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Watkins magazine truly is a quarterly masterpiece of spiritual art. Thank you for the latest blissful edition. As always it is an Akashic library in itself of profound wisdom and so very beautiful and healing to read and look at. Thank you for your vision and all you do...

Warmly,
Theresa Cheung

ARTEMIS REVERSE MEDITATION SPIRIT BEINGS TAROT DECKS WHISPERS

WATKINS
MIND
BODY
SPIRIT

How to Think Impossibly:
AN INTERVIEW WITH
JEFFREY J. KRIPAL

MEDIUMSHIP:
SACRED
COMMUNICATIONS
WITH LOVED ONES
by Suzanne Giesemann

THE SECRET MYSTIC
LIFE OF
ELVIS PRESLEY
by Miguel Conner

Forgive Everyone for Everything
by IYANLA VANZANT

The YOGA of NIGUMA
by His Eminence Kalu Rinpoche


AUSTIN OSMAN SPARE:
LONDON'S LOST ARTIST
Phil Baker

THE AKASHIC RECORDS
Theresa Cheung

ON MYSTICISM: THE
EXPERIENCE OF ECSTASY
Simon Critchley

THE FALLEN ANGELS OF THE NEPHILIM • LARS MUHL
MONSTERLAND • YEW • AI AS YOUR SPIRITUAL GUIDE
HYPERBOREA • RODNEY COLLIN • NIGHT SWIMMING
THE AFTERLIFE • BURNOUT • SOUL • WILLIAM BLAKE

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WATKINS
**MIND
BODY
SPIRIT**

- ★ Quarterly
- ★ Price: £6.99
- ★ Trusted by over 280,000 readers worldwide
- ★ Readership: 49% Male, 51% Female
- ★ Published by Watkins bookshop in London and dates back to John Watkins' 1893 Book Notes
- ★ Available in the UK to Watkins customers, at WHSmith outlets, and an exclusive list of independents.
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MAYAN ASTRONOMY THE NOBLE EPIC EASTERN WISDOMS DRINKS SIBERS

MIXEDNESS

MIND BODY SPIRIT

STEVE TAYLOR
TIME EXPANSION EXPERIENCES

THE 100 MOST SPIRITUALLY INFLUENTIAL LIVING PEOPLE IN 2025

THE SEVEN WONDERS OF THE ANCIENT WORLD
THE FIRST FEMALE PRISONER
YOUR COSMIC YEAR

FRANCIS HICKEL: FORGOTTEN TEACHER OF THE FOURTH WAVE
MARC SPROCK: THE POWER OF MANDALA
THE CELTIC BOOK OF THE DEAD • FAST LIFE HEALING

The 100 Most Spiritually Influential Living People in 2025

This list is meant to serve as a positive guide to some of the leading modern teachers that are alive today.

1. RABBI SHIMON BAR AYVUB
2. RABBI SHIMON BAR YOCHAI
3. RABBI SHIMON BAR KATINA
4. RABBI SHIMON BAR KAPPA
5. RABBI SHIMON BAR KAPPA
6. RABBI SHIMON BAR KAPPA
7. RABBI SHIMON BAR KAPPA
8. RABBI SHIMON BAR KAPPA
9. RABBI SHIMON BAR KAPPA
10. RABBI SHIMON BAR KAPPA

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MIND BODY SPIRIT

YEX KING
THINGS NO ONE TAUGHT US ABOUT LOVE

PURE HUMAN
We Are the Future We're Waiting For

THE MEANING OF THE ASTRONOMICAL DIGITS
THE MYSTERY OF PRODIGES AND ECLIPSES IN THE ROYAL ASTROLOGICAL SOCIETY
THE CELESTIAL GARDEN • VIBRATIONS • LENDERNARD
MIDWINTER • THE WAY OF THE HORSE • CHANGING
FRAGRANT QIONS • HOW GOD BROKE THE WORLD
NATURE AS TEACHER • ORACLES • GREEK MYSTICISM

You Don't Have to Do It Alone:
The Power of Friendship

by Mark Nepo

The typical expression of opening friendship would be something like, "What? You don't? I thought I was the only one!" - C.S. Lewis

THE SECRET MYSTIC LIFE OF ELVIS

by Miguel Conner

ELVIS PRESLEY WAS NOT ONLY A CULTURAL PHENOMENON, HE WAS ALSO A MYSTIC. HIS MUSIC, HIS STYLE, HIS LIFE, AND HIS DEATH WERE ALL PART OF A LARGER, MORE SACRED DESIGN. THIS BOOK REVEALS THE HIDDEN, SACRED LIFE OF ELVIS PRESLEY, FROM HIS EARLY YEARS TO HIS TRAGIC DEATH.

Hi, Fellow Traveler, So Glad You Are Here

by Heatherish Amara

THE HIDDEN NATURE OF CONSCIOUSNESS AND REALITY
AN INTERVIEW WITH DR. TONY ANDERSON

POETRY

WHY YOGA?
by Peter Brown

THESE ARE THE TIMES THAT CALL FOR YOGA. IN A WORLD OF INSTANT GRATIFICATION AND CONSTANT DISTRACTION, YOGA OFFERS A PATH TO DEEPER SELF-KNOWLEDGE AND INNER PEACE.

