

[Books] A Taste Of Triskele Short Story Collection With Recipes English Edition

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Milwaukee Magazine- 2009

Spirals and Vortices-Kinko Tsuji 2019-04-04 This richly illustrated book explores the fascinating and ubiquitous occurrence of spirals and vortices in human culture and in nature. Spiral forms have been used as elements in the arts for thousands of years, whereas their role in nature and science - from DNA and sea shells to galaxies - is still a topic of investigation in numerous fields. Following an introduction to the cultural history of spiral forms, the book presents contributions from leading experts, who describe the origins, mechanisms and dynamics of spirals and vortices in their special fields. As a whole the book provides a valuable source of information, while also taking the reader on an aesthetic and scientific journey through the world of spiral forms.

Blood Awakening-Kathryn M Hearst 2020-02-25 Courtesan, assassin, bartender on Bourbon Street -for a vampire, Gia has had some seriously messed up jobs. She thought she'd seen it all, especially when it came to men. However, no amount of on the job training could have prepared her to become the rope in a game of tug-of-war between two powerful vampires... The thing is, following her heart could end in bloodshed - including hers. As if she didn't have enough on her plate, someone or something is killing her friends in the most horrific ways possible. On the bright side, hunting down monsters, and cleaning up a trail of bodies, is far more important than relationship issues. A woman has to keep her priorities straight, after all. Unfortunately, the biggest monster of all is one she never saw coming. You'll adore this urban fantasy series, because everyone loves a tale of true love conquering all...including death.

****Previously published as Feast of the Epiphany.****

Sword and Citadel-Gene Wolfe 2000 Recently voted the greatest fantasy of all time, after The Lord of the Rings and The Hobbit, Gene Wolfe's The Book of the New Sun is an extraordinary epic, set a million years in the future, on an Earth transformed in mysterious and wondrous ways, in a time when our present culture is no longer even a memory. Severian, the central character, is a torturer, exiled from his guild after falling in love with one of his victims, and journeying to the distant city of Thrax, armed with his ancient executioner's sword, Terminus Est. This edition contains the second two volumes of this four volume novel, The Sword of the Lictor and The Citadel of the Autarch.

Celtic Studies in Wales-University of Wales. Board of Celtic Studies 1963

Celtic Art-Ian Mathieson Stead 1996 The Celtic-speaking Britons who inhabited England, Wales, and part of Scotland in the five hundred years before the birth of Christ left no written history. However, archaeology has revealed some of their artistic achievements, and every year more objects are unearthed. Jewelry, weapons, armor, and the metal fittings of chariots and harnesses are magnificently decorated with fascinating and powerful abstract designs. In this fully revised and updated edition of his highly praised study, Stead examines the Celtic craftsmen's techniques and describes a number of their surviving masterpieces, such as the Battersea shield and the Aylesford bucket.

The Wiltshire Archaeological and Natural History Magazine-Edward Hungerford Goddard 1939 Includes proceedings of the annual general meetings of the Wiltshire Archaeological and Natural History Society.

The Archaeology of Celtic Art-D.W. Harding

2007-06-11 More wide ranging, both geographically and chronologically, than any previous study, this well-illustrated book offers a new definition of Celtic art. Tempering the much-adopted art-historical approach, D.W. Harding argues for a broader definition of Celtic art and views it within a much wider archaeological context. He re-asserts ancient Celtic identity after a decade of deconstruction in English-language archaeology. Harding argues that there were communities in Iron Age Europe that were identified historically as Celts, regarded themselves as Celtic, or who spoke Celtic languages, and that the art of these communities may reasonably be regarded as Celtic art. This study will be indispensable for those people wanting to take a fresh and innovative perspective on Celtic Art.

Shadow Girl-Mael d'Armor 2016-08-01 The Story of O meets Maestra in this sophisticated and sexy tale for readers who want their erotic fiction playful, clever and relentless! She is a triple-A player in her Sydney firm. She rides on top in the bedroom. Then he waltzes in to polish her French, and her world comes tumbling down. Before she can say 'kiss moi,' she is putty in his hands. In need of him. In major crush mode. It's addictive. It's so good it's scary. She'll do anything for a taste of his magic. Beg. Fawn. Debase herself. She does not understand this demon love. Is its key buried in this man's secrets? Hidden in the shadows of her forgotten past? Time is running out. Fate has her in its velvet grip, deep-twisting the pleasure knife. She can only give in and pray as her life deliciously unravels; as she is swept by torrid winds to the far side of the earth -- to the limits of lust and the dark heart of Breton legend. SHADOW GIRL is a strong-flavoured blend of erotica, mystery and humour. It will rouse the beast in you and send you chuckling all the way to the bedroom. Bulletin-British Museum. Society 1984

