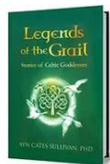




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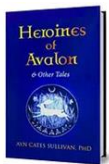
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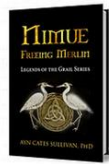
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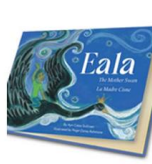
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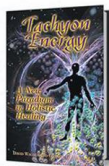
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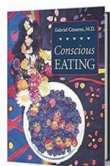
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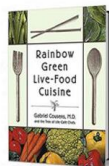
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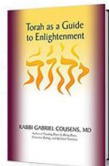
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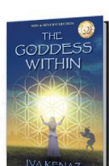
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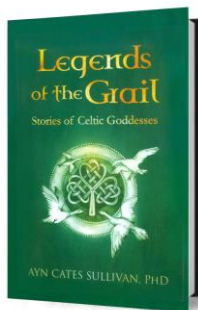
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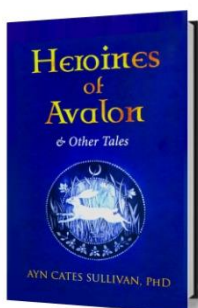
Legends of the Grail is a collection of ancient Irish myths, and the missing or untold stories of Goddesses told in first person. I begin the book by thanking my husband John Patrick Sullivan, who not only encouraged me to find my inner Goddess, but who found and integrated his own divine feminine. So this is not just a book for women, but also a book for all people seeking love and wholeness. *When each Goddess re-tells her story, she frees herself of centuries of misunderstanding, and you are invited to take a journey of self discovery.*

In the book I offer practices that can allow us to untangle and free ourselves of stories that no longer serve us. We have the opportunity to align with the Grail, a symbol of our wholeness, our personal essence. The Goddesses remind us that we each have an unquenchable fire inside. [To buy the book click here](#)



Author:
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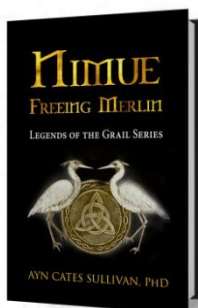
Heroines of Avalon includes a round table of inspiring women, including well-known Welsh deities and almost forgotten Arthurian female Grail Knights and landscape Goddesses. In this collection of British myths and legends, each heroine re-tells her story. These feisty women are inspiring role models. The purpose of the book (and the entire Legends of the Grail series) is to help women and men remember their wholeness.

The book also includes practices that can help the reader journey to the deity and integrate the heroine's life affirming qualities. This is the second volume in the "Legends of the Grail" series, which focuses on the Grail as Goddess. The series is designed to help us restore and embrace the qualities of the feminine that have been lost in most cultures and religions. It is a book that invites wholeness and peace. Helping us to heal both individually and collectively, so the planet can be restored. [To buy the book click here](#)



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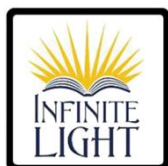
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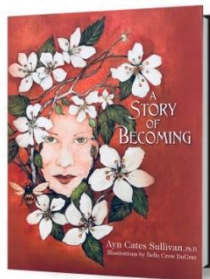


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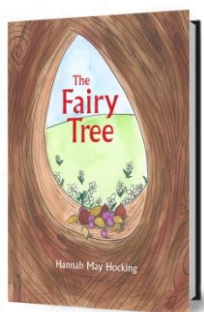
A Story of Becoming. A young seed germinates in the forest before unfurling and finding her way through the rich dark soil of the earth. As she becomes a young seedling she stretches toward the sunlight, wondering what she will someday become. Nourished by the dewdrops, she grows in anticipation of the possibilities hidden within her. While still slight, some of her leaves and branches are eaten by animals. Despite the setback, she grows and matures until one day she discovers her purpose . . . she is an apple tree. She delights in being an apple tree; but over time she continues to encounter hardships, some of which are seemingly insurmountable. This is an enlightening tale of self-discovery and realization, brilliantly depicted through the life and lens of an apple seed as it journeys through the wondrous yet sometimes painful experience of existence. Coupled with soulful, hand drawn illustrations of great beauty and depth, it will captivate the heart and touch the soul of both children and adults alike.