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MARY LAGAKY
BEAUTY WILL SAVE THE WORLD

PASSIONS OF THE SOUL
by Raphael Williams

A TRIBUTE TO POPE FRANCIS
THE POWER OF SLOW
ANGEL STONE

DIVINE CHOREOGRAPHY
The Transformative Power of Shiva's Dance

by Natsasha Nandini

"Thoughts, emotions and actions become the fuel for transformation, the sacrificial payment required to qualify one's position within the cosmos."

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MIND BODY SPIRIT

How to Think Impossibly
AN INTERVIEW WITH JEFFREY A. KRIPAL

Forgive Everyone for Everything
by RINKA WAZANT

THE SECRET MYSTIC LIFE OF ELVIS PRESLEY
by Miguel Conner

THE YOGA of NIGUMA
by His Eminence Kulu Rinpoche

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MIND BODY SPIRIT

The Hidden Nature of CONSCIOUSNESS AND REALITY
An Interview with Dr. Tony Anderson

RAYMOND A. MOODY: PROOF OF LIFE AFTER LIFE
STEPHEN A. GREGG: GURU, JEFFREY'S SPIRITUAL LEGACY
CITY OF THE BEAT
YOUR SOUL'S DREAM
GETTING HEALTHY IN TOXIC TIMES

THE SUPERLUMINAL UNIVERSE
Redefining Consciousness, Time and Space

What would happen if everything moved faster than the speed of light? Would time and space obey the same laws of physics? Would our consciousness exist in the same way? In the first English translation of the French cult classic L'Éthère superlumineux, we are introduced to quantum physicist Professor Régis Duhain's mind-expanding and profound insights into this alternative, superluminal universe.

by Régis Duhain & Brigitte Duhain

The Musical Movement with the Intention to Heal

Interviews by Kim Booth

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MIND BODY SPIRIT

Transcendental Meditation & Creativity:
An Interview with David Lynch

FINDING RADICAL WHOLENESS
THE AWAKENED HEART
HOW TO BE THE LOVE YOU SEEK
LEONARD COHEN AND THE SOUL

WE-TOPIA
HOW EGO BROKE THE WORLD

by Michael Paul Stephens

"As history has unfolded into the modern age, the spiritual sense of who we are and what unites humanity as one has eroded until we find ourselves on the shores of the twenty-first century, a gathering wave of seismic barreling towards us."

In the Depths of the Wildwood: Creating The Sherwood Oracle

by John Matthews

THE SHERWOOD ORACLE IS A DEEP, SACRED JOURNEY INTO THE HEART OF THE WILDWOOD. IT IS A COLLECTION OF 100 CARDS, EACH WITH ITS OWN STORY AND MEANING.

Moving Mountains with Dance

by Carla Stalling Walker, PhD, MBA

"Dancing allowed me to feel my body, to listen to it, and to be in awareness with Spirit."

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AI & ChatGPT: HOW CREATIVE IS THIS NEW TECHNOLOGY?

Attuned: Practicing Intersubjectivity
STEVE WILSON: PRELIMINARY ACCEPTANCE
LIVING THE ARTIST'S WAY
TRANSFORMING TRAUMA
SHAKESPEARE AS GURU
HOW TO MAKE GOOD THINGS HAPPEN
WELCOME TO MY HELL

JIM MORRISON
Secret Teacher of the Occult

by Paul Wiley

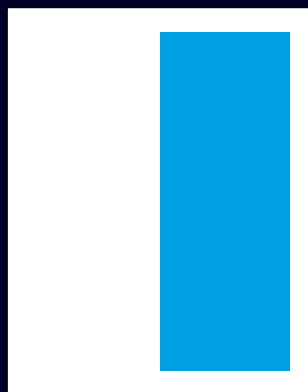
"Jim stepped up to reveal his intensely private, secret teacher's inner life to effect a change in our consciousness and paid a high price for it."

The Abdication of Ecstasy

by Simon Craskley

WAS THERE A TIME WHEN ECSTASY WAS A SACRED RITUAL, A PATH TO DEEPER SELF-KNOWLEDGE AND INNER PEACE? THIS BOOK REVEALS THE HIDDEN, SACRED LIFE OF ECSTASY.

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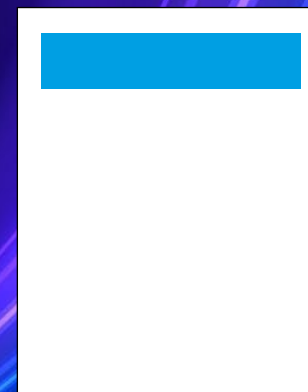
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SUMMER 2026 #86	MAY 28th 2026	JULY 9th 2026
AUTUMN 2026 #87	AUGUST 27th 2026	OCTOBER 8th 2026
WINTER 2026 #88	NOVEMBER 26th 2027	JANUARY 7th 2027

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Watkins Mind Body Spirit is a quarterly magazine published by UK's oldest esoteric bookshop.

Like the famous bookshop, the magazine covers a wide range of subjects from contemporary

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