



An imprint of John Hunt Publishing, Ltd.

www.o-books.net

Available from:

Orca Book Services in the **UK & Europe**

NBN in **US**

Brumby Books in **Australia**

Media Contact: Catherine Harris

Email: catherine.harris@o-books.net

Email: orders@orcabookservices.co.uk

Email: custserv@nbnbooks.com

Email: sales@brumbybooks.com.au

THE STARFLEET MESSAGES

A Galactic Guide to Spiritual Expansion

Catherine Richardson, Ph.D.

What are the choices that free us? What would it mean to live adventurously, beyond depression and fear? How can we rise beyond ourselves to embrace the God within us?

Channeled in plain and inspiring words from a group of beings known as the Galactic Frequency Council, ***The Starfleet Messages*** is more than a toolkit for spiritual expansion—it is an invitation to join in the great work of creating the world we live in.

Fascinating, deep and profound...a modern day guide to higher conscious living. As a powerful catalyst for spiritual expansion, this book will uplift, inspire and empower you. **Karen Mehringer**, author of ***Sail Into Your Dreams***

This new input from the Council is a welcome breath of fresh air, a new take on life on Earth. Bold and optimistic, this new take is above all empowering. **Tony Stubbs**, author of ***An Ascension Handbook, Death Without Fear*** and ***Living With Soul***

This is the preface we all need to understand the new era of light on our planet. **Daniel Raphael, Ph.D.**, author of ***Sacred Relationships*** and ***What Was God Thinking?!***

Allow yourself to stretch and grow as you absorb the wisdom of this profound book. It carries a message whose time has come. **Barbara Wainwright, Ph.D.**, co-founder, Coaches Institute International

Author Information: **Catherine Richardson** is former corporate attorney who spiritually awakened following a near death experience. She found herself profoundly changed, and decided to pursue a career in the healing arts. Catherine went on to earn a Ph.D. in transpersonal counseling, and now helps others to empower themselves and to expand spiritually. You can reach her through her private practice in San Diego, California or at www.truthjoylove.com.

The Starfleet Messages

Catherine Richardson, Ph.D.

O-books; £7.99; \$12.95; Paperback; 116pp; ISBN 978-1-84694-193-1

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

www.o-books.net

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK