

# RIGHTS GUIDE SPRING 2020



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## Equilibrium through chakra balancing

### Healing burnout energetically

- Recognizing burnout as an energetic phenomenon
- A practical textbook with numerous exercises from chakra and energy working
- A solid basic work of excellent practical value

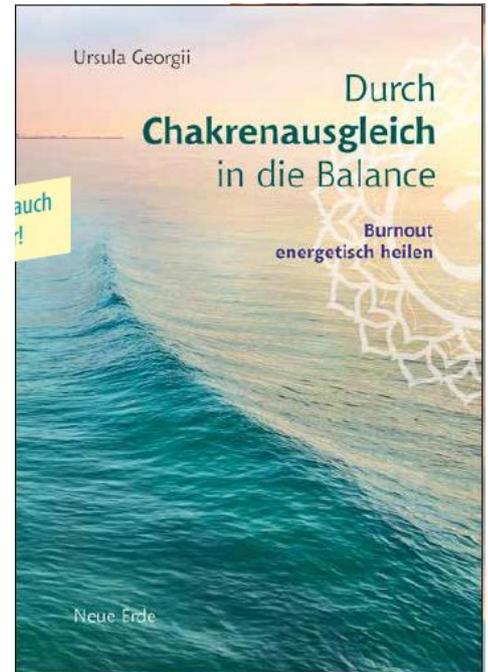
We all know that exhaustion to the point of burnout is due to no longer having access to our own energy, power, *joie de vivre*, and when we don't know how to re-activate our own energy. This requires not only that we rest and relax, but that we need to find a totally new energetic equilibrium. How that can become possible is shown in this very practical book with its numerous exercises.

Exhaustion arises whenever we have given our all, and are completely drained. What is then needed is for us to have a complete rest and allow our energy tanks to fill up again. Like a well, that has had too much water taken from it – if it is allowed to rest, water will flow in again, and the well will fill up.

In a burnout situation that well has become totally dried up; no more water is able to flow in, and exhaustion becomes chronic.

In her book, Ursula Georgii explains what burnout actually is and how to recognize when stress is causing us to lose our equilibrium. She helps focus our attention on our own energy levels and demonstrates how important it is to keep those levels balanced on a daily basis.

The main part of this book deals with her unique departure point of recognizing the causes and consequences of burnout and stress. Old character traits, thought concepts, feeling patterns and behavioural habits will become noticeable from an energetic observational angle. Once these energy patterns are recognized, we are able consciously to work on them, then change and resolve them. For this purpose, the book offers numerous exercises and techniques derived from energy work with auras and chakras. Part four of this volume will also provide particularly helpful, with well-trialled and extremely effective exercises for demarcating and for energetic self-defence. Finally, in the fifth part of the book concrete, do-able options are presented for helping to get back one's *joie de vivre* and fortify spiritual and physical mobility. Thus, this volume with its numerous exercises shows a practical path for regaining equilibrium and finding ones' way back to freedom and lightness.



**Ursula Georgii** has been working as a gardener and landscape designer for many years, as well as practising as an intuitive advisor and coach for 15 years. She underwent training from 1990 to 1997 at a school for intuitive and creative development (Berlin/Utrecht) in the field of energy working with auras and chakras. From 2004 she followed her heartfelt desire to offer readings, as well as seminars and training in energy working and energetic self-protection. For the last few years the emphasis of her work has been on supporting people who, because of enormous societal and private demands, are suffering from permanent achievement- and time pressure.

[www.intuitve-energiearbeit.de](http://www.intuitve-energiearbeit.de)

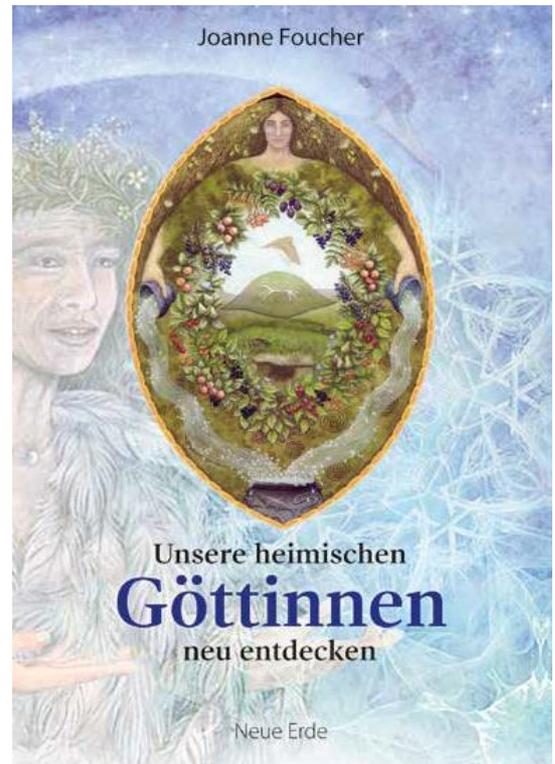
## Rediscovering our native goddesses

- ▶ Connecting scientific research with lived spirituality
- ▶ Known and unknown goddesses in German speaking regions
- ▶ The Goddess made visible and becoming part of daily life

In her youth Joanne Foucher was already fascinated by the book "Mists of Avalon", and so she decided early on that she would become an Avalon Priestess in order to serve the Goddess. However, in southern Lower Saxony (Germany) where she grew up, she was not initially able to find her. She spent her holidays with her grandparents in Brittany, where she began looking for the Goddess in the landscape, the ancient stone rows at Carnac, in the ocean, in the legends of Brittany, and its traditional music. After finishing high-school she went to Ireland for a year and carried on researching there.

