



# Seattle Metaphysical Library Newsletter

August 12, 2015

<http://www.SeattleMetaphysicalLibrary.org>

«Message»

## LIBRARY HOURS

Monday	2 pm - 6 pm and then 7 pm for classes and volunteer / business meetings
Tuesday	2 pm - 6 pm
Wednesday	Closed except for scheduled events
Thursday	Closed except for scheduled events
Friday	2 pm - 9 pm
Saturday	11 am - 6 pm
Sunday	1 pm - 5 pm

## Events



### Meet The Author Patricia Lee

**Thursday August 13, 7 pm**

**Talk and book signing - free**

Patricia Lee has been listening to the language of the Sacred Feminine for over forty years.

Inspired by her peaceful practice of meditation, she volunteered at a peace and justice organization and worked for eighteen years at a nonprofit serving at-risk youth and families.

In 2003 she founded Community Threads to offer classes, events and concerts for the "expression, education and celebration of community". Running parallel to these outer achievements, Patricia evolved spiritually as a mystic and shaman.

Compelled to support the global movement of Transition Towns, she founded Transition Woodinville in 2010 and is currently on the board of Transition Snoqualmie Valley. She is teaching Circle of Life ~ Mapping One's Story classes. More information is available at [www.communitythreads.net](http://www.communitythreads.net) and [www.she-dragon.com](http://www.she-dragon.com).



### Emotional Freedom Techniques

**Tapping Meeting**

**with Dena Przybyla**



Emotional Freedom Techniques (also known as EFT or “tapping”) is a simple meridian balancing technique that can produce rapid healing results. It has been described as "acupuncture without the needles." Instead of using needles, we tap while holding in mind the physical or emotional issue we wish to clear.

You can have your issue addressed directly during the group, or keep it private and "borrow benefits" from the tapping even if you are working on an unrelated issue.

We'll start with some Energy Medicine balancing exercises, then tap together while addressing individual concerns. EFT can help with just about anything, from physical and emotional issues to manifesting intentions, feeling more gratitude, strengthening intuition and living in a higher vibration.

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**Thursday, August 20**  
**7 – 9 pm                      \$15**



**Talking Tarot: The Symbols Speak**  
**Wednesday, August 26 7 – 9 pm**  
**\$7 with half going to support the Library**

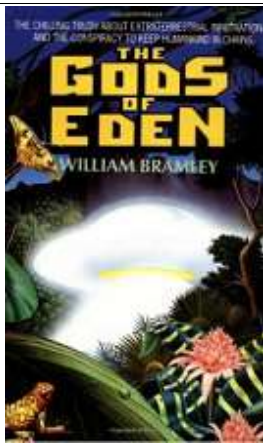
The weekly Tarot Group is returning from summer vacation!

The Tarot Group has been an incredibly spiritual bonding experience, not to mention just plain fun. Few if any of our classes have required any prior knowledge of the Tarot, but all have required a willingness to explore our own intuition.

This series will again approach the Tarot from that viewpoint, learning about it by speaking its own language – that of symbolism.

If you own a Tarot deck, please bring it for our weekly spread. But we always have extra decks, so it's not necessary to purchase one.

Contact Kathy Eckert at [kathy@seattlemetaphysicallibrary.org](mailto:kathy@seattlemetaphysicallibrary.org) or just show up – What's Tarot without Serendipity?



## Ancient Aliens and Human History Study Group

Monday, Sept 7 7 – 9 pm

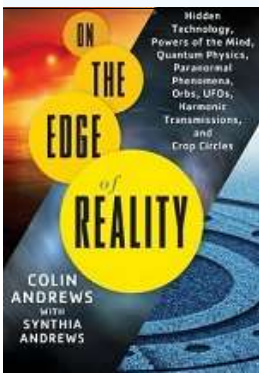
Free for members, \$5 for non-members.

Our book this month is *Gods of Eden* by William Bramley. Our copy has been checked out, but you can buy a used copy on Amazon for very little. From the publisher's review:

As a result of seven years of intense research, William Bramley has uncovered the sinister thread that links humanity's darkest events -- from the wars of the ancient pharaohs to the assassination of JFK. In compelling work, Bramley presents disturbing evidence of extraterrestrial visitors who have conspired to dominate Humankind through violence and chaos since the beginning of time...a conspiracy which continues to this very day.

You need not have read the book to attend the discussion, where those who have read the book will recount to what they remember, and we can encourage and discuss our understanding of the book. This is a good way to learn complex information, and helps everyone get a better understanding of the material.

### Book Review



**On The Edge of Reality: The hidden technology, powers of the mind, quantum physics, paranormal phenomena, orbs, UFOs, harmonic transmissions and crop circles**

By Colin Andrews with Synthia Andrews

The underlying assumption of the book is that there is a deeper reality than the one our mainstream culture wants to deal with. We, as individuals, are capable of understanding this new way of looking at reality. We can share and learn about these new understandings outside the traditional structures of universities, media, and our jobs. We, as individuals, are an integral part of the universe. The new work being done by outlier researchers can help us to better understand our world and our place in it.

Continued at <http://www.seattlemetaphysicallibrary.org/Reviews/EdgeOfReality.html>

### New Books Available for Members to Borrow

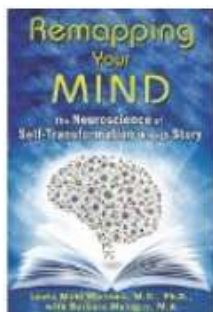
Respectful visitors, whether members or not, are always welcome to read books in our Library, when we are open.



