

## What's new at Watkins Books?

The autumn issue ***MIND BODY SPIRIT Magazine*** is now out, with contributions by Pema Chödrön, Matt Kahn, Gabor Maté and many more!

Most of the featured titles are now also available at our London store, as well as through our [webshop](#).

If you want to start up a subscription for our quarterly magazine, please either give us a call on **020 7836 2182** or simply set it up [online](#).

We always give away a **free copy** of the latest issue of **MBS** if you spend £25 or more in the store.

SELF EMPOWERMENT COSMOLOGY DREAMS PAGANISM CONSCIOUSNESS SUFISM

WATKINS

**MIND  
BODY  
SPIRIT**

**Pema Chödrön**  
EMBRACING  
CONTINUAL CHANGE

**MATT KAHN**  
THE AMAZING  
POWER OF  
COMPASSION

**GABOR MATÉ**  
THE MYTH OF  
NORMAL

**THE GIFT OF RUMI**  
BY EMILY JANE O'DELL

**MALCOM STERN**  
HOW TO SLAY  
YOUR DRAGONS

**ANDREW HARVEY**  
WHAT LIFE HAS  
TAUGHT ME

**ROBERT TEMPLE**  
A NEW SCIENCE OF HEAVEN

**SHAMAN DUREK**  
ALCHEMICAL TOOLS FOR  
PLANETARY HEALING

**THE STORY OF YOGA**  
BY ALISTAIR SHEARER

**MERLIN'S PROPHECIES**  
BY ANNE LAWRENCE-MATHERS

**DAMANHUR: THRIVING ON  
THE MIRACULOUS**  
BY JEFF MERRIFIELD

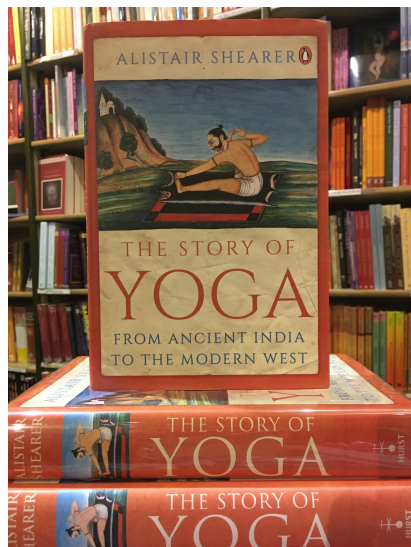


ASTRONOMY ATLANTIS GREEN TARA BUDDHISM  
DREAM INCUBATION TAROT ZEN WHEEL OF THE YEAR  
SOLITUDE CHANNELING WITCHCRAFT DIFFICULT PEOPLE  
ANTHROPOLOGY AFTERLIFE SEKHMET FOLKLORE



## NEW IN & STAFF PICKS

You can now find all titles listed below on our [webshop](#)



### **The Story of Yoga**

This comprehensive history sets yoga in its global cultural context for the first time, leading us on a journey from arcane religious rituals and medieval body-magic, through Christianity and the British Empire, to Indian nationalists and the twentieth-century West. Yoga has now become embedded in powerful social



### **The Weiser Tarot**

The Weiser Tarot is a new edition of the most popular and influential Tarot art ever created, the Rider-Waite-Smith deck, first published in 1909. The cards have been newly repainted - while, of course, preserving Pamela Colman Smith's original line art - creating a fresh, flowing aesthetic. Additionally, the cards

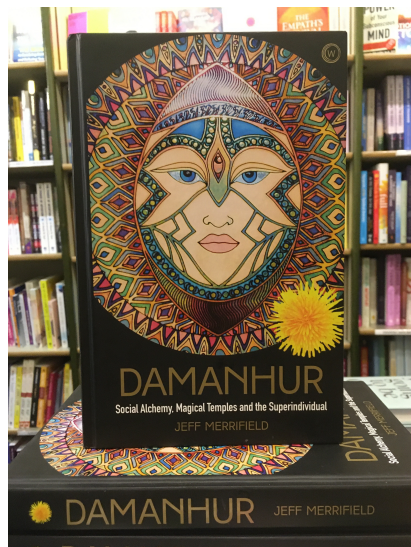


currents including feminism, digital media, celebrity culture, the stress pandemic and the quest for authentic identity. Alistair Shearer's revealing history boasts a colourful cast of characters past and present, in an engaging tale of scholars and scandal, science and spirit, wisdom and waywardness.

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provide Hebrew and astrological correspondences to the Major Arcana - not included in the original Rider-Waite-Smith deck - for those seekers who have interest in Qabalah and astrology.

