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Table of Contents

Featured Titles	3
Eastern Religion & Philosophy	6
Western Religion & Philosophy	12
Science & Nature	19
Ancient Mysteries	23
Indigenous Cultures & Shamanism	41
Visionary Plants	47
Sacred Sexuality & Tantra	51
Pagan & Wicca	55
New Age	57
Self-Transformation	64
Birth & Parenting	73
Children's Books	74
Health & Healing	75

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Cover illustration by Helena Nelson-Reed



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NEW—AVAILABLE

Books on Fire

The Destruction of Libraries throughout History

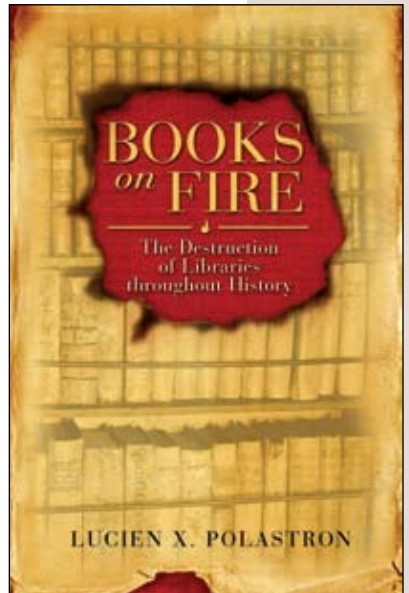
Lucien X. Polastron

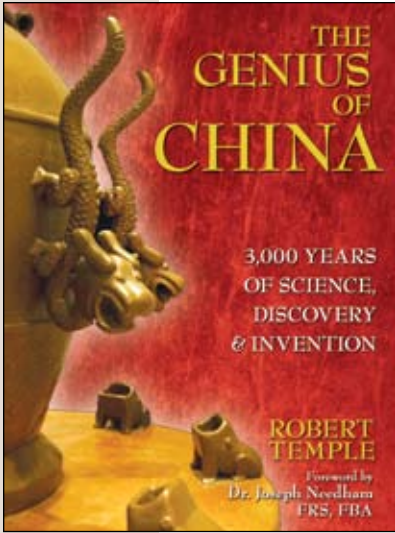
ISBN-13: 978-1-59477-167-5

\$24.95 (CAN \$29.95) **hardcover**

384 pages, 6 x 9

Almost as old as the idea of the library is the urge to destroy it. Author Lucien X. Polastron traces the history of this destruction from the burning of the great library of Alexandria (on three separate occasions) and the libraries of the Chinese Qing Dynasty to more modern catastrophic losses such as those witnessed in Nazi-occupied Europe and the 2003 invasion of Iraq. Polastron examines the causes for these disasters, the treasures that have been lost, and where the surviving books, if any, have ended up. *Books on Fire* received the 2004 Société des Gens de Lettres Prize for Nonfiction/History in Paris.





NEW—AVAILABLE

The Genius of China
*3,000 Years of Science,
Discovery, and Invention*

Robert Temple

Foreword by Joseph Needham, Ph.D., FRS, FBA

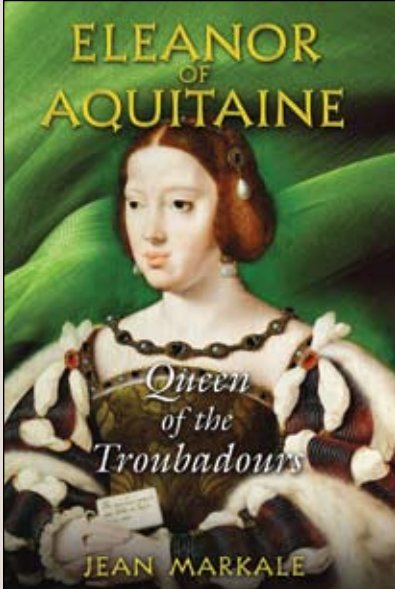
ISBN-13: 978-1-59477-217-7

\$29.95 pb • 288 pages, 7.63 x 10.25

Full color throughout

Since its original publication, *The Genius of China* has won five literary awards in America and been translated into 43 languages. Its Chinese edition, *The Spirit of Chinese Invention*, was approved by the Chinese Ministry of Education for use in connection with the national secondary curriculum in China. Based on the immense, authoritative scholarship of the late Joseph Needham, the world's foremost scholar of Chinese science, this revised full-color illustrated edition brings to life the spirit and excitement of the unparalleled achievements of ancient China with one hundred "firsts" in the fields of agriculture, astronomy, engineering, mathematics, medicine, music, technology, and warfare.

Also by Robert Temple, *The Sirius Mystery*, p. 27



NEW—DECEMBER 2007

Eleanor of Aquitaine
Queen of the Troubadours

Jean Markale

ISBN-13: 978-1-59477-195-8

\$16.95 (CAN \$20.50) pb

272 pages, 6 x 9

Eleanor of Aquitaine (1122–1204) has long been noted for her political and cultural achievements that profoundly shaped twelfth-century Europe. But her greatest influence, still shaping modern sensibilities, was her role as the symbol of courtly love, which was not a mere diversion of the aristocracy but a process of male initiation and transcendence that bears a close resemblance to Indian Tantra. Eleanor embodied the adulterous queen who incarnates sovereignty—the woman who shares authority with the men who act in her name, but only after that power has been transmitted to them through an initiatory process leading to sexual union.

For other books by Jean Markale, see p. 56



NEW—JANUARY 2008

The Metaphysical Book of Gems and Crystals

Florence Mégemont

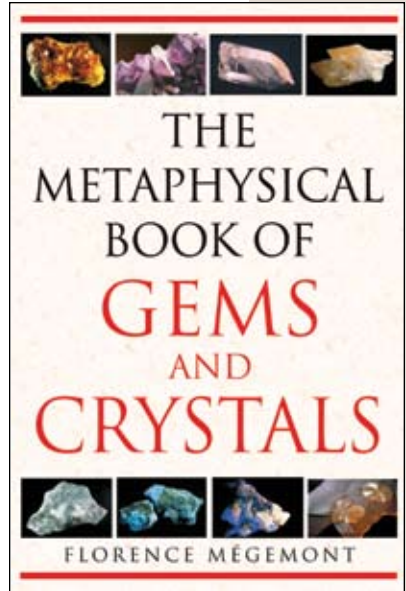
ISBN-13: 978-1-59477-214-6

\$24.95 (CAN \$29.95) pb

320 pages, 6 x 9

125 color and b&w illustrations

Gemstones have been used for therapeutic and spiritual purposes since antiquity in all traditions. This book examines the “life” energy of stones, their basic vibratory patterns, and how this energy is used to treat various disorders. The physical, healing, and astrological properties of over 70 minerals are detailed, along with instructions for maintaining and recharging their powers. Alternative medicines have given prominence to the therapeutic character of certain minerals, but the use of gemstones in expanding awareness or establishing a holistic connection with the stone itself have scarcely been brought forward. In reclaiming this ancient wisdom, Florence Mégemont explores the many beneficial dimensions of the mineral world.



NEW—AVAILABLE

Journeys to the Mythical Past

Zecharia Sitchin

ISBN-13: 978-1-59143-080-3

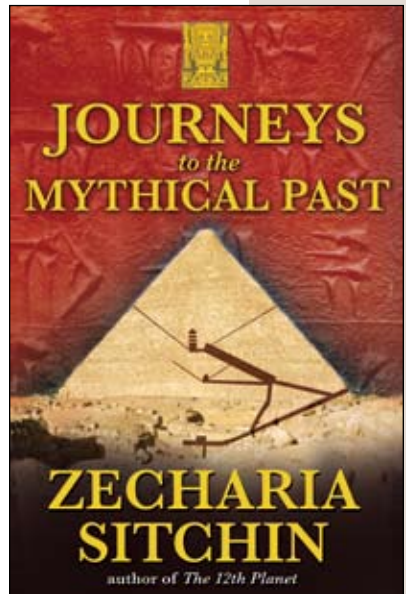
\$24.00 (CAN \$28.95) **hardcover**

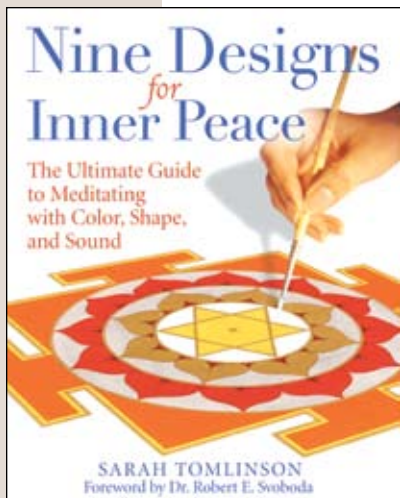
256 pages, 6 x 9

130 b&w illustrations and a 32-page color insert

In *Journeys to the Mythical Past*, the sequel to *The Earth Chronicles Expeditions*, the renowned researcher of antiquity Zecharia Sitchin tells his own story of an indefatigable dedication to finding the truth that almost cost him his life—accidentally or otherwise—when uncovering secrets of the Giza pyramids and Sphinx. Sitchin’s firsthand accounts of his explorations take the reader into the inner workings of the Vatican, the enigma of a futuristic computer from millennia ago, and the secret handiwork of a Divine Architect at Stonehenge, at Malta, and at a site in the Americas.

For other books by Zecharia Sitchin, see pp. 30-32





NEW—JANUARY 2008

Nine Designs for Inner Peace
The Ultimate Guide to Meditating with Color, Shape, and Sound

Sarah Tomlinson

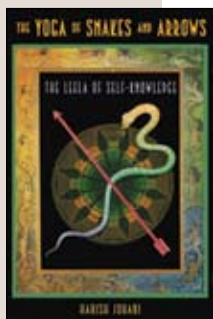
Foreword by Dr. Robert E. Svoboda

ISBN-13: 978-1-59477-194-1

\$24.95 (CAN \$29.95) pb • 192 pages, 8 x 10

130 color and b&w illustrations

The tantric art of drawing or painting the nine designs known as yantras is an ancient practice of active meditation that releases positive healing and centering effects. The nine designs correspond to the nine qualities of body and mind essential to well-being: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. Creating the design that “speaks” most to the practitioner enables its unique healing quality to be transmitted. From the basic elements of the square, the circle, and the triangle, dynamic visual meditations unfold as the practitioner works clockwise from the outer elements inward toward the central point of stillness, or *bindu*, the source of happiness within.



New Edition of *Leela: The Game of Self-Knowledge*

The Yoga of Snakes and Arrows
The Leela of Self-Knowledge

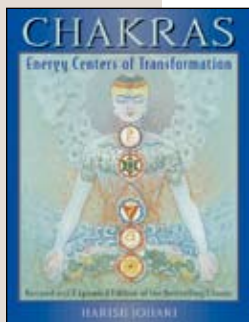
Harish Johari

ISBN-13: 978-1-59477-178-1

\$16.95 (CAN \$21.50) pb • 144 pages, 6 x 9

8 b&w illustrations • Includes foldout color game board

This guide to observation of the inner self through the ancient Indian game of Leela assists the seeker through the stages and trials of self-development, mirroring both the obstacles of karma and the rewards of self-obtained insight. It comes complete with a foldout game board and provides commentary for each of the 72 spaces.



Chakras

Energy Centers of Transformation

Harish Johari

ISBN-13: 978-0-89281-760-3

\$19.95 (CAN \$28.95) pb • 176 pages, 8.5 x 11 • 8 color plates • 29 b&w illustrations

Also available in Spanish: *Los chakras*

ISBN-13: 978-0-89281-469-5 • \$14.95 (CAN \$23.95) pb

The late Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he provides the tools to elevate one’s intellectual knowledge to an experience of spiritual growth.



The Yoga of Truth

Jnana: The Ancient Path of Silent Knowledge

Peter Marchand

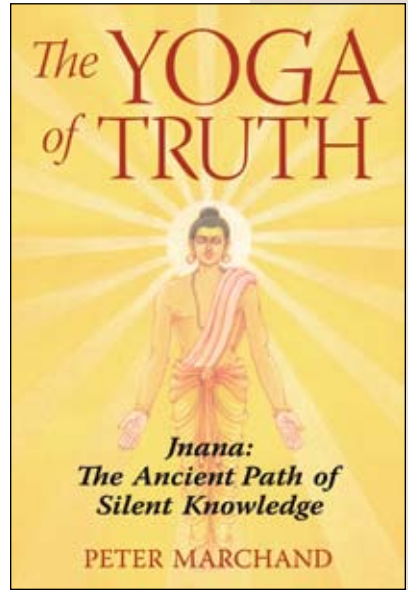
ISBN-13: 978-1-59477-165-1

\$14.95 (CAN \$18.95) pb

160 pages, 6 x 9

9 b&w illustrations

Peter Marchand, through a series of deceptively simple introspective questions, leads the seeker into discarding everything—body, personality, thoughts, memories, experiences—that disguises the ego's relentless masquerade as the Self. This form of contemplation, Jnana Yoga—the Way of Silent Knowledge—with its constant commitment to witnessing without attachment, disempowers the ego's fixation on its products, leading instead to the realization that the witnessing consciousness is, in fact, the one immutable Being within or without—the real Self, the true You. Marchand leads us simply, and compellingly, to the truth of our nature and the peaceful bliss of true Being.



The Yoga of the Nine Emotions

The Tantric Practice of Rasa Sadhana

Peter Marchand

Based on the teachings of Harish Johari

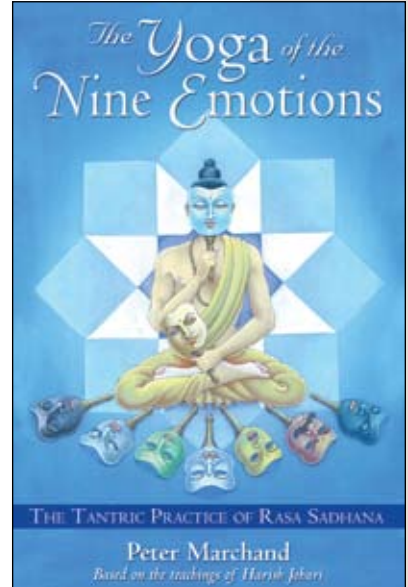
ISBN-13: 978-1-59477-094-4

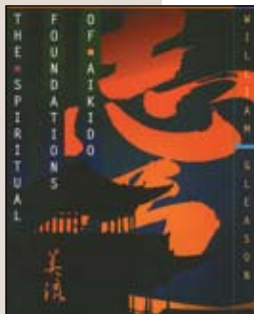
\$16.95 (CAN \$21.95) pb

224 pages, 6 x 9

4 b&w illustrations

Our emotions are continuously affected by the interplay of our senses, the elements, food, and the life force in our body. In *The Yoga of the Nine Emotions*, Peter Marchand offers practical physiological and philosophical tools from Tantric and Ayurvedic traditions that can help readers change their emotional patterns. He explains the nature and purpose of each Rasa and how we can strengthen or weaken one Rasa through another. Through the practice of Rasa Sadhana's daily routines for balancing sensory input and strengthening emotional health, we can master our emotions and gain true control of our lives and our relationships.





The Spiritual Foundations of Aikido

William Gleason

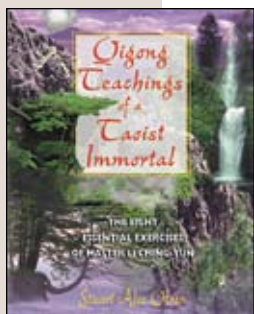
ISBN-13: 978-0-89281-508-1

\$19.95 (CAN \$31.95) pb

216 pages, 8 x 10

180 b&w photographs

A leading American aikido teacher shows how this 20th-century martial art developed from the ancient spiritual traditions of Japan, not as a fighting method but rather as a means of becoming one with the laws of universal order.



Qigong Teachings of a Taoist Immortal

The Eight Essential Exercises of Master Li Ching-yun

Stuart Alve Olson

ISBN-13: 978-0-89281-945-4

\$19.95 (CAN \$28.95) pb

192 pages, 8 x 10

85 b&w illustrations

Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to the Eight Brocades as the quintessence of qigong practice.



The Spiritual Practices of the Ninja

Mastering the Four Gates to Freedom

Ross Heaven

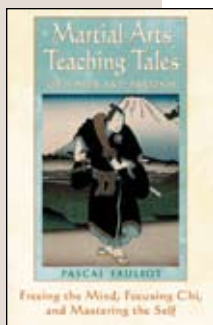
ISBN-13: 978-1-59477-107-1

\$14.95 (CAN \$19.50) pb

224 pages, 6 x 9 • 1 b&w illustration

Ross Heaven reveals the training exercises and mental discipline used by the Ninja to develop their extraordinary physical, emotional, mental, and spiritual skills. By turning elemental forces into allies we can overcome the soul fatigue that is at the root of our personal and social problems in order to embrace our positive energies and realize our talents.

Also by Ross Heaven, *Plant Spirit Shamanism*, p. 47



Martial Arts Teaching Tales of Power and Paradox

Freeing the Mind, Focusing Chi, and Mastering the Self

Pascal Fauliot

ISBN-13: 978-0-89281-882-2

\$12.95 (CAN \$18.95) pb • 128 pages, 5.38 x 8.25

By reading—and comprehending—the tales in this book, we can acquire the same essential knowledge that these masters had—that extraordinary forces are within the grasp of those who have achieved inner peace and self-mastery.



NEW—DECEMBER 2007

The Martial Arts of Ancient Greece

Modern Fighting Techniques from the Age of Alexander

Kostas Dervenis and Nektarios Lykiardopoulos

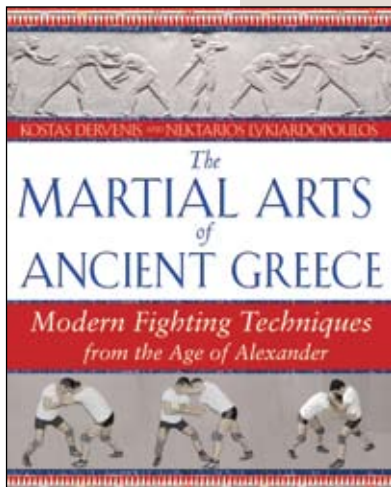
ISBN-13: 978-1-59477-192-7

\$19.95 (CAN \$23.95) pb

256 pages, 8 x 10

423 b&w illustrations

The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In *The Martial Arts of Ancient Greece*, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today. In addition, the authors explain how the development of Hellenic combat arts was tied at its heart to a spiritual practice. The centeredness, clear mind, and consequent courage that develops from a spiritual practice was considered a martial strength for a warrior, enabling him to be at his best, unobstructed inwardly by conflict or inertia.



The Heart of Yoga

Developing a Personal Practice

T. K. V. Desikachar

ISBN-13: 978-0-89281-764-1

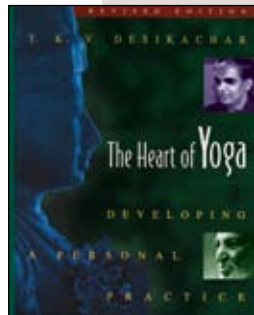
\$19.95 (CAN \$28.95) pb • 272 pages, 8 x 10

100 b&w photographs and 200 b&w illustrations

Also available in Spanish: *El corazón del Yoga*

ISBN-13: 978-0-89281-593-7 • \$19.95 (CAN \$31.95) pb

Here is the first yoga text to outline a step-by-step sequence for developing a complete practice according to *vinnyoga*—yoga adapted to the needs of the individual. The author is a world-renowned teacher and the son of Krishnamacharya.



The Complete I Ching

The Definitive Translation by the Taoist Master Alfred Huang

Taoist Master Alfred Huang

ISBN-13: 978-0-89281-145-8

\$19.95 (CAN \$28.95) pb • 576 pages, 6 x 9 • 64 ideograms

ISBN-13: 978-0-89281-656-9 • \$30.00 (CAN \$43.50) **hardcover**

For more than 3,000 years the I Ching has been revered as the most important book of divination in the world; however contemporary translations by Westerners have distorted its meaning. Now *The Complete I Ching* marks the first English translation by an eminent Chinese scholar. Master Alfred Huang restores its essence and includes translations of the Ten Wings, commentaries by Confucius essential to the I Ching's insights.





NEW—AVAILABLE

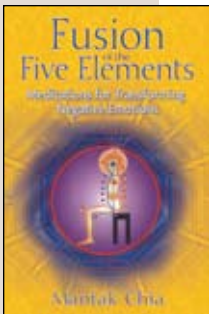
Cosmic Fusion

The Inner Alchemy of the Eight Forces

Mantak Chia

ISBN-13: 978-1-59477-106-4
\$18.95 (CAN \$23.95) pb
272 pages, 6 x 9 • 208 color and b&w illustrations

This fully illustrated guide presents the second level of Inner Alchemy practices that use the eight forces of the pakua (bagwa) to collect, gather, and condense chi in the body. It explains how to balance negative emotional energy with positive energy to detoxify, nourish, and integrate the physical and the energy body with the forces of nature.



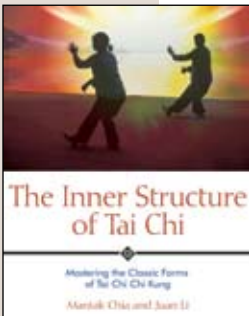
Fusion of the Five Elements

Meditations for Transforming Negative Emotions

Mantak Chia

ISBN-13: 978-1-59477-103-3
\$14.95 (CAN \$18.95) pb
176 pages, 6 x 9 • 80 b&w illustrations

This guide to the practice of Inner Alchemy shows you how to control the energies of your inner universe to better connect with energies of the outer universe. It teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for promoting self-healing and emotional and spiritual development.



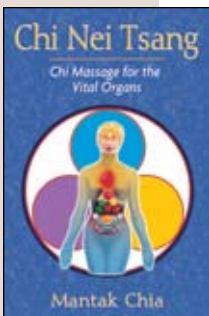
The Inner Structure of Tai Chi

Mastering the Classic Forms of Tai Chi Chi Kung

Mantak Chia and Juan Li

ISBN-13: 978-1-59477-058-6
\$18.00 (CAN \$24.95) pb
256 pages, 8 x 10 • 245 b&w illustrations

Explores the deep, internal work necessary for the effective practice of tai chi, with illustrated instructions for mastering Yang-style Tai Chi Chi Kung. Demonstrating tai chi's relationship to the three forces—Universal, Cosmic, and Earth—that animate all life, the authors reveal a practice to produce the full spectrum of benefits that tai chi can bring.



Chi Nei Tsang

Chi Massage for the Vital Organs

Mantak Chia

ISBN-13: 978-1-59477-105-7
\$19.95 (CAN \$24.95) pb • 416 pages, 6 x 9 • 243 b&w illustrations

The energies of negative emotions, stress, and tension, and the weight of past illnesses, all accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. Practicing the self-healing techniques of Chi Nei Tsang removes this stagnation and detoxifies and rejuvenates the vital organs.

For other books by Mantak Chia, see pp. 11 & 54



NEW—NOVEMBER 2007

The Taoist Soul Body

Harnessing the Power of Kan and Li

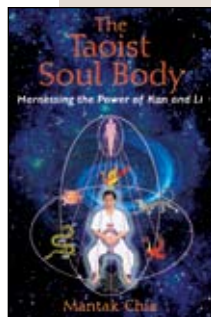
Mantak Chia

ISBN-13: 978-1-59477-137-8

\$14.95 (CAN \$17.95) pb

176 pages, 6 x 9 • 115 color and b&w illustrations

This guide to the practice of the Lesser Kan and Li shows how total darkness stimulates the release of DMT by the pineal gland. Darkness technology transforms sexual energy into life-force energy, which feeds the soul body, and awakens the higher consciousness of the immortal spirit body.



Bone Marrow Nei Kung

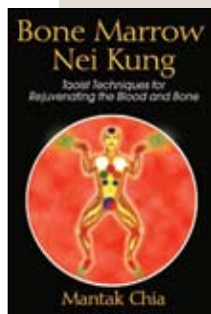
Taoist Techniques for Rejuvenating the Blood and Bone

Mantak Chia

ISBN-13: 978-1-59477-112-5

\$16.95 (CAN \$21.50) pb • 272 pages, 6 x 9 • 185 b&w illustrations

Mantak Chia reveals the ancient mental and physical Taoist techniques used to “regrow” bone marrow, strengthen the bones, and rejuvenate the organs and glands. These techniques of bone breathing, bone compression, and sexual energy massage absorb energy into the bones. By stimulating the hormonal production that helps prevent osteoporosis, the effects of aging can be reversed.



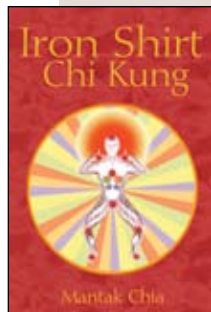
Iron Shirt Chi Kung

Mantak Chia

ISBN-13: 978-1-59477-104-0

\$16.95 (CAN \$21.95) pb • 288 pages, 6 x 9 • 300 b&w illustrations

Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other benefits—strengthening the internal organs, establishing roots to the earth’s energy, and unifying physical, mental, and spiritual health—remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth.



Chi Self-Massage

The Taoist Way of Rejuvenation

Mantak Chia

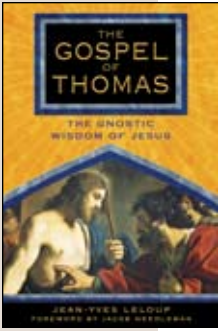
ISBN-13: 978-1-59477-110-1

\$12.95 (CAN \$16.95) pb • 128 pages, 6 x 9 • 105 b&w illustrations

In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen their senses, detoxify internal organs, control negative emotions, relieve stress and constipation, and improve their complexion, teeth, gums, and overall stamina.

For other books by Mantak Chia, see pp. 10 & 54





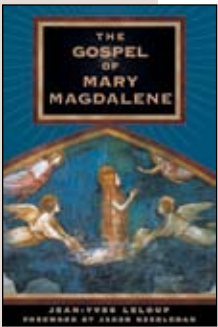
The Gospel of Thomas

The Gnostic Wisdom of Jesus

Jean-Yves Leloup
Foreword by Jacob Needleman

ISBN-13: 978-1-59477-046-3
\$14.95 (CAN \$19.95) pb • 240 pages, 6 x 9

In this new translation of the Gospel of Thomas, Jean-Yves Leloup shows that the teachings of Jesus recorded by Thomas have much in common with gnostics of non-dualistic schools. Like them, Jesus preaches the coming of a new man of knowledge, moving from limited to unlimited consciousness and the self-knowledge that will make each of us, too, a Christ.