**Demons and Spirits of the Land: Ancestral Lore and Practices**

by Claude Lecouteux, 2015

Lecouteux, professor of medieval literature at the Sorbonne, looks at medieval stories, folk traditions, place names and pagan rituals of home building and site selection to expost on the brownies, fairies, water spirits, dragons, etc of European earth spirits. These continue to influence modern architecture and increasingly gain relevance in today's world.



**Remapping Your Mind: The Neuroscience of Self-Transformation through Story**

by Lewis Mehl-Madrona M.D. Ph.D. and Barbara Mainguy M.A.

Published by Bear and Company, 2015

Self-transformation is a perennial, popular subject that is continuing to evolve in our public discussions. These authors from the Coyote Institute for Studies of Change and Transformation take their experience in working with people to change their personal lives by changing their stories, and connects it with the latest brain research to deepen our understanding and commitment.



## The Messages from Water

by Masaru Emoto, 1999 by HADO

An early edition of this ground-breaking research of the effects of the environment, both physical (sound, pollution, etc) as well as emotional.



## Indian Healing: Shamanic Ceremonialism in the Pacific Northwest Today (Cultures in review series)

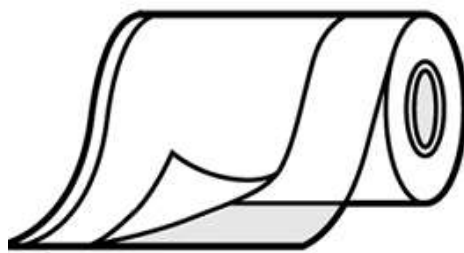
by Wolfgang G. Jilek, 1981

anthropologist and cultural expert Wolfgang G. Jilek (Clinical Professor, Department of Psychiatry, and Research Affiliate, Department of Anthropology and Sociology, University of British Columbia) showcases Native American ceremonial rituals and practices while dispelling commonly held misconceptions and documenting the therapeutic effects of traditional Native American rituals as practiced for centuries among the Northwestern tribes. Enhanced with extensive references, and a glossary of key terms.

### Library Wish List

We would like to do a better job of protecting our books. These book covers are exactly what we need, and they are on sale now:

[http://www.thelibrarystore.com/product/55-1053fr/lib\\_sup](http://www.thelibrarystore.com/product/55-1053fr/lib_sup)



Processor™ Adj. Book Jacket Covers,  
1.5-mil Roll - 12"H x 400 ft.-

**CLEARANCE**

**Save 50% and get 100 ft. FREE**

We made these High Quality Rolls  
100 ft. **TOO LONG!** For a limited  
time save 50% and get 100 ft.  
**FREE!**



In-Stock

Made in  
**USA**

Price

~~\$63.40~~ **\$31.70**

### Community Events



Seattle - Surabaya Sister City Association presents:

# Indonesian Food Cooking Demo



**Mie Goreng Jawa**



**Ayam Bakar**



**Es Blewah**

When: Sunday, August 16, 2015 at 12:00pm - 3:00pm

Where: 21633 6<sup>th</sup> Ave West - Bothell, WA 98021

Ticket: \$10/adult (in advance) - \$12/adult (at the door).

Kids (13 yrs and under) are FREE!

RSVP: Jaeny Desjardin @ 360-990-2258

Great friends!

Fashion Show by



Win Cool Door Prizes!

Entertainment!

Free Recipes!

Great Food!



Legong dance!

# AMIR AHMAD NASR

AUTHOR, SPEAKER, HUMAN RIGHTS ACTIVIST

Provocative Engaging  
Presentation and Book Signing

Amir Ahmad Nasr is a Sudanese author, speaker and human rights activist, and the author of the critically acclaimed banned book *My Isl@m*.

*Speaking on Beyond War: Why the Consciousness That Birthed ISIS is the Real Enemy.*

Location  
West Book Store

SEPT.  
3RD  
7:00 PM

6407 12th Ave NE  
Seattle Wa,  
98115  
(Above Whole Foods)



*Amir Ahmad Nasr is the author of the critically acclaimed banned book My Isl@m: How Fundamentalism Stole My Mind – And Doubt Freed My Soul, described by American philosopher of consciousness Ken Wilber as “an important and significant book, especially at this time in our history.*

*Shortly after its release, the book forced Amir to seek, and thankfully attain, political asylum in Canada. Amir will be joining us for an hour-long engaging presentation entitled Beyond War: Why the Consciousness That Birthed ISIS is the Real Enemy*

*in which he will share his synthesis and perspective on current affairs and the role of contemporary spirituality in how we can assertively move forward.*

**\$10 with \$5 off the book at the door**



*Celebrating Book Culture in Esotericism*

## ESOTERIC BOOK CONFERENCE

7th Annual

September 26th & 27th 2015

Tickets are required to attend the presentations. The Book Fair, and Art Show are Free and open to the public.

<http://esotericbookconference.com>

Recommended from the web



# EARTHFILES

Reported and Edited by  
Linda Moulton Howe



**From Smoke Signals <http://www.manataka.org/page2815.html>**

The Manataka American Indian Council has teamed up with World Entomophagy, Inc. to bring you fine quality, eco-friendly, safe and wonderfully tasting edible insects that have been processed for ready-to-use recipes.

Manataka believes that eating insects (entomophagy) is very healthy and one day will become a tremendously beneficial food source for the United States and help alleviate the global food crisis

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His newsletter was sent to «Email»  
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