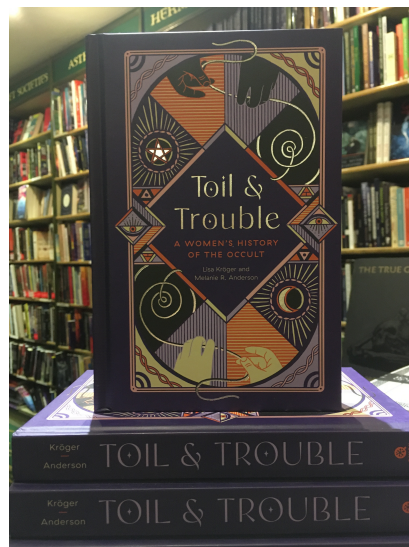
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### Damanhur

For more than four decades the spiritual-artistic community of Damanhur has grown from humble beginnings to become a prime mover in terms of spiritual research and the ecological protection of the planet. A group of people which has remained a stable and active entity over all those years, they have developed a sociological tool to enhance their shared experiences, the concept of a Super individual, where groups of people or even whole communities become as one, and function and create as one. The best news is, Damanhur is opening out to the world.

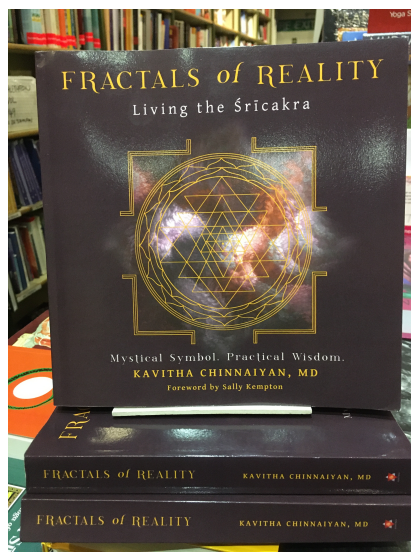
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### Toil and Trouble

From the celebrity spirit mediums of the nineteenth century to the TikTok witches hexing the patriarchy, women have long used magic and mysticism to seize back the power they're so often denied. Organised around different approaches women have taken to the occult over the decades creating new magical systems and symbols, using the supernatural for political gain, seeking fame and fortune as spiritual practitioners, questioning and investigating paranormal phenomena, and embracing their witchy identities this book shines a light on these under-appreciated magical pioneers, including: Dion Fortune, Tituba, Joan Quigley, Pamela Colman-Smith, and many more.

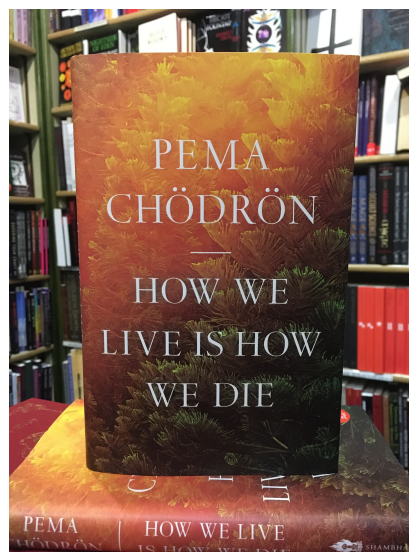
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## Fractals of Reality

In this book, the esoteric wisdom of the magnificent Śrīcakra or Śrīyantra, which is a diagrammatic representation of the cosmic unfolding, is explored from a practical standpoint and its immediate application in daily life. For modern practitioners, there are few resources that expand on the Śrīcakra's profound psycho-physio-socio-cultural correlations with problems and issues that tend to be removed and separate from ritual and mysticism. Life and sādhanā remain distinct and separate, where the insights of study or practice remain inaccessible in the moment-to-moment unfolding of life.

[Webshop](#)



## How We Live Is How We Die

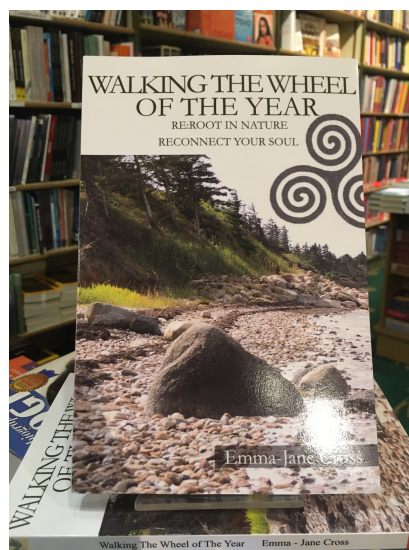
As much as we might try to resist, endings happen in every moment - the end of a breath, the end of a day, the end of a relationship, and ultimately the end of life. And accompanying each ending is a beginning, though it may be unclear what the beginning holds. In *How We Live Is How We Die*, Pema Chödrön shares her wisdom for working with this flow of life - learning to live with ease, joy, and compassion through uncertainty, embracing new beginnings, and ultimately preparing for death with curiosity and openness rather than fear.