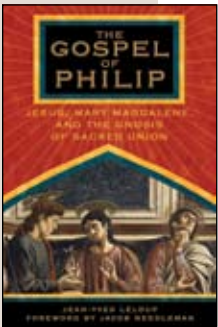


The Gospel of Mary Magdalene

Jean-Yves Leloup
Foreword by Jacob Needleman

ISBN-13: 978-0-89281-911-9
\$14.95 (CAN \$21.95) pb • 200 pages, 6 x 9

Jean-Yves Leloup's translation of the Gospel of Mary from the Coptic and his thorough and profound commentary on this text are presented here for the first time in English. The text emphasizes the eminence of the divine feminine and an abiding love of nature over the dualistic and ascetic interpretations of Christianity presented elsewhere. What emerges from this important source text and commentary is a renewal of the sacred feminine in the Western spiritual tradition.



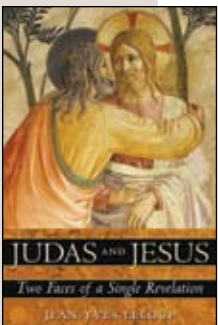
The Gospel of Philip

Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup
Foreword by Jacob Needleman

ISBN-13: 978-1-59477-022-7
\$14.95 (CAN \$21.95) pb • 192 pages, 6 x 9

Theologian Jean-Yves Leloup's translation from the Coptic and his analysis of the Gospel of Philip's are presented here for the first time in English. What emerges from this important source text is an affirmation of the sacred union of the male and female principles that was once at the heart of Christianity's sacred mystery.



Judas and Jesus

Two Faces of a Single Revelation

Jean-Yves Leloup
ISBN-13: 978-1-59477-166-8
\$14.95 (CAN \$18.95) pb • 192 pages, 6 x 9

The betrayal of Jesus to the Romans was Jesus's idea, explains Jean-Yves Leloup. Careful investigation of the gospels, various apocryphal texts, and the Coptic codex known as the Gospel of Judas, lead him to conclude that there is more to the story of Judas than a simple demonstration, viewed through one man, of humanity's inherent failings.



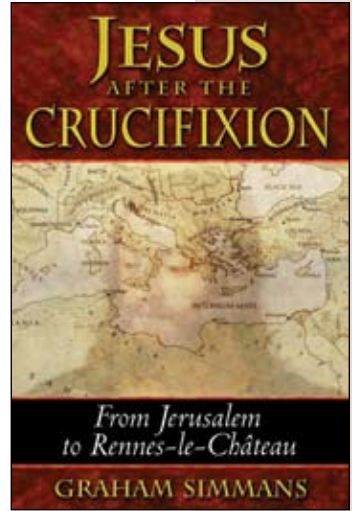
Jesus after the Crucifixion

From Jerusalem to Rennes-le-Château

Graham Simmans

ISBN-13: 978-1-59143-071-1
 \$18.00 (CAN \$22.75) pb
 328 pages, 6 x 9
 Includes 8-page color insert

Jesus did not die on the cross. He survived and went to southern France with his wife, Mary. This possibility is proposed by Graham Simmans, who spent many years on a quest to find the real beginnings of Christianity. His investigation shows that after a time in Egypt, Jesus settled in Rennes-le-Château, a sophisticated and cosmopolitan center of spiritual diversity. Using Coptic and Jewish sources, including the Talmud, that allow a glimpse of the Christian philosophy espoused by Jesus, Simmans contends that true Christianity was brought into France, Britain, and Spain from first century Egypt and Judea, not fourth- and fifth-century Rome.



The Secret Initiation of Jesus at Qumran

The Essene Mysteries of John the Baptist

Robert Feather

ISBN-13: 978-1-59143-044-5
 \$24.00 (CAN \$32.95) pb
 496 pages, 6 x 9 • Includes 16-page color insert and 22 b&w illustrations

Robert Feather presents persuasive evidence of the strong link between the Qumran Essenes and New Testament teachings, and that John the Baptist and Jesus were intimately involved in the Qumran community. He further claims early Christianity incorporated a form of monotheism derived from the Egyptian pharaoh Akhenaten, uniquely espoused by the Essenes at Qumran.



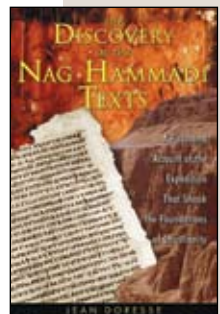
The Discovery of the Nag Hammadi Texts

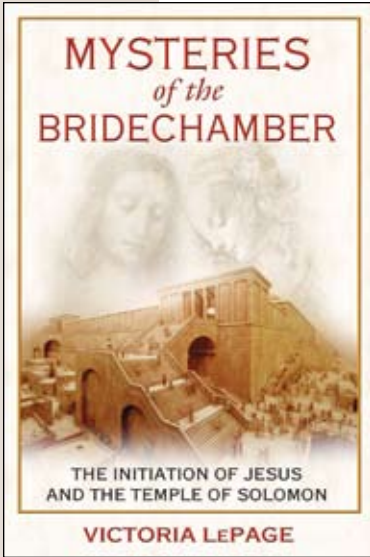
A Firsthand Account of the Expedition That Shook the Foundations of Christianity

Jean Doresse

ISBN-13: 978-1-59477-045-6
 \$19.95 (CAN \$27.95) pb
 384 pages, 6 x 9 • 12 b&w illustrations

Hidden for sixteen centuries, the Nag Hammadi library, the most prodigious collection of sacred gnostic texts, was discovered in the late 1940s in Egypt and is considered by many scholars to surpass the Dead Sea Scrolls in importance. Included is the original English translation of the Gospel of Thomas, first published in 1960.





NEW—NOVEMBER 2007

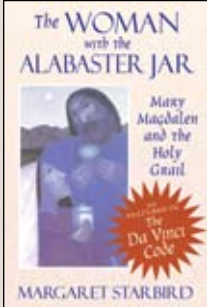
Mysteries of the Bridechamber
The Initiation of Jesus and the Temple of Solomon



Victoria LePage

ISBN-13: 978-1-59477-193-4
 \$19.95 (CAN \$23.95) pb
 448 pages, 6 x 9
 14 b&w illustrations

As a fearless social reformer, Jesus wanted to restore the authority of the feminine principle, including asserting the equality of man and woman in the social contract of marriage. He reinstated in his own life the tradition of sacred consortship—a rite known to early Church fathers as the bridechamber sacrament, whereby the marriage of the masculine and feminine energies was effected. This rite, Victoria LePage suggests, was the primary focus of Jesus' teachings, the very heart of his exhortations to love thy neighbor, and the source of his healing power.



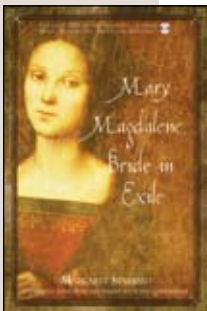
The Woman with the Alabaster Jar
Mary Magdalene and the Holy Grail



Margaret Starbird

ISBN-13: 978-1-879181-03-8
 \$16.95 (CAN \$24.95) pb
 240 pages, 6 x 9
 Includes 16-page color insert

Roman Catholic scholar Margaret Starbird's extensive study of history, symbolism, medieval art, mythology, psychology, and the Bible uncovers new and compelling evidence that Jesus Christ was married to Mary Magdalene. Starbird's investigation of this suppressed history calls for a restoration of the feminine principle to its intended place in the canon of Christianity.



Mary Magdalene, Bride in Exile



Margaret Starbird

ISBN-13: 978-1-59143-054-4
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 Includes three 8-page color inserts and 60-minute CD

Margaret Starbird examines the many faces of Mary Magdalene, from the historical woman, to the mythic and symbolic Magdalene, archetype of the Sacred Feminine. Starbird offers historical evidence that Mary was Jesus' forgotten bride, and establishes her true role as embodying the soul's own journey in its eternal quest for reunion with the Divine.

NEW—DECEMBER 2007

The Gnostic Faustus

The Secret Teachings behind the Classic Text

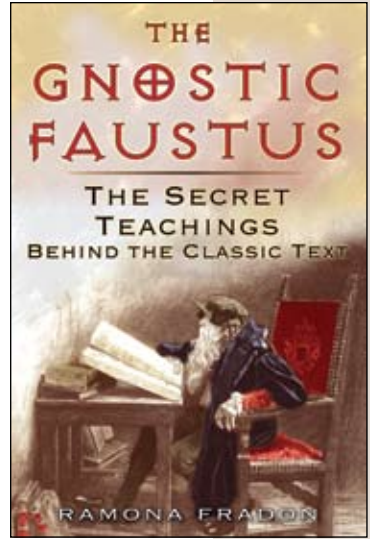
Ramona Fradon

ISBN-13: 978-1-59477-204-7

\$19.95 (CAN \$22.95) pb

384 pages, 6 x 9

In *The Gnostic Faustus*, Ramona Fradon shows the legend of Doctor Faustus to be a composite Gnostic creation myth that reveals the process of spiritual salvation. Nearly every element of the original 16th-century text is a metaphor containing profound spiritual messages. It provides an account of spiritual initiation whose goal is ecstatic revelation and union with the divine. The elements of alchemy, sacramental sex, and worship of the divine feminine that are encoded in the Faust Book reveal the same hidden goddess-worshipping tradition whose practices are hinted at by the writings of Renaissance magi such as Cornelius Agrippa and Giordano Bruno.



Gnostic Philosophy

From Ancient Persia to Modern Times

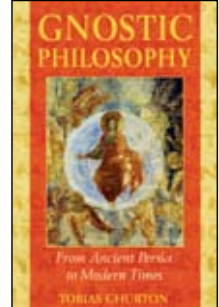
Tobias Churton

ISBN-13: 978-1-59477-035-7

\$18.95 (CAN \$25.95) pb

480 pages, 6 x 9

Gnosticism was a contemporary of early Christianity, and its demise can be traced to Christianity's efforts to silence its teachings. Its influence extended from the Middle Ages to the Sufis, Carl Jung, Rudolf Steiner, and the Rosicrucians and Freemasons. Today's heirs to Gnosticism continue to strive to create a Temple of new cosmic understanding.



Gnostic Secrets of the Naassenes

The Initiatory Teachings of the Last Supper

Mark H. Gaffney

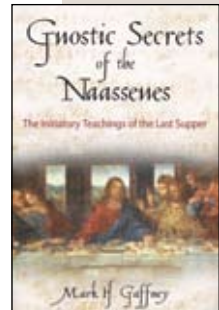
ISBN-13: 978-0-89281-697-2

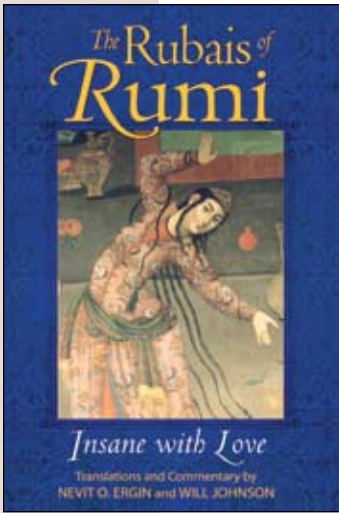
\$18.95 (CAN \$27.95) pb

304 pages, 6 x 9

12 b&w illustrations

Contrary to Church doctrine, the Naassenes were not a heretical derivative of Christianity, but the authentic foundation and purveyor of Jesus' actual teachings at the Last Supper. These teachings allow for spiritual attainment in this life by anyone, without the intermediary of Church or priest. This was the real meaning of the Last Supper and why the Naassenes believed that Jesus was the fulfillment of all the Mystery traditions.





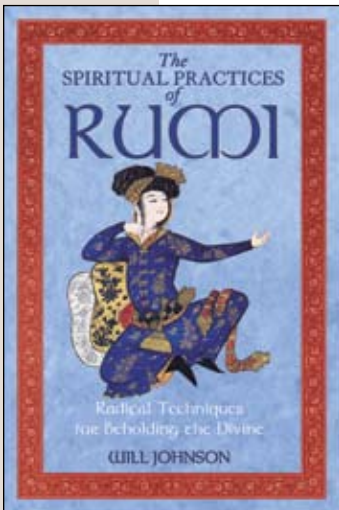
NEW—AVAILABLE

The Rubais of Rumi
Insane with Love

Translations and Commentary by
Nevit O. Ergin and Will Johnson

ISBN-13: 978-1-59477-183-5
\$14.95 (CAN \$17.95) pb
224 pages, 6 x 9

Rumi is well known for the over 44,000 verses that appear in a 23-volume collection called the *Divan-i Kebir*. Yet Rumi also composed 1,700 *rubais*, short aphorisms and observations, whose depth and message belie their brevity. Unlike most poets, who sit and carefully craft each word, Rumi composed and spoke his poems through the spontaneous “language of poetry” that poured from his lips as he traveled the streets of Konya, Anatolia (present-day Turkey). *The Rubais of Rumi* reveals that by going deep into the interior of our heart and soul, we can arrive at a place in which we once again merge and connect with the divine.



NEW—AVAILABLE

New Edition of *Rumi: Gazing at the Beloved*

The Spiritual Practices of Rumi
Radical Techniques for Beholding the Divine

Will Johnson

ISBN-13: 978-1-59477-200-9
\$14.95 (CAN \$17.95) pb
192 pages, 6 x 9

The Spiritual Practices of Rumi reveals for the first time one of the most extraordinary events in the history of Sufism, in 1244, when Sufi poet and mystic, Jallaludin Rumi, met a wandering seeker named Shams-i-Tabriz. Upon meeting the two men went into private retreat together and emerged 90 days later in a transformed condition. Will Johnson shares extensive research of Rumi's life to uncover the mystical secrets of divine Union in sacred friendship and reveals for the first time the esoteric practice that Rumi and Shams engaged in behind the closed doors of their retreat room. In doing so, he presents a practice that anyone can engage in to attain the same ecstatic state of divine Union experienced by Rumi and Shams so many centuries ago.



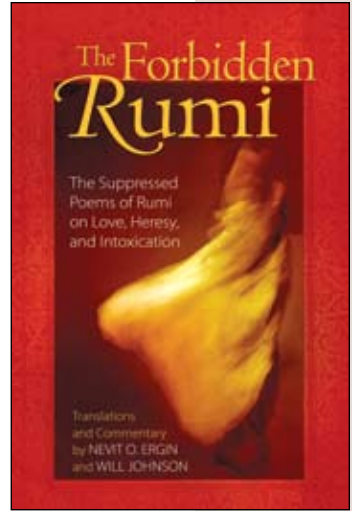
The Forbidden Rumi

The Suppressed Poems of Rumi on Love, Heresy, and Intoxication

Translations and Commentary by
Nevit O. Ergin and Will Johnson

ISBN-13: 978-1-59477-115-6
\$14.95 (CAN \$19.50) pb
176 pages, 6 x 9

After his life-altering encounters with Shams of Tabriz, Rumi began to speak spontaneously in the language of poetry, and his followers compiled his 44,000 verses into 23 volumes, collectively called the Divan. When Nevit Ergin decided to translate the Divan into English, he enlisted the help of the Turkish government. The first 22 volumes were published without difficulty, but the government refused to participate in the publication of the final volume due to its openly heretical nature. Now, in *The Forbidden Rumi*, Will Johnson and Nevit Ergin present for the first time in English Rumi's poems from this forbidden volume.



Revised Edition

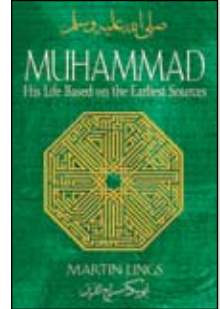
Muhammad

His Life Based on the Earliest Sources

Martin Lings

ISBN-13: 978-1-59477-153-8
\$19.95 (CAN \$24.95) pb
384 pages, 6 x 9

Martin Lings' *Muhammad* is an internationally acclaimed, comprehensive, and authoritative account of the life of the prophet. This revised edition includes new sections detailing the prophet's expanding influence and his spreading of the message of Islam into Syria and its neighboring states. It represents the final updates made to the text before the author's death in 2005.

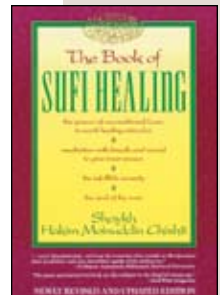


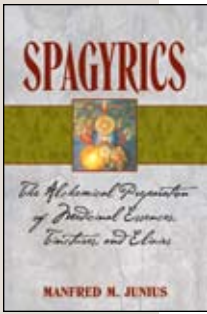
The Book of Sufi Healing

Shaykh Hakim Moinuddin Chishti

ISBN-13: 978-0-89281-324-7
\$16.95 (CAN \$24.95) pb
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In the Sufi tradition, healing of the sick is considered the most important of all services to humanity. For the first time in the West, the author presents the secret practices of this divine science, based on the 800-year tradition of the Chishti Order. Topics include dietary recommendations of the Prophet, and the "infallible remedy."





New Edition of *The Practical Handbook of Plant Alchemy*

Spagyrics

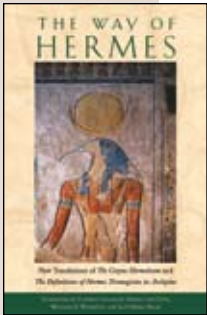
The Alchemical Preparation of Medicinal Essences, Tinctures, and Elixirs

Manfred M. Junius

ISBN-13: 978-1-59477-179-8

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This comprehensive alchemical guide to plant extractions and their health benefits shows how spagyric methods “open” medicinal plants completely to release their most powerful healing properties. Including the Plant Magistry of Paracelsus and the Life Elixir recipe of Andreas Libavius among its historic techniques, this classic source text preserves the nearly forgotten methods of this true hermetic art.



The Way of Hermes

New Translations of The Corpus Hermeticum and The Definitions of Hermes Trismegistus to Asclepius

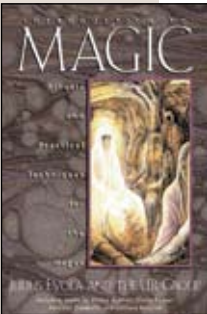
Translated by Clement Salaman, Dorine van Oyen, William D. Wharton, and Jean-Pierre Mahé

ISBN-13: 978-0-89281-186-1

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The Way of Hermes includes the first English translation of the recently rediscovered manuscript of *The Definitions of Hermes Trismegistus to Asclepius*. This new translation of *The Corpus Hermeticum* is of enormous value to the contemporary student of Gnostic studies.



Introduction to Magic

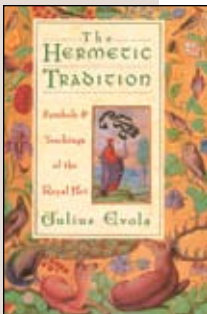
Rituals and Practical Techniques for the Magus

Julius Evola and the UR Group

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For the first time in English, this classic Italian text collects the rites, practices, and esoteric knowledge of the powerful and mysterious UR Group for the use of aspiring mages. Included here are instructions for creating an etheric double, speaking words of power, and interacting with entities, as well as translations of such arcane texts as the Tibetan Thunderbolt Diamond Path, the Mithraic cult’s “Grand Papyrus of Paris,” and the Greco-Egyptian *De Mysteriis*.



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Symbols and Teachings of the Royal Art

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Drawing from sources throughout the Western esoteric tradition, Evola shows that alchemy is a universal science of transformation.



NEW—JANUARY 2008

New Edition

The Dimensions of Paradise***Sacred Geometry, Ancient Science, and the Heavenly Order on Earth***

John Michell

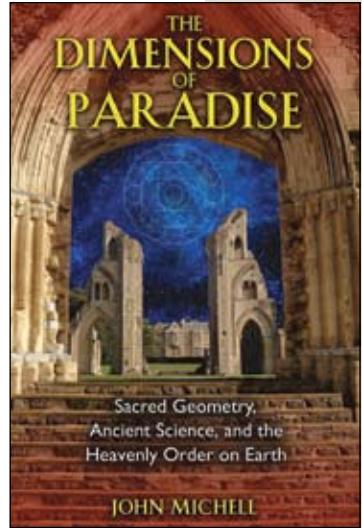
ISBN-13: 978-1-59477-198-9

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70 b&w illustrations

The priests of ancient Egypt preserved a geometrical canon, a numerical code of harmonies and proportions, that they applied to music, art, statecraft, and all the institutions of their civilization. It was the instrument by which the ancients maintained high, principled standards of civilization and culture over thousands of years. John Michell's research reveals a structure of geometry and number that represents the essential order of the heavens. He demonstrates that the same numerical code underlying sacred structures from ancient times to the Christian era is the actual science and cosmology on which the ancient world order was founded.

**The Return of Sacred Architecture*****The Golden Ratio and the End of Modernism***

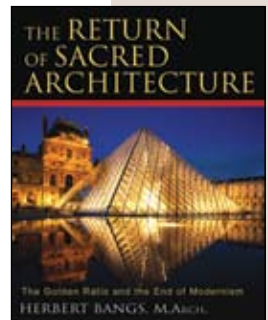
Herbert Bangs, M.Arch.

ISBN-13: 978-1-59477-132-3

\$24.95 (CAN \$31.95) pb

240 pages, 8 x 10 • 201 b&w illustrations

In early times, the architect worked within a sacred and esoteric tradition, incorporating ancient laws of proportion and number that expressed the harmonious relationship between man and the cosmos. Today, that tradition has been abandoned in favor of efficiency and economy. Architect Herbert Bangs urges a return to the sacred principles built into the temples of the past.

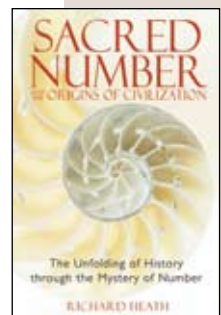
**Sacred Number and the Origins of Civilization*****The Unfolding of History through the Mystery of Number***

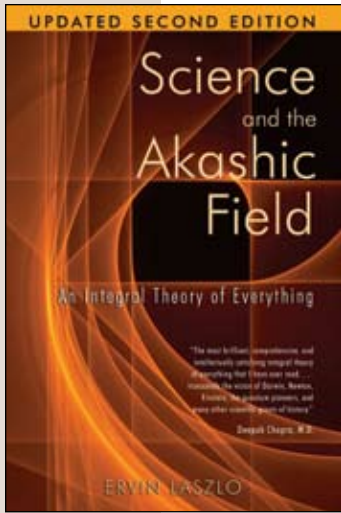
Richard Heath

ISBN-13: 978-1-59477-131-6

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Sacred numbers and ratios can be found throughout history, influencing everything from art and architecture to the development of religion and secret societies. From Solomon's Key to the Templar design for Washington D.C. as New Jerusalem, Richard Heath reveals the origins, influences, and deeper meaning of these synchronous numerical occurrences.





Updated Second Edition

Science and the Akashic Field *An Integral Theory of Everything*

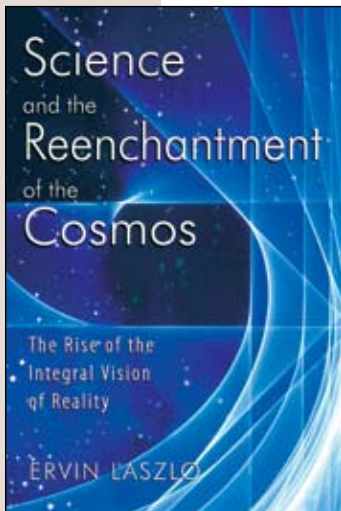
Ervin Laszlo

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Mystics and sages have long maintained that at the roots of reality there exists an interconnecting cosmic field that conserves and conveys information, a field known as the Akashic record. Recent discoveries in vacuum physics show that this field has its equivalent in science's zero-point field and consists of a subtle sea of fluctuating energies from which all things arise: atoms and galaxies, stars and planets, living beings, and even consciousness. This zero-point Akashic Field is the constant and enduring memory of the universe, holding the record of all that has happened in the cosmos and reflecting all that is yet to come.



Science and the Reenchantment of the Cosmos

The Rise of the Integral Vision of Reality

Ervin Laszlo

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What scientists are now finding at the outermost frontiers of every field is that the universe is not a world of separate things and events but is a cosmos that is connected, coherent, and bears a profound resemblance to the visions held in the earliest spiritual traditions in which the physical world and spiritual experience were both aspects of the same reality and man and the universe were one. This sense of sacred oneness experienced by our ancestors was displaced by the unyielding material presumptions of modern science, but can be restored, and humanity can once again feel at home in the universe.



Stalking the Wild Pendulum

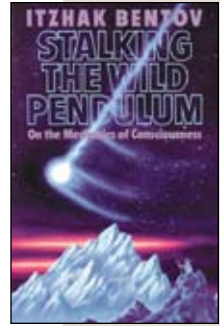
On the Mechanics of Consciousness

Itzhak Bentov

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In this exciting and original view of the universe, Itzhak Bentov provides a new perspective on human consciousness and its limitless possibilities. Widely known and loved for his delightful humor and imagination, Bentov dazzles the imagination and causes us to rethink everything about the nature of reality.



Genesis of the Cosmos

The Ancient Science of Continuous Creation

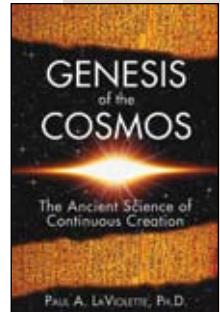
Paul A. LaViolette, Ph.D.

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Paul LaViolette reveals astonishing parallels between cutting edge scientific thought and early creation myths, and how these myths encode a theory of cosmology in which matter is continually growing from seeds of order that emerge spontaneously from chaos. Exposing the contradictions of the Big Bang theory, LaViolette leads us beyond the restrictive metaphors of modern science and into a new science for the 21st century.



Chaos, Creativity, and Cosmic Consciousness

Rupert Sheldrake, Terence McKenna, and Ralph Abraham

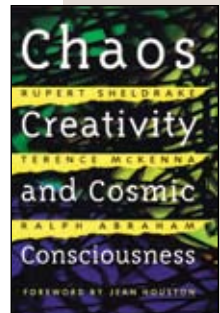
Foreword by Jean Houston

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Are the eternal laws of nature still evolving? In this book of "dialogues," the late psychedelic visionary Terence McKenna, biologist and author of the morphogenetic field theory Rupert Sheldrake, and mathematician and chaos theory scientist Ralph Abraham explore the relationships between chaos and creativity, and their connections to cosmic consciousness.