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Author:
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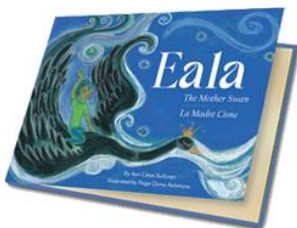
The Fairy Tree By Hannah May Hocking. This is a story about "Daisy" who discovers a magical tree in her garden and the tale behind it. She learns that no matter how lost or in the dark you are, there will always be a ray of light to guide you home. Hannah was inspired to write and illustrate this book after she became unwell, in and out of hospital, unable to leave the house so her garden became her sanctuary. Hannah imagined a gateway to another world through a hole in a tree at the bottom of her garden. A world where fairies wanted to help us. From that moment she named it the Fairy Tree and began to write the story in this book. She wanted people to know that even at the most scary and darkest times in one's life, if you take a breath and look around you, you will see there is always a tiny ray of light that will guide you to where you need to be.

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Author:
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Eala The Mother Swan. A young boy named Hugo goes in search of the Eala, the magical swan his grandmother has told him about. He finds her just as she is preparing to fly between the worlds. Circling back down, Hugo climbs on her back and she takes him between the crack of night and day so he can find the songs and colors of his heart and soul. Illustrated with colourful artwork from Paige Ozma Ashmore. She credits living near forests and castles as her main inspiration for her art. Steeped in fairy tales and older stories, she learned of bears that could talk, sleeping princesses in old castles and how the woods could hold deep mysteries inside of it. She was further inspired by her exposure to Russian lacquer painting and classic fairytale illustrations. "I believe that art sings the secret music of the soul and I paint images that awaken the old stories hidden in our bones." – Paige Ozma Ashmore

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Author:
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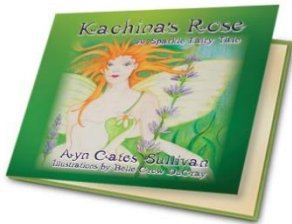
Sparkle and the Gift. This book is a timeless fairy tale for children of all ages. Sparkle and the Gift is about a little girl who decides not to forget who she is, a radiant being of Light. Sparkle's remarkable determination is contagious.

She takes her mother, Alice, outdoors to align with the natural world and to remember that the Light is everyone's friend. Alice is then inspired to tell the parable of "Kachina's Gift," a charming fable that reminds us that everything we need is already within us. An uplifting story to read again and again.

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Author:
Ayn Cates Sullivan



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Kachinas Rose Have you ever listened closely to the song that lives in your heart? Fairies know the healing sounds that help us thrive. In this Sparkle Fairy Tale, Kachina comes out of the forest and finds the human world to be very strange. In order to help bring life back into harmony, the fairy co-creates a magical healing rose. A gardener sees the rose and takes it to his wife—with surprising results. Follow Kachina to discover the song that lives in your heart.

Easy Reader: Kachina's Rose is a 32 page and 1,000 word industry standard children's book (ages 4-8) with a magical tale sure to delight children of all ages. This book is intended to be read by children, as parents read alongside the longer version of the book "Sparkle & The Gift". All six of the Sparkle books can be collected for a wonderful fairy tale experience. [To buy the book click here](#)



Author:
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Sparkle & The Light, the second book in the internationally award-winning Sparkle series, brings back the lovable character of Sparkle, with two new delightful stories for children and adults alike.

These positive tales and uplifting messages are intended as a celebration for the soul. Sparkle & The Light invites us to find well-being within our own true nature.

The second story within the book addresses the issue of bullying and offers insight on how to live from a place of truth regardless of the views of others. The uplifting characters remind us that we are all unique and that we must never be afraid of sharing our light with the world. [To buy the book click here](#)



Author:
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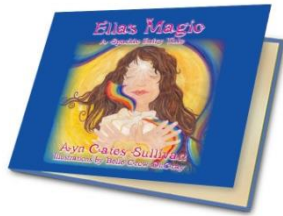


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Ella's Magic is a celebration of the uniqueness within each of us. This is story of a young girl named Ella, who has a special secret. When she becomes curious, a light shines out of her forehead. She also has the ability to fly into the other worlds, consciously dreaming in other times and places. Ella goes on a quest to find out why this happens to her, only to discover it is a true gift. All is well until the kids at school realize she is different.... This is an excellent book to help young children understand bullying, and to accept the uniqueness of their friends, as well as their own special gifts.

Easy Reader: Kachina's Rose is a 32 page children's book (ages 4-8). This book is intended to be read by children, as parents read alongside the longer version of the book "Sparkle & The Gift". All six of the Sparkle books can be collected for a wonderful fairy tale experience. [To buy the book click here](#)



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A scratch on the backdoor looks like it has been made with large claws. Sparkle's parents are worried, but send her off to be with her grandparent's who live in the Appalachian mountains. Reading an old dusty book, Sparkle realizes that she is one of the Dragon Awakeners who secretly restore life to Mother Earth in times of need.