[Webshop](#)



## Hagitude

Rich with the combination of myth, landscape and eco-feminism that took Sharon Blackie's earlier work *If Women Rose Rooted* to cult status, *Hagitude* reclaims the mid years as a liberating, alchemical moment - from which to shift



## Walking The Wheel of The Year

Holistic life coach and spiritual guide Emma-Jane Cross supports you to create your own spiritual and personal growth path using nature's seasonal rhythm as the catalyst. This book can be used either as an



into your chosen, authentic and fulfilling future. Drawing inspiration from mythic figures and archetypes ranging from the Wise Woman and the Creatrix to the Henwife and the Trickster, as well as modern mentors, Sharon Blackie radically rewrites the future for women in their mid and elder years.

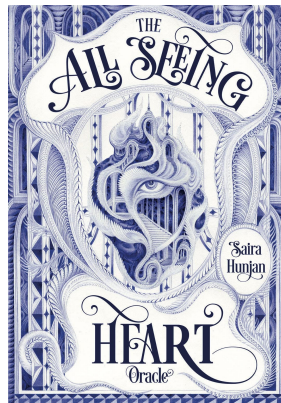
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inspirational tool to start living a lifestyle connected to nature's rhythm, or, you can use it as a workbook following the seasonal chapters. As you work with the wisdom, journeys and ceremonies in this book, inspired by the eight ancient Celtic, and Nordic festivals marking the turning of the wheel you will discover your connection to nature's rhythm and learn how to grow with nature's cycle.

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## UPCOMING TALKS AT WATKINS BOOKS

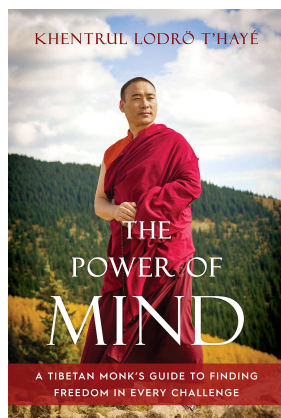
For more information on our upcoming talks, please visit our [website](#) or our [Meetup page](#).



### **The All Seeing Heart Oracle Deck - Saira Hunjan** **Thursday 17th November, 17.30 (in-store)**

This is a deck like no other, with jaw-droppingly original and beautiful artwork. The hearts are protective beings or talismans, each set in a heart temple. Using these cards to activate your heart centre, you can forge a bond with the Divine and open yourself to healing and transformation. The labyrinthine doorways, steps and passages depicted on the cards indicate the potential of passing through the heart temples into new opportunities and understanding.

[More info](#)



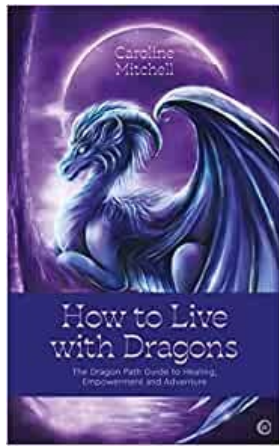
### **The Power of Mind - Khentru Lodrö T'Hayé Rinpoche** **Wednesday 23rd November, 17.30 (in-store)**

The Tibetan Nyingma Lama Khentru Rinpoche studied at the renowned Larung Gar academy in Tibet with one of the most influential and greatest Dzogchen masters of modern times, Jigme Phuntsog Rinpoche. His other teachers include Katog Rinpoche, and Penor Rinpoche in the Palyul tradition. He was later invited to the USA by Chagdud Tulku, where he is now based. Although highly respected as a great scholar-yogi, he chooses to focus on the importance of Lojong, or Mind Training teachings, as relevant practices for the turbulent and disturbing times of today's world. This is his first visit to the UK.

[More info](#)

### **How to Live with Dragons - Caroline Mitchell** **Thursday 24th November, 17.30 (in-store)**

Dragons are spiritual warriors of the Earth – harness their energy for empowerment and



adventure!  
As wholly energetic and high-frequency beings, dragons are part of the fabric of the Universe. Like angels, they work with the other realms to support and guide us.  
In this essential guide, Caroline Mitchell distils over two decades of hard-won experience to help you get the most from your dragon encounters. You will discover:  
- What dragons are and how to prepare for your dragon work - Meditations, visualizations, chakra work and journaling techniques for connection with your personal dragons - Advanced level dragon work to help you to become a spiritual warrior of the Earth - Direct insights channelled from the dragons about themselves and the nature of the Universe  
Use the wisdom of the dragons to embark on your own journey of self-discovery and find your uniqueness, your power and your truth.

[More info](#)

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