The Presence of the Past

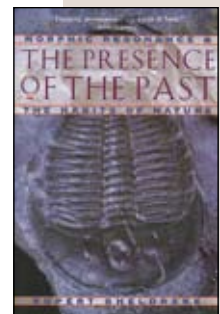
Morphic Resonance and the Habits of Nature

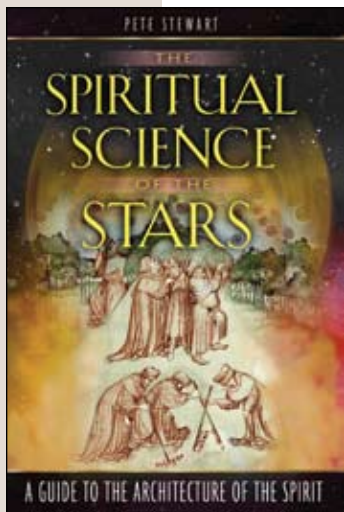
Rupert Sheldrake

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Rupert Sheldrake's theory of morphic resonance challenges the fundamental assumptions of modern science, proposing that all natural systems, from crystals to human society, inherit a collective memory that influences their form and behavior. *The Presence of the Past* presents evidence for Sheldrake's controversial theory, exploring its implications in the field of biology, physics, psychology, and sociology.





NEW—DECEMBER 2007

The Spiritual Science of the Stars

A Guide to the Architecture of the Spirit

Pete Stewart

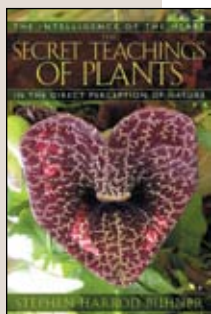
ISBN-13: 978-1-59477-196-5

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272 pages, 6 x 9

32 b&w illustrations

Contrary to the popular belief that creation myths were meant to explain the origins of the universe, Pete Stewart shows that they were actually designed to create a harmony and order in the lives of humans that reflected, in their social and built environments, the ordered patterns they observed in the sky. Stewart explores how, by reexamining the myths of creation in this light, we can learn how contemporary cosmology might yield a new architecture for the spirit and how the ancient sense of being in the cosmos might be reconstructed for our age.



The Secret Teachings of Plants

The Intelligence of the Heart in the Direct Perception of Nature

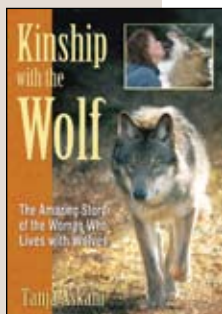
Stephen Harrod Buhner

ISBN-13: 978-1-59143-035-3

\$18.00 (CAN \$25.95) pb • 336 pages, 6 x 9 • 4 b&w illustrations

Ancient and indigenous peoples have insisted their knowledge of plant medicines came from the plants themselves, perceived through a heart-centered mode of perception, not trial-and-error experimentation. Author Stephen Harrod Buhner explores this heart-centered mode of perception, helping readers to learn about the medicinal uses of plants, and how to gather information directly from the heart of Nature.

For other books by Stephen Harrod Buhner, see pp. 46 & 85



Kinship with the Wolf

The Amazing Story of the Woman Who Lives with Wolves

Tanja Askani

ISBN-13: 978-1-59477-130-9

\$19.95 (CAN \$24.95) pb • 144 pages, 7.5 x 10.5 • 124 color photographs

Tanja Askani reveals the wolf as a highly intelligent, social, sensitive creature that brings inestimable value to healthy natural systems. This stigmatized predator is one part of our natural world whose value and wisdom we are just beginning to understand. Askani demonstrates a new way of relating to wolves and to the world as a whole.



NEW—AVAILABLENew Edition of *Sirens: Symbols of Seduction***Seduction and the Secret Power of Women*****The Lure of Sirens and Mermaids***

Meri Lao

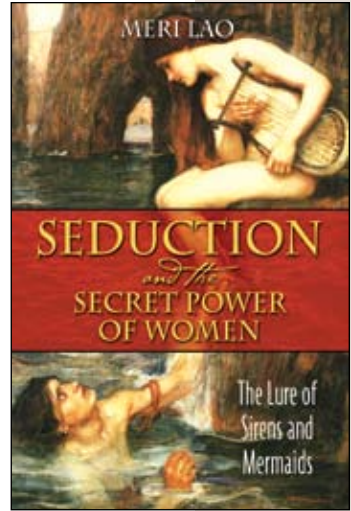
ISBN-13: 978-1-59477-201-6

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60 color and 100 b&w illustrations

Fully illustrated in color with works by Rubens, Bosch, Munch, Magritte, and others, *Seduction and the Secret Power of Women* explores humanity's age-old fascination with Sirens. With womanly torsos and animal lower halves, usually birds or fish, Sirens have long been symbols of the lure of desire—the feminine, as seducer—beckoning men to mystery beyond their ken, or to disaster. This book is both a celebration of Sirens and an examination of the psychology of dichotomy—the diametrically opposed drives and inherent conflicts underlying this female archetype.

**The Voynich Manuscript*****The Mysterious Code That Has Defied Interpretation for Centuries***

Gerry Kennedy and Rob Churchill

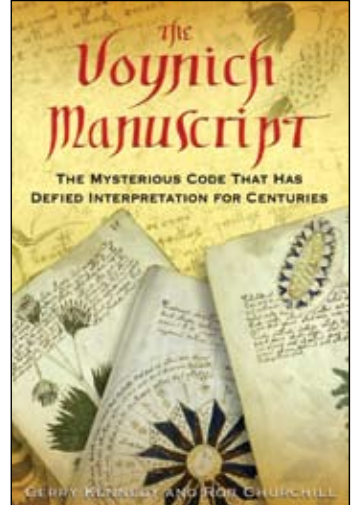
ISBN-13: 978-1-59477-129-3

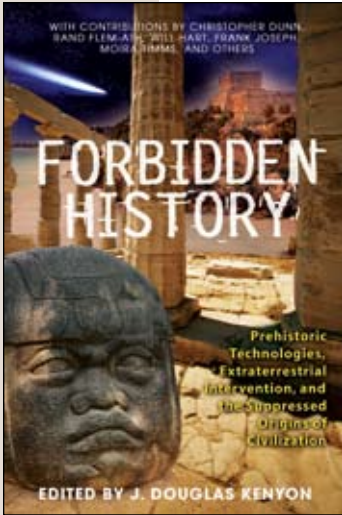
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328 pages, 6 x 9

Includes three 8-page color inserts and 51 b&w illustrations

Since its discovery by Wilfrid Voynich in an Italian monastery in 1912, the Voynich Manuscript has baffled scholars and cryptanalysts with its unidentifiable script and bizarre illustrations. Written in an unknown language or an as yet undecipherable code, this medieval manuscript contains hundreds of illustrations of unknown plants, cosmological charts, and inexplicable scenes of naked “nymphs” bathing in a green liquid. Gerry Kennedy and Rob Churchill explore the mystery surrounding the Voynich Manuscript, examining the many existing theories about the possible authors of this work and the information it may contain. This manuscript remains one of the most intriguing yet enigmatic documents ever to have come to light.





Forbidden History

Prehistoric Technologies, Extraterrestrial Intervention, and the Suppressed Origins of Civilization

Edited by J. Douglas Kenyon

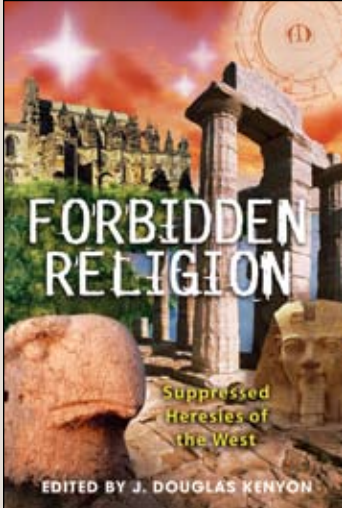
ISBN-13: 978-1-59143-045-2

\$18.00 (CAN \$23.95) pb

344 pages, 6 x 9

Includes 8-page color insert and 108 b&w illustrations

In *Forbidden History*, writer and editor J. Douglas Kenyon offers 42 essays from the archives of the bimonthly journal *Atlantis Rising*, providing an overview of the positions taken by key thinkers in the fields of ancient mysteries and alternative history. The book serves as an excellent introduction to hitherto suppressed and alternative accounts of history, including Earth Changes—Sudden or Gradual, Civilization's Greater Antiquity, Darwinism Under Fire, Ancestors from Space, Ancient High Tech, and The Search for Lost Origins. The Atlantis debate, the origins of the Pyramids, and other controversial themes are explored as contributors raise questions about the origins of civilization and humanity, catastrophism, and ancient technology.



Forbidden Religion

Suppressed Heresies of the West

Edited by J. Douglas Kenyon

ISBN-13: 978-1-59143-067-4

\$18.00 (CAN \$22.95) pb

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J. Douglas Kenyon has assembled material from his bimonthly journal *Atlantis Rising* that explores the hidden path of the religions banned by the orthodox Church—from the time before Christ when the foundations of Christianity were being laid to the tumultuous times of the Cathars and Templars and the Masons of the New World. Revealed are the intimate ties of ancient Egyptian religion to Christianity, the true identities of the three magi, the link forged by the Templars between early Christianity and the Masons, and how these hidden religious currents still influence the modern world.



NEW—AVAILABLE

Sacred Symbols of the Dogon***The Key to Advanced Science in the Ancient Egyptian Hieroglyphs***

Laird Scranton

Foreword by John Anthony West

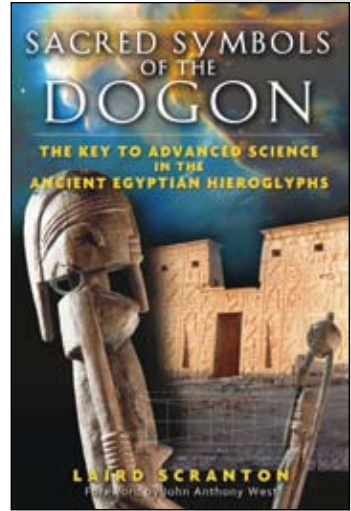
ISBN-13: 978-1-59477-134-7

\$18.95 (CAN \$22.95) pb

272 pages, 6 x 9

5 b&w illustrations

In *Sacred Symbols of the Dogon*, author Laird Scranton provides a new understanding of Egyptian hieroglyphs—as scientific symbols based on Dogon cosmological drawings. By substituting Dogon cosmological drawings for equivalent glyph-shapes in Egyptian words, a new way of reading and interpreting the Egyptian hieroglyphs emerges. Scranton shows how each hieroglyph constitutes an entire concept, and that their meanings are scientific in nature. Using the Dogon symbols as a “Rosetta stone,” he reveals references within the ancient Egyptian language that define the full range of scientific components of matter: from massless waves to the completed atom, even suggesting direct correlations to a fully realized unified field theory.

**The Science of the Dogon*****Decoding the African Mystery Tradition***

Laird Scranton

Foreword by John Anthony West

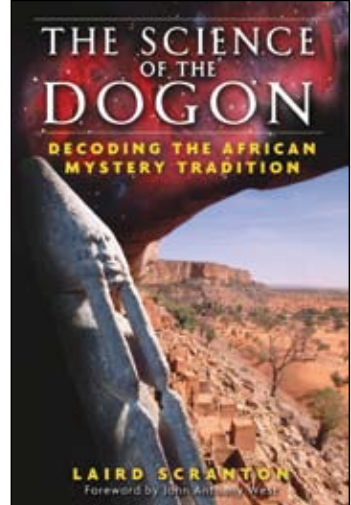
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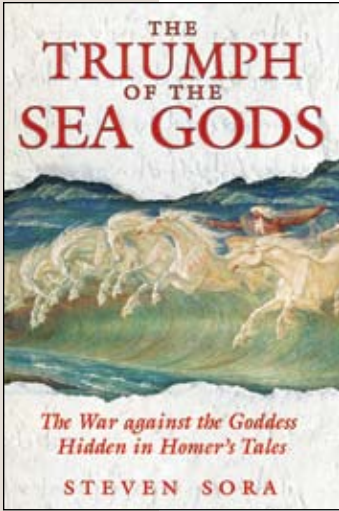
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17 b&w illustrations

The myths of the Dogon people of Mali, West Africa, bear a striking resemblance to modern scientific definitions of matter. Furthermore, many of the Dogon words, symbols, and rituals used to describe the structure of matter are quite similar to those found in the myths of ancient Egypt and in the daily rituals of Judaism. Laird Scranton offers a case-by-case comparison of Dogon descriptions and diagrams to corresponding scientific models and diagrams from authors like Stephen Hawking and Brian Greene, then extends this analysis to the counterparts of these symbols in both the ancient Egyptian and Hebrew religions.





NEW—AVAILABLE

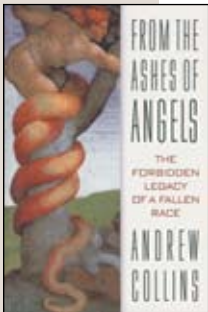
The Triumph of the Sea Gods
*The War against the Goddess
 Hidden in Homer's Tales*

Steven Sora

ISBN-13: 978-1-59477-143-9
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 260 pages, 6 x 9
 Includes 4-page color insert

Steven Sora argues that Homer's tales do not describe adventures in the Mediterranean, but are adaptations of Celtic myths that chronicle an Atlantic coastal war that took place off the Iberian Peninsula around 1200 B.C. The actual struggle described in Homer's stories occurred during a series of rises in sea level that inundated various land masses (Atlantis) and permitted sea passage to areas previously inaccessible. The war and the destructive weather broke the power of this seaboard civilization, leading to an invasion by the sea peoples and the rapid decline of the region's goddess-worshipping culture that had reigned there since Neolithic times.

Also by Steven Sora, *Secret Societies of America's Elite*, p. 40



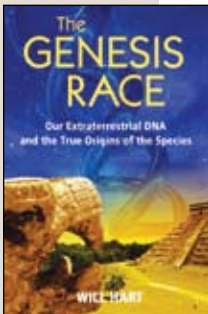
From the Ashes of Angels

The Forbidden Legacy of a Fallen Race

Andrew Collins

ISBN-13: 978-1-879181-72-4
 \$20.00 (CAN \$28.95) pb • 464 pages, 6 x 9 • 20 line drawings

Mythology describes how beings of great beauty and intelligence, who served as messengers of gods, fell from grace through pride. These angels, also known as Watchers, lusted after human women, lay with them, and fathered giant offspring called the Nephilim. Andrew Collins reveals that these angels were flesh-and-blood members of a race who lived in Egypt (prior to the ancient Egyptians), before leaving the region for what is now eastern Turkey.



The Genesis Race

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Will Hart

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For millennia the development of humanity showed a consistent pattern. Then suddenly, around 5000 B.C., great civilizations sprang up around the globe. Creation myths of these civilizations tell of gods who came to Earth, teaching the arts of civilized life. Now, Will Hart shows that these gods were actually visitors from other worlds who genetically engineered modern humanity from the beings that then inhabited the planet.



Egypt: Child of Atlantis

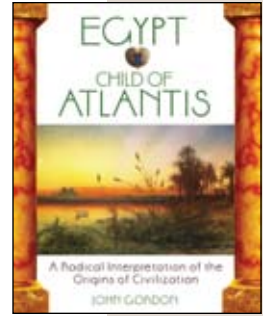
A Radical Interpretation of the Origins of Civilization

John Gordon

ISBN-13: 978-1-59143-023-0

\$20.00 (CAN \$28.95) pb • 304 pages, 8 x 10 • 87 b&w illustrations

John Gordon traces the origins of Egyptian culture to the legendary lost continent of Atlantis and concludes that the sacred science of ancient Egypt was built on knowledge of geography and astronomy modern science has yet to attain, a legacy left to them by "fallen star gods," conscious divine beings who founded Atlantis.



Atlantis and the Kingdom of the Neanderthals

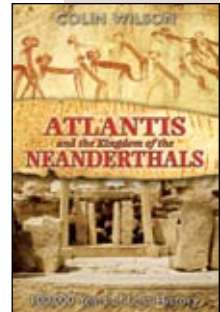
100,000 Years of Lost History

Colin Wilson

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Colin Wilson examines remarkable archaeological discoveries that suggest civilization on Earth is far older than we have previously realized, and that not only did Atlantis exist but that the civilizing force behind it was the Neanderthals, a sophisticated race markedly dissimilar to the violent brutes of their traditional reputation.



Survivors of Atlantis

Their Impact on World Culture

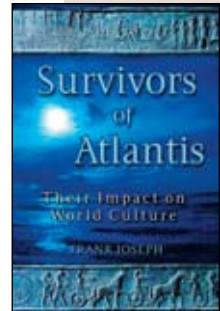
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Archaeologists have long puzzled over evidence suggesting sophisticated copper mining activities in the Great Lakes area some 5,000 years ago. Menomonie Indian tradition speaks of fair skinned mariners from the past who came to "dig out the shiny bones" of the Earth Mother. In this sequel to *The Destruction of Atlantis*, Frank Joseph contends that the mariners described by the North American Menomonie Indians were Atlanteans.

Also by Frank Joseph, *The Lost Civilization of Lemuria*, p. 33



The Sirius Mystery

New Scientific Evidence of Alien Contact 5,000 Years Ago

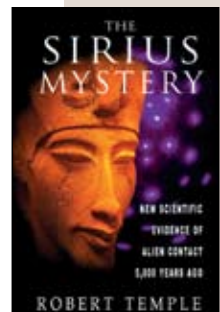
Robert Temple

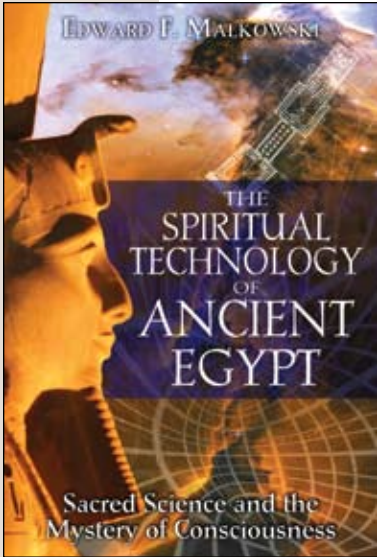
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An awe-inspiring work that calls for a reappraisal of our role in the universe, this book provides convincing evidence that the Egyptian, Sumerian, and Dogon civilizations were founded by aliens from the Sirius star system and are now ready to return.

Also by Robert Temple, *The Genius of China*, p. 4





NEW—NOVEMBER 2007

The Spiritual Technology of Ancient Egypt

Sacred Science and the Mystery of Consciousness

Edward F. Malkowski

Foreword by Christopher Dunn

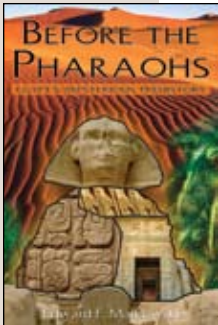
ISBN-13: 978-1-59477-186-6

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33 b&w illustrations

The Spiritual Technology of Ancient Egypt investigates the history of how modern religion and the Age of Science were inspired by the sacred science of the ancients. Building on René A. Schwaller de Lubicz's systematic study of Luxor's Temple of Amun-Mut-Khonsu during the 1940s and '50s, Edward Malkowski shows that the ancient Egyptians' worldview was not based on superstition or the invention of myth but was the result of direct observation using critical faculties attuned to the quantum manifestation of the universe. This understanding of reality as a product of human consciousness provided the inspiration for the sacred science of the ancients—precisely the philosophy modern science is embracing today.



Before the Pharaohs

Egypt's Mysterious Prehistory

Edward F. Malkowski

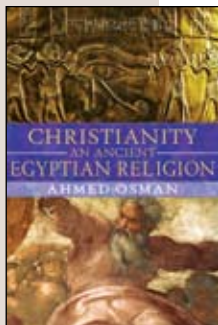
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Using hard scientific evidence from the fields of archaeology, genetics, engineering, and geology, as well as sacred and religious texts, Malkowski shows that a highly sophisticated civilization existed prior to those of Egypt and Sumer. Tying its cataclysmic fall to the mysterious disappearance of Cro-Magnon culture, *Before the Pharaohs* offers a compelling new view of humanity's past.



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Ahmed Osman

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Author Ahmed Osman contends that the roots of Christian belief spring not from Judaea but from Egypt. Comparing the Old Testament with ancient Egyptian records, he shows that major characters of the Hebrew scriptures and major tenets of Christianity—the One God and the Trinity—are Egyptian in origin.



The Temple of Man

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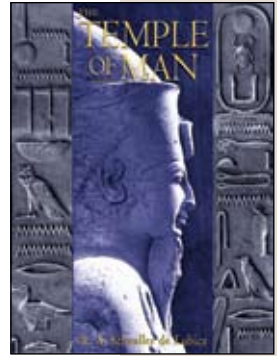
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"This astonishing and monumental book helps us understand not only the greatness of Egypt, but the depths of the human soul as well. The work of Schwaller de Lubicz stands in our time as an unsurpassed blending of objective scholarship and philosophical vision."

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A Study of Numbers

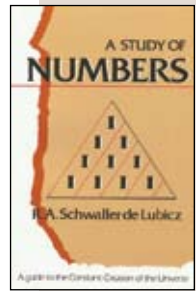
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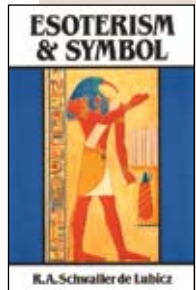
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Moses and Akhenaten

The Secret History of Egypt at the Time of the Exodus

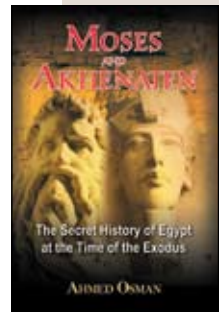
Ahmed Osman

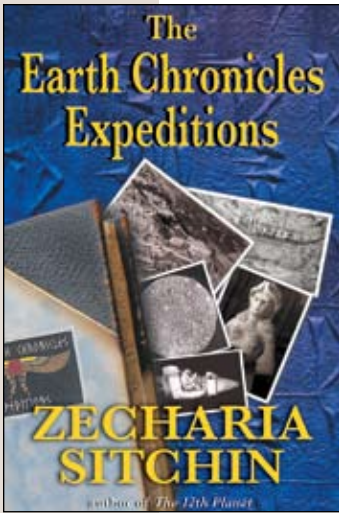
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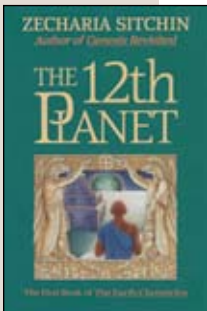
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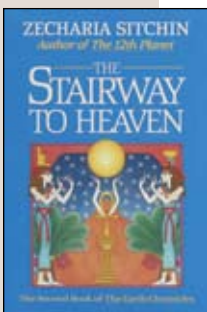
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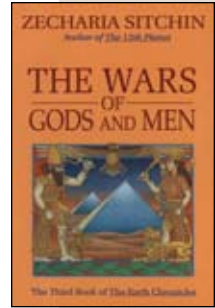
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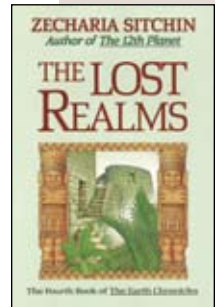
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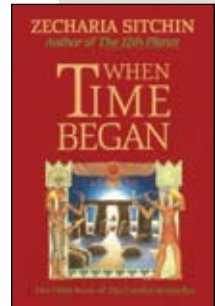
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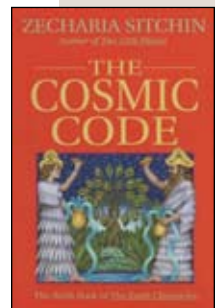
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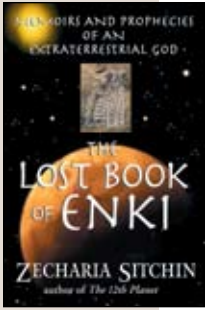
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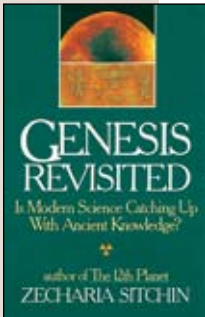
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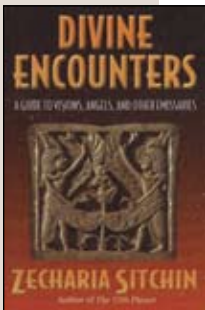
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Also by Zecharia Sitchin, *Journeys to the Mythical Past*, p. 5



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Richard Firestone, Allen West, and Simon Warwick-Smith

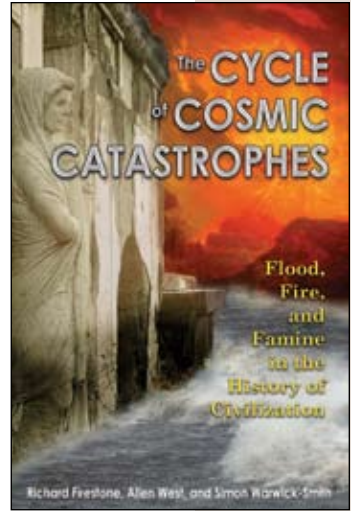
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The Comet That Changed Civilization

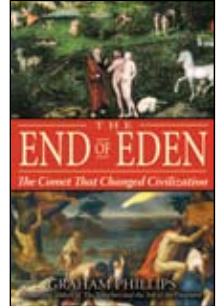
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Frank Joseph

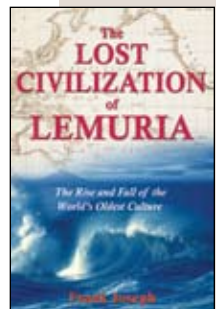
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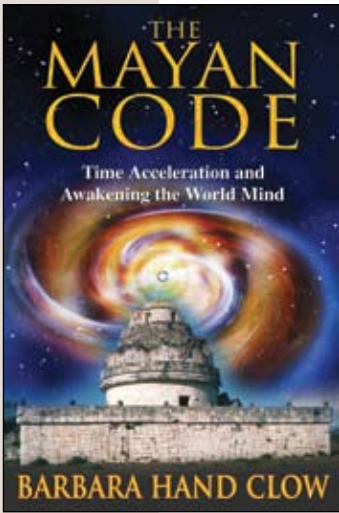
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Also by Frank Joseph, *Survivors of Atlantis*, p. 27





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Barbara Hand Clow

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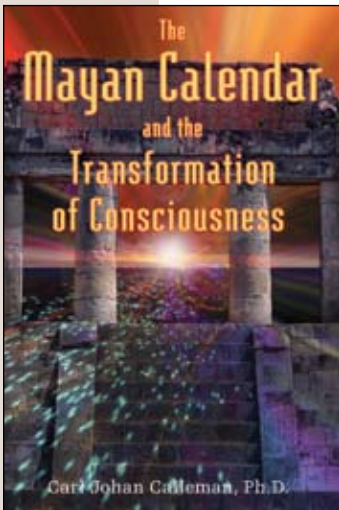
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For other books by Barbara Hand Clow, see pp. 54 & 61



The Mayan Calendar and the Transformation of Consciousness

Carl Johan Calleman, Ph.D.

