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When I Was Someone Else



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LAURENT GOUNELLE



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“ This great book emanates a penetrating light. The author has created a totally new and exciting genre!
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D.R.

“ On closing this book, I am deeply moved and lulled by its light, in spite of the darkness conveyed by the story.
AGNÈS LEDIG



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“ A true and great achievement; very moving and disturbing... You absolutely must read this book.
AMÉLIE NOTHOMB



D.R.

“ A fascinating investigation.
BORIS CYRULNIK

“Stéphane Allix shares his experience (...) and the strange adventure that liberated him.”

PSYCHOLOGIES

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- ➔ **An amazing story, a rigorous investigation and a thorough self-disclosure.**
- ➔ **Over 60,000 copies sold.**
- ➔ **A media success: more than 150 press articles, TV, radio, etc.**
- ➔ **The previous book by Stéphane Allix, *The Test*:**
 - Already over 150,000 copies sold.
 - Translated in Worldwide English (U.S.A.), German, Czech, Polish, Korean and Castilian.

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STEPHANE ALLIX

When I Was Someone Else

Setting off to discover himself can lead a man to travel strange paths.

When Stéphane Allix set off for a retreat in the forest to unwind and take a look at his life, he never imagined that he was about to face the unthinkable.

During meditation, he had a vision: a Second World War German soldier was hit in the throat and was dying. The man's name and other information were also revealed to him. The experience was extremely puzzling. Why did he feel so intimately connected with this person?

Obsessed with this compelling vision, Stéphane launched into a meticulous investigation and was amazed to discover that the soldier had really existed. Thus, began an astounding adventure.

Would he find answers to the existential questions that had always caused inner conflict?



THE AUTHOR

Stéphane Allix is an investigative journalist and author of the best-seller *The Test*. He founded the Institute for Research on Extraordinary Experiences ("Inrees") and the Magazine *Inexploré*. He also created and currently hosts *Enquêtes Extraordinaires*, a series on French television channel M6.

The strongest support for a case of reincarnation in an adult. Scientific evidence is presented in a spellbinding style worth a movie script. A remarkable and important book that can change the readers' view of reality. Must-read!

STANISLAV GROF

When I Was Someone Else is a riveting detective story, a thriller, a harrowing journey back into the darkest days of WW II, and, most of all, the author's relentless quest for self-discovery and to fathom the nature of his identity. I was hooked by this story from the get-go and astonished to read how Stéphane was led – one would almost have to say “guided” – to ultimately find that everything he had seen in his vision was true, and why it had been given to him. An absolutely stunning, unforgettable book. Five stars and more!

KENNETH RING, PH.D.

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AGNES STEVENIN

From Pain to Peace

Transmutation

How to move from pain to peace. The inspiring journey of a healer opens the doors of an alternate perception.

"I let things flow through me: that's all I have to do. I sit beside people, connect to their suffering, deeply moved by the pain they carry within. Then, gradually, miraculously one might say, after laying my hands on them, I feel their bodies relax and soothe. I see their faces become peaceful, light up, and suddenly reveal a serene beauty. At the end of the session, I hear them say how much better they feel, now that they are delivered. How could I presume to believe that I am achieving such results alone?"

In this powerful, luminous, and sensitive story, Agnès tells us how she discovered that she was a healer and how she has come to use her gifts as a clairvoyant to provide care for others.

With simplicity and authenticity, the author reveals her daily truth at the interface between the visible and the invisible. She describes a pathway nourished with extraordinary experiences and shakes many preconceived ideas about what is possible and what isn't.

Step by step, the reader follows her work and understands how it helps her patients to free their body and mind from current as well as old (or even very old) pains, to reach peace at last.

Sweetness emanates from this book, as if, over the author's words, her presence becomes perceptible and opens the way to an inner alchemical process.



THE AUTHOR

Agnès Stevenin is a healer. She discovered her gift as an adult. Her life then changed radically, and she shifted from an ordinary state of consciousness to becoming an energy caregiver. She now dedicates her abilities to helping her patients in their physical and psychic healing.

"This book is a treasure of loving kindness, wisdom, and femininity."

LAURENT HUGUELIT

"A book that can change your life."

HOROSCOPE

"With simplicity and authenticity, the author reveals her daily truth."

NICE MATIN

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AGNES STEVENIN

Foreword by Stéphane Allix

The Splendor of Wounded Souls

Liberation

After the revelation of *From Pain to Peace*, Agnès Stevenin is back with a new book that unveils a universe as mysterious as it is nurturing.

*"I could have called this book, 'Experience of a Healer: The Return.' I preferred *The Splendor of Wounded Souls* because that title truly reflects my daily reality. Every day, I come into contact with the deep suffering of those who come to me for healing. Our souls are splendid and eternal, but there are wounds within each one of us that moan, cry, or rumble.*

Like a surgeon who knows how to repair the innermost parts of our bodies, like a doctor who knows how to restore health, like a psychologist who knows how to listen and set us back on our paths, my job is to heal.

And in my work, the soul reveals its secrets.

Alleviating pain, giving renewed meaning to someone's journey, relieving the body, calming, and mellowing: these things enable our soul to find its light once again. Often during a session, that light begins to radiate, to shine, sometimes even to blaze.

And in that moment, the splendor that resides in each one of us is revealed."



THE AUTHOR

Agnès Stevenin is a healer. She discovered her gift as an adult. Her life then changed radically, and she shifted from an ordinary state of consciousness to becoming an energy caregiver. She now dedicates her abilities to helping her patients in their physical and psychic healing.

"Fascinating practices."

FRANCE INTER - LE NOUVEAU RENDEZ-VOUS

"A healer, a therapist, and an inspiring and fascinating woman."

FEMME ACTUELLE

"Guided by the invisible, she heals people in pain."

MARIE FRANCE

"This book will do so much good... A truly magnificent balm for the soul."

CHRISTOPHE FAURÉ, M.D.

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➤ **With a foreword by Stéphane Allix.**

➤ **The long-awaited sequel to a long-seller.**

➤ **The story of a daily practice with thousands of patients.**

➤ **An open approach to allopathic medicine.**

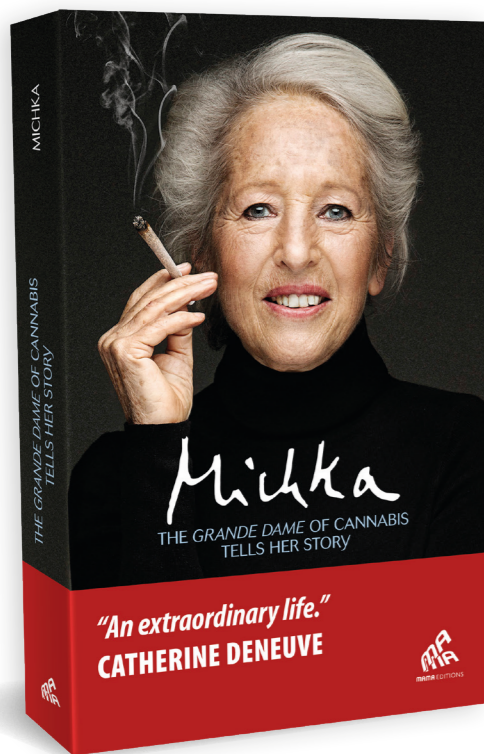
➤ **A remarkably written text.**

➤ **Over 9,000 copies sold.**

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MICHKA

Foreword by Catherine Deneuve

The Grande Dame of Cannabis Tells her Story

A tale abundant with intimate revelations and surprises.

Michka sometimes trembles and sways, yet the light in her shines ever brighter.

Having already written several books on cannabis, her "friend and ally," Michka first made headlines in Europe for her landmark defense of this most controversial plant in the Paris courts in 1995, against the lies of an anti-marijuana crusader who advised the World Health Organization, as well as various prominent political figures.