The Binder's Road-Terry McGarry 2004-01-05 Six years after a conflict that extinguished all mage-light, Eiden Myr is in chaos. Wild weather destroys crops; drought bakes some regions while others are flooded; mountains quake, poisoned rivers rise; disease and pestilence spread. In a dying trader town, three little girls fight to protect a secret that could cost them their lives, while a young lad-of-all-crafts finds that local murders are the first clue to a chilling conspiracy. In the far north, the remnants of the realm's warders struggle to compensate for mage-light's loss. In the south, a military race is remembering its origins. Along the shoreline, a

band of guerrilla fighters, posted to repel invasion, prepares to battle for mastery of the realm-while one woman, a disgraced soldier, summons the courage to defy them all. On a remote island, a new breed of scholars strives to plumb the mysteries of ancient texts before they crumble apart. Who among them is the binder destined to reshape the shattered world. The Element Encyclopedia of Secret Signs and Symbols: The Ultimate A-Z Guide from Alchemy to the Zodiac-Adele Nozedar 2010-01-21 Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find. How to Write a Novel-Nathan Bransford 2019-10-15 Author and former literary agent Nathan Bransford shares his secrets for creating killer plots, fleshing out your first ideas, crafting compelling characters, and staying sane in the process. Read the guide that New York Times bestselling author Ransom Riggs called "The best how-to-write-a-novel book I've read."

From Here to Nashville-Julie Stock 2015-03-05 From Here to Nashville is a contemporary romance novel with a country music theme. Can Music Really Bring People Together? Rachel Hardy dreams of being a successful country music singer in Nashville's Music City, four thousand miles away from her lonely life in Dorset. When Jackson Phillips, an independent record label owner, encourages her band to audition for a nationwide 'Open Mic' competition, she decides they have nothing to lose. But when she starts to fall in love with Jackson, the stakes suddenly get higher and she finds herself with a great big dilemma on her hands. Should she abandon her dream and take the easy way out or should she leave the life she has always known behind and take a gamble on a man who has personal demons of his own? Follow Rachel and Jackson as they learn to trust in love again and to see whether music really can bring them together. 'This book gives what we want from a contemporary romance, escapism with... a story that is interesting and which maybe isn't quite as predictable as you might expect.'

TheTBRPile.com

The Wicked-Thea Harrison 2017-09-19 This title was previously published and is being rereleased by the author. It has not been revised. For a librarian with a focus on rare magical books, Olivia's new job is a dream come true. She's been hired as part of a team to help manage the safe transportation of the collection of books owned

by the Vampyre sorceress Carling Severan. The fact that the library is located on a mysterious island in an Other land only heightens the adventure. Head of security for the expedition, Sebastian Hale is tired of his rootless life of adventure and finds himself attracted to the calm, beautiful librarian. But he's living a personal nightmare. He's been hit with a curse that is slowly taking away his sight, and he doesn't know if he'll survive the results. But the powerful feelings growing between them, along with Sebastian's inner turmoil, take a backseat when they learn there's a traitor in their expedition team. With Elder Races politics and a priceless library on the line, they'll have to rely on each other to survive.

A Sea of Straw-Julia Sutton 2016-10-25 1966: When Jody, young mother and designer from the north of England, arrives on the Lisbon coast, she brings the lure of 'Swinging London' to Portuguese painter Ze's existing dreams of freedom. A nascent love is interrupted when, back in England, husband Michael forces her to choose between their 2-year-old daughter Anna and Ze."

The Shadow of the Torturer-Gene Wolfe 2011-09-29 Severian is a torturer, born to the guild and with an exceptionally promising career ahead of him . . . until he falls in love with one of his victims, a beautiful young noblewoman. Her excruciations are delayed for some months and, out of love, Severian helps her commit suicide and escape her fate. For a torturer, there is no more unforgivable act. In punishment he is exiled from the guild and his home city to the distant metropolis of Thrax with little more than Terminus Est, a fabled sword, to his name. Along the way he has to learn to survive in a wider world without the guild - a world in which he has already made both allies and enemies. And a strange gem is about to fall into his possession, which will only make his enemies pursue him with ever-more determination . . . Winner of the World Fantasy Award for best novel, 1981 Winner of the BSFA Award for best novel, 1982 Odd Numbers-Jj Marsh 2020-05-22 The Guilty Party meets The Secret History In every group of friends, each has a role. The mother, the dad, the big brother and little sister. All except Gael. The outsider. The one who wasn't there when it happened. Dhan was the jester of the group, until the night he disappeared, taking part of their future with him. Every other New Year's Eve, they gather to remember Dhan's death and to celebrate their friendship. But what if that friendship is built on a lie? Gael's a journalist.