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The Mayan Factor

Path Beyond Technology

José Argüelles

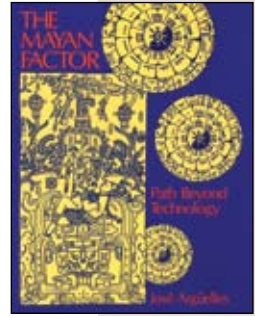
ISBN-13: 978-0-939680-38-2

\$16.00 (CAN \$23.50) pb • 224 pages, 7 x 9

Visionary historian Argüelles unravels the harmonic code of the ancient Maya providing valuable keys to understanding human evolution.

“The Mayan Factor teaches us how to connect directly, sensuously, and electromagnetically with the Galactic Synchronization Beam, a time wave that is now triggering a new phase of galactic evolution. Since 1987, we have been exploring the galaxy with our minds, and The Mayan Factor is an essential guide.”

Barbara Hand Clow, author of *The Pleiadian Agenda*



Return of the Children of Light

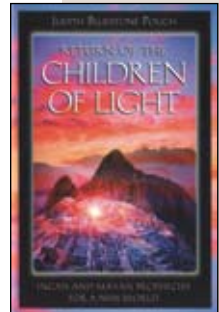
Incan and Mayan Prophecies for a New World

Judith Bluestone Polich

ISBN-13: 978-1-879181-69-4

\$14.00 (CAN \$20.50) pb • 176 pages, 6 x 9

The Incan and Mayan cultures saw themselves as “children of light”—descended from celestial realms—and their prophecies foretell a time of great spiritual awakening. As the ancients predicted, the human god-seed is beginning to awaken, and modern civilization is finally beginning to perceive human potential in ways that the ancient cultures accepted as truth. Polich introduces techniques for awakening our own human potential.



The Mystery of the Crystal Skulls

Unlocking the Secrets of the Past, Present, and Future

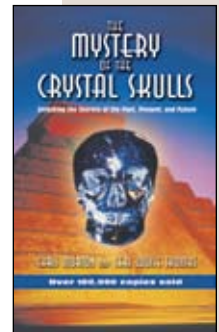
Chris Morton and Ceri Louise Thomas

ISBN-13: 978-1-879181-80-9

\$20.00 (CAN \$28.95) pb

424 pages, 6 x 9 • 31 color and 20 b&w plates

Follow the authors from the jungles of the Maya to the British Museum, the Smithsonian, the crystal laboratories of Hewlett-Packard, and back to the temples of the Maya, where shamans reveal the sacred knowledge these enigmatic objects contain.



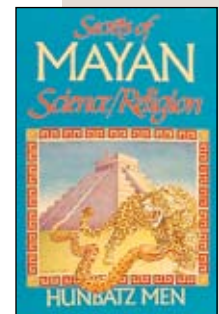
Secrets of Mayan Science/Religion

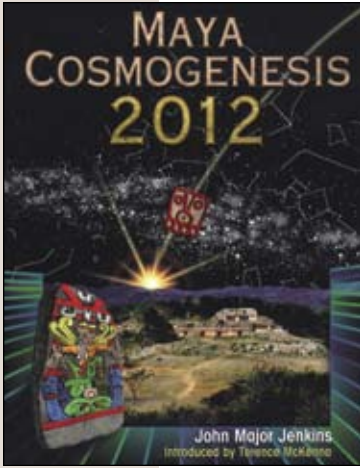
Hunbatz Men

ISBN-13: 978-0-939680-63-4

\$12.95 (CAN \$18.50) pb • 156 pages, 6 x 9

Through symbolic and linguistic analysis, Hunbatz Men's *Secrets of Mayan Science/Religion* links indigenous Mayan thought to the present moment. In this spiritual text, the author explores sacred teachings hidden by the Mayan priesthood shortly after the Spanish Conquistadors arrived in Mexico in 1519. He concludes with an explanation of the metaphysics of ancient Mayan glyphs, and the secret path to illumined consciousness of the feathered serpent, Quetzalcoatl.





Maya Cosmogenesis 2012

The True Meaning of the Maya Calendar End-Date

John Major Jenkins

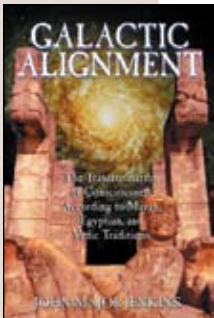
ISBN-13: 978-1-879181-48-9

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416 pages, 7 x 9

200 illustrations

While researching the 2012 end-date of the Maya Calendar, John Major Jenkins decoded the Maya's galactic cosmology. The Maya discovered that the periodic alignment of the Sun with the center of the Milky Way galaxy is the formative influence on human evolution. These alignments also define a series of World Ages. The fourth age ends on December 21, 2012, when an epoch chapter in human history will come to an end. *Maya Cosmogenesis 2012* reveals the Maya's insight into the cyclic nature of time, and prepares us for our own cosmogenesis—the birth of a new world.



Galactic Alignment

The Transformation of Consciousness According to Maya, Egyptian, and Vedic Traditions

John Major Jenkins

ISBN-13: 978-1-879181-84-7

\$18.00 (CAN \$25.95) pb

312 pages, 6 x 9 • 107 b&w illustrations

The Galactic Alignment is a rare astronomical event that brings the solstice sun into alignment with the center of the Milky Way galaxy every 12,960 years. Building on the discoveries of his book *Maya Cosmogenesis 2012*, Jenkins demonstrates that the end-date of 2012 does not signal the end of time but rather the beginning of a new stage in the development of human consciousness.



Pyramid of Fire: The Lost Aztec Codex

Spiritual Ascent at the End of Time

John Major Jenkins and Martin Matz

ISBN-13: 978-1-59143-032-2

\$14.00 (CAN \$20.95) pb • 192 pages, 6 x 9 • 18 b&w illustrations

In 1961 an unknown Aztec codex was revealed to Beat poet and explorer Marty Matz by a Mazatec shaman in the mountains of Oaxaca, Mexico. Passed down in secret since the Spanish Conquest, the codex reveals a profound metaphysical teaching describing how man is transported to the stellar realm after death.



NEW—AVAILABLE**The Secret Message of Jules Verne*****Decoding His Masonic, Rosicrucian, and Occult Writings***

Michel Lamy

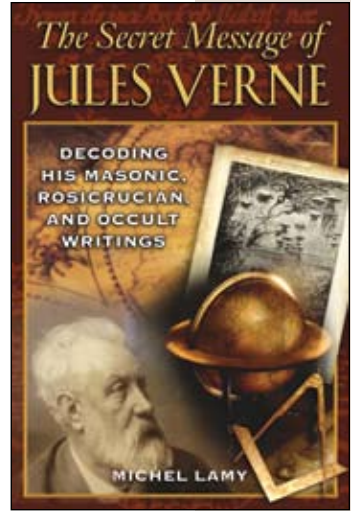
ISBN-13: 978-1-59477-161-3

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320 pages, 6 x 9

Includes 4-page collection of line illustrations

Prolific author and pioneer of the science fiction novel, Jules Verne also possessed a hidden side that was encrypted into all his works—his active participation in the occult milieu of late-nineteenth-century France. Among the many esoteric secrets to be found are significant clues to the Rennes-le-Château mystery, including the location of a great treasure in the former Cathar region of France and the survival of the heirs to the Merovingian dynasty. Verne's books also reveal Rosicrucian secrets of immortality, and some are constructed, like Mozart's *The Magic Flute*, in accordance with Masonic initiation.

**NEW—JANUARY 2008**Updated Edition of *The Occult Conspiracy***Secret Societies*****Their Influence and Power from Antiquity to the Present Day***

Michael Howard

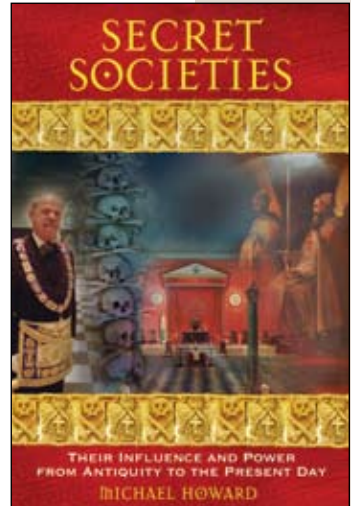
ISBN-13: 978-1-59477-203-0

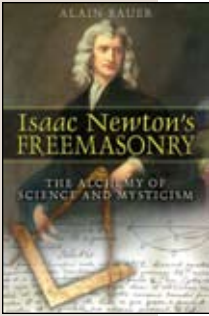
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272 pages, 6 x 9

Includes 8 b&w plates and 14 b&w illustrations

It is a little-known fact that for thousands of years secret societies and occult groups have exercised a strong and often crucial influence on the destiny of nations. The author sheds light on these influences in politics and statecraft from the time of ancient Egypt to the present, and on the lives of many well-known figures, including Frederick the Great, John Dee, Francis Bacon, Benjamin Franklin, Comte Cagliostro, Helen Blavatsky, Rasputin, and Woodrow Wilson. Reading *Secret Societies*, we are left with little doubt that the secret societies—largely ignored by orthodox historians—have survived and continue to operate powerfully in world affairs today.



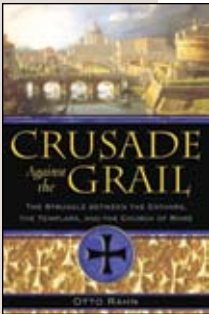


Isaac Newton's Freemasonry *The Alchemy of Science and Mysticism*

Alain Bauer

ISBN-13: 978-1-59477-172-9
\$14.95 (CAN \$18.95) pb • 160 pages, 6 x 9

Isaac Newton was a key figure in the “invention” of Freemasonry, a fraternal order of scientists and philosophers that sought to move England beyond the civil wars generated by its religious conflicts to a society with scientific progress as its foundation. This book reveals Newton’s role in 17th-century Freemasonry and opens unexplored trails into the history of the order in Europe.

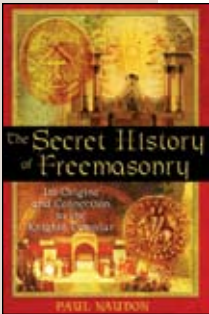


Crusade Against the Grail *The Struggle between the Cathars, the Templars, and the Church of Rome*

Otto Rahn

ISBN-13: 978-1-59477-135-4
\$16.95 (CAN \$21.50) pb • 256 pages, 6 x 9

This is the daring book that popularized the legend of the Cathars and the Holy Grail. It presents the history of the Papal persecution of the Cathars that lies hidden in the medieval epic Parzival and in the poetry of the troubadours. *Crusade Against the Grail* has never appeared in English until now.

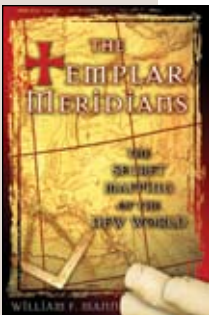


The Secret History of Freemasonry *Its Origins and Connection to the Knights Templar*

Paul Naudon

ISBN-13: 978-1-59477-028-9
\$16.95 (CAN \$22.95) pb • 320 pages, 6 x 9

Historian Paul Naudon reveals the intimate connection between the Masons and the Knights Templar, origins of Freemasonry in ancient Rome, and the traditions of the brotherhoods of builders. These traditions are the source of Masonic symbolism, providing the missing link between the Masonry of the medieval cathedral builders to the spiritual principles of modern speculative Masonry.



The Templar Meridians *The Secret Mapping of the New World*

William F. Mann

ISBN-13: 978-1-59477-076-0
\$18.95 (CAN \$25.95) pb
336 pages, 6 x 9 • 87 b&w illustrations

William F. Mann shows that the great treasure of the Templars consists of knowledge they discovered in the Holy Land during the Crusades which enabled them to establish accurate latitudinal and longitudinal positions long before the foundations of the current science were laid. This allowed them to reach the New World, where they established secret settlements and mining operations that gave them a limitless supply of precious metals and a military edge over their opponents.

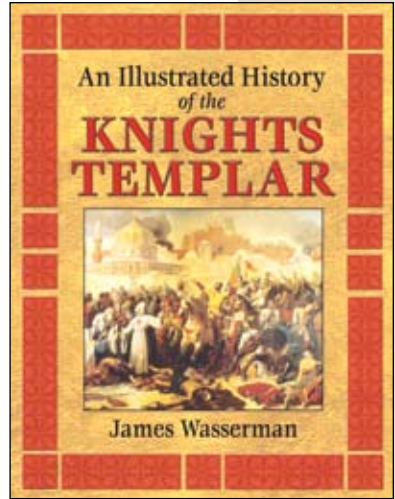


An Illustrated History of the Knights Templar

James Wasserman

ISBN-13: 978-1-59477-117-0
 \$19.95 (CAN \$24.95) pb
 192 pages, 8.5 x 11
 175 color illustrations

With period illustrations and manuscripts from the Crusades, interpretive romantic paintings from the 18th and 19th centuries, and contemporary photos by Steven Brooke and others of former Templar strongholds in Europe and Jerusalem, James Wasserman provides a fascinating history of the Order and the many mysteries and legends that surround it. In addition to providing an overview of the Templars' actions during the Crusades, Wasserman revisits their trial and the charges leveled against them, showing how the Order was ruthlessly crushed. He also explores the nature of the treasure they left behind, which has fueled popular imagination for centuries.



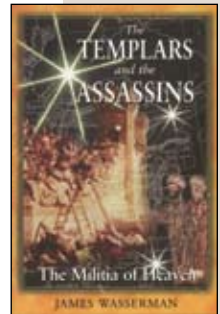
The Templars and the Assassins

The Militia of Heaven

James Wasserman

ISBN-13: 978-0-89281-859-4
 \$16.95 (CAN \$24.95) pb
 320 pages, 6 x 9

This book provides compelling evidence that the interaction of the Knights Templar and the Assassins in the Holy Land transformed the Templars into a true occult society, from which they would sow the seeds of the Renaissance and the Western Mystery Tradition. Both orders were destroyed as heretical some seven hundred years ago, but survivors have carried on the secret teachings to this day.



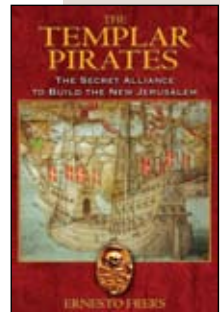
The Templar Pirates

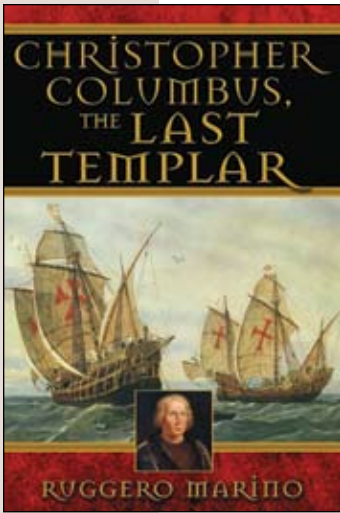
The Secret Alliance to Build the New Jerusalem

Ernesto Frers

ISBN-13: 978-1-59477-146-0
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 56 b&w illustrations

When the Vatican condemned the Templars in 1312, many of those who escaped took to the sea. Their immediate objective was to take revenge on the Church. *The Templar Pirates* is the story of the birth and actual conduct of piracy on the seas of the New World and of the influence the Templars had on the governments of nations old and new.





NEW—AVAILABLE

Christopher Columbus, the Last Templar

Ruggero Marino

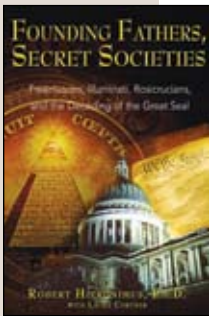
ISBN-13: 978-1-59477-190-3

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Includes 8-page color insert and 2 b&w illustrations

Was Columbus a Templar? According to the historic documents and maps revealed by author Ruggero Marino, Columbus shared the dream of Christians, Muslims, and Jews living in peace in a New Jerusalem, and his voyage across the Atlantic was both to find a new passage to Asia and to find the place where the New Jerusalem could be built. *Christopher Columbus, the Last Templar* is the untold story of the secret alliance behind the “discovery” of America, revealing how a utopian dream of brotherhood among Christians, Muslims, and Jews fueled a murderous power struggle involving secret societies, popes, and kings.



Founding Fathers, Secret Societies

Freemasons, Illuminati, Rosicrucians, and the Decoding of the Great Seal

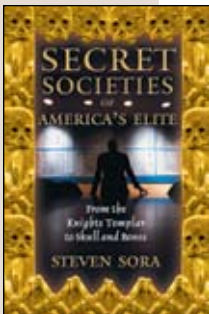
Robert Hieronimus, Ph.D. with Laura Cortner

ISBN-13: 978-1-59477-087-6

\$16.95 (CAN \$22.95) pb

256 pages, 6 x 9 • 57 b&w illustrations

All children growing up in America learn who the Founding Fathers were. Most, however, never learn of the founders' connections to the Freemasons, the Rosicrucians, and other esoteric orders. In *Founding Fathers, Secret Societies*, Robert Hieronimus investigates these important connections and how their influence can be traced throughout our most significant national documents and symbols.



Secret Societies of America's Elite

From the Knights Templar to Skull and Bones

Steven Sora

ISBN-13: 978-0-89281-959-1

\$20.00 (CAN \$28.95) pb • 336 pages, 6 x 9

Secret societies have played critical roles in building the fortunes of America's elite. They continue to wield power even today as organizations such as Yale's Skull & Bones unite America's modern ruling families as strongly as Masonic Lodges once connected the Astors, Livingstons, and Roosevelts.

Also by Steven Sora, *The Triumph of the Sea Gods*, p. 26



The Sacred Power of Huna *Spirituality and Shamanism in Hawai'i*

Rima A. Morrell, Ph.D.

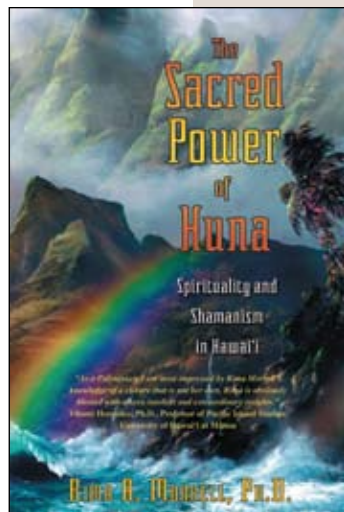
ISBN-13: 978-1-59477-009-8

\$16.95 (CAN \$24.95) pb

288 pages, 6 x 9

5 b&w illustrations

When Rima Morrell first went to Hawai'i as a young anthropology student from Cambridge University, she was surprised to find a lighter brighter world where trees talked to her in ancient temples and magic regularly happened. She found the system of ancient Hawaiian wisdom known as Huna, a system that teaches us how to focus the light of our own being to make magic. Following her Higher Self—and overcoming resistance to its rainbow guidance—she discovered we are each responsible for our own power. Through practicing Huna, we can consciously create our own reality, for we are each the navigator of our own soul canoe.



The Haitian Vodou Handbook *Protocols for Riding with the Lwa*

Kenaz Filan

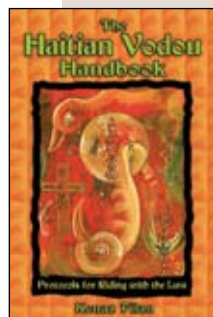
ISBN-13: 978-1-59477-125-5

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18 b&w illustrations

Kenaz Filan, an initiate of the Société la Belle Venus, explains how to build respectful relationships with the lwa of the Vodou pantheon and how to transform the fear that often surrounds the Vodou religion. Filan offers extensive background information on the lwa and instructions on how to honor and interact fruitfully with those that make themselves accessible.



The Speaking Land *Myth and Story in Aboriginal Australia*

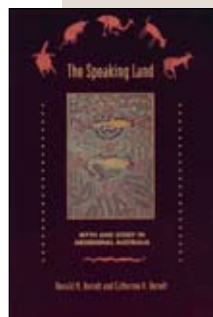
Ronald M. Berndt and Catherine H. Berndt

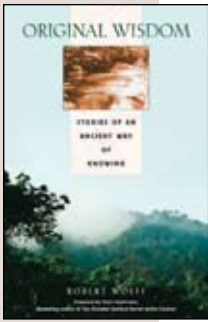
ISBN-13: 978-0-89281-518-0

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480 pages, 6 x 9

This is the first anthology of Aboriginal myth, collected by anthropologists Ronald and Catherine Berndt during fifty years of work among the Aboriginal peoples.





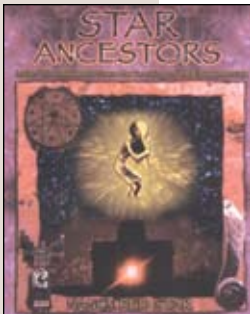
Original Wisdom

Stories of an Ancient Way of Knowing

Robert Wolff

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\$14.95 (CAN \$21.95) pb • 208 pages, 5.25 x 8.5

Deep in the mountainous jungle of Malaysia, the aboriginal Sng'oi exist on the edge of extinction. Psychologist Robert Wolff lived with the Sng'oi, and came to love and admire these people. They respect silence, trust time to reveal and heal, and live entirely in the present with a sense of joy; they also recognize the depth of our alienation from these basic qualities of life. *Original Wisdom* holds a mirror to our own existence, and challenges us, in our fragmented world, to rediscover this humanity within ourselves.



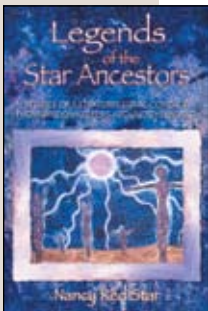
Star Ancestors

Indian Wisdomkeepers Share the Teachings of the Extraterrestrials

Nancy Red Star

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Legends of the Star Ancestors

Stories of Extraterrestrial Contact from Wisdomkeepers around the World

Nancy Red Star

ISBN-13: 978-1-879181-79-3
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In *Legends of the Star Ancestors* traditional wisdomkeepers from diverse cultures share their insights into how Earth's current crisis is part of a larger cosmic plan for the planet's transition into an enlightened age, as prophesized by the Star Ancestors.



Gift of Power

The Life and Teachings of a Lakota Medicine Man

Archie Lame Deer and Richard Erdoes

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Also by Archie Fire Lame Deer, *The Lakota Sweat Lodge Cards*, p. 57



Medicine of the Cherokee

The Way of Right Relationship

J. T. Garrett and Michael Tlanusta Garrett

ISBN-13: 978-1-879181-37-3

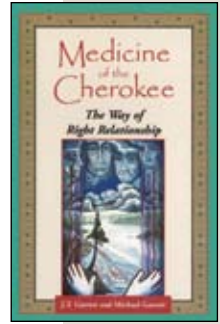
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Oh Shinnah Fast Wolf, Native American ceremonial teacher and author of *Goddess as the Weaver of Life*



The Cherokee Full Circle

A Practical Guide to Ceremonies and Traditions

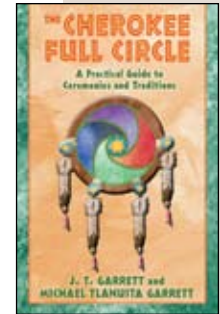
J. T. Garrett and Michael Tlanusta Garrett

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The authors provide a comprehensive overview of Native American spiritual principles and traditions and demonstrate how these ideas and methods can be applied universally to deal with life's situations—from depression and grieving to finding purpose and establishing positive relationships.



Walking on the Wind

Cherokee Teachings for Harmony and Balance

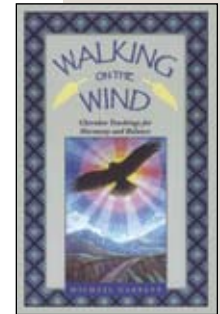
Michael Garrett

ISBN-13: 978-1-879181-49-6

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Using storytelling, Michael Garrett inspires us to discover our own unique Medicine. These traditional Cherokee teachings passed down by Michael's great-grandfather instruct us that all things are connected, have purpose, and are worthy of respect and reverence.



The Cherokee Herbal

Native Plant Medicine from the Four Directions

J. T. Garrett

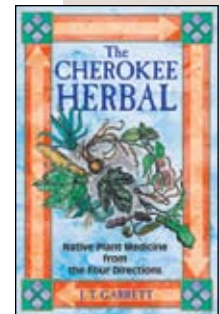
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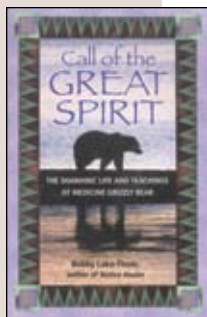
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Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. This is a practical guide to the medicinal uses of over 450 plants and herbs as applied in the traditional practices of the Cherokee.





Call of the Great Spirit

The Shamanic Life and Teachings of Medicine Grizzly Bear

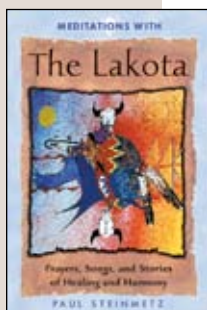
Bobby Lake-Thom

ISBN-13: 978-1-879181-66-3

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A traditional Native American healer from the Karuk tribe shares his personal story of reconnection to the Great Spirit in contemporary America. This redemption story of Native American healer Bobby Lake-Thom invites the reader to enter a world of authentic indigenous traditions and ceremonies. By the author of the bestseller *Native Healer*.



Meditations with the Lakota

Prayers, Songs, and Stories of Healing and Harmony

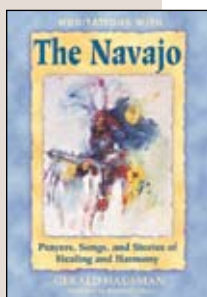
Paul Steinmetz

ISBN-13: 978-1-879181-57-1

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144 pages, 5.38 x 8.25 • 11 b&w illustrations

From impressions and teachings gathered over decades of living with the Oglala Sioux and participating in their ceremonies, author Paul Steinmetz has compiled a book of meditations centered on creation spirituality.