This kaleidoscopic diary of an adventurous woman—whether under sail on the high seas or nesting in her handmade cabin in the forests of Western Canada—is about creating one's own life using ideas and beliefs.

Michka was recently honored with a new marijuana strain bearing her name, for "outstanding achievements in raising cannabis awareness."



THE AUTHOR

Michka divides her time between working at her publishing house in Paris, France and writing the autobiographical series of which this book is the latest installment.

"I wish to attest to an extraordinary life, to courage, and to tell of friendships lost and found again."

CATHERINE DENEUVE

"A muse..."

LIBÉRATION (NATIONAL FRENCH NEWSPAPER)

"Her autobiography has not finished sowing flowers in the minds of women—for Michka's seeds are powerfully fertile. She is the kind of woman we love because she teaches us to love ourselves."

TOP NATURE

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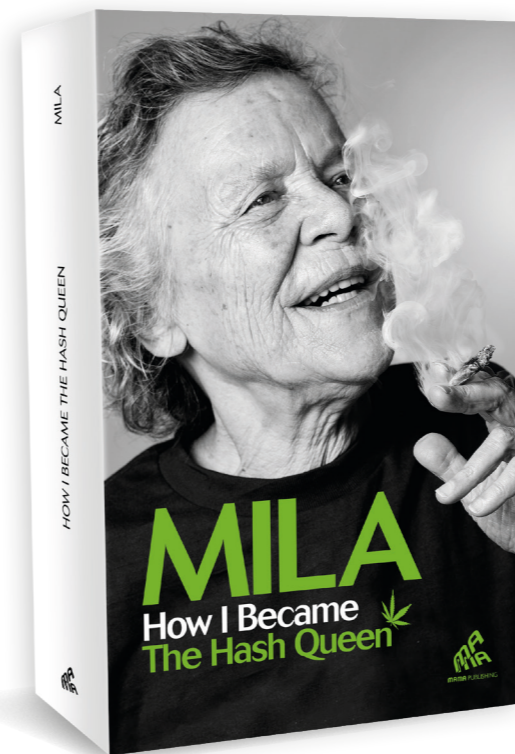
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- An unusual woman's itinerary that humbly offers a true life lesson.
- An autobiography dealing with the universal themes of love, motherhood, and healing.
- Foreword by Catherine Deneuve.
- A personal story in keeping with a hot subject: cannabis.
- A 64-page photo gallery to illustrate an inspiring life journey.
- An elegant and refined writing style.

NEW

69 491 WORDS,
324 PAGES, 100 PHOTOS, 14 x 22 CM,
ISBN 978-2-84594-249-3 • 25 €

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MILA

How I Became The Hash Queen

How I Became The Hash Queen is an exciting personal account from one of the cannabis industry's rare female icons, a life story unlike any other, that takes us from 1960s Amsterdam to the Himalayas, and to the burgeoning legal weed scene in the U.S.

Mila's autobiography is intriguing and inspiring on many levels. As a mother, inventor, traveler, lover, and spiritual practitioner, she has taken incredible risks and embarked on unimaginable adventures. Reinventing herself and creating businesses over and over, Mila supported her children and was a rebel at the same time. Her story is, by turns, a riveting travel-log of trekking through uncharted passes and to secret monasteries, and part ultra-personal account of love stories and heartbreaks. Mila takes us with her to the first parties on the beach in Goa, India, and into the heart of the sixties revolution in fashion and music in Amsterdam. Through it all, she faces the challenge of being a single mother, even as she becomes a pioneer in a traditionally male industry with her game-changing inventions, which have shaped the future of hash-making. This book offers an inside view into a wide variety of alternative worlds and experiences, in the company of a fascinating woman.



THE AUTHOR

Mila, also known as "The Hash Queen", was recently honored with being named one of the 100 most influential people in the world of cannabis—and her fame continues to expand.

- Won several prizes
- The story of an icon
- An inspiring journey around the world

NEW

64 399 WORDS,
584 PAGES, 162 PHOTOS, 14 x 22 CM,
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CASTILIAN



"An adventurous page-turner detailing the life of cannabis' first lady."

HIGH TIMES

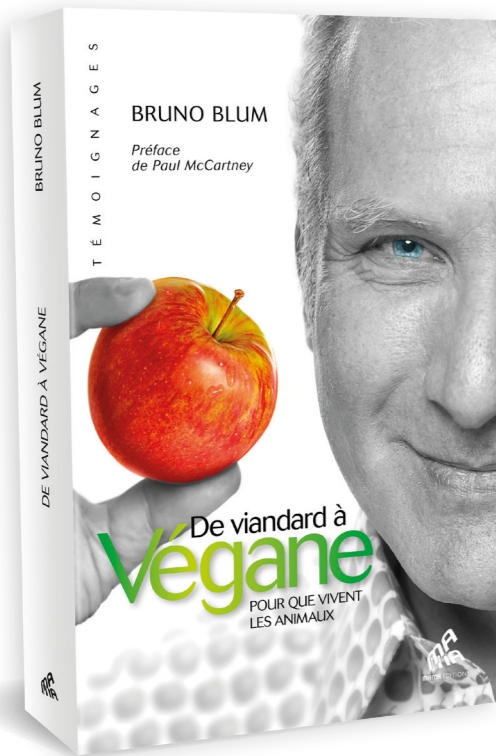
"Mila, better known as the «Hash Queen», is a Dutch legend."

L.A. WEEKLY

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BRUNO BLUM
Foreword by **Paul McCartney**

From Die-Hard Meat Eater to Vegan

For the Sake of Animals

Artist and rock music writer Bruno Blum has written an amusing and profound book about his favorite subject: veganism.

This offbeat, well-researched book invites readers to fundamentally rethink their attitude towards animals. It explores the contemporary world of veganism, a movement that is gaining ground in Europe and North America, and whose aim is to end the suffering of animals and their exploitation by humans.

Slavery, once considered a natural practice, horrifies us today; likewise, vegans maintain that the day will come when killing animals for food will be just as unacceptable.

Bruno Blum, who stopped years ago “consuming alcohol, tobacco, drugs, meat, and other substances that lead to addiction,” recounts his conversion in his typically bold and witty way. He also explains why it is important to eat foods other than animals and how easy it is to switch to vegan delights.



THE AUTHOR

Renowned at the end of the 1970s as a “gonzo” correspondent in London for the popular French monthly rock magazine *Best*, and a reggae specialist, Bruno Blum encountered many great rock stars early on during his career. In 1980, the lead singer of *The Pretenders* introduced him to vegetarianism, marking the beginning of a long inner journey.

Bruno Blum is an illustrator, lecturer, musicologist, musician, and composer.

He has written fifteen books.

“Having been a vegetarian for over 30 years, I am very happy to recommend the lifestyle and this book of Bruno’s to anyone.”

PAUL MCCARTNEY

DOWNLOAD THE BOOK’S RESOURCES

(PICTURES OF THE AUTHOR, COVER VISUALS, FREE EXCERPTS):
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- **Vegetarianism/veganism is a highly controversial theme in tune with the spirit of the time.**
- **A personal testimony full of humor to defend the crucial cause of animal welfare.**
- **Foreword by Paul McCartney: a first in France!**

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104 184 WORDS,
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MARTINE GERCAULT
Foreword by **Stanislav Grof** / Afterword by **Sandra Ingerman**

Conversing with Spirits

Experiences at the very limit of the extraordinary

Discover new ways to access the subconscious and move toward a new joy of being.

A transpersonal psychoanalyst trained in therapeutic and holistic approaches in the United States, Martine Gercault pushes the limits of academic psychoanalysis and the traditional position of the analyst. By taking into account new ways of accessing the subconscious, she opens her field up to new and innovative practices.

