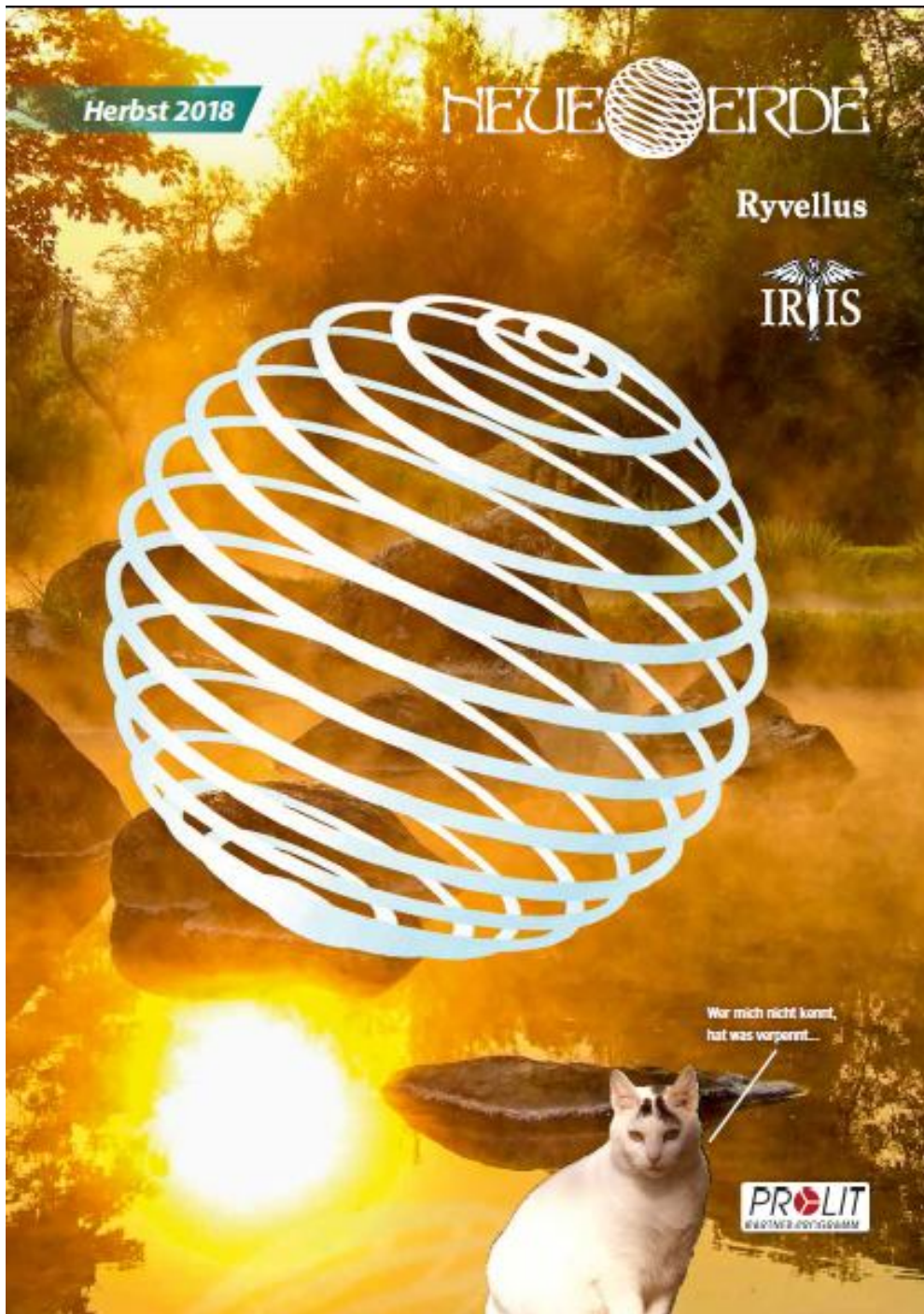


# RIGHTS GUIDE FALL 2018



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# At one with the Forest

*Dive into a woodland presence*

- Big topic: woodland
- “Forrest bathing” within a new dimension
- A multitude of practical exercises to stimulate your own experiences