Meditations with the Navajo

Prayers, Songs, and Stories of Healing and Harmony

Gerald Hausman

ISBN-13: 978-1-879181-67-0

\$12.95 (CAN \$20.95) pb • 144 pages, 5.38 x 8.25 • 6 line drawings

For the Navajo, who call themselves the Diné (literally, “the People”), the story of emergence—their creation myth—lies at the heart of their beliefs. Gerald Hausman collects this and other stories with meditations that together capture the essence of the Navajo people’s way of life and their understanding of the world—a world that thrives only on harmony and balance.



Sun Dancing

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Michael Hull

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Sun Dancing presents a profound look at the elements of traditional Lakota ceremonial practice and the ways in which ceremony is regarded as life-giving by the Lakota. Through his commitment to following the Red Road, Michael Hull gradually won acceptance in a community that had rejected other attempts by white America to absorb its spiritual practices, leading to the extraordinary step of his confirmation as a Sun Dance Chief by Leonard Crow Dog and other Lakota spiritual leaders.



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Don Juan's Teachings on the Energy Body

Ken Eagle Feather

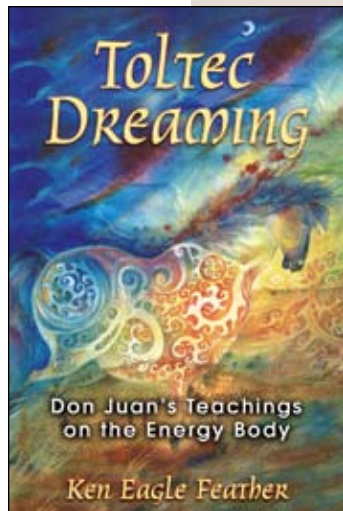
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272 pages, 6 x 9

9 b&w illustrations

Toltec Dreaming explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from “dreaming awake,” a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence. The Toltec Way superimposes on the waking world the subtle physics of the dream world in order to create a conscious dreaming body, often referred to as an “out-of-body experience,” that can allow anyone to use dreaming as a vehicle to higher consciousness. Once the dreaming energies are fully awakened, unbounded conscious perception can come alive, whether one is in the world of dreams or in daily life.



10th Anniversary Edition of *A Toltec Path*

On the Toltec Path

A Practical Guide to the Teachings of don Juan Matus, Carlos Castaneda, and Other Toltec Seers

Ken Eagle Feather

ISBN-13: 978-1-59143-049-0

\$18.00 (CAN \$23.50) pb • 304 pages, 6 x 9 • 8 b&w illustrations

On the Toltec Path is an overview of the theory, discipline, and practice of the Toltec Way, a philosophy and heightened way of perceiving taught by the Indian seer don Juan Matus. Ken Eagle Feather provides a complete and accessible explanation of the technical aspects of the Toltec spiritual and mystical practices.



Twilight Language of the Nagual

The Spiritual Power of Shamanic Dreaming

Merilyn Tunneshende

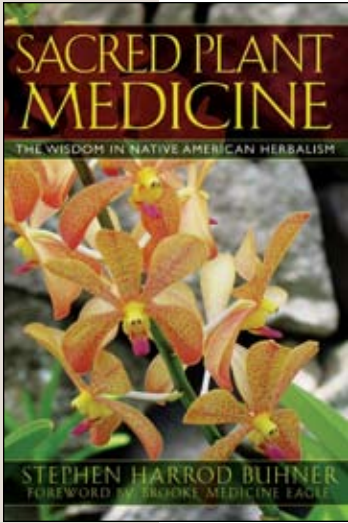
ISBN-13: 978-1-59143-041-4

\$15.00 (CAN \$21.95) pb • 192 pages, 5.38 x 8.25

Twilight Language of the Nagual recounts the author’s experiences under the tutelage of don Juan Matus, the Toltec shaman who mentored Carlos Castaneda, and the sorceress doña Celestina. Tunneshende learns the Twilight Language of Dreaming, a means for understanding the energetic gateways of human existence, enabling communication between beings of the upper and lower realms.

Also by Merilyn Tunneshende, *Don Juan and the Art of Sexual Energy*, p. 54





Sacred Plant Medicine

The Wisdom in Native American Herbalism

Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle

ISBN-13: 978-1-59143-058-2

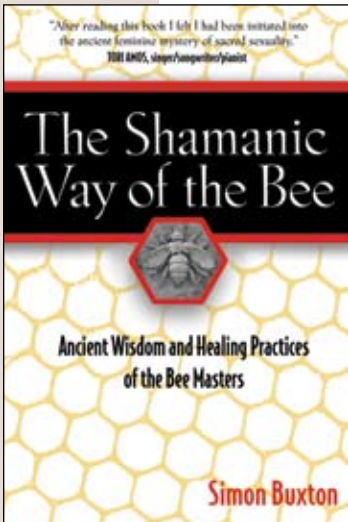
\$16.00 (CAN \$20.95) pb

240 pages, 6 x 9

27 b&w illustrations

As humans evolved on Earth they used plants for food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring this sacred relationship. Stephen Harrod Buhner examines the techniques and states of mind these cultures use to explore the dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

For other books by Stephen Harrod Buhner, see pp. 22 & 85



The Shamanic Way of the Bee

Ancient Wisdom and Healing Practices of the Bee Masters

Simon Buxton

ISBN-13: 978-1-59477-119-4

\$14.95 (CAN \$19.50) pb

224 pages, 6 x 9

ISBN-13: 978-0-89281-148-9

\$20.00 (CAN \$29.95) **hardcover**

Bee shamanism may be the most ancient and enigmatic branch of shamanism, and it is found throughout the world wherever the honeybee exists. Its medicinal tools—honey, pollen, propolis, and royal jelly—are now in common use. Even the origins of Chinese acupuncture can be traced to the ancient practice of applying bee stings to the body's meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton reveals the way of the Path of Pollen, which until now has been known only to initiates. *The Shamanic Way of the Bee* is a rare view into the secret wisdom of this age-old tradition.



Visionary Plant Consciousness

The Shamanic Teachings of the Plant World

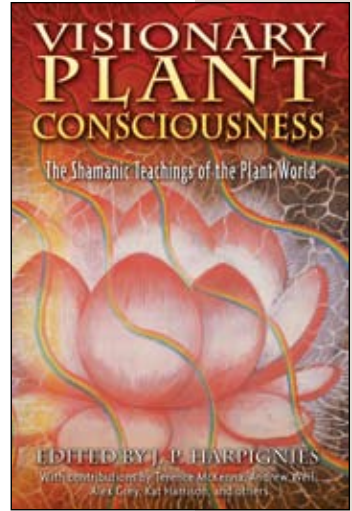
Edited by J. P. Harpignies

ISBN-13: 978-1-59477-147-7

\$16.95 (CAN \$21.50) pb

224 pages, 6 x 9

Editor J. P. Harpignies has gathered presentations from the Bioneers annual conference of environmental and social visionaries that explore how plant consciousness affects the human condition. Twenty-three leading ethnobotanists, anthropologists, medical researchers, and cultural and religious figures—Terence McKenna, Andrew Weil, Wade Davis, Michael Pollan, Alex Grey, Jeremy Narby, Katsi Cook, John Mohawk, Kat Harrison, and others—present their understandings of the nature of psychoactive plants and their significant connection to humans. What they reveal is that these plants may help us access the profound intelligence in nature, one that we must learn to understand in order to survive our ecologically destructive way of life.



Plant Spirit Shamanism

Traditional Techniques for Healing the Soul

Ross Heaven and Howard G. Charing

Foreword by Pablo Amaringo

ISBN-13: 978-1-59477-118-7

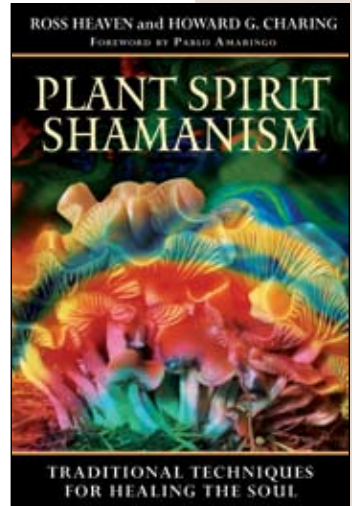
\$16.95 (CAN \$21.50) pb

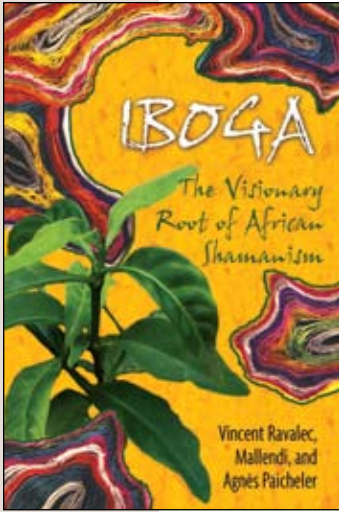
280 pages, 6 x 9

Includes 8-page color insert

From their years of in-depth shamanic work in the Amazon, Haiti, and Europe, including extensive field interviews with master shamans, Heaven and Charing present the core methods of plant shamanism used in healing rituals the world over: soul retrieval, spirit extraction, sin eating, and the Amazonian tradition of pusanga (love medicine). They explain the techniques shamans use to establish connections to plant spirits. Practical exercises are provided using traditional Amazonian and Caribbean healing plants and their common North American equivalents, so that readers can explore the world of plant spirits and make allies of their own.

Also by Ross Heaven, *The Spiritual Practices of the Ninja*, p. 8





NEW—DECEMBER 2007

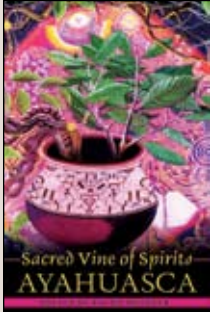
Iboga

The Visionary Root of African Shamanism

Vincent Ravalec, Mallendi, and Agnès Paicheler

ISBN-13: 978-1-59477-176-7
\$18.95 (CAN \$22.95) pb
240 pages, 6 x 9
4 b&w illustrations

Iboga, the sacred root, a spiritual ally of African shamans since antiquity, yields ibogaine, a powerful psychotropic substance. It is used mainly in Gabon and Cameroon in a secret, initiatory tradition called *bwiti-nganza*, in which physical and psychological illnesses can be rooted out and cured. To the followers of the Bwiti religion, ibogaine is the indispensable means by which humans can truly communicate with the deepest reaches of their soul and with the spirits of their ancestors. This book details the traditions and techniques of iboga's use by African shamans and the essential role it occupies in that community.

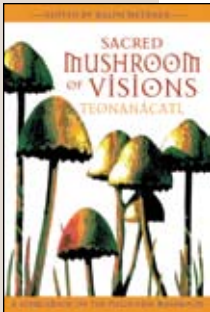


Sacred Vine of Spirits: Ayahuasca

Edited by Ralph Metzner

ISBN-13: 978-1-59477-053-1
\$16.95 (CAN \$22.95) pb
272 pages, 6 x 9 • 13 b&w illustrations

Many physicians and psychologists have acknowledged that Ayahuasca, a hallucinogenic Amazonian plant mixture, can allow access to spiritual dimensions of consciousness. In *Sacred Vine of Spirits: Ayahuasca*, Ralph Metzner provides an exploration by leading scholars in the field of psychoactive research, of the chemical, biological, psychological, and experiential dimensions of ayahuasca.



Sacred Mushroom of Visions: Teonanácatl

A Sourcebook on the Psilocybin Mushroom

Edited by Ralph Metzner

ISBN-13: 978-1-59477-044-9
\$16.95 (CAN \$23.95) pb
304 pages, 6 x 9 • 33 b&w illustrations

Sacred Mushroom of Visions: Teonanácatl describes the experiences of psychoactive mushroom users and how the use of the psilocybe mushroom spread from Mexico to North America, Asia, and Europe. Firsthand accounts of the controversial Harvard Psilocybin Project, the use of psilocybin in psychotherapy, and current studies on the treatment of obsessive compulsive disorder (OCD) are provided.



Ayahuasca

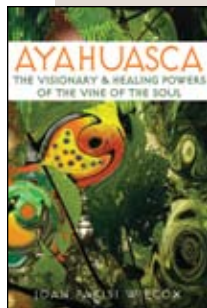
The Visionary and Healing Powers of the Vine of the Soul

Joan Parisi Wilcox

ISBN-13: 978-0-89281-131-1

\$16.95 (CAN \$24.95) pb • 240 pages, 6 x 9

Ayahuasca: The Visionary and Healing Powers of the Vine of the Soul is an autobiographical account of the author's experience with ayahuasca, the potent and sacred plant brew of the Amazon known for its extraordinary visionary and healing powers. This book describes the ayahuasca ritual, and the sacred songs that are sung while receiving the gifts of the plant.



The Encyclopedia of Psychoactive Plants

Ethnopharmacology and Its Applications

Christian Rättsch

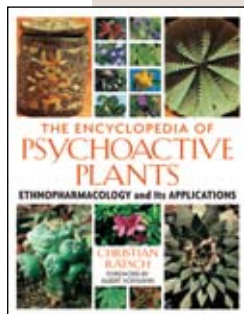
Foreword by Albert Hofmann

ISBN-13: 978-0-89281-978-2

\$125.00 (CAN \$175.00) **hardcover**

944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations

In the traditions of every culture, psychoactive plants—those known to transport the mind to other dimensions of consciousness—have been regarded as sacred. This book details the history, botany, and use of psychoactive plants and is lavishly illustrated with color photographs of the people, ceremonies, and art related to the ritual use of the world's sacred psychoactive plants.



Plants of the Gods

Their Sacred, Healing, and Hallucinogenic Powers

Richard Evans Schultes, Albert Hofmann, and Christian Rättsch

ISBN-13: 978-0-89281-979-9

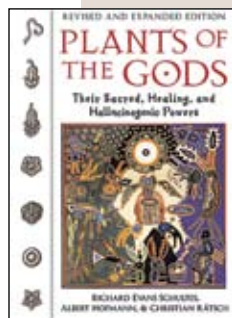
\$29.95 (CAN \$43.50) pb • 208 pages, 7.75 x 10.5 • 400 color and b&w illustrations

The authoritative text on the use of hallucinogens in the healing rites of indigenous cultures.

"A visual, spiritual, and intellectual feast . . . the best book ever written on hallucinogenic plants."

Dr. Mark Plotkin, Smithsonian Institution

For other books by Christian Rättsch, see pp. 50 & 55



Opium Culture

The Art and Ritual of the Chinese Tradition

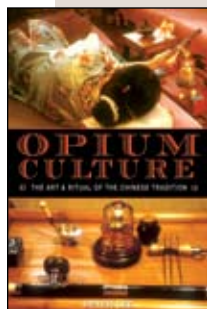
Peter Lee

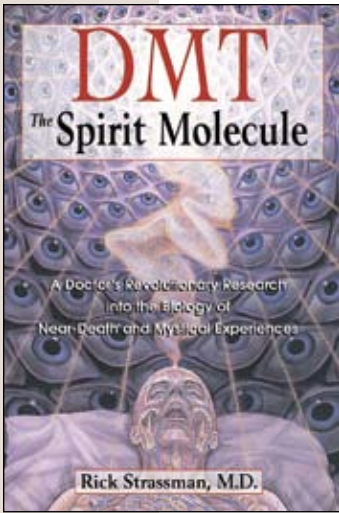
ISBN-13: 978-1-59477-075-3

\$16.95 (CAN \$22.95) pb

256 pages, 6 x 9 • Includes 16-page color insert and 19 b&w illustrations

In *Opium Culture*, Peter Lee presents a fascinating narrative that covers every aspect of the art and craft of opium use. The text is studded with gems of long forgotten opium arcana, dispelling many of the persistent myths about opium and its users, and includes information on the suppression of opium by the modern pharmaceutical industry.

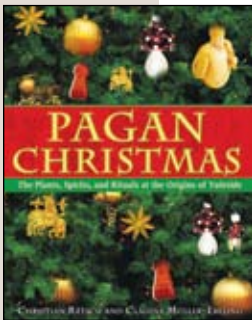




DMT: The Spirit Molecule
A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences

Rick Strassman, M.D.
ISBN-13: 978-0-89281-927-0
\$16.95 (CAN \$24.95) pb
384 pages, 6 x 9
14 b&w illustrations

A clinical psychiatrist explores the effects of DMT, one of the most powerful psychedelics known and shares his detailed account of the clinical studies he conducted with sixty volunteers. Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by René Descartes to be the seat of the soul. *DMT: The Spirit Molecule* makes the bold case that DMT, manufactured by the human brain, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences, as well as the highest states of meditation, sexual transcendence, and even alien abduction experiences.

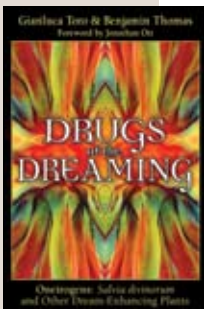


Pagan Christmas
The Plants, Spirits, and Rituals at the Origins of Yuletide

Christian Rättsch and Claudia Müller-Ebeling
ISBN-13: 978-1-59477-092-0
\$24.95 (CAN \$30.95) pb • 224 pages, 8 x 10 • 156 color and 40 b&w illustrations

The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. The authors show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity.

Also by Claudia Müller-Ebeling, *Witchcraft Medicine*, p. 55
For other books by Christian Rättsch, see pp. 49 & 55



Drugs of the Dreaming
Oneirogens: Salvia divinorum and Other Dream-Enhancing Plants

Gianluca Toro and Benjamin Thomas
Foreword by Jonathan Ott
ISBN-13: 978-1-59477-174-3 • \$12.95 (CAN \$16.50) pb • 160 pages, 6 x 9

This first comprehensive guide to oneirogens—naturally occurring substances that induce and enhance dreaming—details the properties and actions of these dream allies, establishing ethnobotanical profiles for 35 oneirogens, explaining the historical use of each, its method of action, and what light it sheds on the scientific mechanism of dreaming.



The Complete Illustrated Kama Sutra

Edited by Lance Dane

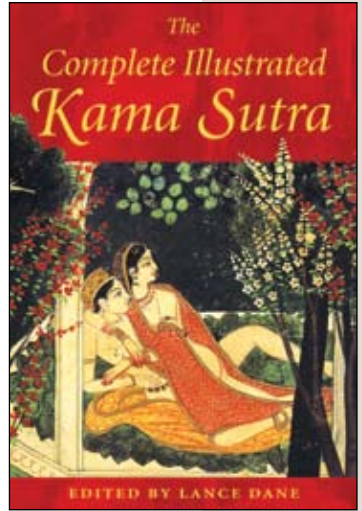
ISBN-13: 978-0-89281-138-0

\$25.00 (CAN \$36.50) **hardcover**

320 pages, 6.5 x 9.25

269 color illustrations

Written almost 2,000 years ago, the *Kama Sutra* deals with all aspects of sexual life, the principles and techniques of sexual pleasure, and how to best achieve ecstatic expression of life's beauty. This complete and illustrated guide augments the *Kama Sutra* text with 269 illustrations and great works of art including palm leaf manuscripts, sculptures, ancient toys, jewelry, architecture, paintings, and scrolls. Gathered from museums and private collections around the world, these rare images clearly illustrate all 64 sexual positions and the erotic instructions set forth in the *Kama Sutra*, the most famous work on sex ever created. The result is a dazzling and sensuous reading experience through which the teachings of the *Kama Sutra* spring to life.



Tantric Awakening

A Woman's Initiation into the Path of Ecstasy

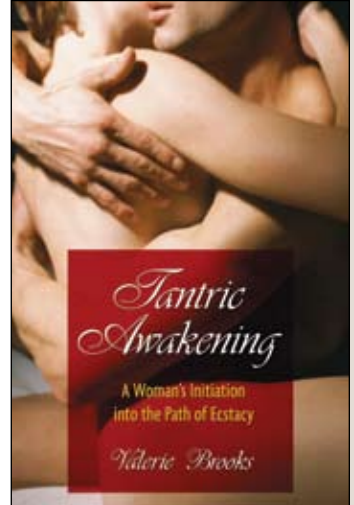
Valerie Brooks

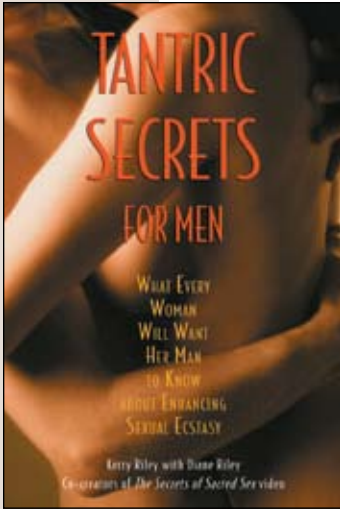
ISBN-13: 978-0-89281-906-5

\$14.95 (CAN \$21.95) pb

176 pages, 6 x 9

This is the story of a 19-year-old woman who courageously enters the rituals of tantric sex. *Tantric Awakening* is tastefully written to reveal not only the ecstatic power and spiritual benefits of Tantra, but also the pitfalls, problems, and temptations of this path. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment—transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.





Tantric Secrets for Men

What Every Woman Will Want Her Man to Know about Enhancing Sexual Ecstasy

Kerry Riley with Diane Riley, co-creators of *The Secrets of Sacred Sex* video

ISBN-13: 978-0-89281-969-0

\$18.95 (CAN \$27.50) pb

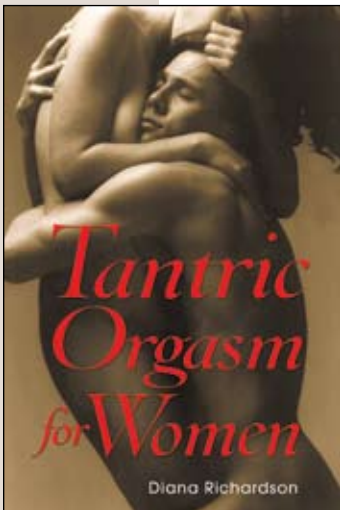
272 pages, 6 x 9

17 b&w illustrations

Also available in Spanish: *Secretos Tántricos para Hombres*

ISBN-13: 978-1-59477-007-4 • \$18.95 (CAN \$24.95) pb

From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process. The authors draw upon time-honored tantric and Taoist practices and modern sexuality that will enable couples to make love more frequently, achieve higher and prolonged states of orgasmic intensity, experience lovemaking as a sacred endeavor, and deepen loving relationships.



Tantric Orgasm for Women

Diana Richardson

ISBN-13: 978-0-89281-133-5

\$14.95 (CAN \$21.95) pb

224 pages, 6 x 9

41 b&w illustrations

Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. *Tantric Orgasm for Women* shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and avoid adopting conventional ideas about what should be satisfying to them.



The Sexual Teachings of the White Tigress

Secrets of the Female Taoist Masters

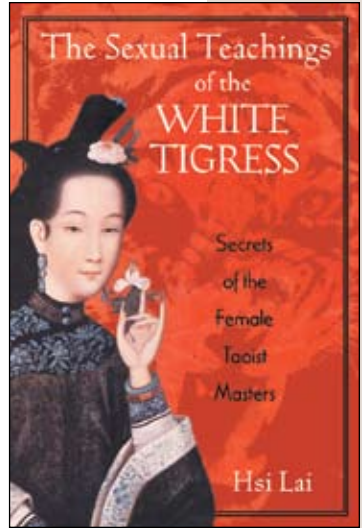
Hsi Lai

ISBN-13: 978-0-89281-868-6

\$19.95 (CAN \$28.95) pb

280 pages, 6 x 9

Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. Unlike other Taoist texts, *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of the Three Treasures of Taoism and the secret to unlocking eternal youthfulness and immortality.



The Sexual Teachings of the Jade Dragon

Taoist Methods for Male Sexual Revitalization

Hsi Lai

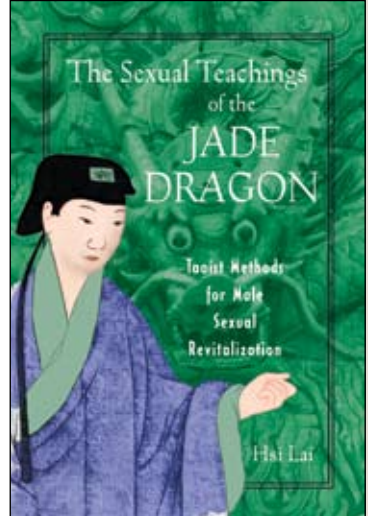
ISBN-13: 978-0-89281-963-8

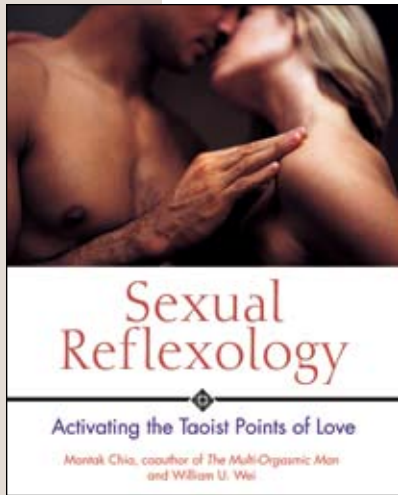
\$16.95 (CAN \$24.95) pb

256 pages, 6 x 9

9 b&w illustrations

Hsi Lai continues the work he began in *The Sexual Teachings of the White Tigress* by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism—*ching* (sexual and physical energy), *qi* (breath and vital energy) and *shen* (spiritual and mental energy).





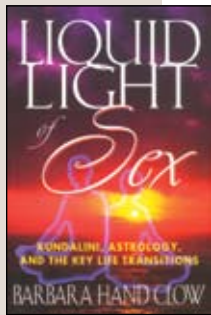
Sexual Reflexology
Activating the Taoist Points of Love

Mantak Chia and William U. Wei

ISBN-13: 978-0-89281-088-8
 \$18.00 (CAN \$25.95) pb
 208 pages, 8 x 10 • 214 b&w illustrations

In *Sexual Reflexology* Mantak Chia teaches how to transform sexual intercourse into a form of ecstatic acupressure. While the practice of reflexology is normally associated with foot massage, the most powerful reflex points are on the sexual organs. By combining classic Taoist sexual texts with modern reflexology theory the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. In addition to the specific ecstatic acupressure exercises, he provides thoughtful commentary on ancient Taoist practices that reveal how to use our sexual essence to create healthy, loving relationships. A student of Taoist masters and coauthor of *The Multi-Orgasmic Man*, Mantak Chia developed the Universal Tao System in 1979 and has taught tens of thousands of students worldwide.