This experienced professional invites us to follow her in her quest – the quest of a lifetime – and elegantly embarks us on a voyage of initiation to the four corners of the world. Holotropic breathwork, expanded states of consciousness, ancestral shamanism, painting, dance, and music accompany the painful process of extrication.

Conversing with Spirits reads like a novel and brings to the fore new possibilities for existential and spiritual exploration.



THE AUTHOR

Martine Gercault is a clinical psychologist and psychoanalyst-psychotherapist with a private practice in Paris, France. A specialist in non-ordinary states of consciousness and their healing potential, she espouses an integrative approach. She regularly organizes seminars on holotropic breathwork and shamanism.

- **Foreword by Stanislav Grof and Afterword by Sandra Ingerman.**
- **The first book to bring together psychoanalysis, shamanism, and new therapies.**
- **The enthralling story of an “Indiana Jones” of the psyche who travels the world in search of new spiritualities.**

NEW

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“This book is magnificently written in poetic language and further enriched by quotes from famous writers, philosophers, spiritual teachers, and therapists. A captivating read.”

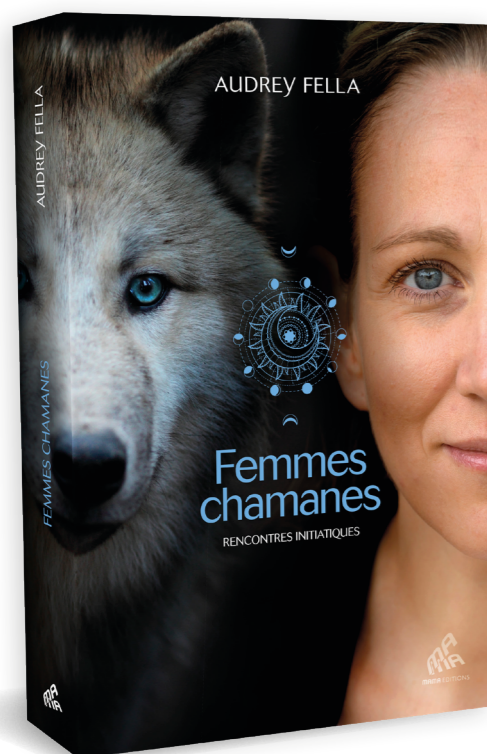
STANISLAV GROF

“The author shares with us her atypical journey as a psychologist by exploring several uncommon and unusual techniques.”

INEXPLORÉ

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AUDREY FELLA

Female Shamans

Initiatory Encounters

An enlightening journey to the heart of female shamanism in the West today.

The author of numerous works on women and the sacred, Audrey Fella set out to explore female shamanism in order to discover what sets it apart. Immersed in this intimate and personal adventure, she met six remarkable women who framed her investigation. A shamanic journey, a course in sacred song, a sand painting workshop, a rose diet, and other rituals led her on a path of transformation, making her feel as though she was giving birth to herself. She glimpsed a new way of being in the world, and she invites each one of us to discover our deeper selves in order to more harmoniously connect with others and Mother Earth.

Psychotherapists, artists, and teachers, Maud Séjournant, Claire Barré, Lorenza Garcia, Myriam Beaugendre, Brigitte Pietrzak, and Sandra Ingerman were initiated by the spirits of nature through shamanic practices from various traditions: American Indian, Amazonian, and Mongolian. In the process, they acquired living knowledge about healing and guiding others. Here they share their teachings and wisdom with us.

- Interviews with world-renowned shamanesses: Sandra Ingerman, Maud Séjournant, Claire Barré, Brigitte Pietrzak, Lorenza Garcia, and Myriam Beaugendre.
- Written by a journalist who specializes in subjects related to female spirituality.
- A response to modern issues that draws upon the wisdom of traditional peoples.



THE AUTHOR

A historian by training, Audrey Fella is an essayist and journalist. Her work focuses primarily on the various expressions of female spirituality and the ways in which this spirituality can contribute to the quest for meaning of her contemporaries, both men and women.

"Audrey Fella tells the magnificent story of her personal journey in meeting sacred and inspiring women."

STÉPHANE ALLIX

"A totally unique work."

BIEF (BUREAU INTERNATIONAL DE L'ÉDITION FRANÇAISE)

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LAURENT HUGUELIT

Foreword by **Matthieu Ricard**

Mother

Spiritual Teachings from the Amazon Rainforest

"I have things to tell my children..."

After being asked by the Amazon Rainforest to lend her his voice, Laurent Huguelit shares with us the teachings he received from the Great Spirit the indigenous peoples call "Madre" – Mother.

It was on a trip to Amazonia that the author was appointed the spokesperson of the great rainforest by the spirit of the mother of all mothers in person. In accordance with the spiritual contract that was drawn up in the heart of this green matrix, Laurent Huguelit wrote down the words, the visions, the impressions, and the stories that the rainforest asked him to convey. In these pages, we discover teachings from nature that are given to us with sincerity, a pilgrimage to the heart of the great family of the living. We encounter the ancestral tree, clarity of consciousness, compassion, shamans, and their healing chants – but also (because all must be known), the throes of darkness. With *Mother*, the rainforest hopes to reestablish the sacred ties between humanity and planet Earth to make way for a new awareness, and so that the children of the forest may be reconnected with the one who has been there since their birth – to respect her, preserve her, and love her.



THE AUTHOR

A Swiss shaman trained in the traditions of different cultures and modern techniques developed in the Western world, Laurent Huguelit is the founder of *L'Outre-Monde*, a center for shamanic practices. He also teaches courses and workshops at the FSS (Foundation for Shamanic Studies, created by the anthropologist Michael Harner) in France. In addition to writing the Prefaces for *The Way of the Shaman*, *Cave and Cosmos*, and *Celestial Shamans*, he is also the author of *The Eight Circuits of Consciousness* and the co-author of *The Shaman and the Shrink*.

Illustrations by Angéline Bichon.

Illustrations by Angéline Bichon.

"An invitation to respect."

MATTHIEU RICARD
BUDDHIST MONK AND TRANSLATOR OF THE DALAI-LAMA

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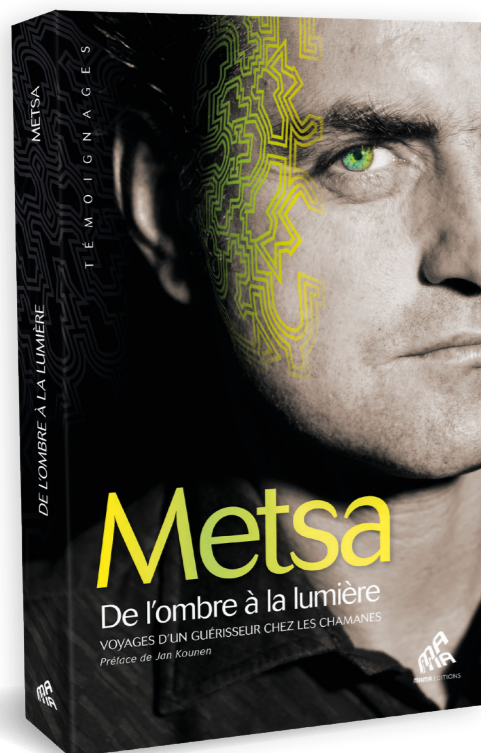
- Foreword by **Matthieu Ricard**.
- A universal message that reestablishes **The Female and ecology as central to all priorities**.
- A seminal author and the person in charge of the **Foundation for Shamanic Studies in France**.
- Includes approximately **30 original illustrations**.
- Already over **15,000 copies sold in less than a year**.