Her instinct is to seek out the truth. Two decades later, it's her turn to organise their reunion. In a snowy chalet on New Year's Eve, Gael starts asking questions. She wants to know what really happened that night. Old wounds reopen and a dark secret comes to light, sending a shockwave through their lives. Truth comes at a price.

"Twist follows twist in a riveting mystery as sharp as the shards of glass from a shattered champagne bottle." Abbie Frost, author of 'The Guesthouse'

The Fear Machine-Jamie Delano 2012 In these tales from HELLBLAZER #14-22, Constantine finds himself encamped with a new-age pagan group that's tapping into their own psychic abilities - but a defense contractor is out to exploit their powers.

The Urth of the New Sun-Gene Wolfe 1997-11-15 Returns to the world of Severian, now the Autarch of Urth, as he leaves the planet on the huge spaceship of the Heirodules to travel across space and time to face his greatest challenge--to become the New Sun or to face annihilation. Reprint.

EXPANSION-Christoph Martin 2017-05-02 Straddling the storyworlds of Panama, Washington and London, The Expansion follows British-born geomatic engineer Max Burns, whose revolutionary water-saving system wins him the esteemed position of head engineer for one of the 21st century's most politically contested megaprojects: the expansion of the Panama Canal.

The Rise of the Celts-Henri Hubert 2013-06-17 Originally published between 1920-70, The History of Civilization was a landmark in early twentieth century publishing. It was published at a formative time within the social sciences, and during a period of decisive historical discovery. The aim of the general editor, C.K. Ogden, was to summarize the most up to date findings and theories of historians, anthropologists, archaeologists and sociologists. This reprinted material is available as a set or in the following groupings: * Prehistory and Historical Ethnography Set of 12: 0-415-15611-4: £800.00 * Greek Civilization Set of 7: 0-415-15612-2: £450.00 * Roman Civilization Set of 6: 0-415-15613-0: £400.00 * Eastern Civilizations Set of 10: 0-415-15614-9: £650.00 * Judaeo-Christian Civilization Set of 4: 0-415-15615-7: £250.00 * European Civilization Set of 11: 0-415-15616-5: £700.00

Mazes and Labyrinths-William Henry Matthews 1922 Mazes and Labyrinths is a look into the origin and mystery of mazes. From ancient stone

carvings, Minoan palaces to today's hedge-maze, Matthews chronicles the history of the maze.

With over 140 illustrations.

Wolfsangel-Liza Perrat 2013-10 Seven decades after German troops march into her village, Celeste Roussel is still unable to assuage her guilt. 1943. German soldiers occupy provincial Lucie-sur-Vionne, and as the villagers pursue treacherous schemes to deceive and swindle the enemy, Celeste embarks on her own perilous mission as her passion for a Reich officer flourishes. When her loved ones are deported to concentration camps, Celeste is drawn into the vortex of this monumental conflict, and the adventure and danger of French Resistance collaboration. As she confronts the harrowing truths of the Second World War's darkest years, Celeste is forced to choose: pursue her love for the German officer, or answer General de Gaulle's call to fight for France. Her fate suspended on the fraying thread of her will, Celeste gains strength from the angel talisman bequeathed to her through her lineage of healer kinswomen. But the decision she makes will shadow the remainder of her days. A woman's unforgettable journey to help liberate Occupied France, Wolfsangel is a stirring portrayal of the courage and resilience of the human mind, body and spirit.

For Love of Biafra-Amanda N. Adichie 1998

Tread Softly-JJ Marsh 2013-05 Disheartened by her recent performance, Beatrice Stubbs takes a sabbatical from the Metropolitan Police for a gourmet tour of Northern Spain. In Vitoria, she encounters a distant acquaintance. Beautiful, bloody-minded journalist Ana Herrero is onto a story. Beatrice, scenting adventure, offers her expertise. The two women are sucked into a mystery of missing persons, violent threats, mutilated bodies and industrial-scale fraud. They are out of their depth. With no official authority and unsure who to trust, they find themselves up to their necks in corruption, blackmail and Rioja. Beatrice calls for the cavalry. The boys are back, and this time, it's a matter of taste. But when her instincts prove fallible, Beatrice discovers that justice is matter of interpretation.