For other books by Mantak Chia, see pp. 10 & 11



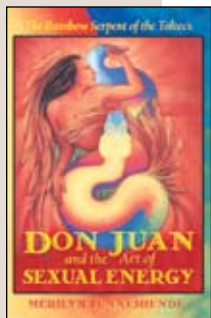
Liquid Light of Sex
Kundalini, Astrology, and the Key Life Transitions

Barbara Hand Clow

ISBN-13: 978-1-879181-74-8
 \$16.00 (CAN \$23.50) pb
 320 pages, 6 x 9

In the author's words, "we *form* at age 30, we *transform* at age 40, and we *transmute* at age 50." Focusing on the transformation at age 40—the time of imbalance and spiritual confusion often referred to as the "midlife crisis"—she explores how kundalini energy, the liquid light of sex, can be creatively channeled by unblocking the chakras.

For other books by Barbara Hand Clow, see pp. 34 & 61



Don Juan and the Art of Sexual Energy
The Rainbow Serpent of the Toltecs

Merilyn Tunneshende

ISBN-13: 978-1-879181-63-2
 \$15.00 (CAN \$21.95) pb
 240 pages, 5.38 x 8.25

Don Juan and the Art of Sexual Energy recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. The author shares ancient lessons for empowering sexual energy, enhancing orgasm, balancing polarities, and healing past wounds.

Also by Merilyn Tunneshende, *Twilight Language of the Nagual*, p. 45



Christianity: The Origins of a Pagan Religion

Philippe Walter

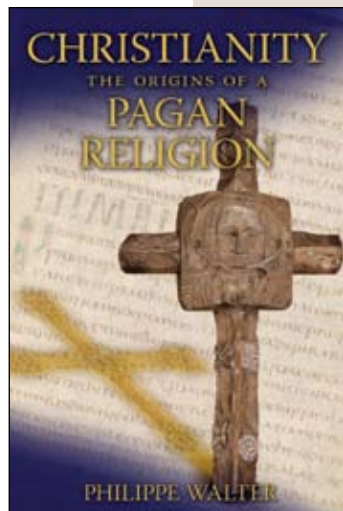
ISBN-13: 978-1-59477-096-8

\$16.95 (CAN \$21.95) pb

224 pages, 6 x 9

11 b&w illustrations

This extensive study of the Christian mythology that animated medieval Europe shows that this mythology is primarily of pagan inspiration and that very little of it comes from the Bible. Pagan elements were incorporated into the Christian faith on the advice of Pope Gregory the Great, who told Saint Augustine of Canterbury that rather than tear down the pagan temples in Britain, he should instead add the pagan rituals into the mix of Christian practices, thus providing an easy transition to the new religion. It was simply a matter of convincing the populace to slightly redirect their focus to include Jesus.



The Mysteries of Mithras

The Pagan Belief That Shaped the Christian World

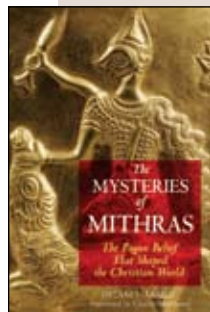
Payam Nabarz

Foreword by Caitlín Matthews

ISBN-13: 978-1-59477-027-2

\$14.95 (CAN \$20.95) pb • 240 pages, 6 x 9 • 34 b&w illustrations

The Mysteries of Mithras presents a revival of this ancient Roman mystery religion, popular from the late second century B.C. Payam Nabarz reveals the history and tenets of Mithraism, its connections to Christianity, Islam, and Freemasonry, and the modern neo-pagan practice of Mithraism today. Included are seven of its initiatory rituals.



Witchcraft Medicine

Healing Arts, Shamanic Practices, and Forbidden Plants

Claudia Müller-Ebeling, Christian Rättsch, and Wolf-Dieter Stori

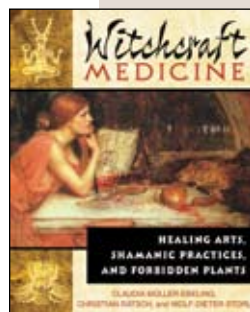
ISBN-13: 978-0-89281-971-3 • \$24.95 (CAN \$36.50) pb

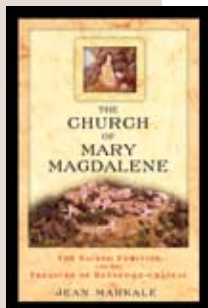
272 pages, 8 x 10 • Includes three 8-page color inserts and 170 b&w illustrations

In *Witchcraft Medicine* the authors examine the women who mix the potions and become the healers, the legacy of Hecate, the sorceress as shaman, and the plants associated with the solstice and Halloween. They also look at the history of forbidden medicine, with an eye toward how the sacred plants of our forebears can be used once again.

Also by Claudia Müller-Ebeling, *Pagan Christmas*, p. 50

For other books by Christian Rättsch, see pp. 49 & 50





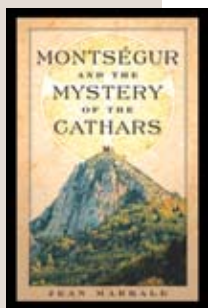
The Church of Mary Magdalene

The Sacred Feminine and the Treasure of Rennes-le-Château

Jean Markale

ISBN-13: 978-0-89281-199-1
\$18.95 (CAN \$27.95) pb
328 pages, 6 x 9 • Includes 8-page b&w insert

The small church of Rennes-le-Château in France may hold proof of Mary Magdalene's marriage to Jesus. During church restorations in 1885 a mysterious discovery suggests an archaic role performed by Mary that could shake the very foundations of the Church if fully understood: that of the high priestess who anoints the priest king into his spiritual duties.

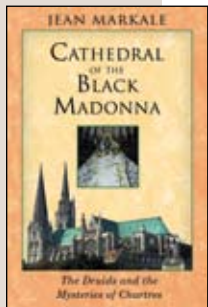


Montségur and the Mystery of the Cathars

Jean Markale

ISBN-13: 978-0-89281-090-1
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Celtic and medieval scholar Jean Markale meticulously searches the obscure history of the Cathars of ancient Persia. He explores their doctrine, their secret pact with the Knights Templar, and why they earned the ruthless persecution of Church and state. Using all available documentation, Markale reveals the nature of the mysterious treasure spirited away from the fortress at Montségur the night before its surrender to French troops.



Cathedral of the Black Madonna

The Druids and the Mysteries of Chartres

Jean Markale

ISBN-13: 978-1-59477-020-3
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Author Jean Markale traces the appeal of the Black Madonna to the ancient and widespread worship of Mother Goddesses such as Cybele and Isis, and a theological notion of great refinement: the Virgin gives birth ceaselessly to a world in a state of perpetual becoming.



The Pagan Mysteries of Halloween

Celebrating the Dark Half of the Year

Jean Markale

ISBN-13: 978-0-89281-900-3
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One of humanity's most enduring myths is that the dead, on certain nights of the year, can leave the Other World and move freely about the land of the living. Every year, on October 31, children of the world re-enact a sacred ceremony whose roots extend to the dawn of time. Author Jean Markale meticulously examines the rituals and ceremonies of ancient festivities on this holiday and shows how they still shape the customs of today's celebration.

Also by Jean Markale, *Eleanor of Aquitaine*, p. 4



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Alex Grey

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Sacred Geometry Oracle Deck

Francene Hart

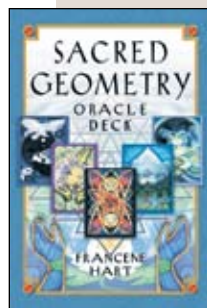
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Anyone who has ever gazed at a spider's web, meditated on a mandala or yantra, visited a pyramid, walked a labyrinth, or peered through a microscope has felt the effects of sacred geometry. With splendid use of the full color spectrum and gentle natural forms, artist Francene Hart has created compelling images for both advanced and novice students of divination.



The Lakota Sweat Lodge Cards

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Chief Archie Fire Lane Deer and Helene Sarkis

ISBN-13: 978-0-89281-456-5

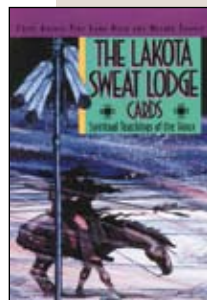
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Also by Archie Fire Lane Deer, *Gift of Power*, p. 42



The Light and Shadow Tarot

Michael Goepferd and Brian Williams

Illustrated by Michael Goepferd

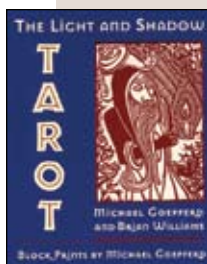
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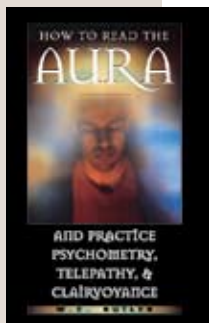
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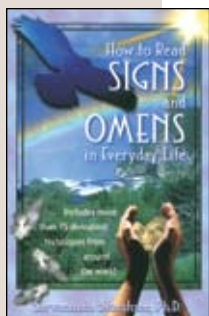


How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance

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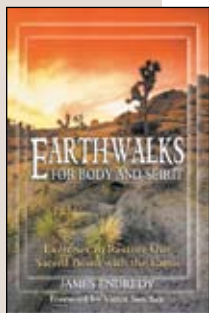


How to Read Signs and Omens in Everyday Life

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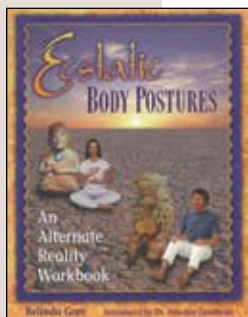
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James Endredy
Foreword by Victor Sanchez

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NEW—JANUARY 2008

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Victor Hugo's Conversations with the Spirit World

A Literary Genius's Hidden Life

John Chambers

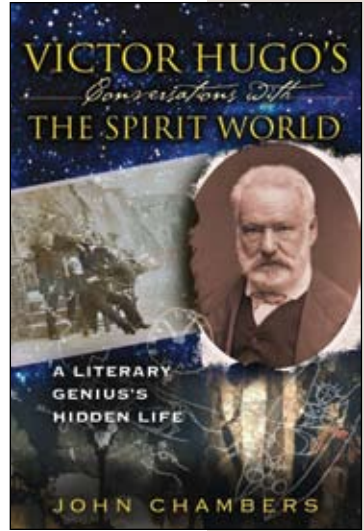
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In this first English translation of Victor Hugo's writings on his experiments in spiritualism, author John Chambers places Hugo's experiments firmly in the tradition of visionary literature and psychic exploration. He reveals Hugo's conversations with renowned discarnate entities such as Shakespeare, Plato, Galileo, and Jesus, and shows that these writings are the missing link between the early nineteenth century's fascination with the kabbalistic *Zohar*, reincarnation, and the writings of the Illuminati; and the rise of spiritualism and societies for the study of psychic phenomena in the latter nineteenth and early twentieth centuries.



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Seeing the Dead, Talking with Spirits

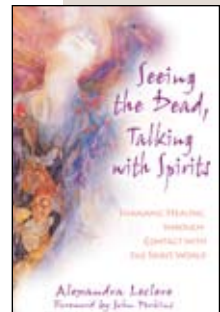
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Alexandra Leclere

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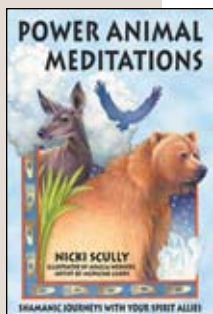
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Telepathic Communication in the Web of Life

Dawn Baumann Brunke

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Power Animal Meditations

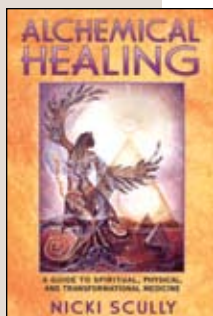
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Nicki Scully

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Alchemical Healing

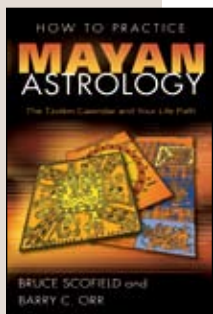
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Nicki Scully

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Also by Nicki Scully, *Shamanic Mysteries of Egypt*, p. 71



How to Practice Mayan Astrology

The Tzolkin Calendar and Your Life Path

Bruce Scofield and Barry C. Orr

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Mayan astrology is based on 20 named days that are cycled 13 times to create a 260-day calendar, the Tzolkin. The authors explain the symbolism, logic, and meaning of the 20 day-signs; how these signs reflect 260 possible personality types; and how they can be used for divination.



A Revised Single-Volume Edition of The Mind Chronicles Trilogy



The Mind Chronicles

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Barbara Hand Clow

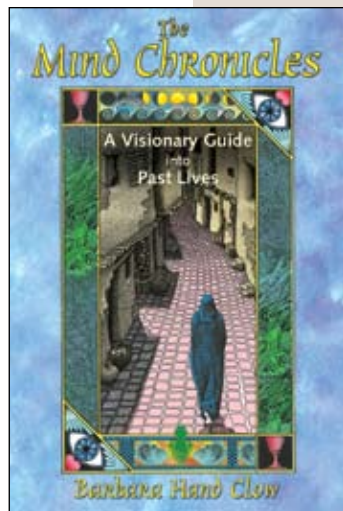
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Catastrophobia

The Truth Behind Earth Changes

Barbara Hand Clow

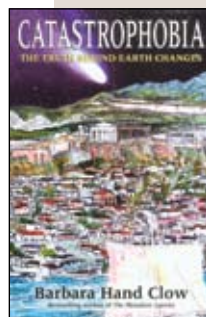
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Also available in Spanish: *Catastrofia*

ISBN-13: 978-0-89281-140-3 • \$16.00 (CAN \$25.50) pb

In *Catastrophobia* Barbara Hand Clow shows that a series of cataclysmic disasters 11,500 years ago rocked the world and left humanity's collective psyche chronically scarred. This unprocessed fear is responsible for our constant expectations of apocalypse, from Y2K to the famed end of the Mayan calendar in 2012. But according to the author these changes in consciousness over the last 30 years are the beginnings of a collective healing from these deep fears.



The Pleiadian Agenda

A New Cosmology for the Age of Light

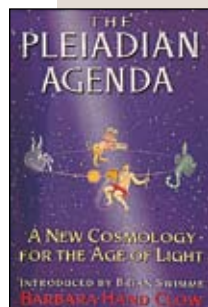
Barbara Hand Clow

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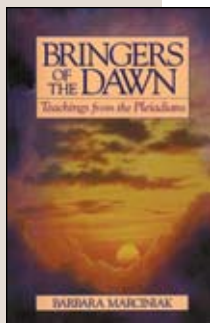
Astrologer and spiritual teacher Barbara Hand Clow reveals the timing of the critical leap in evolution at the end of the Mayan Calendar.

"If you are willing to examine the beliefs creating your reality, this book offers an excellent challenge and opportunity, maybe even a sneak preview of our common future."

Perceptions Magazine



For other books by Barbara Hand Clow, see pp. 34 & 54

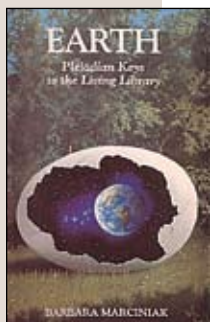


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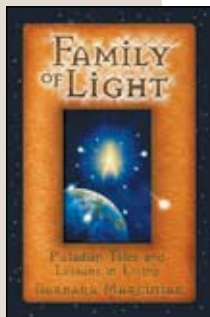


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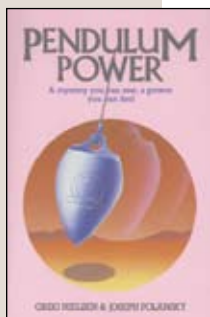
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Affinity

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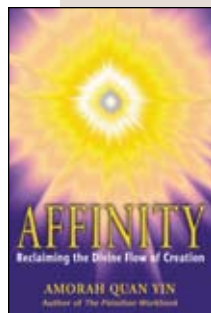
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Awakening Your Divine Ka

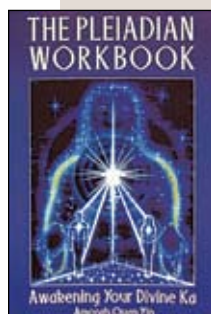
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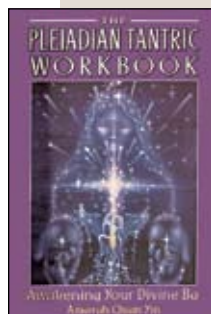
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Amorah Quan Yin

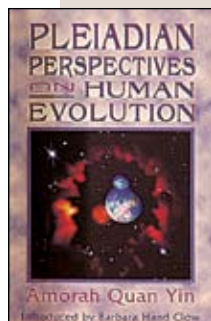
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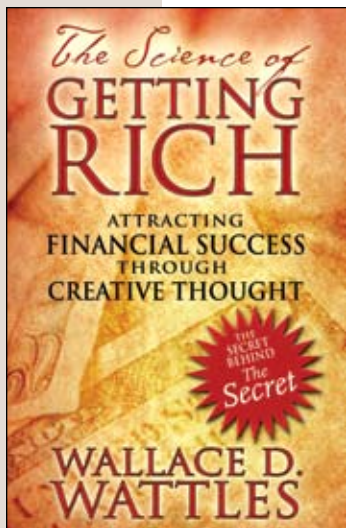
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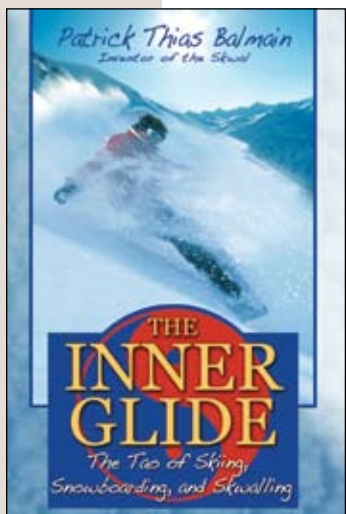


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Wallace D. Wattles

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Patrick “Thias” Balmain, creator and promoter of the skwal—a type of snowboard that positions the feet and the body facing forward on the board—discovered that by applying a concentrated awareness to movement activities such as skiing, a balance in motion can be achieved that is pure harmony and joy. *The Inner Glide* presents a unique and original practice that will challenge ski enthusiasts, snowboarders, or skwallers, whether experts or beginners, to make the transition from the raw quest for sensation—itself a source of imbalance—to a more subtle and harmonious practice based on internal centering.



The Aura-Soma Sourcebook

Color Therapy for the Soul

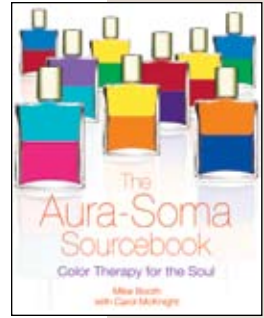
Mike Booth with Carol McKnight

ISBN-13: 978-1-59477-077-7

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304 pages, 8 x 10 • Full color throughout

The Aura-Soma Sourcebook details the origins, holistic understanding, and consciousness mirroring effects of equilibrium combinations, which interact with an individual's aura to help support balance in the body, mind, and spirit. Authors Mike Booth and Carol McKnight explain where to apply the essences, which chakra in the subtle anatomy will be affected, and what areas of personal growth can be addressed.



Aura-Soma

Self-Discovery through Color

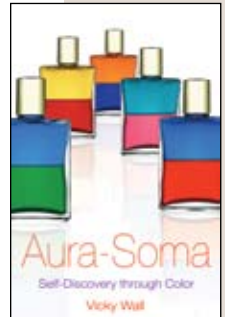
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Using Color to Improve Your Mental, Physical, and Spiritual Well-Being

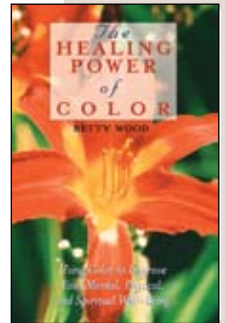
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The Healing Power of the Human Voice

Mantras, Chants, and Seed Sounds for Health and Harmony

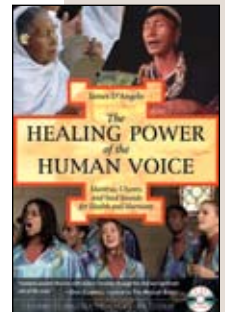
James D'Angelo

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192 pages, 6 x 9 • 71 b&w illustrations • Includes 72-minute CD

James D'Angelo introduces the concepts behind sound healing and the ways in which group singing can contribute to physical and mental health. Authentic chants and mantras from around the world, techniques for producing overtones, and simple movements disposing the body to inner harmony, health, and peace are included.





Beyond the Indigo Children *The New Children and the Coming of the Fifth World*

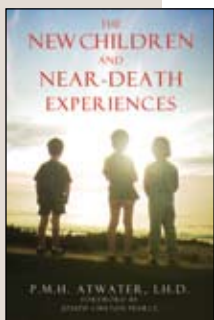


P. M. H. Atwater, L.H.D.

ISBN-13: 978-1-59143-051-3
\$16.00 (CAN \$21.95) pb
256 pages, 6 x 9

According to prophecy, the fifth world of the Mayan calendar moves into a higher octave of vibration, or ascension, on December 21, 2012. This date represents a “gateway” of planetary development that will open humanity to new ways of living and new worlds of opportunity. Our passage through this gateway depends on the new stock in the human gene pool—the extraordinary “new children,” born since 1982—to help us through the changes ahead. In *Beyond the Indigo Children*, P. M. H. Atwater illuminates the characteristics of this “fifth root race,” exploring their relationship to the prophecies in the Mayan calendar and the great shifting of consciousness already underway.

Beyond the Indigo Children is the first major study of today’s children, and their place in our rapidly changing world, that combines objective research with mystical revelation and prophecy.



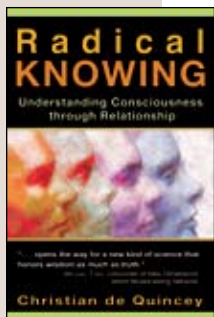
The New Children and Near-Death Experiences



P. M. H. Atwater, L.H.D.
Foreword by Joseph Chilton Pearce

ISBN-13: 978-1-59143-020-9
\$16.00 (CAN \$23.50) pb • 304 pages, 6 x 9 • 20 b&w illustrations

The New Children and Near-Death Experiences is the first book to provide an in-depth study of children who have experienced the near-death phenomenon. The author shows that these children have experienced functional changes in the brain, possess heightened empathic abilities and intelligence, and suggests that understanding the experiences of these children can help us prepare for a quantum leap in the evolution of humanity.



Radical Knowing *Understanding Consciousness through Relationship*



Christian de Quincey

ISBN-13: 978-1-59477-079-1
\$18.95 (CAN \$25.95) pb • 352 pages, 6 x 9 • 3 b&w illustrations

Most of us think we are individuals first and foremost who then come together to form relationships. De Quincey shows that relationship comes first, that our individual sense of self actually arises from *shared* consciousness, which literally builds the fabric of reality. Understanding this process is key to unlocking our potential for higher consciousness and spiritual evolution.

Shaking Medicine

The Healing Power of Ecstatic Movement

Bradford Keeney

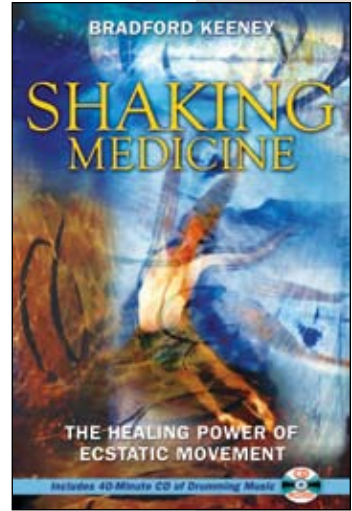
ISBN-13: 978-1-59477-149-1

\$19.95 (CAN \$24.95) pb

288 pages, 6 x 9

Includes 40-minute CD

Bradford Keeney reintroduces the oldest medicine on earth—the ecstatic shaking of the human body. Keeney investigates the full spectrum of the healing cycle that occurs when moving from ecstatic arousal to deep trance relaxation. He explains how the alternating movement produced while shaking brings all the body's energetic systems into balance. He includes practical exercises in how to shake for physical therapeutic benefit, and he shows how these techniques lead ultimately to the shaking medicine that both enables and enhances spiritual attunement. The book also includes a 40-minute CD of ecstatic drumming music to use while shaking.



An Unlikely Prophet

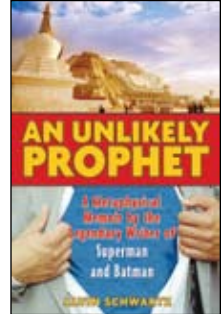
A Metaphysical Memoir by the Legendary Writer of Superman and Batman

Alvin Schwartz

ISBN-13: 978-1-59477-108-8

\$16.95 (CAN \$21.95) pb • 224 pages, 6 x 9

Alvin Schwartz takes the path without form, an amazing personal journey in the company of Hawaiian kahunas, quantum physicists, and superheroes. As Schwartz's lifelong remembrance of synchrony, inspiration, accident, and magic unfolds, it puts into vivid clarity the saving grace that inhabits every moment of our lives. The author travels as a stranger in a strange land, whose greatest oddity is that this land is our own.



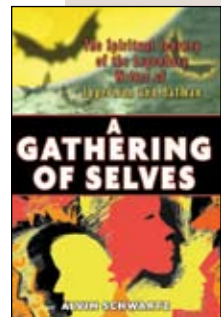
A Gathering of Selves

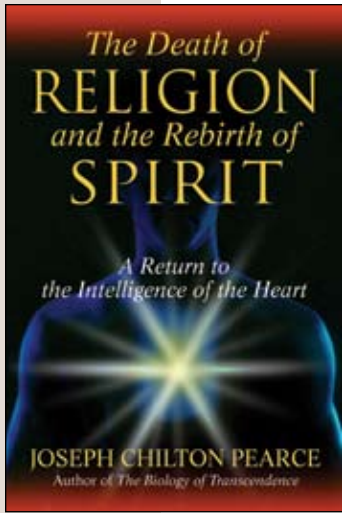
The Spiritual Journey of the Legendary Writer of Superman and Batman

Alvin Schwartz

ISBN-13: 978-1-59477-109-5 • \$14.95 (CAN \$18.95) pb • 224 pages, 6 x 9

Alvin Schwartz's amazing personal journey continues in this sequel to *An Unlikely Prophet*. Carried far beyond the boundaries of ordinary identity, Schwartz finds an interpersonal consciousness where he inhabits a multitude of selves, including the dark figure of Batman. What he thinks of as "self," Schwartz discovers, is but one layer of an onion-like structure of multiple co-existing selves that forms the foundation of the fundamental unity of all being.