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- **A unique, outstanding path and a breath-taking narrative worthy of a film scenario.**
- **The author leads us into the heart of the traditions upheld by shamans from Amazon, Peru, and North America.**
- **This is a book both for beginners who wish to discover shamanism and for seasoned readers who are curious to discover what Metsa experienced.**

REPRINT AVAILABLE

54 395 WORDS,
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METSA

Foreword by **Jan Kounen**

From Shadows to Light

A Healer Journeys into the Lands of Shamans

A Frenchman with an unusual destiny discovered shamanism following an experience of imminent death. Initiated into a number of indigenous traditions in the Amazon as well as North America, he was adopted into these cultures as a follower of venerated healers before becoming a shaman himself. In his foreword, filmmaker Jan Kounen divulges that he wishes to shoot a movie based on this book.

From the middle-class districts of Paris to the Brazilian favelas, from the suburbs of Medellin to the Amazon jungle, and the Peruvian mountains to the North American plains, François Demange tells the amazing story of his personal and spiritual evolution.

As a young traveler, he wanders throughout the Orient in search of powerful experiences with nature and psychotropic plants. François then returns to Paris and becomes a heroin addict. He immigrates to Colombia, where he falls into a downward spiral of cocaine abuse and survives an extreme overdose. His quest for personal healing – and the healing of others – leads him to the teachings of shamans from various cultures, extraordinary experiences, and an ever-intensifying life. A captivating story.



THE AUTHOR

François Demange, alias Metsa, the name given him by the Shipibo people of the Amazon, or Medicine Bear, as the Lakota Indians call him, is a healer recognized by his peers in various Native American cultures. He lives in the United States, where he teaches the practices he has learned throughout his life.

“He is the first Westerner I ever met who holds the knowledge of an indigenous curandero.”

JAN KOUNEN

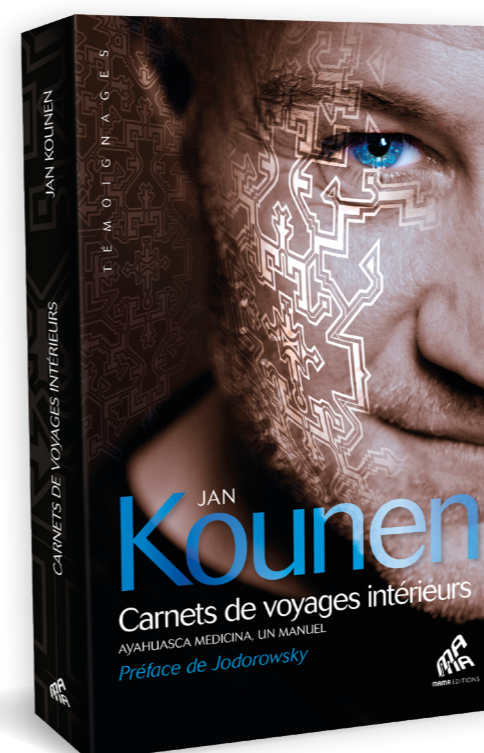
“A journey to the core of the psyche with shamanic plants.”

PLANTES & SANTÉ

“In search of a life closer to nature.”

GLAMOUR

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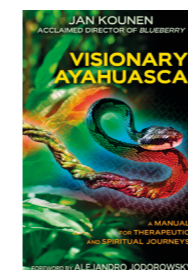


- **A humble, often hilarious testimony by a recognized figure in the world of shamanism and psychotropic plants.**
- **The story is followed by a practical manual full of teachings on traditional medicine.**
- **Illustrated with twenty original drawings by the author.**

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VISIONARY
AYAHUASCA
Jan Kounen
INNER TRADITIONS

JAN KOUNEN

Foreword by **Alejandro Jodorowsky**

Inner Journey Notebook

Ayahuasca Medicine, a Practical Guide

Over multiple trips to the Peruvian Amazon, filmmaker Jan Kounen was transformed from curious explorer to experienced ayahuasquero. This book, part memoir and part guide, would be an excellent first step prior to committing to a journey with ayahuasca.

A “what to expect” guide for first-time ayahuasca users paired with accounts from the author’s extensive shamanic experiences in the Amazon.

- Describes how to prepare for the first ceremony, what to do in the following days, and how to maintain a shamanic healing diet.
- Describes the many other plants that are part of the ayahuasca healer’s medicine cabinet, as well as his *icaros*, or healing songs.

Since 1999, Jan Kounen has regularly traveled to the Peruvian Amazon to participate in ayahuasca ceremonies. At first, he was just a curious filmmaker, but over multiple trips he transformed from explorer to apprentice to ayahuasquero and often found himself surrounded by other foreigners coming to the jungle for their first taste of ayahuasca medicine. Knowing how little guidance is available to beginners, he naturally offered them advice.

This book contains the same step-by-step advice that Kounen provides to first-time ayahuasca users in the jungle. He explores how to deal with nausea and details the special preparatory diets an ayahuasca shaman will put you on.

Detailing his own ayahuasca experiences, Kounen further describes how ayahuasca transformed him. He tells of his meetings with Shipibo healers, who opened the doors of this world for him. He evokes many other plants and foods that are part of the ayahuasca healer’s medicine cabinet, such as toé and tobacco.



THE AUTHOR

Jan Kounen is a filmmaker who has created a number of movies and documentaries, including *99 Francs*, *Coco Chanel & Igor Stravinsky*, and the celebrated *Renegade*. His interest in Shipibo culture and shamanism developed during his trips to Peru to shoot music videos, leading to his apprenticeship with an ayahuasca shaman. He lives in France.

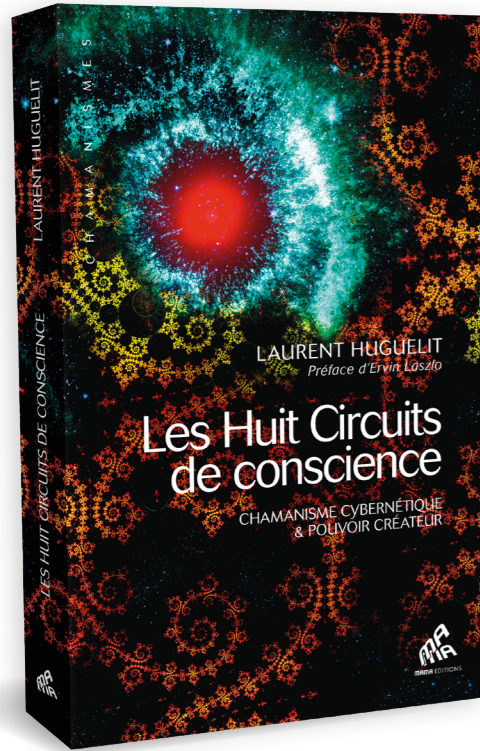
“This is the most amazing, staggering and audacious book I ever read.”

ÉLIETTE ABÉCASSIS – LITERARY PRIZE

“A humble and amusing story...”

FRÉDÉRIC BEIGBEDER – LE FIGARO MAGAZINE

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LAURENT HUGUELIT

Foreword by **Ervin Laszlo**

The Eight Circuits of Consciousness

Cybernetic Shamanism & Creative Power

First outlined by Timothy Leary and later expanded by Robert Anton Wilson and Antero Alli, the eight-circuit model of consciousness describes the mind as operating through interconnected circuits of conscious awareness, with each circuit connected to certain behaviors and personality traits.

Uniting shamanism with quantum physics, and psychology to foster conscious evolution, manifestation of desires, and the development of the soul.

- Details each of the eight circuits of consciousness, from the first circuit of physical survival to the eighth circuit of quantum consciousness.
- Reveals how to balance and upgrade your circuits through shamanic techniques and activate your creative power to shape reality.
- Explains how the eight circuits are interconnected through feedback loops – if one is overactive, it can cause the others to shut down.