Urgent Care-Dj Jamison 2017-09-23 Twelve years too late ... Xavier James is shocked when he runs into the first man who ever broke his heart. His ex-boyfriend has only gotten sexier over the past decade, but Xavier isn't about to go down that road again. When they cross paths at the hospital's urgent care clinic, where Xavier is doing a student nursing rotation, it's more difficult to dismiss the man. Thrown together by

work and forced into close quarters, a visit to memory lane is incredibly tempting. It's never too late to start over ... Dr. Trent Cavendish made a huge mistake when he walked away from the love of his life at age 18. When his best friend suddenly dies 12 years later, it rattles Trent into seeing just how empty his life has become. Determined to go back to the moment he put himself on the path to ambition over happiness, he walks away from the OR and takes a temporary position in his hometown. It's time to make amends to the man he left behind. Oh, how things have changed ... Instead of the sweet but tame guy he left behind, Trent runs into a smoking-hot Xavier James dressed in bits of lace and silk at a gay nightclub. He never knew he had a fetish for a man in delicate clothing until now. His plan to earn Xavier's forgiveness immediately shifts to lust, and love's not far behind. But Xavier is wary of this new Trent Cavendish. The villain of his memories is considerate and kind, but Xavier wants to be more than a new goal to chase.

Soul Weaver-Hailey Edwards 2012-08-07 Since the accident that nearly took her life, Chloe suffers from acute agoraphobia. Living alone above her family's bookstore, she spends restless nights terrified by strange visions . . . until a mysterious stranger appears and offers her salvation. Chloe is drawn to the ethereal, gorgeous Nathaniel-but her haunted soul warns her there is more to him than meets the eye. An archangel who roams Earth collecting souls of the newly departed, Nathaniel is the sole witness to the accident that should have taken Chloe's life. Seduced by the purity of her soul, he defies Providence by saving her life. But his attempt at kindness marks Chloe for damnation, and makes her an unwitting pawn in a game of unholy ambition. Now together they must fight the demons of Hell itself-for a love that defies the boundaries of Heaven and Earth. "4 STARS. Edwards mines the world of fallen angels for her new Wicked Kin series, beginning with Soul Weaver, a rich romance you'll loose yourself in..this race-against-time romance between a bookseller, who suffers from agoraphobia after a life-threatening accident, and the man she has no idea is a fallen angel will have hearts melting. Edwards is off to an excellent start with this series." -- RT Book Reviews

The Vikings in the Isle of Man-David Mackenzie Wilson 2008 The Isle of Man is rich in the remains of the Vikings. Its unique carved stones with their runic inscriptions, its rich grave-finds, silver hoards and fortifications, tell of the

development of a Norse kingdom which became a major element in the control of the Viking seaways between Scandinavia and Dublin. This book provides the first detailed view of one of the most important Viking settlements in the West.

Zoomorphic Penannular Brooches-H. E. Kilbride-Jones 1980 This is a study of a distinctive type of Celtic jewellery called zoomorphic penannular brooches, popular in the British Isles from the second century AD to the mid fifth century AD. In this type of jewellery, the terminals are fashioned into stylised animals' heads. The brooches are fully illustrated, and their find-spot, description, present location and publication reference are given.

Archeology of Mississippi-Calvin Smith Brown 1926 This reprinting makes available again the only book of its kind to be focused upon the prehistoric Indians of Mississippi. Although written expressly for the layreader, it has continued for more than eighty years to appeal to a wide audience that ranges from professional archeologists and scholars to weekend artifact collectors. Published originally in 1926, Archeology of Mississippi details Brown's records collected during more than a decade of research. Anyone wishing to investigate archeology in Mississippi must start with this book. As early as 1912 Brown, a professor of romance languages at the University of Mississippi, began taking photographs of Mississippi Indian mounds. His are the only photographic records of certain cultural sites that have since then been drastically altered.