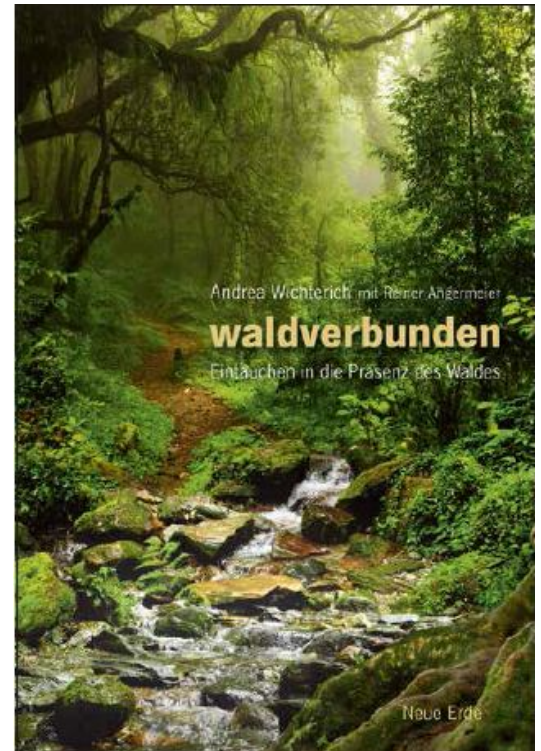
**Ever more people are discovering the healing and regenerating powers of woodland and forests. Meanwhile scientists have been confirming the healthful effects of “a woodland bath”. This book, however, deals with more than “exploiting” woodland for one’s own self. It is about becoming at one with the woodland, with one’s body, mind, and spirit. Only by dissolving this separation can we expect true healing.**

This volume is an affectionate, loving companion on a path into connecting with woodland. It wants to remind us that woodland and forest lie at the very source of our lives, and that we human beings are part of Nature. The “dis-ease” which we individually, and as a society, are suffering is an illusion brought about by our imagined separation from Nature, which in turn leads to alienation, exploitation and feelings of helplessness. The experiences described in the book connect us with mystical experiences of Nature from our childhoods, when we were really feeling present in Nature and imminently sensed that everything is connected with everything.

This book represents an invitation to “dive into” woodland and forest with all our senses, and with full awareness. We rediscover anew woodland as our original home, experience it as a place of exchange, communication and being healed, experiencing our bodies as a gateway to sensory perceptions of Nature, and how a dialogue with the landscape can be achieved. The volume presents a multitude of inspirational suggestions and lots of practical exercises for connecting with woodland. Some of the exercises are inspired by yoga, such as “standing like a tree”, or “bee-humming”, others serve to refine our awareness, such as the “fox gait”, “the owl gaze”, “listening to the silence”, or “being touched by the Earth”. Nature rituals are also included, with the path into woodland being offered here as playful, joyful, and healing – for both humans and the woodland.

We want to address all those readers who feel that yearning for true sensing and practically experiencing their connection with woodland and with the entire living world. The presence of woodland may lead you into growing and unfolding consciousness and bonding.

Andrea Wichterich with Reiner Angermeier  
At one with Woodland; the Forest  
Dive into a woodland presence  
Paperback, 160 pages, 146 x 208 mm, with Illustrations  
18,00 €, ISBN 978-3-89060-742-9



**Andrea Wichterich**, born 1975. Her love of Nature has been part of her since childhood, and woodland was always her teacher and companion on her life path. She studied special education (therapeutic pedagogy) with an emphasis on art therapy, is a yoga teacher and non-medical practitioner (naturopath). She has been studying the knowledge of healing among various cultures, also shamanism, yoga and Nature-Spirituality. Together with Reiner Angermeier she runs a naturopathy practice, gives seminars, and workshops on the subject matter of plants for healing and woodland yoga, runs sweat lodges and nature rituals. She lives in a small hamlet in the Bergisches Land (region east of Cologne).

