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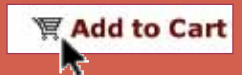
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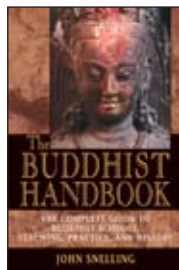
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Eastern Religion & Philosophy—Buddhism



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A Complete Guide to Buddhist Schools, Teaching, Practice, and History

John Snelling

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Illustrated by Robert Beer

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Hara

The Vital Center of Man

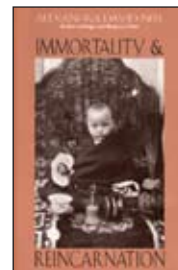
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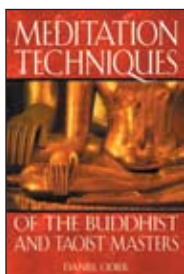
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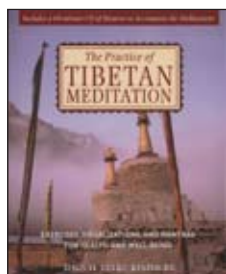


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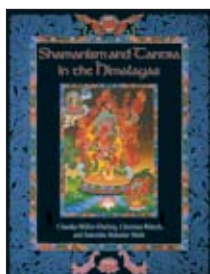
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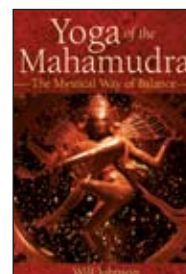
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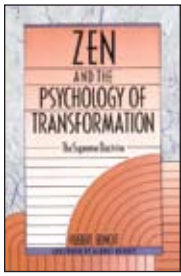
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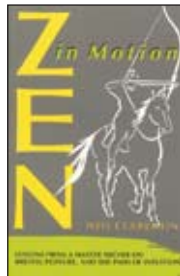


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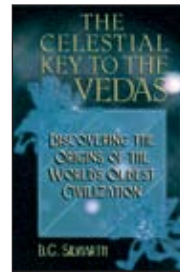


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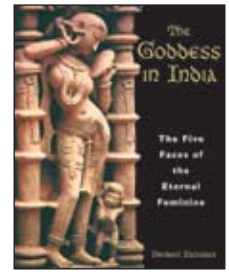


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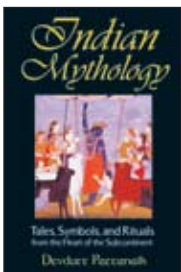


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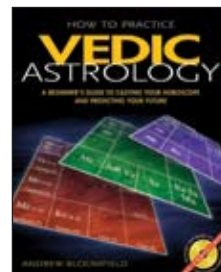
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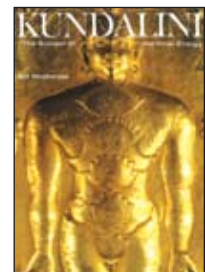
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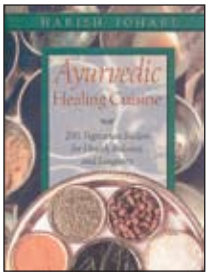


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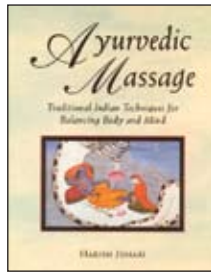


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Harish Johari

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Author, artist, and scholar of Tantra and Ayurveda, Harish Johari was also an inspired cook who shared his culinary wisdom in this treasury of vegetarian cooking. Johari offers a clear and concise introduction to the principles of Ayurvedic eating and explains the healing qualities that foods and spices impart according to their subtle energies.



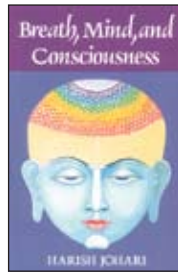
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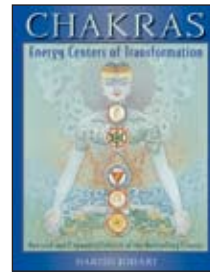
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Harish Johari

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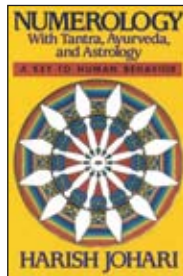
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Numerology

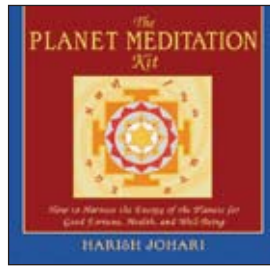
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Tantric scholar and expert in the Hindu traditions of Ayurveda and astrology, Harish Johari presents a unique system of numerology that combines numerical calculations, astrological data, and an analysis of body type to reveal fascinating characteristics about human personality.