Pia Does Hollywood-Thea Harrison 2015-11-17 After making a diplomatic pact with humankind and the other leaders of the Elder Races, Pia Cuelebre, mate to Dragos Cuelebre, Lord of the Wyr, reluctantly heads to Hollywood to spend a week with the Light Fae Queen, Tatiana, before the busy Masque season hits New York in December. Dragos has never let the lack of an invitation stop him from doing anything he wanted. Unwilling to let his mate make the trip without him, he travels to southern California in secret to be with her. But when an ancient enemy launches a shattering assault against the Light Fae, Dragos and Pia must intercede. The destruction threatens to spread and strike a mortal blow against all of the magically gifted, both human and Elder Race alike. Working with the Light Fae to neutralize the danger, Dragos and Pia find their deepest vulnerabilities challenged and their most closely held secrets threatened with exposure. PIA DOES HOLLYWOOD is the second part of a three-story

series about Pia, Dragos, and and their son, Liam. Each story stands alone, but fans might want to read all three: DRAGOS GOES TO WASHINGTON, PIA DOES HOLLYWOOD, and LIAM TAKES MANHATTAN.

Celtic Art-George Bain 1973-06 Describes and illustrates the construction principles used by the British and Irish schools of Celtic art

The Heritage of Dress-Wilfred Mark Webb 1907

The World of the Gauls-Antón Bousquet More than two millennia after the Roman conquest that marked the beginning of the fading away of the Gaulish tongue and culture, traces of the world of the Gauls still pervade their land. The Gauls obstinately refused to put their worldview into writing, but they nonetheless left a foundation, buried into the soil in the form of artifacts or written in the manuscripts of their neighbors. The artworks of the Gauls, in particular, represent an invaluable source concerning the way the early Celts viewed the creation: more than mere folklore, it is also a philosophy that can be seen behind the images that they carved on rocks, stamped on coins, or cast in bronze. The world of the Gauls is gone, but its foundations remain, and they can become the basis for the edification of something new, a philosophy that will not be a reconstruction of the philosophy of the ancient Celts, but rather only one that shares roots with it. The present work examines these foundations and uses them as the starting point of a modern Celtic philosophy. The backbone of the old foundation is the tripartition of the creation into three realms: the first is the Dubnos, which is the Dark and the Deep, the earth, the waters, and the shadows of the night. The "middle realm" is Bitu, Life and Being, which is characterized by the color of blood: the one of the dawn and the dusk. Finally, the last one is the Albios, which is the Bright, the light of the skies that illuminates the day, and all that cannot be touched with the hands, that is, the metaphysical world. The three realms of nature, to which the Gauls associated different gods, are themselves constantly at war with one another, as reflected in their central myth, and it is through this harmonious strife that the creation can flourish and that man can accomplish his destiny. This book represents an encounter between the traces of the essence of the Gaulish world and the works of ancient and modern philosophers such as Heraclitus and Heidegger, an encounter that offers a new vision of the world in which man lives.

Human Rites-Jj Marsh 2015-11-08 Adrian Harvey, London wine merchant, has lost the Christmas

spirit. Someone is stalking him, stealing his post and vandalising his shop. When the police question him after an anonymous tip-off, he's more than anxious. He's scared. And who is that nun? When long time neighbour and friend, DI Beatrice Stubbs is dispatched to Germany to investigate a series of apparently related art thefts, Adrian seizes the chance to flee the city. He follows her to Hamburg to do some Christmas shopping and visit his ex. Yet that stalker is still on his heels. While Beatrice is on the trail of a violent gang of mercenary thieves, Adrian runs from danger to the remote island of Sylt. But when danger catches up, he has run too far. From the icy streets of Hamburg, to the canals of Amsterdam, and the snowswept beaches of Sylt, Beatrice and Adrian discover how a virtue taken to extremes can lead to deadly sin. "Enthralling! The menace of Du Maurier's meets the darkness and intrigue of Nordic Noir. Keep the lights on and your wits about you." - Anne Stormont, author of Displacement

The Golden Slave-Poul Anderson 2019-04-15 100 B.C. The Cimbrian hordes galloped across the dawn of history and clashed in screaming battle against the mighty Roman legions. Eodan, son of Chief Boierek, has been on the war campaign for many years. The Cimbrain army has become a hungry homeless pagan tribe. Their sworn enemy, the Romans, they have battled against gloriously. But for all the burning towns, the new-caught women weeping, the wine drunk, the gold lifted, the Cimbri did not find a home. Eodan, the proud young chieftain, had been caught and sold into slavery, his infant son murdered and his beautiful wife, Hwicca, taken as a concubine. But the whips and slave chains could not break the spirit of this fiery pagan giant who fought, seduced and connived his way to a perilous freedom to rescue the woman he loved. A struggle that would make him a lover, pirate, commander, and in the end the struggle would make him a legend!