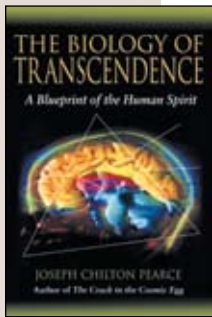
The Death of Religion and the Rebirth of Spirit

A Return to the Intelligence of the Heart

Joseph Chilton Pearce

ISBN-13: 978-1-59477-171-2
\$22.95 (CAN \$28.95) **hardcover**
272 pages, 6 x 9
10 b&w illustrations

Pearce explains that beneath our awareness, culture imprints a negative force-field that blocks the natural rise of the spirit toward its innate nature of love and altruism. He holds that the key to reversing this trend can be found in the interaction between infants and adults. The adult mind-set effectively compromises the infant's neural and hormonal interactions between the heart and the higher evolutionary structures of the developing brain. Pearce shows us that if we allow the intelligence of the heart to take hold and flourish, we can reverse this unconscious loss of our true being.



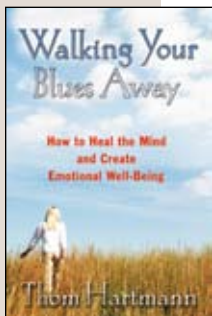
The Biology of Transcendence

A Blueprint of the Human Spirit

Joseph Chilton Pearce

ISBN-13: 978-1-59477-016-6
\$16.95 (CAN \$24.95) **pb**
288 pages, 6 x 9 • 13 b&w illustrations
ISBN-13: 978-0-89281-990-4
\$22.00 (CAN \$29.95) **hardcover**

Joseph Chilton Pearce examines the current biological understanding of our neural organization to address how we can transcend our current evolutionary capacities and limitations. It is the dynamic interaction of the head brain (intellect) and heart brain (intelligence), of biology and spirit, that allows transcendence from one evolutionary place to the next.



Walking Your Blues Away

How to Heal the Mind and Create Emotional Well-Being

Thom Hartmann

ISBN-13: 978-1-59477-144-6
\$12.95 (CAN \$16.50) **pb** • 112 pages, 6 x 9

Our bodies usually heal rapidly from an illness, injury, or wound. Yet our minds and hearts often suffer for years with debilitating symptoms of distress or upset. Why is it so hard to heal emotional trauma? Thom Hartmann discovers that a simple and effective bilateral therapy for healing can be just a short walk away.

Also by Thom Hartmann, *The Edison Gene*, p. 73



Energy Vampires

A Practical Guide for Psychic Self-protection

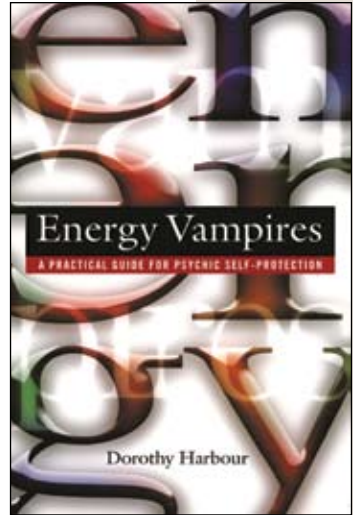
Dorothy Harbour

ISBN-13: 978-0-89281-910-2

\$14.95 (CAN \$21.95) pb

192 pages, 6 x 9

The author offers a clear guide to self-protection from the vampires in our midst, individuals and situations that take excessive amounts of energy without giving anything in return, leaving us drained and ineffectual. She provides an exercise program that helps us strengthen our auras and ground ourselves psychologically as well as numerous case studies that teach us how to recognize those who prey on the energy of others. Other helpful practices demonstrate how to cleanse our subconscious of "psycho-trash," protect ourselves and family from energy vampires, and even lovingly cure the vampires themselves.



Entity Possession

Freeing the Energy Body of Negative Influences

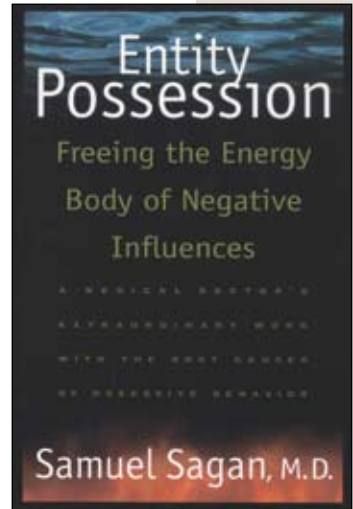
Samuel Sagan, M.D.

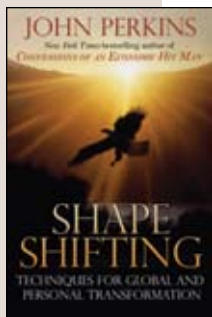
ISBN-13: 978-0-89281-612-5

\$14.95 (CAN \$21.95) pb

192 pages, 6 x 9

For centuries Eastern traditions have taken the subject of entity possession quite seriously. Ayurveda, the traditional medicine of India, recognizes *bhutas* or entities and their influence on mental and physical well-being, as well as the ways they can be evicted from the individual. Now, in a work that is unique in Western literature, Dr. Samuel Sagan examines the problem of these incorporeal beings that attach themselves to human beings as parasites, causing various emotional, mental and physical problems. A landmark study that presents sound analysis and treatment of this phenomenon, *Entity Possession* demystifies a topic that has long been overdramatized by the folklore surrounding possession and exorcism.





Shapeshifting

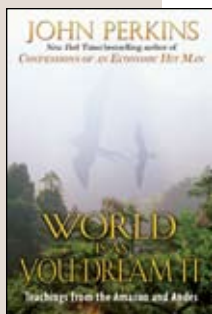
Techniques for Global and Personal Transformation

John Perkins

ISBN-13: 978-0-89281-663-7
\$12.95 (CAN \$18.95) pb • 184 pages, 6 x 9 • 13 b&w photographs

Also available in Spanish: *Transmutación*
ISBN-13: 978-0-89281-592-0 • \$12.95 (CAN \$20.95) pb

The ancient shamanic practice of shapeshifting allows an individual to transform themselves on a deep level and to achieve a true unity with all things by “becoming the other.” John Perkins reveals the mental techniques that enable an individual not only to merge with another living creature, but to transform personal life, health, career, and community.



The World Is As You Dream It

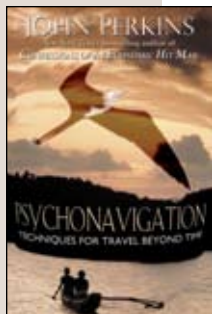
Teachings from the Amazon and Andes

John Perkins

ISBN-13: 978-0-89281-459-6
\$12.95 (CAN \$18.95) pb • 160 pages, 6 x 9

Also available in Spanish: *El mundo es como uno lo sueña*
ISBN-13: 978-0-89281-465-7 • \$10.95 (CAN \$17.50) pb

Through their music, myth, herbal medicine, and the sacred ceremony of the hallucinogenic plant *ayahuasca*, the Shuar invite us into a dream that they have made reality—one that is nourishing and life-sustaining and in which the great privilege of being human is in embracing our role as caretakers of Mother Earth.



Psychonavigation

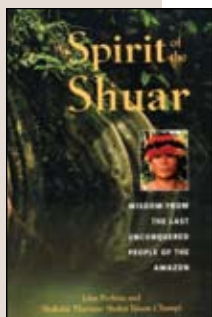
Techniques for Travel Beyond Time

John Perkins

ISBN-13: 978-0-89281-800-6
\$12.95 (CAN \$18.95) pb • 144 pages, 6 x 9

Also available in Spanish: *Psiconavegación*
ISBN-13: 978-0-89281-461-9 • \$10.95 (CAN \$17.50) pb

Psychonavigation, still practiced by tribal cultures, can help you access your own inner guidance to find direction in life decisions. From firsthand experience with native cultures, John Perkins shows you how.



Spirit of the Shuar

Wisdom from the Last Unconquered People of the Amazon

John Perkins and Shakaim Mariano Shakai Ijisam Chumpi

ISBN-13: 978-0-89281-865-5
\$16.95 (CAN \$21.95) pb
208 pages, 6 x 9 • Includes two 8-page color inserts

The Shuar of the Amazon are guided by their practice of shapeshifting, belief in dream change, and understanding that humans and nature are interdependent. The author inspired Mariano Chumpi to travel among his people and record their thoughts, history, and customs.



NEW—AVAILABLE**The Chakras in Shamanic Practice*****Eight Stages of Healing and Transformation***

Susan J. Wright

Foreword by John Perkins

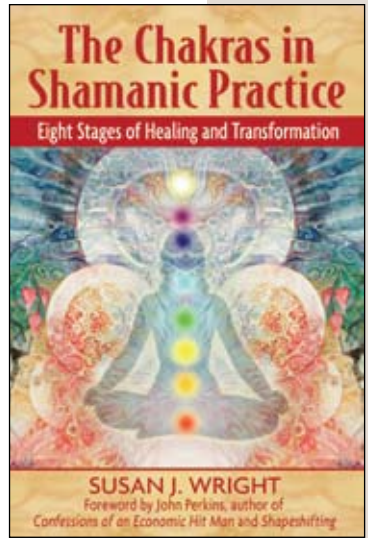
ISBN-13: 978-1-59477-184-2

\$16.95 (CAN \$21.50) pb

274 pages, 6 x 9

1 color and 45 b&w illustrations

Susan Wright explains that life traumas experienced in particular developmental stages become lodged within their corresponding chakra. By identifying and working with the chakra involved, a doorway can be opened to a world of transformative images, allowing powerful shamanic techniques to heal these psychic wounds. Providing both physical exercises and guided meditations that utilize the techniques of soul retrieval, working with power animals, and transcending trauma, Wright offers practitioners a way to release unresolved trauma from the chakras and lead themselves to physical, emotional, and spiritual well-being.

**Shamanic Mysteries of Egypt*****Awakening the Healing Power of the Heart***

Nicki Scully and Linda Star Wolf

ISBN-13: 978-1-59143-068-1

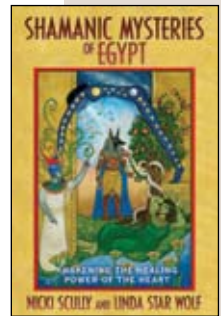
\$16.00 (CAN \$20.00) pb

264 pages, 6 x 9

Includes 8-page color insert

Nicki Scully and Linda Star Wolf renew humanity's connection to the ancient gods of Egypt, the *neteru*, with this book of wisdom teachings and rituals that invoke ancient Egyptian deities. The shamanic initiations provided evoke the power to unite heart and mind in the sacred marriage that brings transformation, renewal, and the awakening of consciousness.

For other books by Nicki Scully, see p. 60

**Dreamways of the Iroquois*****Honoring the Secret Wishes of the Soul***

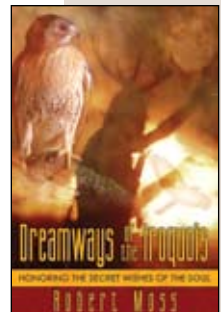
Robert Moss

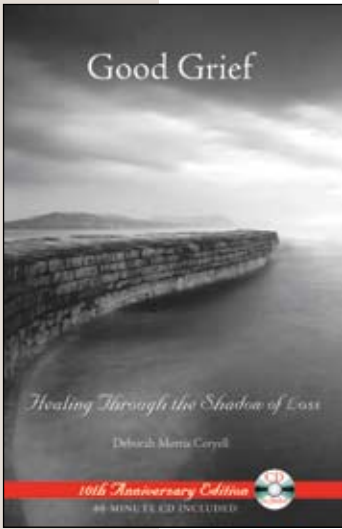
ISBN-13: 978-1-59477-034-0

\$16.95 (CAN \$24.95) pb

288 pages, 6 x 9

The ancient wisdom of the Iroquois was revealed to Robert Moss when he started dreaming in a language he did not know, an early form of the Mohawk Iroquois language. *Dreamways of the Iroquois* is a spiritual odyssey, a tribute to the wisdom of the First Peoples, and a guide to self-healing through dreamwork.





NEW—AVAILABLE

10th Anniversary Edition of *Good Grief*, previously published as *Healing Through the Shadow of Loss*



Good Grief

Healing Through the Shadow of Loss

Deborah Morris Coryell

ISBN-13: 978-1-59477-159-0
\$18.95 (CAN \$22.95) pb
160 pages, 5.38 x 8.25
Includes 60-minute CD

In *Good Grief: Healing Through the Shadow of Loss*, Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love, of losing a connection, an outlet for our emotion. She reminds us that all losses must be grieved in their own right and on their own terms, and that we must honor small losses as well as the big ones, continuing to love in the face of loss. Paying attention to even the most minute experiences of loss can help us to be more in tune with our responses to the greater ones, allowing us to once again become part of the rhythm of life from which we have become disconnected.



Shamanic Experience

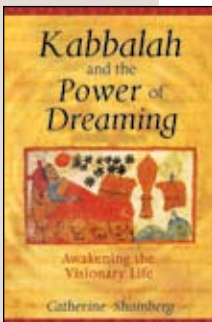
A Practical Guide to Psychic Powers

Kenneth Meadows

ISBN-13: 978-1-59143-002-5
\$20.00 (CAN \$28.95) pb
208 pages, 6 x 9
29 b&w line drawings • Includes 47-minute CD



A guide to shamanic practices for those seeking to develop psychic powers. Teaches how to access the collective soul, discover the aura, develop shamanic breath, discover relationships with power animals, and engage in a vision quest. These lessons culminate with a trance-state journey induced by the rhythmic drumming session on the accompanying CD.



Kabbalah and the Power of Dreaming

Awakening the Visionary Life

Catherine Shainberg

ISBN-13: 978-1-59477-047-0
\$14.95 (CAN \$20.95) pb
224 pages, 6 x 9 • 6 b&w illustrations



Drawing on the ancient Sephardic Kabbalah tradition, Catherine Shainberg unveils esoteric practices to unlock the dreaming mind's transformative and intuitive powers. By teaching the mind to become conscious in our sleeping dreams and the dreaming mind to manifest in daytime awareness, we are able to achieve revolutionary consciousness and open the pathways to self-realization.

From Boys to Men

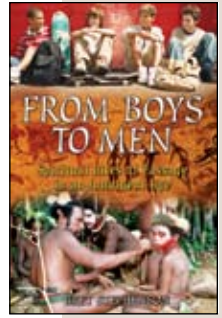
Spiritual Rites of Passage in an Indulgent Age

Bret Stephenson

ISBN-13: 978-1-59477-140-8

\$18.95 (CAN \$23.95) pb • 304 pages, 6 x 9 • 15 b&w illustrations

Bret Stephenson shows readers that older cultures didn't magically avoid adolescence; instead they developed successful rituals and rites of passage for sculpting teen boys into healthy young men. Stephenson explains how to reintroduce these successful practices and traditional understandings into modern family life and programs for youth to create a society with happy and healthy adolescent boys.



The Edison Gene

ADHD and the Gift of the Hunter Child

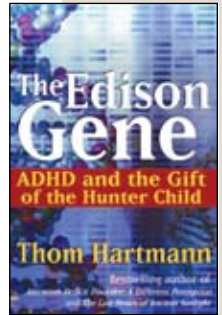
Thom Hartmann

ISBN-13: 978-1-59477-049-4 • \$16.95 (CAN \$22.95) pb • 280 pages, 6 x 9

ISBN-13: 978-0-89281-128-1 • \$20.00 (CAN \$28.95) **hardcover**

Thom Hartmann, creator of the "hunter/farmer hypothesis" of ADHD, argues that children who possess the Edison gene are adapted to give them brilliant success as innovators, inventors, explorers, and entrepreneurs, while these same qualities often cause them problems in the context of our public schools. Hartmann offers concrete strategies for helping Edison-gene children to reach their full potential.

Also by Thom Hartmann, *Walking Your Blues Away*, p. 68



New Edition of *Gentle Birth Choices* Boxed Set

Gentle Birth Choices

Barbara Harper, R.N.

Photographs by Suzanne Arms

ISBN-13: 978-1-59477-067-8 • \$19.95 (CAN \$26.95) pb

320 pages, 8 x 10 • 49 b&w photographs • Includes 45-minute DVD

In *Gentle Birth Choices* Barbara Harper, nurse, former midwife, and mother of three, helps parents to plan a meaningful, family-centered birth experience. The DVD blends interviews with midwives and physicians and shows six actual births, including water birth, home birth, and vaginal birth. A powerful instructional tool for expectant parents, midwives, hospitals, birth centers, and doctors.



Vaccinations: A Thoughtful Parent's Guide

How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives

Aviva Jill Romm

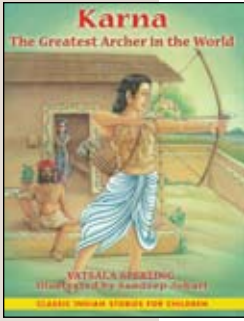
ISBN-13: 978-0-89281-931-7 • \$16.95 (CAN \$24.95) pb • 304 pages, 6 x 9

Also available in Spanish: *Vacunas*

ISBN-13: 978-1-59477-005-0 • \$16.95 (CAN \$21.95) pb

The author shares research on vaccine safety and efficacy and offers a balanced discussion of the pros and cons of childhood vaccination. She presents the full spectrum of options available, and guides parents as they make the choices that are right for their child.





NEW—NOVEMBER 2007

Karna

The Greatest Archer in the World

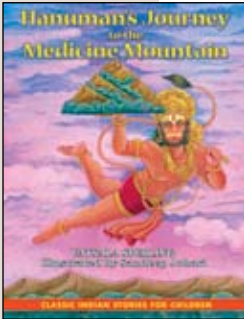
Vatsala Sperling

Illustrated by Sandeep Johari

ISBN-13: 978-1-59143-073-5

\$15.95 (CAN \$19.50) **hardcover** • 32 pages, 8.5 x 11 • Full color throughout

Karna: The Greatest Archer in the World introduces children to one of the most colorful characters of Hindu mythology, the heroic but humanly flawed character of Karna, who grapples with issues of right and wrong, truth and lies, loyalty and abandonment. It tells how Radha helps her adoptive son, Karna, solve the mystery of his birth and how his loyalty to a friend and his unparalleled generosity and sense of honor ultimately cause him to give his own life so that good may triumph over evil. This book speaks to the questions that arise for adoptive children and their parents. For children ages 6–9.



Hanuman's Journey to the Medicine Mountain

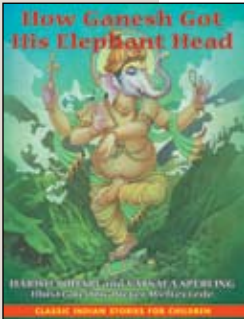
Vatsala Sperling

Illustrated by Sandeep Johari

ISBN-13: 978-1-59143-063-6

\$15.95 (CAN \$19.95) **hardcover** • 32 pages, 8.5 x 11 • Full color throughout

Born on Earth to be a helper for Ram, the hero of the epic Ramayana, Hanuman, the magical monkey, can leap higher than the sun and move faster than the wind. This beautifully illustrated retelling of Hanuman's story makes accessible to Western children and their parents one of the most playful and beloved characters of the Hindu tradition. For children ages 6–9.



How Ganesh Got His Elephant Head

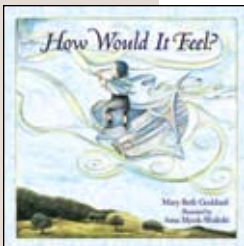
Harish Johari and Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN-13: 978-1-59143-021-6

\$15.95 (CAN \$22.95) **hardcover** • 32 pages, 8.5 x 11 • Full color throughout

Ganesh's timeless story teaches children about the steadfast power of dedication to duty, the awe-inspiring power of a mother's love for her child, and the gentle power of compassion. Accompanied by rich, color illustrations prepared according to the traditional Hindu canon, *How Ganesh Got His Elephant Head* will transport children to a magical world filled with ancient wisdom. For children ages 6–9.



How Would It Feel?

Mary Beth Goddard

Illustrated by Anna Mycek-Wodecki

ISBN-13: 978-1-59143-050-6

\$15.95 (CAN \$21.95) **hardcover** • 32 pages, 8.5 x 8.5 • Full color throughout

In *How Would It Feel?*, Mary Beth Goddard takes children on a journey of fantastic proportions, inviting them to imagine a playful interaction with the natural world. Children and parents alike will have an opportunity to view the world from widely varying perspectives, such as high in the sky or deep under the sea. For children ages 4–6.



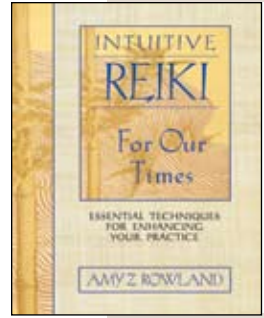


Intuitive Reiki for Our Times
Essential Techniques for Enhancing Your Practice

Amy Z. Rowland

ISBN-13: 978-1-59477-099-9
 \$19.95 (CAN \$25.95) pb
 288 pages, 8 x 10 • 65 b&w photographs

Most Western Reiki practitioners are taught Reiki without acknowledgment of the integral role intuition can play in helping to heal a client. Rowland shows practitioners how to inventory their intuitive abilities, and offers fully illustrated, practical techniques that certified Reiki practitioners and teachers can readily apply in their own practices.

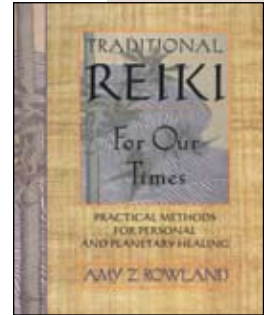


Traditional Reiki for Our Times
Practical Methods for Personal and Planetary Healing

Amy Z. Rowland

ISBN-13: 978-0-89281-777-1
 \$19.95 (CAN \$28.95) pb
 256 pages, 8 x 10 • 80 b&w photographs

This comprehensive book takes the reader step-by-step through traditional Reiki, level I and II classes. Introduction to the basic hand positions is accompanied by photographs and medical illustrations.



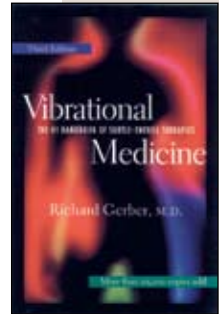
Third Edition

Vibrational Medicine
The #1 Handbook of Subtle-Energy Therapies

Richard Gerber, M.D.

ISBN-13: 978-1-879181-58-8
 \$18.00 (CAN \$25.95) pb
 608 pages, 6 x 9 • 40 b&w illustrations

In this revised and updated third edition, Dr. Gerber provides an encyclopedic treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing.

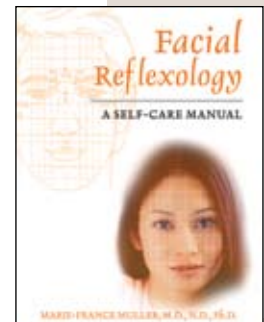


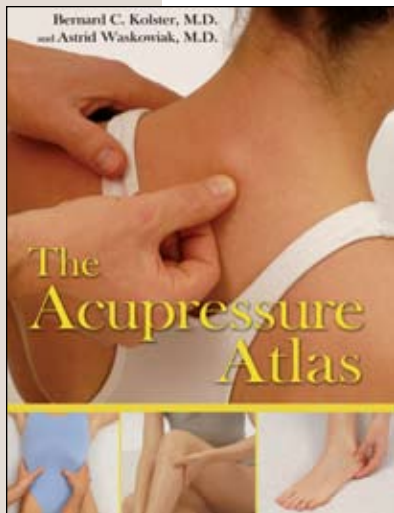
Facial Reflexology
A Self-Care Manual

Marie-France Muller, M.D., N.D., Ph.D.

ISBN-13: 978-1-59477-013-5
 \$18.95 (CAN \$25.95) pb
 288 pages, 8.5 x 11 • 507 b&w illustrations

Facial reflexology is simple enough that it can be self-administered by a beginner, yielding immediate results, and is also a valuable tool for healthcare professionals. In *Facial Reflexology*, Marie-France Muller describes the mechanics of facial reflexology and provides healing routines both for treating acute ailments and for maintaining overall good health.



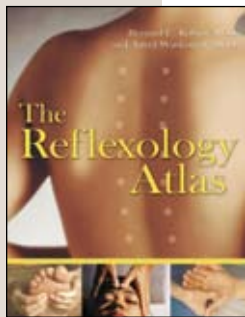


NEW—NOVEMBER 2007
The Acupressure Atlas

Bernard C. Kolster, M.D., and Astrid Waskowiak, M.D.

ISBN-13: 978-1-59477-207-8
\$24.95 (CAN \$29.95) pb
240 pages, 10 x 13 • Full color throughout
ISBN-13: 978-1-59477-175-0
\$39.95 (CAN \$47.95) **hardcover**

Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. *The Acupressure Atlas* is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate a wide variety of health problems, including even the common cold. This book provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

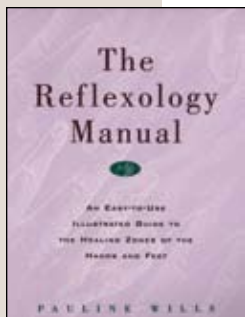


The Reflexology Atlas

Bernard C. Kolster, M.D. and Astrid Waskowiak, M.D.

ISBN-13: 978-1-59477-091-3
\$24.95 (CAN \$33.95) pb
256 pages, 10 x 13 • 570 color photographs and illustrations
ISBN-13: 978-1-59477-066-1 • \$39.95 (CAN \$54.95) **hardcover**

The Reflexology Atlas is the first comprehensive reference guide to provide an overview of and instructions for the many forms of reflexology. Included by Drs. Kolster and Waskowiak are reflexology techniques for allergies, joint problems, headaches, back pain, sleep disorders, and heart and circulatory problems. *The Reflexology Atlas* puts these techniques at your fingertips.



The Reflexology Manual

An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet

Pauline Wills

ISBN-13: 978-0-89281-547-0
\$19.95 (CAN \$28.95) pb • 144 pages, 8.5 x 11 • 150 color photographs and illustrations

Clear, step-by-step instructions and sequential photographs guide you through complete reflexology treatments. Ideal for beginners as well as practitioners.

"The photographs and drawings are easy to follow and precise. This ancient therapy can now be understood clearly with the aid of this book. An excellent text."

New Vision



Acupressure Taping

The Practice of Acutaping for Chronic Pain and Injuries

Hans-Ulrich Hecker, M.D., and
Kay Liebchen, M.D.