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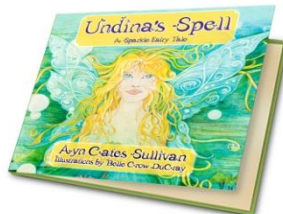
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Easy Reader: Undina's Spell is a 32 page children's book (ages 4-8). This book is intended to be read by children, as parents read alongside the longer version of the book "Sparkle & The Gift". All six of the Sparkle books can be collected for a wonderful fairy tale experience. [To buy the book click here](#)



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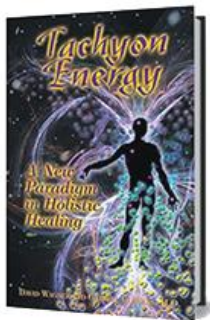
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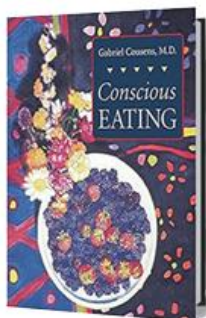
Tachyon Energy - a New Paradigm in Holistic Healing. Wagner and Cousens demonstrate a tachyon theory that unveils the delicate weave of Spirit, kundalini, health, physics, and biology as a subtle dance out of traditional healing. This book explains, in the authors' persuasive words and case studies, the breakthrough holistic healing technology called Tachyon energy. Benefits include a more rapid healing and at least a partial reversal of the aging process. They have successfully merged concepts of science and spirituality, as they bridge the faster than light world of existence with our slower than light world of form. The reader of this book will understand profoundly how tachyon energy is the source of all frequencies as well as the source of all healing.

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Author:
Gabriel Cousens

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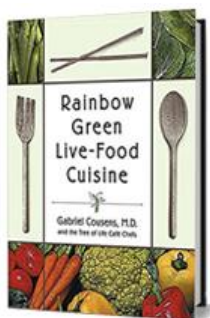
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Conscious Eating: Second Edition. It has been referred to as the "Bible of Vegetarians," for both beginners and advanced students of health. This classic work in the field of live-food nutrition is an inspirational journey and a manual for life. Included is new information on enzymes, vegetarian nutrition for pregnancy, and an innovative international 14-day menu of gourmet, Kosher, vegetarian, live-food cuisine, plus 150 recipes. "In this book, an expanded revision of his 1992 work, Cousens endeavours to make his readers aware of how their food choices affect their bodies, minds, emotions, and spiritual life. He emphasizes there is no one-diet-fits-all approach, but rather a consciousness on the part of the individual of what works. He includes information on the oxidative, autonomic, ayurvedic, anabolic-catabolic, endocrine, blood-type, and acid base diet systems. In personalizing a diet, the individual needs to answer these questions. [To buy the book click here](#)



Author:
Gabriel Cousens

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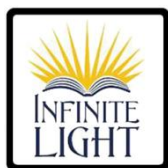
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Rainbow Green Live-Food Cuisine. Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a build-up of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated—and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality. Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and delectable solutions to the woes of the Western diet. [To buy the book click here](#)



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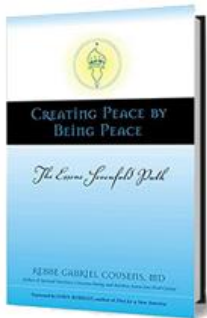
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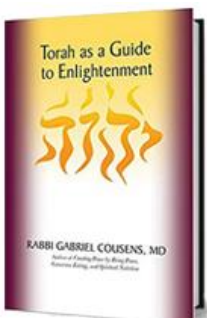
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Creating Peace By Being Peace. Dr. Cousens' shares his unique teachings of spiritual nutrition, as well as the Six Foundations and Sevenfold-Peace, that creates a natural way of living that leads to the Holistic Liberation Way. We take a look at the increasingly urgent need to transform humankind with the ancient peace wisdom of the Essenes, a Judaic mystical group that flourished two millennia ago. He begins by explaining the Essenes and the lessons they can teach us as creators of peace. Which cover a wide range of possibilities, from the personal ('Peace with the Mind') to the political ('Peace with the Community'). The final chapter, 'Integrating Peace on Every Level', presents a comprehensive plan for peace with the Body, Mind, Family, Community, Culture, Ecology and God – from moment to moment, day by day. Most importantly, he transfers the gift of the Essenes to modern seekers as a breathing technique for realizing this reality and live the path of spiritual awakening. [To buy the book click here](#)



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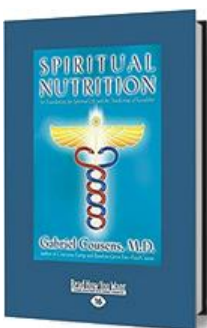
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Author:
Gabriel Cousins

