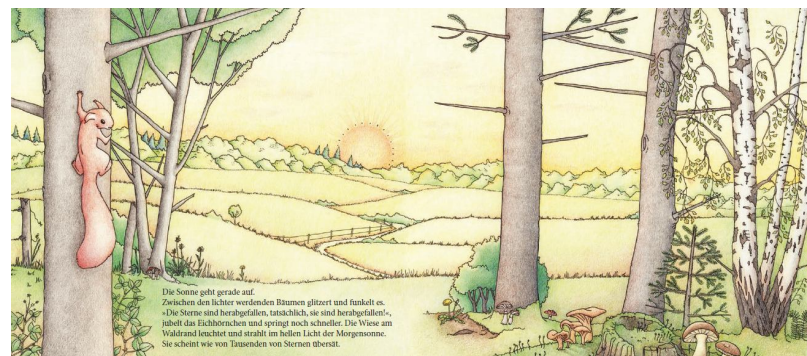
[www.eire-rautenberg.de](http://www.eire-rautenberg.de)



## How the Squirrel found its Lucky Star

A beautiful star shines brilliantly in the clear night sky. Little squirrel knows for sure – this is his lucky star.  
But how can he attain it? Can he get it down from the sky?  
Many animals try and help the squirrel to make his dream a reality.

- A lovely tale about the search for real good fortune and happiness
- A children's book for any age
- Explanations of the animals which appear in the book



**Lisa Rogoll** was born in 1991 in the Black Forest, Germany, where she now lives with her husband and her two small sons. Although enthusiastic about books and drawing from an early age, she trained in business. However, she became an artist in a second career, and loves painting beautiful miniatures on jewellery or drawing portraits of well-loved pets. "*How the Squirrel found its Lucky Star*" is her first children's book. She had the idea for this story for a long time, but it was her children who finally inspired her to realize the tale.

## Am I all alone?

Colias is sitting on a rock. Suddenly, Earth Spirit Afon turns up, who had accompanied Colias's mother to the Otherworld. Colias tells him about his mother's death, then Afon invites him to go on a journey. Colias then experiences again all those wonderful times with his mother; Afon shows him the Light which his mother passed through, and also the lightness which now surrounds her. Back at the rock, Colias finds great warmth mingling with his grief. He knows now that, even though he may not be able to see something, it can still be there and exist – just like his mother, whose song he can hear in the distance.

- Dealing with the death of a beloved person
- Death is not an end, but a transition
- A touching story – not just for children



*"During my childhood, picture books left very special impressions on my soul. They are able to communicate much more than stories alone. The very atmosphere around a book, how much love went into it, and the spirit that speaks to me from the book, all these things have always fascinated me and led me to draw. Maybe this picture book may now bring joy and gentleness to many big and small humans."*  
Eva Luna Benedetti



**Irene Pfenniger**, born 1984, grew up in Switzerland, in a 400 year-old house, that was handed down through many generations. Now her two children and her life partner are also living in and experiencing this house. After training in carpentry as a first career, she then worked in the social services. However, she had always been fascinated with getting closer to other people through the magic of stories. In addition to her work with children with behavioural problems and the Free School co-founded by her, she offers coaching: [www.fokus-herz.ch](http://www.fokus-herz.ch)

**Eva Luna Benedetti** lives in Switzerland and works as a diploma illustrator and musician, and his the mother of a young daughter. She studied at an art college in Zurich. Even as a child, she planned to illustrate children's books. She was finally able to realize this dream together with author Irene Pfenniger. Her sources of inspiration include the power of Nature, our heart essence, children's laughter and the world of colour.

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