## Nature – a natural source of energy

*Living through daily life with the powers of Nature*

- Relaxed, lightly, and everyday practically
- Small, simple exercises with big effects
- Colourful, stimulating, but well-based

**Huna, a way of life originating in Hawaii, considers seven natural forces, which we can fall back on anytime and anywhere, if we consciously invite them into our lives.**

**In this book Susanne Weikl, trained as a Huna teacher, presents us with numerous, everyday, user-friendly instructions, as to how the powers of the natural world can help us negotiate our paths through life in a simple and powerful way.**

The seven powers of Nature are always present, and we are able to call on them at any time and anywhere. Wind, fire, water, plants, rocks and stones, animals and humans. For example, if I am outside, then I am able to be aware of what is all around me, and can form a circle of power, derived from these elements, around myself. Thus, my own breath, the warmth of a ray of sun, a dew drop on a blade of grass, a flower in the garden, the house wall, ants, and a tree fairy may form a circle of power in this one place. On the way to shopping I may be thinking about a solution to something, so I can form a circle of power for a good solution out of the airflow past the car, the heat of the engine, rain drops, an area of lawn, the road surface, a dog, and my Guardian Angel. If I need some extra strength during a healing procedure, I can connect a pleasant summer breeze, a burning candle, a glass of water, a rose tree, the room floor, a house fly, and the patient's guardian angel to form a circle of power. I don't have to think hard, just use whatever is there already, and what comes to mind. In this way we can work flexibly with natural forces, both inside and out! Isn't that just wonderful?

Susanne Weikl

Nature – a natural source of energy

Living through daily life with the powers of Nature

Paperback with flaps, 144 pages,

120 x 180 mm, full color throughout

16,00 €, ISBN 978-3-89060-739-9



**Susanne Weikl**, born 1962, is a non-medical practitioner PT and therapist. At age 40, she went through a life change and terminated her work of many years heading the personnel development department of a credit institute. She set up her own practise to follow her true calling of working with others through deep healing work. She passes on her broad knowledge and experience with enthusiasm in individual sessions, training, seminar trips and in training courses to become certified Huna practitioners®. For the last fifteen years she has been wholeheartedly involved with work as a therapist and healer in Neu-Ulm. Her work is imbued with the ideal that healing may be fast and playful, be fun and intuitive.

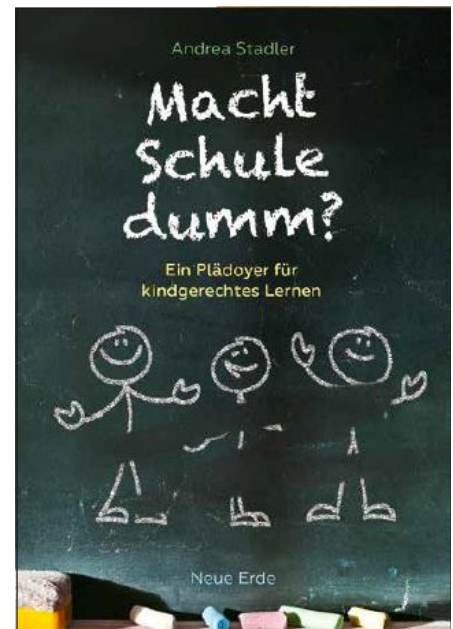
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# Does school make you stupid?

*A plea for child-orientated and justified learning*

- Direct and very personal
- A primary school teacher who speaks out for many
- Many examples from every day school life and concrete ideas for making school more child-orientated again

**We go to school to learn. But does it really work? Andrea Stadler, as a primary school teacher herself experienced how inefficient a system is that puts pressure on mechanical rote learning and not only negates the potential of individual pupils, but actually even destroys it. This book does not, however, merely demonstrate the problems, but also the paths to a school with heart.**



