



Wild & Crazy Books for the Soul

Dear friend,

During the past six years, I've researched every healing modality I could find that had the potential to heal my heart and transform my soul. From ancient to modern practices, I've tried them all.

When traditional and socially accepted healing modalities didn't speak to me, I ventured off the beaten path and opened myself to other perspectives. As I fed my curiosity and listened to my heart, I explored books so outside of the "normal" box that I still can't articulate what they are all about.

If you are adventurous and ready to test the boundaries of your belief system, the following books may be for you. Our souls have their own language, and these authors are fluent in it.

Some of these authors admit that they sound crazy and their work isn't for everyone. I find this comforting. However, their following is growing and their wait lists for appointments and speaking engagements just keep getting longer. So, it seems more of us are getting crazier and finding our way forward together.

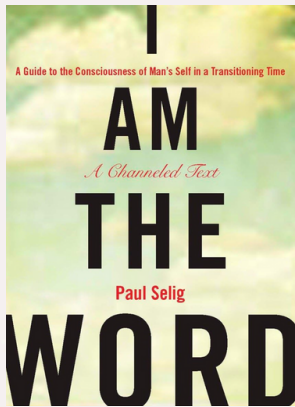
If you are ready to dive deep into the world of human transformation and truly get intimate with your own heart and soul, here are some books and authors that may speak to you.



*From my heart to
yours,*

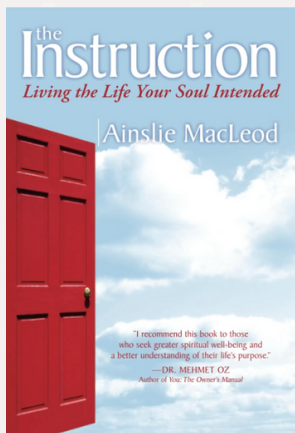
Nikki

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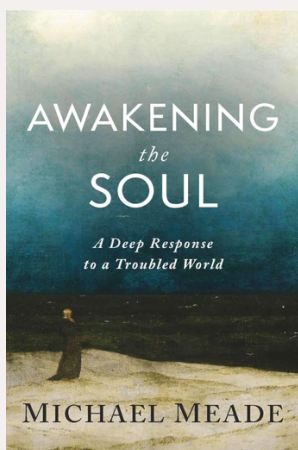
This is the first of Selig’s nearly dozen books—all of which he channeled with someone by his side to document them. Whoever his channeled “guides” may be, Selig offers an interesting perspective on navigating emotional challenges, displacing self-doubt, and viewing human transformation from a much higher perspective. It doesn’t matter if your human mind believes any of it; allow your soul to experience this book and decide for itself. Mine decided to read all his books—some of them twice!

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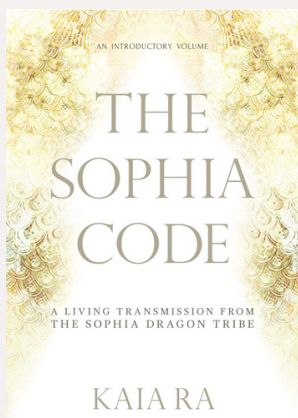
If you believe in the eternal nature of the soul (or you are open to exploring the potential of it), Ainslie is your guy. I have no idea how he knows what he knows and does what he does, but he has powerful “guides” who reveal how our past lives impact our current one, so that we can finally heal and move beyond old wounds. If you are as mesmerized by his book as I was, you can add your name to Ainslie’s three-plus years’ waitlist for a private “past life regression,” which I can say from personal experience is worth the wait!

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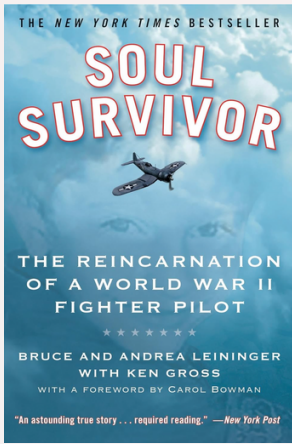
I love all of Michael Meade’s books, so it was hard for me to pick just one for this list. Meade mixes ancient mythology with soul talk to help make sense of the modern world and our place in it. He offers simple yet profound perspectives on life and reminds us of the power of storytelling to heal and transform both ourselves and each other. His podcasts are also popular, and an easy way to decide whether he’s for you.

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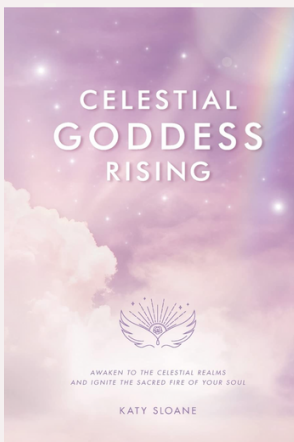
I first read this book four years into my healing journey when my heart and mind were ready for something more. If I had read it any earlier, I don’t think I would have gotten past the first few pages because I wouldn’t have understood any of it. I’m not religious, and neither is this book, but it does dive deep into the world of angels and goddesses, which I now find fun to explore. I was given this book as part of a mystic studies course I was taking—so by the time it found me, I was curious about the magic of divine feminine energy and willing to activate more of it within myself.

