

Rights Guide

Spring
2013

NATUERLICHE WEGE ZUM BABYGLUECK (Natural ways to experience the joy of having a baby)

In Liebe geboren – ins Leben getragen – geborgen auf Erden

(Conceived in love – carried into life – protected on Earth)

by Nadine Wenger

“When I gave birth to my second child, I was brimming over with laughter; I just couldn’t stop, I was so happy, and I laughed and laughed! – At that moment I felt as one with Creation. I simply merged with my baby into a single unit of pure happiness and absolute love. I felt the whisper of the universe and the breath of Mother Nature.”

- The first A-Z handbook on the subject of natural birth and baby care.
- Includes interviews with parents, experts and scientists.
- Personal and intimate experiences, as well as valuable tips by the author, a mother of four.

CONTENT

Pregnancy

Preparation for the birth

Birth (the lotus position, among others)

Lying in

Breastfeeding

No nappies

Carrying the baby

Sleeping

Continuum, concept and communication

Nutrition and Nature

Health and wellbeing

New keys to happiness and fulfilment with your baby

Wellness

Links

Further reading

Music for relaxation

Films



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by Nadine Wenger

What woman would not desire a simple, happy birth for her child? – If it is possible to liberate oneself, even during pregnancy, from all anxieties and worries, then this goal really can be attained. Giving birth is a very natural, a healthy process, which can be experienced in love and joy without dramatic pain.

The author proves by her own experiences that a baby will bring joy and happiness if its needs are properly understood and met. She also gives the readers a very personal insight into her experiences.

Many misunderstandings and semi-truths abound regarding the subject of pregnancy and children. This book would like to help clear away false theories and lay a foundation for ways of approaching these subjects which actually work in practise – ways that hark back to Nature, to natural birth, and a more natural way of looking after a baby.

The book's twelve large sections present many personal examples and very practical ways of doing all this.

Nadine Wenger has had the courage to look for new departures and, with her four children, has determinedly gone her own path, far removed from old patterns and conventions.

Nadine Wenger is a dance teacher and used to work as an air stewardess. More recently she has undergone training to become a spiritual birth companion, and now passes on her experiences, in the form of courses on natural pregnancy and childbirth, and raising a baby without nappies...

Nadine Wenger

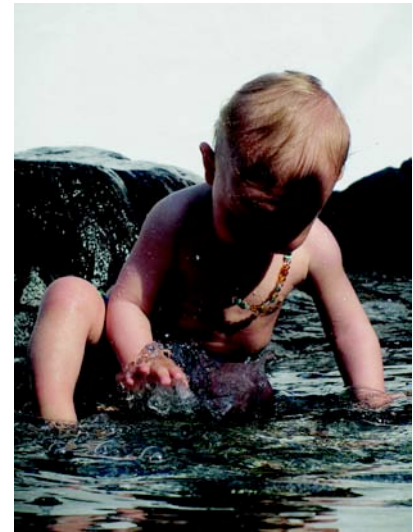
*Natuerliche Wege zum Babyglueck
(Natural ways to experience the joy of having a baby)*

*In Liebe geboren – ins Leben getragen –
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*(Conceived in love – carried into life –
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Bound, 384 pages, 17x24cm,

Euros 39.90



Seele der Landschaft – Landschaft der Seele
(Soul of the Landscape – Landscape of the Soul)

Reconnecting humans, myths and Nature
The shamanic path of Wayna Fanes
By *Waltraud Hoenes*

Waltraud Hoenes spent more than ten years learning about shamanism from Inca shaman, Don Oscar Miro-Quesada. Twelve years ago she began her shamanic relationship with the landscape of Fanes in the Dolomites (in former Yugoslavia), and with the great myths living within this region. Since then she has been working with mythical landscape beings. She erects shrines out of stone (*apachetas*), where the mythical figures, sacred mountains and Mother Earth, are honoured and are nurtured with gifts, such as maize meal and flowers. She writes:

Before we have not realized - and above all deeply experienced - that matter can be just as sacred as spirit, as both are essentially of the same nature, we will not attain an all-encompassing state of consciousness, and will, therefore, also not be in a position to survive the present crisis, which is precisely a crisis of consciousness.