The eight-circuit model of consciousness explains how the mind is multidimensional and functions on eight distinct interconnected planes, which form the eight circuits of conscious awareness. Each circuit is connected to certain behaviors and personality traits; the second circuit, for example, is connected to emotional consciousness, such as intuition, feelings of courage, or, in its unbalanced state, to aggression and domination. The eighth circuit, which is the creative circuit of quantum consciousness, is related to limitless perception, understanding, and action extending far beyond the limits of Planet Earth.

Laurent Huguelit describes how these eight levels of awareness form a cybernetic mapping of the mind. He explores the underactive, overactive and balanced states of each circuit, offering many psychological profiles as examples. He reveals how activating a neglected circuit can help bring another into balance. Connecting this model of conscious evolution to shamanism – the oldest consciousness science known to man – the author explains how to balance and upgrade your own circuits and shows how to reconnect with your source energy by deprogramming trauma from your childhood that might still be affecting your circuits. As you access this unlimited energy, you can activate your innate creative power to manifest your desires and shape reality.

Uniting shamanism and the law of attraction with advanced concepts of modern psychology, quantum physics, and Ervin Laszlo's Akashic field theory, Laurent Huguelit offers a practical map of human consciousness as well as a vision for the cybernetic future of shamanism.

THE AUTHOR

Laurent Huguelit is a shamanic practitioner and teacher, founder of L'Outre-Monde center for shamanic practice, and member of the European Faculty of the Foundation for Shamanic Studies, created by anthropologist Michael Harner.

“The Eight Circuits of Consciousness offers an in-depth understanding of the different levels of human consciousness.”

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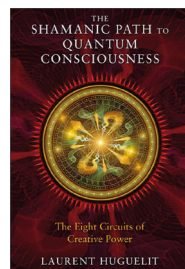
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THE SHAMANIC
PATH TO QUANTUM
CONSCIOUSNESS
Laurent Huguelit
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Plants & Shamanism

Conversations around Ayahuasca & Iboga

Brought together ten years ago to share their perspectives and experiences of sacred plants, the three authors are back to discuss their perceptions of the evolution of these practices.

In ten years, knowledge about initiation and altered states of consciousness has evolved, as have the practices. Jan Kounen, Jeremy Narby, and Vincent Ravalec discuss the benefits and the risks of these developments in the West – in a relaxed and humorous atmosphere and with respect for their unique respective approaches.

THE AUTHORS



Jeremy Narby is an anthropologist best known for his books *The Cosmic Serpent* and *Intelligence in Nature*.



Filmmaker Jan Kounen has created a number of films and documentaries, including the celebrated *Blueberry*, released in the United States as *Renegades*.



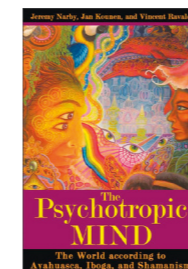
Vincent Ravalec is a prizewinning writer and filmmaker whose book *Iboga* has been translated into English by Park Street Press.

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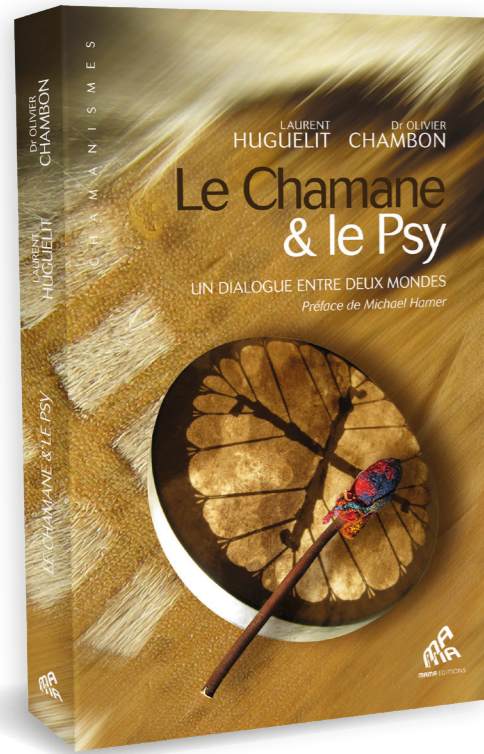
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Foreword by **Michael Harner**

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For thousands of years, shamans have developed therapeutic practices that are now increasingly challenging Western medicine, and particularly psychiatry. In this humorous discussion, a shaman and an innovative psychiatrist compare their respective world visions and care techniques.

Can millennial-old practices be integrated into modern psychotherapies? Can our rational concepts incorporate the shamanic experience? Can science explain it?

THE AUTHORS



Laurent Huguelit is a Swiss shaman trained in the traditions of different cultures as well as in modern techniques developed in the West. He is the founder of "L'Outre-Monde," a center for shamanic practice. He is also in charge of training sessions at the French Section of the FSS ("Foundation for Shamanic Studies," created by anthropologist Michael Harner). He prefaced the French versions of *The Way of the Shaman* and *Cave & Cosmos*, and is the author of *The Eight Circuits of Consciousness*.



Olivier Chambon has been a psychiatrist for over twenty years and a pioneer of cognitive and behavioral care methods for chronic psychotic patients. He co-created the integrative psychotherapy university diploma in France. He has written reference works on the therapeutic use of psychedelic substances and on psychotherapy.

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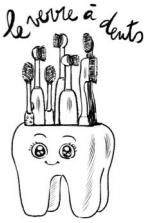


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Illustrations by **Denis Pic Lelièvre**



Organic Roomies: A Guide

For Environmentally Friendly Cohabitation

The very first guide to bring together good deals, tips, and reflections on how to live together. Ecological, funny, inspiring... and vital for anyone hoping to live successfully with roommates!

It's always existed, but the roommate phenomenon has experienced a remarkable spike over the last few years.

How to live together? How to organize the shared living space? With what obligations? For what existential benefits? With what impact on the environment? With what mindset and centered on which fundamental values?

A relevant subject for people from all walks of life and age groups, much more than an anecdotal phenomenon, the concept of living with roommates can also be conceived as an ecosystem resulting in original living practices for the new millennium. Leading an organic lifestyle is more than growing tomatoes without pesticides. It is also about cultivating a healthy, positive way of life.

Here, the author explores numerous practical, legal, and technical options to facilitate all types of co-living projects. *Organic Roomies: A Guide* also includes many personal stories as well as contributions from specialists in Feng shui, decorative arts, energetics, psychology, urban gardening, nutrition, domestic organization, sociology, etc. in order to provide future roommates with the necessary tools for embarking on an enriching adventure for the good and happiness of all.

This richly illustrated book in color has over 100 diagrams, charts, drawings, photos, and humorous sketches, with 40 brand-new recipes designed especially for roomies.



THE AUTHOR

Vincent Ravalec is a writer and filmmaker. Among others, he is the author behind *The Riffraff's Hymn* [Cantique de la racaille] (recipient of the Flore Award), *A Pure Moment of Rock'n'roll* [Un pur moment de rock'n'roll], *For a New Artistic Sorcery* [Pour une nouvelle sorcellerie artistique], and *Sainte-Croix-les-Vaches*. He is also the co-author of *Sacred Wood: Initiation to Iboga* [Bois sacré, Initiation à l'iboga],

and he wrote *Plants & Shamanism: Conversations around Ayahuasca and Iboga* with Jeremy Narby and Jan Kounen

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A timeless and singular approach to reaching one's full potential in different domains.

Knowing how to be yourself in the midst of an increasingly pressing world is essential to preserving your energy. This book presents twelve keys to doing just that by identifying the pitfalls that distance us from ourselves, thereby enabling us to get back to our personal path.

Combining ancient wisdom and contemporary pragmatism, the author delicately identifies the situations and beliefs that, like smokescreens, upset the mind and weaken the body.