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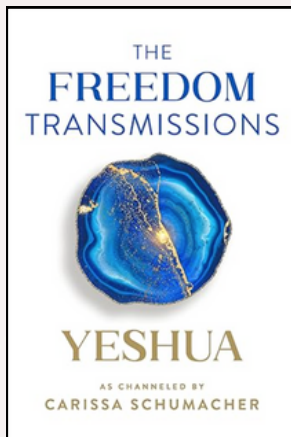
I've always believed in reincarnation, even as a little girl. Although I never studied it, I just felt it to be true and was fascinated by the possibilities. *Soul Survivor* is about the reincarnation of a World War II fighter pilot in the body of a little boy. Honestly, you really can't make a story like this up. Perhaps highly creative people and psychopaths can, but not the two normal-sounding parents whose experience with their child is the basis of this story. This book gave me a lot of hope that the human spirit is eternal.

6



I knew nothing about celestial beings, arch angels, and spirit guides—but when I'm suffering and someone tells me there are all these angelic spirits here to help, my response is, "All hands on deck!" That includes everyone I can and cannot see. This author is on a mission to raise consciousness and help the rest of us find our highest path. She's relatable, her personal stories are illuminating, and her exercises are simple enough for regular people (like me) to try.

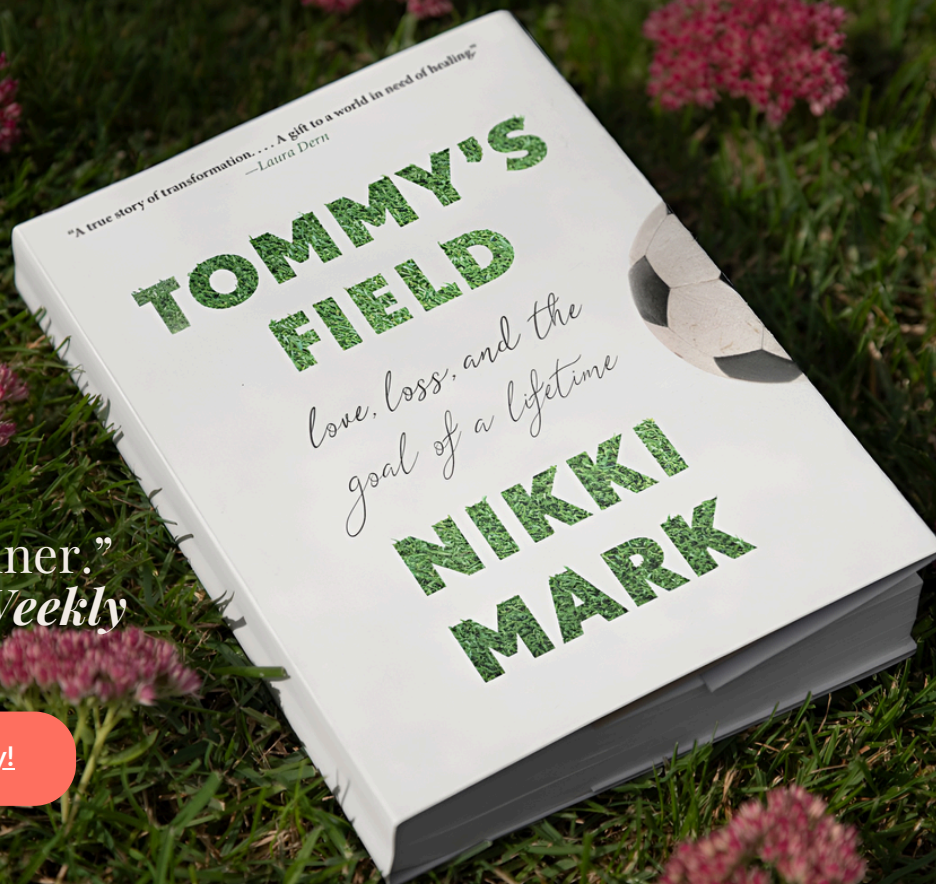
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I want to preface this recommendation by saying that if I had found this book any earlier than I did (which was about five years into my journey of healing and transformation), I'm not sure I would have understood any of it. But, as they say, "When a student is ready, the teacher will appear." So, if you are reading this, you may be ready! Schumacher is a talented medium who also channels Yeshua. Yes, you heard me correctly... *The Freedom Transmissions* is a channeled text. Since I'm not religious, it's a miracle that I even gave this book a chance. However, a like-minded friend recommended it to me, so I decided to listen to the audio version as I drove around Los Angeles. I'm so glad I did. Not only is this book not religious, but Schumacher's (and Yeshua's 🙏) teachings offer a pathway to peace that validates so much of what I have experienced on my healing journey but did not have the words to articulate. This *Wild and Crazy Book* is a gift to humanity, and it is here to educate your soul when you feel ready for it.



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



“This is a winner.”
Publisher's Weekly

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**100% of author's proceeds are being donated to build more Tommy's Fields.*

In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart.

From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



NIKKI MARK formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