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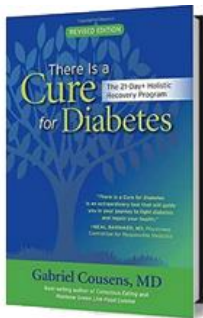
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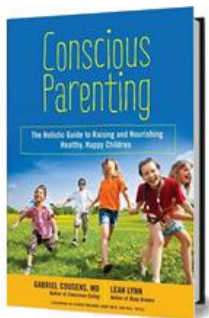
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There is a Cure for Diabetes (21 Days Holistic Recovery Program). Diabetes has become a seemingly unstoppable national epidemic, affecting more than twenty million Americans. Conventional wisdom calls it incurable, but renowned Dr. Gabriel Cousens counters that claim with this breakthrough book. There Is a Cure for Diabetes lays out a three-week plan for reversing the negative genetic expression of diabetes to one of health and well-being. Dr. Cousens's method, widely tested at his famous Tree of Life centers, is to reset the DNA through green juice fasting and a 100% organic diet of living foods in the first twenty-one days. Both practical and inspirational, the book explains how to abandon addictive junk food—that fosters diabetes in favor of a more natural, nurturing approach. The program renders insulin and related medicines unnecessary within four days as the blood sugar drops to normal levels; and the diabetic shifts into a non-diabetic physiology within two weeks. The third week focuses on live-food preparation, featuring 100 delicious raw recipes. [To buy the book click here](#)



Author:
Gabriel Cousins

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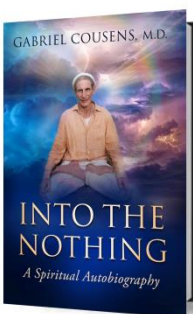
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Conscious Parenting is a great resource for parents seeking advice on optimal vegan nutrition and the importance of unplugging and having quiet time in nature for today's children. Anchored by extensive research on the importance of diet and environment, the book is packed with advice and information to help you. Choose authentic, organic, vegan food for optimal health; Support your child's emotional, social, and mental development; Counter the effects of environmental toxins and harmful media; Create a nurturing environment for your child's spiritual growth. This excellent book touches on the very essence of what it means to be a parent, grandparent, or care giver to children in the modern world. It sheds light on important issues when it comes to optimal child development, providing a holistic view between both science and spirituality, and an abundance of solutions along the way. [To buy the book click here](#)



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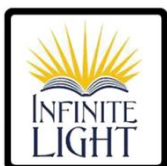
Into the Nothing: A Spiritual Autobiography of Gabriel Cousens

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Author:
Gabriel Cousins

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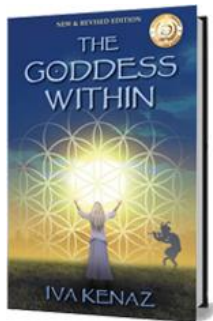
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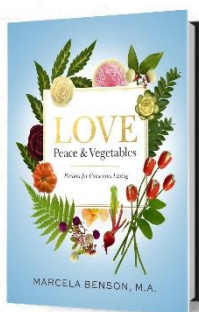
The Goddess Within is a fantasy novel set in 16th century Italy. Raised by her hermit father in the wild, secluded from human society, Berka grows into womanhood. At the dawn of her fifteenth summer she meets a faun, a being from a different realm. The two are instantly drawn to each other, but their secret meetings are soon disturbed by the arrival of a group of bandits. The threat intensifies when the group's leader establishes an alliance with spirits from the shadowlands. Berka's father comes up with an escape plan, but hesitant to leave the land she loves, she realizes she must find a way to face the inevitable peril. Berka soon learns her true origins and understands why she is so drawn to the otherworld. In this journey of self-discovery, Berka learns to embrace the powerful aspects of her divine feminine as well as the inseparable bond to the masculine. This is a powerful read for young women who wish to understand their True Nature. [To buy the book click here](#)



Author:
Iva Kenaz

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Peace, Love & Vegetables is an exquisitely designed book, which includes lifestyle advice, mystical poetry, inspiration, tips, menus and over 150 Live-Food and Vegan recipes. Spiritual nutrition counselor, Marcela Benson, demonstrates how to create delicious, healthy and balanced meals that can heal us from the inside out and change our lives for the better.

This life-changing book includes stunning artwork by Balinese painter, Made Griyawan, and full-color food photography by Ira Rodriguez that brings Marcela's recipes to life. This book is a celebration of compassion, love and peace. [To buy the book click here](#)



Author:
Marcela Benson

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