Each of the twelve chapters acts as an antidote for a particular situation of discomfort or concern, offering up concrete solutions and life-saving courses of action.

Through this book, the author restores our awareness of our individuality, a necessary condition for vitality and longevity.



THE AUTHOR

A writer and lecturer, Marie-Pierre Dillenseger is a practitioner of the Chinese arts dedicated to forces of Time and Space. She has developed an approach based on the economy of individual energies and the reinforcement of the vitality of the people, projects, and businesses she works alongside.

These tools work wonders in situations related to daily life, as well as helping with procreation or clarifying karmic and ancestral ties.

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HELENE GONINET

Foreword by **Michel Odent, M.D.** / Afterword by **Ina May Gaskin**

**Giving Birth:
Power, Violence and Pleasure**

An Unrecognized Dimension of Women's Sexuality

Over 300 women answer key questions about their experience of childbirth, love, and sex in this unprecedented compendium that challenges many preconceived ideas.

Two types of personalities emerged from the responses of women to the author's fascinating questionnaire concerning their expectations and experience. On the one hand, a majority of them wish, above all, to be mentored when they are giving birth; they feel more secure in the framework of an institution such as a hospital. On the other hand, there are "dissidents," who seek to thoroughly experience the delivery of their babies and to feel its full power. For the latter, the intimacy of their own home and the support of their loved ones play an essential part in an event they perceive as filled with initiatory potential.

Whether they delivered at home or in a medical institution, the responses of these 300 mothers reveal both the sexual dimension of giving birth and the widespread taboo surrounding this aspect, even for those who acknowledge having experienced pleasure or orgasms during the birth process.

A further revelation: the environment where women give birth impacts various elements that are rarely taken into consideration, such as their self-image, the relationship with their partner, or the time needed to regain a fulfilling sex life.

These statements also tell of the exceptional love encounter occurring between a woman and her baby in the moments following delivery, and how this crucial moment affects the mother-child relationship and conditions the future of both and their relationship.

Giving Birth: Power, Violence and Pleasure also highlights the violence inflicted on women (often well-intended) within the framework of standard medical child delivery. It will surely challenge future parents as well as many health practitioners.

Enriched with an international directory providing useful addresses: the *MamaScope*.

Illustrations by **Lucile Gomez**.

THE AUTHOR

Hélène Goninet studied biology and psychology. After the birth of her first child – an event that radically changed her worldview – she chose to become a midwife. She has practiced this profession for over twenty years, initially in hospitals and subsequently as a private practitioner, with an approach involving continuity of care. She is a graduate in human sexology and has expanded her activities to include consultations in this field.

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- **Over 300 women were interviewed in this comprehensive survey.**
- **The book addresses childbirth from an entirely new perspective and highlights issues that are often taboo.**
- **Will interest women as well as many health professionals.**
- **17 pages of comic strips included to illustrate natural birth.**



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HÉLÈNE GONINET

Imagining My Baby with Pictures

A coloring book for each step of pregnancy

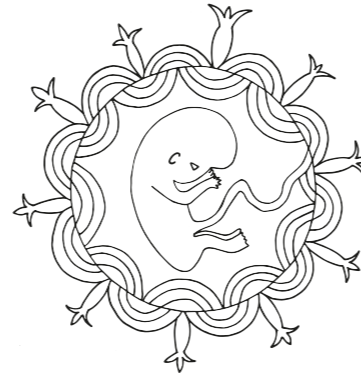
A practical and poetic book to support future parents during pregnancy and birth.

In this journal, guide, and coloring book, author Hélène Goninet invites parents to reflect on the extraordinary experience of creating a child.



THE AUTHOR

Hélène Goninet has worked as a midwife for twenty-five years. After a brief stint at a hospital, she turned to private practice in order to provide more holistic care. Having earned a degree in human sexology, she expanded the scope of her activities to include consultations in this field, which is naturally complementary to maternity.



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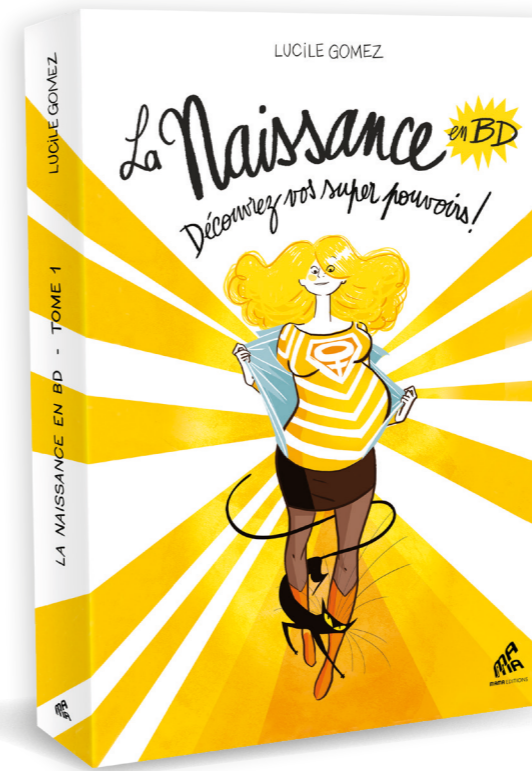
- A guide that enables future parents to follow the evolution of their baby during each week of pregnancy and keep track of their adventure.
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LUCILE GOMEZ

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This book is useless because it explains what women already know! But they don't know they know it. Their conscious and intelligent brain – their overdeveloped human neocortex – is filled with fears that go back centuries, and this has forced them to accept the over-medicalization of childbirth. Considered to be the "weaker sex," they have come to believe that giving birth is necessarily painful, dangerous, and violent... and that they can't do it without doctors.

But all of this exterior intervention has eventually inhibited the reptilian brain – the part of the human brain that has known exactly what to do for thousands of years.

This book explains the physiology of birth. It sheds light on what happens when women give birth without fear and interference.

Restoring to women the intimate knowledge of the way their body works is to re-empower them. It returns to them the power to feel strong and capable of giving life.

Come to think of it, my neocortex is telling me that perhaps this book isn't so useless after all.



THE AUTHOR

Lucile Gomez has been publishing comics since 2006. In 2013, Lucile became pregnant with her first child. After working with a midwife to prepare a birthing plan in keeping with her physiology, she gave birth smoothly and without medical intervention. Shocked to discover how ill-informed her friends were, she decided to share her knowledge on her blog. It was an immediate

hit, and Lucile realized that pregnant women want and need a different approach to pregnancy and birth. And that's how this book came into being.

@lucilegomez

- A very popular artist and blogger.
- A humorous approach to a serious topic.
- A comic in three volumes.



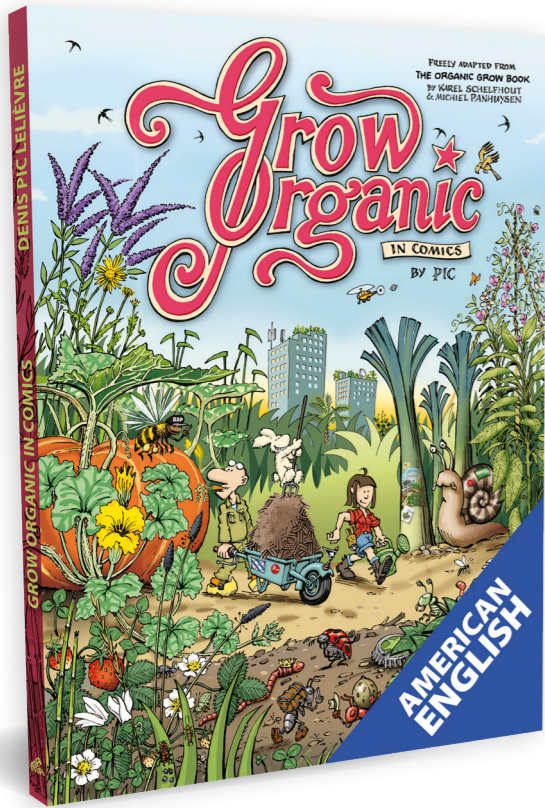
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Foreword by Michka Seeliger-Chatelain

Grow Organic in Comics

This bible of modern organic gardening is now available in comic book format – because one good drawing speaks a thousand words.