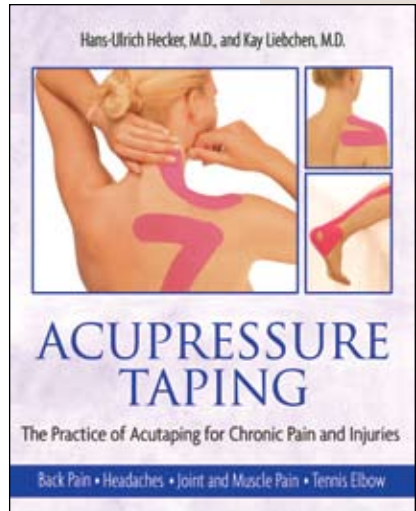
ISBN-13: 978-1-59477-148-4

\$16.95 (CAN \$21.50) pb

128 pages, 8 x 10

117 four-color illustrations

In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. Combining elements of Chinese medicine with osteopathy, acutaping can treat ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment—without side effects—that offers welcome relief to sufferers of chronic pain.



The New Rules of Posture

How to Sit, Stand, and Move in the Modern World

Mary Bond

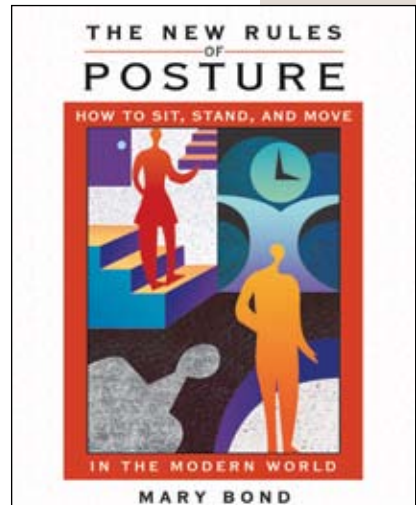
ISBN-13: 978-1-59477-124-8

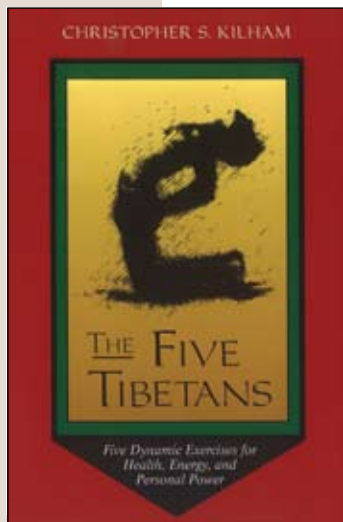
\$18.95 (CAN \$23.95) pb

240 pages, 8 x 10

41 b&w illustrations

Mary Bond explains that healthy posture comes not by training our muscles into an ideal shape, but from a new sense that we can develop by learning to feel. Drawing from 35 years of helping people to improve their bodies, she shows how habitual movement patterns and emotional factors lead to unhealthy posture. Bond identifies the key anatomical features that impact alignment, and proposes six zones that help create postural changes. She offers self-help exercises that enable healthy function in each zone and includes case histories to inspire practitioners as well as information on basic ergonomics.





The Five Tibetans

Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham

ISBN-13: 978-0-89281-450-3

\$9.95 (CAN \$14.50) pb

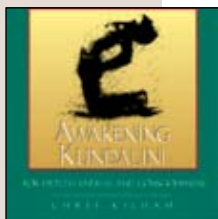
96 pages, 5.38 x 8.25

18 b&w photographs

Also available in Spanish: *Los Cinco Tibetanos*

ISBN-13: 978-0-89281-466-4 • \$9.95 (CAN \$15.95) pb

The Five Tibetans is a yogic system of simple yet highly energizing exercises that originated in the Himalayas. These exercises take a minimum of daily time and effort but can dramatically increase physical strength and suppleness as well as mental acuity. Regular practice of these exercises relieves muscular tension and nervous stress, improves respiration and digestion, benefits the cardiovascular system, and leads to deep relaxation and well-being. The Five Tibetans can be a powerful vehicle not only for enlivening the senses but also for generating and harnessing vital energy for self-transformation.



Awakening Kundalini for Health, Energy, and Consciousness

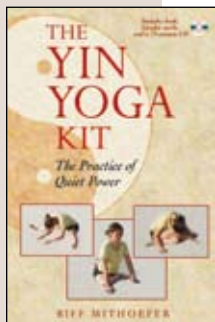
Chris Kilham

ISBN-13: 978-1-59477-004-3

\$12.95 (CAN \$18.95)

60-minute CD

Kundalini is the primordial life force that enlivens, vivifies, and motivates our body and mind. Awakened kundalini can become a geyser of energy that leads to greater creativity and health, heightened awareness, and states of ecstasy. On this CD, Chris Kilham explains kundalini and introduces time-honored meditation techniques for safely increasing its flow within the body.



The Yin Yoga Kit

The Practice of Quiet Power

Biff Mithoefer

ISBN-13: 978-1-59477-116-3

\$24.95 (CAN \$32.50)

Boxed set, 6 x 9

144-page book with 70 b&w illustrations, 14 color cards and a 75-minute CD

Yin Yoga, known as the quiet yoga, concentrates on the connective tissue and the bones, the parts of our body that are closest to our core and critical to our physical well-being and range of motion. Its meditative non-movement enables the muscles to relax, the nerves to calm, and the surrounding connective tissue to remain healthy and supple.



Revised and Expanded Paperback Edition
of *Informed Touch*

Trigger Point Therapy for Myofascial Pain

The Practice of Informed Touch

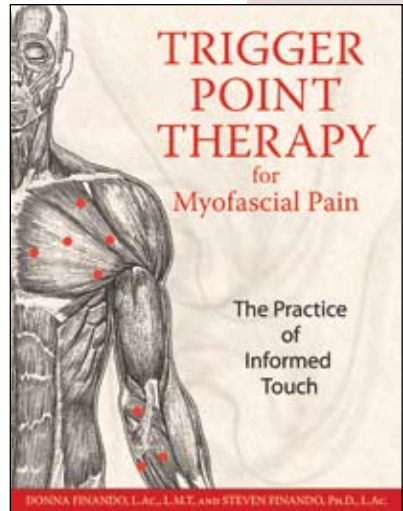
Donna Finando, L.Ac., L.M.T., and
Steven Finando, Ph.D., L.Ac.

ISBN-13: 978-1-59477-054-8

\$19.95 (CAN \$26.95) pb

256 pages, 8.5 x 11 • 147 two-color illustrations

In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points and alleviating pain. Introductory chapters include discussion of the oriental medicine concept of Qi and its relationship to myology, information on trigger point location and activation, and palpatory skill-building techniques. Detailed information on each muscle, including pain-pattern and trigger-point illustrations with specific palpation instructions, enable clinicians to locate specific areas quickly and accurately. *Trigger Point Therapy for Myofascial Pain* answers the reference needs of the growing community of physical and occupational therapists, acupuncturists, chiropractors, osteopaths, and massage therapists.



Trigger Point Self-Care Manual

For Pain-Free Movement

Donna Finando, L.Ac., L.M.T.

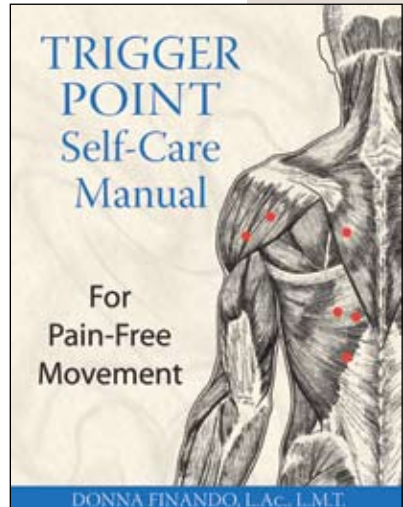
ISBN-13: 978-1-59477-080-7

\$18.95 (CAN \$25.95) pb

208 pages, 8.5 x 11

228 two-color illustrations

Injuries too minor to warrant splinting, casting, or medication can produce noticeable discomfort and, over time, often lead to more severe injuries. In *Trigger Point Self-Care Manual*, Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. She identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it.





Restoring Your Eyesight

A Taoist Approach

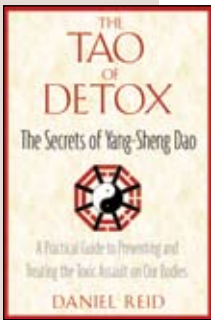
Doug Marsh

ISBN-13: 978-1-59477-150-7

\$14.95 (CAN \$18.95) pb

240 pages, 6 x 9

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Vision goes deeper than the eyes and optic nerves, Marsh explains, extending well into the layers of the mind, emotions, and spirit. Eyesight difficulties are often connected to behavioral and stress-related syndromes, such as dyslexia, ADHD, stuttering, TMJ, and anxiety disorders. Combining proven methods pioneered a century ago by eye doctor William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.



The Tao of Detox

The Secrets of Yang-Sheng Dao

Daniel Reid

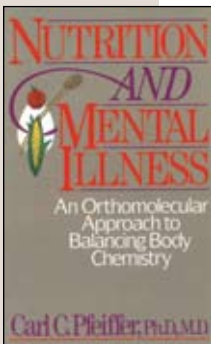
ISBN-13: 978-1-59477-142-2

\$18.95 (CAN \$23.95) pb

352 pages, 6 x 9

12 b&w illustrations

In this practical guide to preventing and treating the toxic assault on our bodies, Daniel Reid combines traditional Eastern practices and the latest of modern Western thinking to offer detoxification methods that can repair in as little as seven to ten days much of the long-term accumulation of toxins and acid waste in our bodies.



Nutrition and Mental Illness

An Orthomolecular Approach to Balancing Body Chemistry

Carl C. Pfeiffer, Ph.D., M.D.

ISBN-13: 978-0-89281-226-4

\$12.95 (CAN \$18.95) pb • 128 pages, 5.25 x 8.5

Dr. Carl Pfeiffer's extensive program of research into the causes and treatment of mental illness found that many psychological problems can be traced to biochemical imbalances in the body. He achieved unprecedented success in treating a wide range of mental problems by adjusting diet and providing specific nutritional supplements for those conditions where deficiencies exist. This book documents his approach.



Second Edition

The High Blood Pressure Solution

A Scientifically Proven Program for Preventing Strokes and Heart Disease

Richard D. Moore, M.D., Ph.D.

ISBN-13: 978-0-89281-975-1

\$16.95 (CAN \$24.95) pb

400 pages, 6 x 9

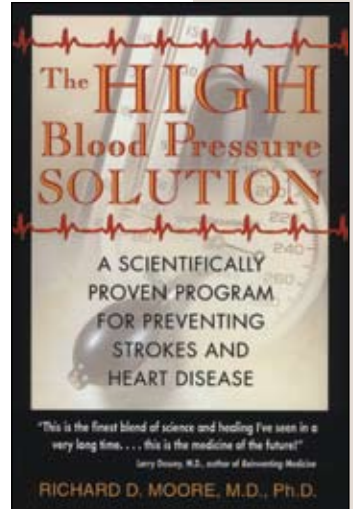
20 b&w illustrations

First edition also available in Spanish:

La solución para la hipertensión

ISBN-13: 978-0-89281-578-4 • \$14.95 (CAN \$23.95) pb

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension. This revised second edition is updated with scientific evidence from Finland, where, for several decades, sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline *nationwide* in deaths attributed to strokes and heart attacks.



Preventing and Reversing Arthritis Naturally

The Untold Story

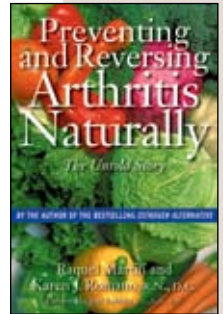
Raquel Martin and Karen J. Romano, R.N., D.C.

ISBN-13: 978-0-89281-891-4 • \$14.95 (CAN \$21.95) pb • 272 pages, 6 x 9

A comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. By the author of the bestselling *Estrogen Alternative*.

"I enthusiastically recommend this book, not only for people with arthritis, but for anyone who wishes to explore new ways to achieve optimum health."

Ralph C. Lee, M.D.



The Healing Power of Neurofeedback

The Revolutionary LENS Technique for Restoring Optimal Brain Function

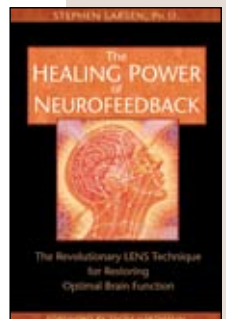
Stephen Larsen, Ph.D.

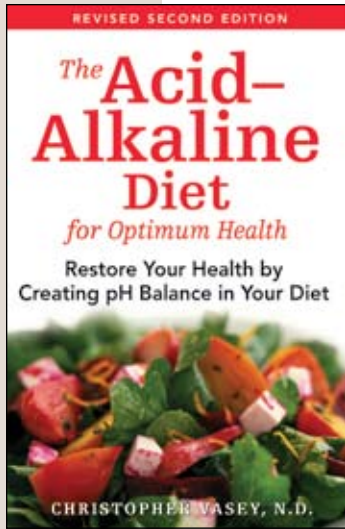
Foreword by Thom Hartmann

ISBN-13: 978-1-59477-084-5 • \$19.95 (CAN \$26.95) pb

456 pages, 6 x 9 • Includes 8-page color insert and 21 b&w illustrations

The Low Energy Neurofeedback System (LENS), developed by Dr. Len Ochs, uses weak electromagnetic fields to stimulate brain-wave activity and restore brain flexibility and function, following an injury. Less invasive than drug therapies or surgery, LENS also provides an important alternative to chemical approaches for such chronic behavioral disorders as ADHD and monopolar and bipolar depression.





Revised Second Edition

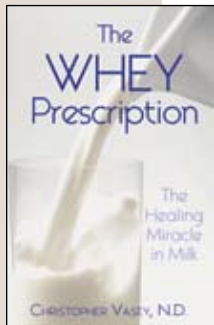
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-154-5
\$12.95 (CAN \$16.50) pb
208 pages, 5.38 x 8.25

Most people consume an abundance of highly processed foods that acidify the body. As a result, they are afflicted with health problems that can include: minor skin irritations, chronic fatigue, back pain, depression, arthritis, ulcers, and osteoporosis. To enjoy optimum health, the body needs balanced quantities of alkaline and acid substances. Naturopath and detoxification expert Christopher Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification, and how to design a diet best suited for your health needs.



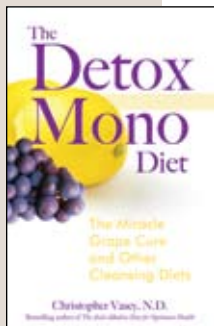
The Whey Prescription

The Healing Miracle in Milk

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-127-9
\$9.95 (CAN \$12.75) pb • 96 pages, 5.38 x 8.25

Beyond its nutritional value, whey has powerful detoxification properties, and its therapeutic action is beneficial for all the major organ centers of the body: heart, liver, kidneys, and intestines. Whey is also a proven invigorating supplement, promoting overall good health and vitality. Now, this highly nutritious and effective healing agent is within the reach of everyone.



The Detox Mono Diet

The Miracle Grape Cure and Other Cleansing Diets

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-126-2
\$12.95 (CAN \$16.50) pb
176 pages, 5.38 x 8.25

Christopher Vasey demonstrates why restricted diets, like the grape cure or lemon cure, are all remarkably effective in healing illness and restoring optimum health. This practical guide to following a detoxification regimen provides all the information necessary to adapt the cure to match your specific physiological needs, making your return to optimum health a unique journey.



Revised and Expanded Third Edition of
Oxygen Healing Therapies

The Oxygen Prescription

The Miracle of Oxidative Therapies

Nathaniel Altman

ISBN-13: 978-1-59477-177-4

\$19.95 (CAN \$24.95) pb

384 pages, 6 x 9

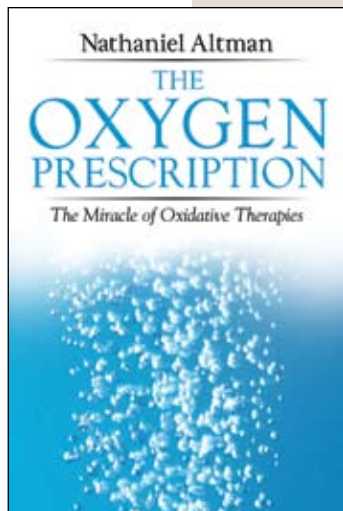
21 b&w illustrations

First edition of *Oxygen Healing Therapies* also available in

Spanish: *Terapias de oxígeno*

ISBN-13: 978-0-89281-472-5 • \$12.95 (CAN \$20.95) pb

This is the only book to place oxidative therapies in the context of holistic health. Completely updated and expanded to include the use of these therapies in dentistry and veterinary medicine, it explores the latest scientific findings that show how ozone interacts with cells when introduced into the bloodstream. It presents treatments that stimulate the body's own ability to produce ozone to fight cancer, osteoporosis, and hepatitis and provides the evidence of how oxidative therapies are being used to treat heart disease, herpes, HIV, and diabetes. *The Oxygen Prescription* also shows how to enhance the effectiveness of these treatments through diet and the use of minerals, herbs, exercise, and visualization.



The Water Prescription

For Health, Vitality, and Rejuvenation

Christopher Vasey, N.D.

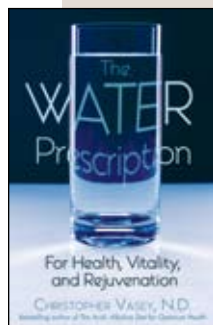
ISBN-13: 978-1-59477-095-1

\$12.95 (CAN \$16.95) pb

160 pages, 5.38 x 8.25

7 b&w illustrations

Drinking sufficient quantities of water is a necessity for optimal physical functioning, but it can also play a major role in the prevention and treatment of many diseases. Christopher Vasey explains why water is so essential to our health, what quantities we should drink and when, and also what types of water will best address certain conditions.



Prickly Pear Cactus Medicine

Treatments for Diabetes, Cholesterol, and the Immune System

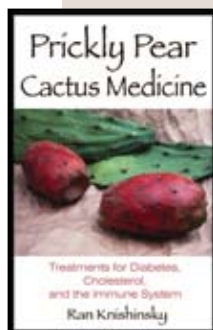
Ran Knishinsky

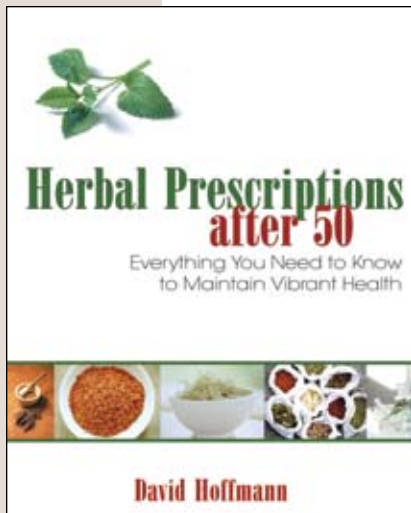
ISBN-13: 978-0-89281-149-6

\$9.95 (CAN \$14.50) pb

144 pages, 5 x 7.75

The prickly pear cactus is destined to be the next big herbal superstar, following in the footsteps of St. John's wort and Echinacea, according to author Ran Knishinsky. Traditionally used as a panacea for over 100 ailments, it has also been the subject of blood cholesterol research sponsored by the American Heart Association.





Revised Edition of *An Elders' Herbal*

Herbal Prescriptions after 50

*Everything You Need to Know
to Maintain Vibrant Health*

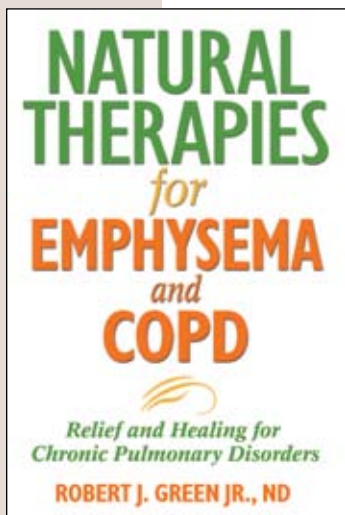
David Hoffmann

ISBN-13: 978-1-59477-180-4

\$24.95 (CAN \$31.95) pb

352 pages, 8 x 10

In this complete and natural-approach guide to healthy aging, medical herbalist David Hoffmann addresses the unique concerns of people approaching age fifty and older. He examines each of the body's major systems—from the muscles and bones and the digestive system to the pulmonary, cardiovascular, and reproductive organs—discussing not only how to maintain each system's natural functioning but also the specific health concerns brought about by aging. The book's *Materia Medica* includes more than 150 herbs, by both common and Latin names, and specifies which part of the plant to use, the actions and indications, preparation methods, and recommended dosages.



Revised Edition of *Emphysema and Chronic Obstructive Pulmonary Disease*

Natural Therapies for Emphysema and COPD

*Relief and Healing for Chronic
Pulmonary Disorders*

Robert J. Green Jr., ND

ISBN-13: 978-1-59477-163-7

\$14.95 (CAN \$18.95) pb

208 pages, 6 x 9

8 b&w illustrations

Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. Starting with the basics of the physiology of respiration, Green presents a comprehensive program that includes detoxification, dietary changes, nutritional supplements, and herbal medicine; breathing techniques and exercise options such as aerobics, yoga, qigong, and tai chi; and alternative therapies such as homeopathy, acupuncture, and massage—noting how and why each therapy works. He also details how to stop smoking, includes resources for alternative health practitioners, and provides sources for the alternative products recommended.





Adaptogens

Herbs for Strength, Stamina, and Stress Relief

David Winston and Steven Maimes

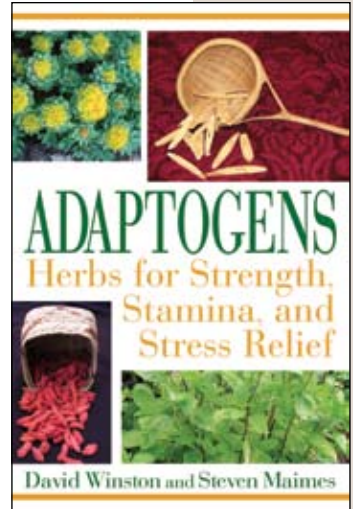
ISBN-13: 978-1-59477-158-3

\$18.95 (CAN \$23.95) pb

336 pages, 6 x 9

24 b&w illustrations

This book provides a comprehensive look into adaptogens, non-toxic herbs such as ginseng, eleuthero, and licorice, that produce a defensive response to stress in our bodies. Adaptogens increase stamina and counter the normal effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and other stress-related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness. Monographs for each adaptogen also present the latest scientific research and include the origin, traditional use, actions, properties, preparation, and dosage for each herb.



The Natural Testosterone Plan

For Sexual Health and Energy

Stephen Harrod Buhner

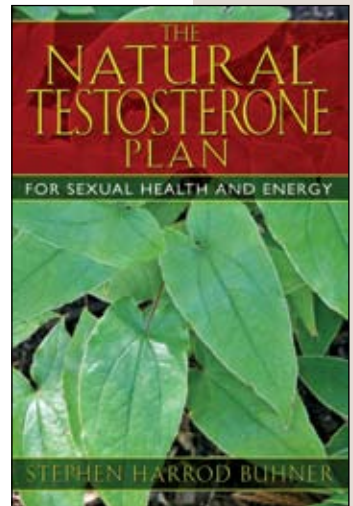
ISBN-13: 978-1-59477-168-2

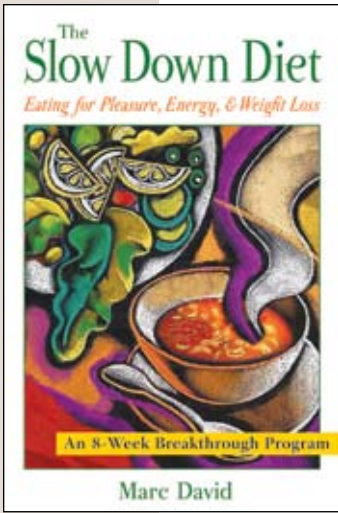
\$14.95 (CAN \$18.95) pb

192 pages, 6 x 9

Recent studies show that the lowered testosterone levels endemic in aging men—the gradual drop that is quite normal—is being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a “cocktail” of estrogen agents that alter the fine balance of testosterone that makes them male. Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens can remedy the depletion. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.

For other books by Stephen Harrod Buhner, see pp. 22 & 46





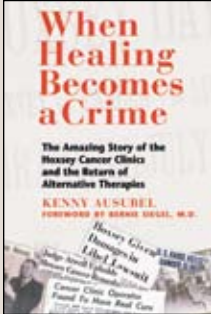
The Slow Down Diet

Eating for Pleasure, Energy and Weight Loss

Marc David

ISBN-13: 978-1-59477-060-9
\$14.95 (CAN \$19.95) pb
208 pages, 6 x 9

The Slow Down Diet presents an eight-week program allowing readers to shed excess pounds, with the new understanding that fully enjoying each meal is an important part of optimal health. Marc David shows how to increase energy and enhance digestion, while feeling rejuvenated and inspired. Drawing on more than 20 years of experience in medicine, psychology, yoga, and spiritual practice, the author reveals the shortcomings of quick-fix fad diets, debunks common nutrition myths, and offers the practical tools that will yield life-transforming, sustainable results.



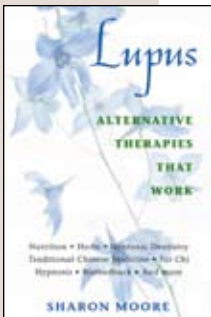
When Healing Becomes a Crime

The Amazing Story of the Hoxsey Cancer Clinics and the Return of Alternative Therapies

Kenny Ausubel

ISBN-13: 978-0-89281-925-6
\$19.95 (CAN \$30.95) pb
480 pages, 6 x 9 • 62 b&w photographs

A companion to the author's award-winning documentary about Harry Hoxsey, who treated thousands of cancer patients with his herbal formulas despite relentless persecution by the AMA. As alternative medicine finally regains its rightful place and enters mainstream practice, this compelling book will not only forever change the way you see medicine but could also save your life.



Lupus

Alternative Therapies That Work

Sharon Moore

ISBN-13: 978-0-89281-889-1
\$14.95 (CAN \$21.95) pb • 256 pages, 6 x 9

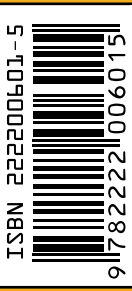
Sharon Moore, a lupus survivor, describes drug-free ways to nurture the mind, body, and spirit and writes with the understanding of someone who's been there. Chock full of specific, scientific, well-documented evidence on effective alternative treatments, this book is a godsend for anyone suffering from lupus.





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