Andrea Stadler actually worked for a few years as a primary school teacher and experienced just how the system of marking and scoring, and rigid curricula simply by-passed children's needs. Instead of nourishing the natural inclinations of children to want to learn, these urges were kept on hold: by means of a rigid plan for learning, which was either over- or under-demanding and caused children's curiosity and the thirst for knowledge to be switched to boredom. Andrea Stadler writes very personally about her experiences in her book, and how she, as a teacher, also suffered from the constraints of the school system. And she asked herself: does it have to be like this? Do we have to have a rigid curriculum? Is it necessary for lessons to be joyless? Does it have to be a case of teachers not becoming involved with the children, engaging with their questions and interests, but just plodding through the syllabus in order to fulfil the requirements expected of the children?

A child will be eager to learn if we see her/his potential and support it, and allow the child to live her/his own rhythm and follow her/his interests. Thus, this book is not only a fundamental critique of present day schooling, but also a challenge to utilize the space and time of the education system in order to make basic teaching of knowledge into genuine learning with understanding and with heart.

If we cease trying to make our children into 'something' and, instead, see their given talents and encourage these, allowing them to do what they love doing, they will make sense of their lives and be happy humans. This book is a plea for child-orientated learning – then school not only makes children canny, but they will also enjoy the process!

Andrea Stadler

Does school make you stupid?

A plea for child-orientated and justified learning

Paperback, 224 pages, 146 x 208 mm

18,00 €, ISBN 978-3-89060-745-0

**Andrea Stadler**, born 1984, is Swiss, and after training in industry and visiting the USA for languages and sports-training, studied and gained a certificate as a primary school teacher. She worked at various different state schools in Zurich and experienced the kinds of detrimental conditions and high demand that resulted in burn-out. She received training as a yoga teacher, bodywork therapist, and Thai- and Tantra massage therapist, then worked free-lance, but still continued regularly working at schools. At present, she works in her own practise, as well as in the education system, as a carer for "difficult" children. [www.herzberührung.ch](http://www.herzberührung.ch)

# Fairy Stories

*A mythological bridge to a new Earth Consciousness*

- Classic fairy stories are not “myths”, but contain deep truths
- Decoding the pictorial language: a message for today
- An author with the best reputation

**This volume helps cast light on the deep roots of our culture – in the hope that the ancient myths in our human cultures may once again uncover fertile ground. Fairy tales of the classic kind reveal great meaning in their mythical sense for the present ‘threshold’ times we are living in. Not only do they hark back to the inner soul conditions, which connected our ancestors with the Earth, but actually serve as a vision for a new geo-culture – a new relationship of humans with the Earth.**



This book unlocks the symbolic content of fairy tales, as potent pictorial parables for actual events taking place, whether it involved the ‘dance’ of the Sun and the Moon, the cycles of Nature, or the journey of the soul.

Fairy tales are able to report on deeply understood connections, and they are rooted in a time, when matriarchal matters were foremost, and there existed a partnership relationship between Nature, the Earth, and human beings. Humans nowadays suffer under the soullessness of their intellect, which understands so much, but cannot really see the connectedness of all things.

Fairy tales open up our senses for a kind of seeing that comprises holistic pictures, and they remind us of our original tasks as human beings: to be co-creators in that interplay with the natural forces of the Earth.

Stefan Brönnle

Fairy Stories

A mythological bridge to a new Earth Consciousness

Paperback, 144 pages, 146 x 208 mm

14,00 €, ISBN 978-3-89060-741-2

**Stefan Brönnle**, Engineer, Diploma in Landscape Planning with an emphasis on Landscape Ecology, and many years of involvement in religious studies. Education: dowsing techniques, Tai-chi, Technical Remote Viewing, as well as various perception techniques.

1993: founding of the school for geomancy “Hagia Chora”. 2006 founding of the School for Geomancy “INANA”. Stefan Brönnle is the owner/incumbent of the Office for Geomantic Planning and, from 2011, lecturer at the Higher Institute Weihenstephan-Treisdorf, in the department for “Geomancy and Feng Shui in Landscape Architecture”.

Translation: July 2018, © Astrid Mick