The Circle of Tivedon-Ryan Shorten 2012-10-01 Attending Tivedon should have been the most exciting time in Jayl's young life. Along with his sister Myah, they journey to Tivedon and are quickly caught up in the excitement and eccentricities of the school and its teaching elders known collectively as 'The Circle of Tivedon'. Enemies and alliances are swiftly established between the other students that come from across the realm of Tiertyn. Yet, as they begin the next level of their scholastic study in the finer points of diplomacy and governance, grim tidings reach the castle walls. An ancient

evil is on the rise threatening to plunge the land into darkness once again. Tensions begin to rise within the walls of Tivedon as unexplainable, dreadful events occur forcing the 'Circle of Tivedon' to act. The situation worsens as accusations of a traitorous plot involving friends of Jayl and Myah's from back home and a fellow student's sovereign land arrive at Tivedon. This development ensnares Myah in a conspiratorial and secretive undertaking at the behest of 'The Circle of Tivedon'. Jayl, who discovers a temperamental magical source within himself, becomes the unwitting focal point of Tivedon's elders' plans to defend Tiertyn against the army of the resurrected evil Lord Rimyaroth. Unfortunately, before plans are complete, the suspicious death of one of Tivedon's elders followed by the murder of the befriended Captain of the Guard lands an unjustly accused Jayl into Tivedon's cells. It is here that Jayl learns of a long ago hidden talisman which will aid in their fight, which he must find and return. A hasty and harrowing escape from the school, which has fallen under the sway of the enemy, follows under the cover of darkness. With foes now swelling on all fronts, the elders must split the students into three groups to have any hope of stemming the tide that threatens them. Myah, along with one of the two remaining Tivedon elders, make their way to the city of Sieli. Their hope is to vindicate her captured and accused friends as well as turn the favour of an opportunistic King to their cause. The second group, led by the other Tivedon elder, races to join defenders that are hastily forming the first line of defence against the massing army of Lord Rimyaroth. Lastly, and much to Jayl's chagrin, he is paired with two menacing and determined school rivals on his quest to find the talisman. A perilous mission, it remains the last vestige of hope to battle against the dark magic of Lord Rimyaroth. With the unlikely heroes and heroines heading in separate directions, three diverse journeys begin.

The Duck Song-Bryant Oden 2014 A determined duck pleads for grapes at the most unlikely of places: a lemonade stand. The story and song in this comical, musical picture book will delight both adults and children, who can play the song aloud while learning important lessons about persistence and compassion.

The Spiritual Scientist-Maria Afentakis 2020-04-06 The Spiritual Scientist bridges the gap between science and spirituality to give the reader an understanding of how energy works and how one can balance and restore their

energies to have a tranquil and peaceful life. The book covers the scientific concepts of energy and the human body and relates these concepts to their spiritual aspects. The scientific concepts will be written in an accurate and a simple fashion, so the reader will be able to understand these concepts without having a high degree of scientific knowledge. The book will discuss the scientific concept first then relate these to the spiritual aspect. The first chapter is an introduction to what energy is in basic terms with equations and diagrams so the reader can fully understand that every living thing has its own unique energy. Chapter 2 will describe energetic aura in detail as this is very important for the reader to fully understand, as the book will focus on spiritual practices that can be used to balance and restore energetic aura, including the chakra system. Chapter 3 will describe the basic anatomy of the human body and will describe the basic fundamental structures such as a cell and DNA, as well as organs and bodily systems including the endocrine system. Chapter

4 will focus on the 13 chakras in the body. The 13 chakras are represented in the spiritual scientist's logo. This chapter will help the reader understand the different chakras in the body and identify when there is a problem or if chakra is inactive, overactive or imbalanced. Chapters 5-7 will describe specific spiritual practices including crystal healing and aromatherapy that can be incorporated to ground, balance and restore ones' chakras. Chapter 8 will describe the basic function and structure of the brain and how mindfulness techniques including meditations can be used to restore peace and tranquility in ones' everyday life. The final chapter will be a guided step-by step protocol combining all the knowledge learnt throughout the book to create their own meditation kits to balance specific auras. Throughout the book, there will be guided meditations and activities, so the reader will find it easier to understand the importance of these spiritual practices and incorporate them into everyday life.