Once back in Germany, she wanted to find out more about native goddesses, so she studied archaeology and comparative religious studies. In parallel, she trained to become an Avalon Priestess in Glastonbury. This book is, therefore, a symbiotic merging of scientific research and the experiences of almost twenty-five years of lived spirituality. It is not an academic book in the sense that it wishes to substantiate a scientific theory thesis. The Goddess is, after all, not a thesis, but alive and powerful.

In this volume she is depicted through the wheel of the year as the hag, girl, lover, and mother, as the mother of elements, and finally as the Great Mother. Each of her manifestations provides names and traditions that are rooted in the land. Joanne Foucher describes these traditions and offers short, inspiring stimuli for the reader's own spiritual practise based on the round of eight yearly celebrations of the solstices, equinoxes and quarter days.



**Joanne Foucher** took part in training to become an Avalon Priestess with Kathy Jones in Glastonbury from 2004-2007. Ever since, she has continued to work closely with Kathy in England and simultaneously is researching goddess spirituality in Germany. Through her master's degree in the archaeology of prehistory and early history and in comparative religious studies (Bonn University), she acquired the scientific tools to continue with her daily spiritual life (rituals, closeness to Nature, regular visits to ancient goddess sites etc). Leading workshops, ceremonies and celebrations have enabled her to expand and deepen her understanding of the Great Goddess in all her many manifestations in our land.

## My Magical Britain

*A journey to 30 locations of high mythological and historical significance in southern England and Wales*

- A textbook which lures us to magical locations
- Historical knowledge paired with metaphysical experiences
- Detailed descriptions of journeys that give the book travel guide qualities

Through many journeys, writer and author Manfred Böckl has researched thirty very special locations in southern England and Wales: places with a strong magical aura, which often also possess high mythological or historical significance.

Some of the places, like Stonehenge, the Avebury circles, or Glastonbury (Avalon), are well known worldwide – but for most of the other locations one can say, that they are genuine secrets.

For example, the author takes the reader to the historic battlefield of Canlann, where Arthur and Mordred died, and in another chapter, he visits a well-preserved Celtic town. His magical-historical journey of exploration takes us to megalithic graves, ruins redolent with legends, and a hill fort which was the real Camelot – and these are by no means all of the fascinating places Manfred Böckl has discovered for us.

The author has written his book with a profusion of great historical and mythical background knowledge; often he allows personal and metaphysical experiences to stream into it – right through to memories of former lives. This profusely illustrated volume also still provides travel-guide quality information thanks to relevant factual knowledge, making the book able to serve as a totally perfect “guide” in a Britain that is full of magic.



**Manfred Böckl**, born 1948, is a German author, who has published some 80 novels and factual books with a total publication output of over a million; a number of his works have been translated into other languages. Publisher *Neue Erde* has so far released several titles by Böckl – “*Ceridwen – Die Rueckkehr der dreifaltigen Goettin der Kelten*” [Ceridwen – The Return of the Triple Goddess of the Celts] and “*Die Botschaft der Druiden – Heimkehr ins Heidentum*” [Message of the druids - return to paganism]

ISBN 978-3-89060-766-5, Paperback, 176 pages, illustrated throughout with photography, 146 x 208 mm, 16,00 €

## Lina and the Rain Sprite

- Encourages imagination and nourishes the soul
- A new dreamlike adventure
- A book for gazing and discovering

The sparkling snow has long ago melted, and Lina is pressing her nose against the windowpane: outside the sunbeam children are dancing. So, she runs outside into the Spring. But it's April, and the weather is unpredictable! The Rain Sprite is not far away and her raindrop children splish, splash, splosh, and run, collecting in puddles and rivulets.

But Lina is lucky: she finds cover underneath a big red umbrella with elf Hieronymus Honeysuckle and his beloved Rosamund...

A new adventure in Fairy Tale Wood with magical illustrations.



**Jolanda Lindenlaub** (born 1961) started drawing as a child. But although that talent was pushed into the background for many years of raising her own three children, for the last twelve years she has been back creatively working as an artist. Naturally inclining towards Nature and the "invisible", she is familiar with fairy tale matters, and her illustrations invite one to plunge into the magical world of fairies. She lives with her three horses, her cat Lina, and her husband in a small hamlet in the northern Vosges mountains (Franco-German border area) where she works in her artist's studio. [www.engel-elfen-atelier.de](http://www.engel-elfen-atelier.de)

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