Learn about transitioning to organic production with this book, which offers important keys for environmentally friendly gardening with plenty of humor and precision.

Discover all there is to know about humus, seeds, bugs, and practices that are good for plants and the planet alike, and which lead to healthy and tasty fruits and vegetables, not to mention gorgeous flowers.

Bokashi or biodynamic compost, permaculture, vortex, bioponics: these words (and many more) will come to life before your very eyes as they share their secrets with you.

With artwork by Pic, who draws on the work of Karel the gardener, this book gets at the very essence of gardening: joy. The joy of reading, first and foremost! And the joy of cultivating, the joy of watching living things grow, the joy of harvesting, the joy of savoring, and finally, the joy of knowing that you are protecting the Earth.

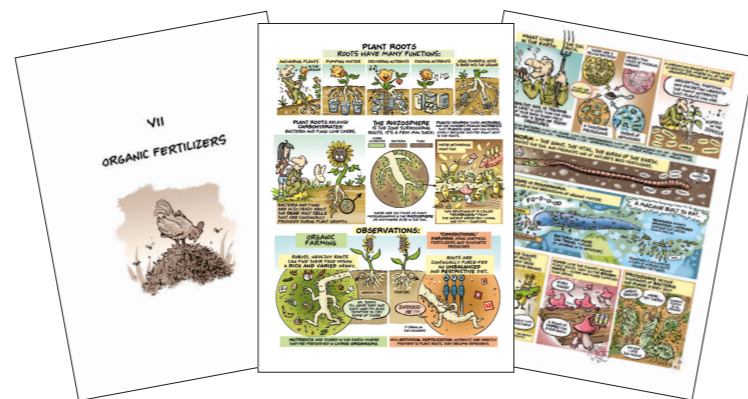
This collection of innovative strategies and tried and tested advice (with plenty of humor!) is a must for all gardeners who hope to grow conscientiously.



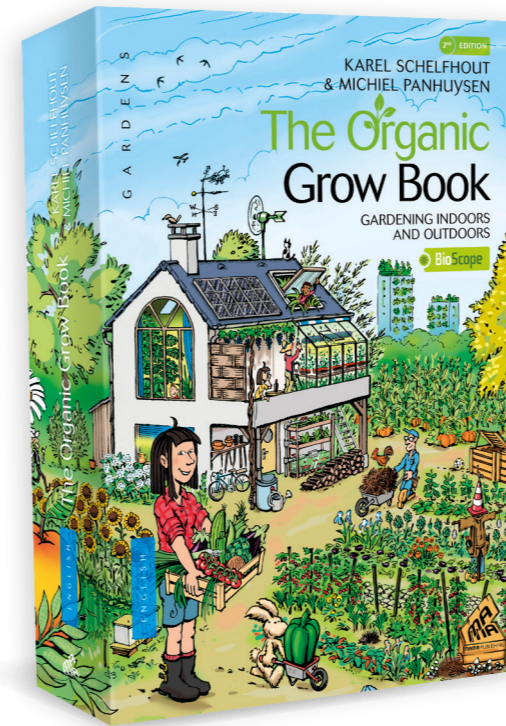
THE AUTHOR

Denis Lelièvre, a.k.a. "Pic," is a French illustrator, sculptor, comic book author, and gardener.

Grow Organic in Comics is freely adapted from *The Organic Grow Book* by Karel Schelfhout & Michiel Panhuysen.



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KAREL SCHELFHOUT
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The Organic Grow Book

Gardening Indoors & Outdoors

This practical handbook reveals new organic gardening techniques. A compendium of secrets rediscovered and innovative tips.

Beneficial micro-organisms, bokashi, or biodynamic compost, permaculture, vortex, power of the elements... *The Organic Grow Book* opens the doors to a full-scale (r)evolution where productivity goes hand in hand with quality.

Summer and winter, in soil or bioptic, learn to grow healthier and tastier plants – fruit, vegetables, and flowers – while enhancing your own well-being and the planet's.

With its broad array of unprecedented strategies and proven tips, this eco-responsible and highly humorous guide is a must for all mindful gardeners, whether beginners or experts.

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THE AUTHORS



Karel Schelfhout has been a recognized figure in the world of horticulture for over thirty years. He played a prominent role in disseminating the cultivation techniques that were first used in the Netherlands; subsequently, he switched to organic growing.



Michiel Panhuysen, a journalist who is published in several languages, specializes in organic and urban gardening.

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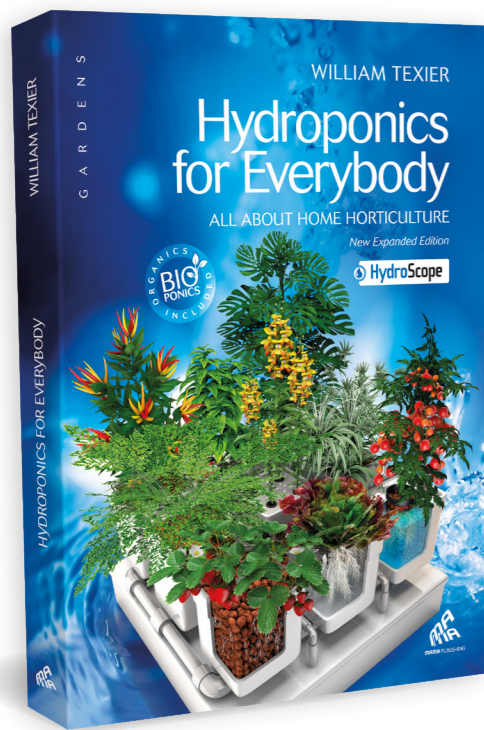
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This new edition has been expanded to include a chapter on current trends, and it will answer all your questions about urban gardening, planted walls, bioponics, sustainable micro-farms, and kitchen farms.



THE AUTHOR

William Texier was born in Paris. He discovered hydroponics in 1985 and developed a passion for the technique. With his friend Lawrence Brook, he created aeroponic systems and conducted research in California. A pioneer in the hydroponic industry, he invented and patented “bioponics” (organic hydroponics) in 2004. With his thirty years of experience, he is

considered a worldwide authority on these innovative methods of gardening.

Hydroponics for Everybody has been published in nine languages.

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Grow an Organic Garden inside your Home

A guide to green indoor gardening

An innovative guide to growing tasty fruits and vegetables or your favorite flowers all year round and in your own home!

This book describes clearly and precisely the full array of methods that can be implemented to grow a garden in any room of your house.

Here, the author provides the keys to the indoor growing of often little-known plant species with nutritious, aromatic, or medicinal benefits, as well as spirulina and even fish.

This manual, which also features simple and delicious recipes, will enable you to grow healthy crops all year round, in harmony between humans, the plant kingdom, and the cosmos.

This practical guide shows how to develop genuine companionship with plants, economically produce foodstuffs bursting with life and energy in your own home, and enjoy the pleasure of observing nature at work.

Includes 44 plant descriptions and a panoramic chart of the corresponding growing options.



THE AUTHOR

Léon-Hugo Bonte is a hydroponics pioneer and the author of *Create and Maintain your Vertical Garden* [Réaliser et entretenir son mur végétal]. In this book, he shares over 20 years of experience in indoor gardening and introducing plants into homes.