In this book we move, with Waltraud Hoenes, through the mythical landscape of Fanes, while also partaking of her thoughts about true human beings and genuine shamanism. In the second part of the book we find meditations, through which one may – via the powerful Wayna Fanes symbol, and with the help of stones - co-create a network of light and harmony around the Earth. Part three contains invocations of the landscape beings with photographs of the respective mythical places.

Waltraud Hoenes, *curandera* and ceremonial shaman, is the founder of the Wayne Fanes tradition and of the group called *Dolomites Ayllu*. After completing her studies in psychology she continued her education with leading representatives of transpersonal psychology.

Waltraud Hoenes
(Soul of the Landscape – Landscape of the Soul)
Reconnecting humans, myths and Nature
The shamanic path of Wayna Fanes
Bound, 128 pages, 17x24cm,
Euros 18.90.



**Die Erde liebt uns
(The Earth loves us)**

Neun Briefe von Landschaften
(Nine letters from landscapes)
by Ana Pogacnik



The CD for the book is now available !

Not least because of work carried out together with her father, Marko, Ana Pogacnik is now able to build up an intimate medial contact with any of the landscapes in which she happens to be. Over the years she has visited many places, and when she tunes in to them, she is able to receive their messages. She has recorded nine of the 44 “letters” from her book of the same title onto this audio CD. These are interspersed with three piano improvisations which were inspired by the landscapes; an approximately 17-minute guided meditation allows us to transform our past into history, so that we are able to let go. With her clear, urgent voice, Ana Pogacnik induces the landscapes to speak – and thus the Earth herself, who loves us human beings!

Ana Pogacnik (*1973) first dedicated her life to the piano, then studied archaeology. Since the 1990s she has received various messages from the angelic ocean. She leads educational courses within the framework of her own school, entitled “Seeing again”.

Ana Pogacnik

The Earth loves us

Nine letters from landscapes

Spoken onto CD by the author, with piano improvisations and a guided meditation.

CD, running time 69 minutes (4 sides)

RRP Euros 14.90

Mit Geld Bruecken bauen (Using money to build bridges)

Ein Mitmach- und Mutmach –Buch
(A practical and encouraging ‘do-it’ book)
by *Marion Ritz-Valentin*

Marion Ritz-Valentin

Mit Geld Brücken bauen

Ein Mitmach- und
Mutmach-Buch



Neue Erde

Using money to build bridges: everyone can do it! – We are not just helpless objects within a super-powerful economic system. We are part of an all-encompassing economy (from *oikos* = house), which means, we are all living in the same house. And if we become fully aware of this connectedness with everything, which is the real meaning of spirituality (from *spirare* = to breathe), once we are clear about the fact that we are all breathing the same air, then – as part of the whole – we *can* do something! After all, we participate in everything, and if we are able to liberate ourselves from those ingrained habits of opposing each other and ‘wanting more-and-more’, we become able to build bridges with the flow that connects us all with everything (we are talking of money here!), in a world of togetherness of man and the Earth.

The book is dedicated to analysis of the spiritual background of our economic problems. Marion Ritz-Valentin, an economist, takes a look at the bigger connections within economic behaviour, and she consciously includes examples of spiritual convictions of people, as they determine what people *do*. At the end of each chapter she gives practical suggestions for what each individual can do in order to bring about change. These are meant to be small impulses, as a kind of “initial aid”, to help develop a perspective on what we *can* do.

Marion Ritz-Valentin studied economics, but decided early on to abandon the pressures of a career in economics and now follows her calling as a musician. She has spent forty years practising martial arts, and offers life coaching, especially on money matters.

Marion Ritz-Valentin
Using money to build bridges
(A practical and encouraging ‘do-it’ book)
Brochure, 96 pages, 14.6x20.8cm,
Euros 9.95