“The perfect guide to begin. I recommend it, it’s very well done.”

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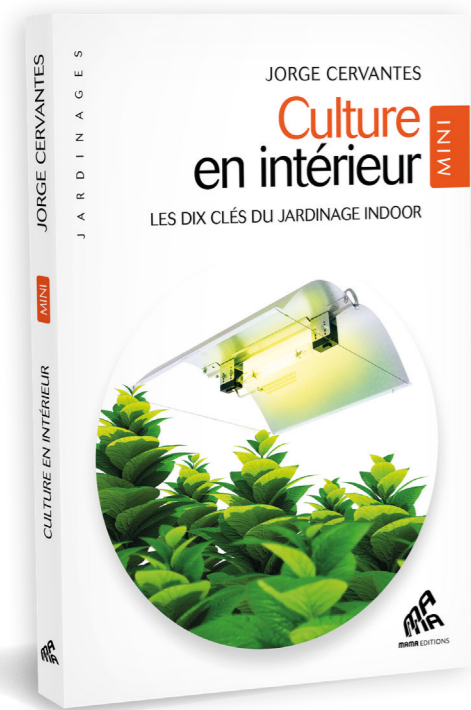
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The Ten Keys to Indoor Cultivation
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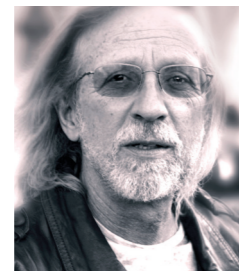
The basics of indoor horticulture.
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Jorge Cervantes' best-seller is considered worldwide to be the most reliable source of information for indoor gardening.

This clearly structured practical guide presents the techniques currently driving the success of home growing.

Diagrams, tips, golden rules, a glossary, and 120 illustrations will help you achieve plentiful crops on your very first trials.

The ten keys of high-tech horticulture, step by step; a mini-edition accessible to all – even beginners who wish to grow a micro-garden.



THE AUTHOR

Jorge Cervantes, a writer, photographer, and world specialist of high-tech gardening, has been translated into twelve languages. His best-seller *Indoor Horticulture* has sold over one million copies.

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WILLIAM TEXIER

Hydroponics for Everybody

The Ten Keys to Home Gardening
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All about indoor and outdoor hydroponics.
William Texier's expert advice to start your hydro-garden.

You wish to grow your plants successfully, to control their nutrition, to ensure their optimal growth, to minimize the use of herbicides and pesticides, to no longer depend on climate conditions or on your region's soil quality?

Hydroponics will help you achieve high quality yields.

Thanks to its tips, diagrams and 90 illustrations, this mini version of William Texier's best-seller will guide you step by step – whether you are operating in a city or in the countryside.

You will avoid beginner mistakes, gain confidence in your gardening skills... and relish in the taste of your first crop or admire your flowers.



THE AUTHOR

William Texier was born in Paris. He discovered hydroponics in 1985 and developed a passion for the technique. With his friend Lawrence Brook, he developed aeroponic systems and conducted research in California. A research pioneer in the hydroponic industry, he invented and patented "bioponics" (organic hydroponics) in 2004. With his thirty of years of experience,

he is considered a worldwide authority on these innovative methods of gardening.

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"This book gathers the essential information to practise the art of hydroponics."

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MICHKA & COLLECTIVE Medical Cannabis

From Marijuana to Synthetic Cannabinoids
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This unique and timely book arrives just as a growing number of states are authorizing the use of medical cannabis.

Written by highly respected international specialists, it answers the most frequently asked questions about this unusual plant medicine, including:

- The diseases that can be helped or even healed by marijuana, and the ways in which the human body can absorb it.
- Where to obtain legal medical cannabis, and instructions on how to “grow your own” if it is unavailable for purchase.
- The respective medical attributes of THC and CBD, and the history of different varieties.
- The available pharmaceutical medications derived from cannabis, or from synthetic cannabinoids.
- The history of marijuana usage around the world, including legal purchase in Dutch Coffee Shops.

This richly illustrated book provides a practical overview of therapeutic marijuana. With clarity and humor, it also offers an understanding of the complex issues surrounding this fascinating plant: *Cannabis sativa* L.

THE AUTHORS

Michka is widely respected as an expert in France and abroad on the subject of free access to plant medicine, and she has published numerous books and articles over the past thirty years. In *Medical Cannabis*, Michka is joined by the best specialists: Prof. Raphael Mechoulam—who discovered the THC and CBD molecules—as well as Prof. Manuel Guzman, Prof. Denis Richard, Jorge Cervantes, Robert Clarke, Chris Conrad, Philippe Lucas, Prof. Adriaan Jansen, and Don E. Wirtshafter, J.D.

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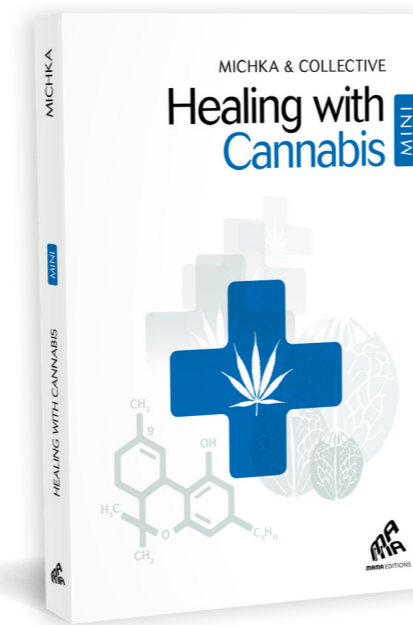
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Healing with Cannabis

Mini Edition

Over the centuries, medical cannabis proved its effectiveness in treating many ailments before its use was outlawed. Today, it is once again legally prescribed in a growing number of European and American states. In this book, leading international experts answer fundamental questions related to its therapeutic effects, its modes of action, and how best to use it.

What illnesses and symptoms can cannabis heal or relieve? How is it absorbed? What are the respective medicinal virtues of THC and CBD? What is the current state of scientific research? What cannabis-derived medications are now available? How can you grow therapeutic marijuana? What are the different laws around the world concerning its medical use?

Medical Cannabis: A Story of Rediscovery

Ever since research began that led to the identification of the primary components of cannabis (THC, CBD), knowledge has continued to grow, giving rise to the continued development of medications. Meanwhile, use of the non-transformed plant has extended to the treatment of a substantial number of symptoms and illnesses.

Whereas the plant’s properties for treating pain, glaucoma, or a lack of appetite are well-known, its contributions to new treatments for infantile epilepsy, rheumatism, Crohn’s disease, and brain cancer (glioma) suggest its rich therapeutic potential.

Although thousands of patients of all ages have access to cannabinoid-based treatments, there are still many psychological and legal barriers to its use throughout the world. However, ongoing scientific research is promising and seems to herald better care for patients who would like access to these treatments.

Healing with Cannabis is part of the Mini Collection. In 208 pages, this book presents an overview of the complete edition of *Medical Cannabis*, which is also published by Mama Éditions, by highlighting the main points in an adapted and updated text. The clear and synoptic page layout—focus, charts, and illustrations (drawings and photos)—will help the reader identify key information.

Rooted in the expertise and experience of the best specialists in their respective fields, this collective book presents the essence of the currently available information on this constantly evolving subject.

THE AUTHOR



Michka is widely respected as an expert in France and abroad on the subject of free access to plant medicine, and she has published numerous books and articles on medical cannabis over the past forty years. Michka regularly travels between Europe and America, where she has observed the evolution of this plant for decades, in both its recreational and therapeutic use.

Well-versed in traditional techniques as well as innovations in growing and transforming cannabis, in *Healing with Cannabis*, she presents an inventory of the different ways in which medical marijuana can be transformed and consumed.

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