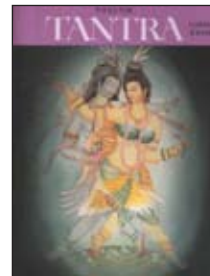
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Harish Johari

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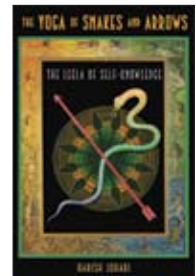


Tools for Tantra

Harish Johari

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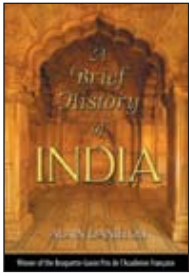
The Yoga of Snakes and Arrows

The Leela of Self-Knowledge

Harish Johari

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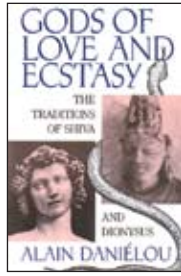
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Alain Daniélou
Translated by
Kenneth F. Hurry
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ISBN-10: 0-89281-923-5
\$25.00 (CAN \$36.50) hardcover
384 pages, 6 x 9

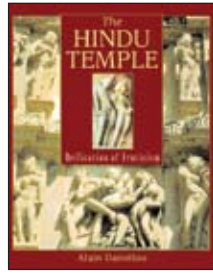
Through Daniélou's history of India we learn from whence we came, what we have discovered over the years in the fields of science, arts, technology, social structures, religions, and philosophical concepts, and what the future may hold for us.



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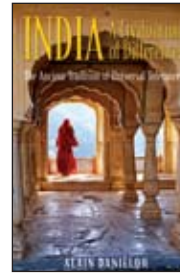
Daniélou examines the earliest traditions of the Hindu and Greek gods of magical power, ecstatic sexuality, and transcendence.



The Hindu Temple

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Alain Daniélou
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ISBN-10: 0-89281-854-9
\$24.95 (CAN \$39.95) pb
152 pages, 8 x 10
27 color and 71 b&w photographs

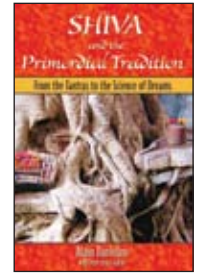
Daniélou's masterpiece on the Hindu temple, now translated for the first time into English, provides a stunningly illustrated tour of the major temple complexes of India.



India: A Civilization of Differences

The Ancient Tradition of Universal Tolerance
Alain Daniélou
ISBN-13: 978-1-59477-048-7
ISBN-10: 1-59477-048-4
\$14.95 (CAN \$21.95) pb
160 pages, 6 x 9

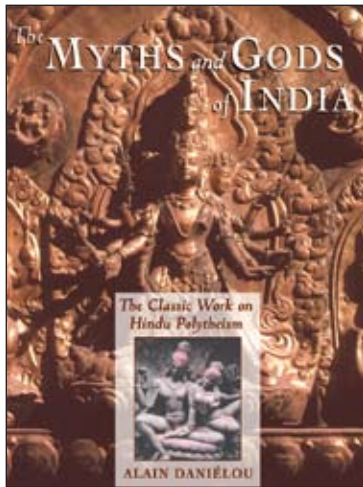
In India the caste system is a natural organizing principle wherein differences are embraced rather than ignored. Daniélou explores this seldom-heard side of the caste debate, and argues effectively in its favor. This rare collection of the late author's writings contains previously unpublished articles and examines the structure of Indian society before and after Western colonialism.



Shiva and the Primordial Tradition

From the Tantras to the Science of Dreams
Alain Daniélou
with Jean-Louis Gabin
ISBN-13: 978-1-59477-141-5
ISBN-10: 1-59477-141-3
\$14.95 (CAN \$18.95) pb
160 pages, 6 x 9

Exploring the relationship between Shaivism and the Western world, Alain Daniélou provides a convincing argument in favor of the polytheistic approach. He explains that monotheism is merely the deification of individualism—the separation of humanity from nature—and that by acknowledging the sacred in everything, we can recognize the imprint of the primordial tradition.



The Myths and Gods of India

The Classic Work on Hindu Polytheism from the Princeton Bollingen Series
Alain Daniélou

ISBN-13: 978-0-89281-354-4
ISBN-10: 0-89281-354-7
\$35.00 (CAN \$50.95) pb
482 pages, 7.5 x 10

This widely praised study of Hindu deities reveals the message of tolerance and adaptability at the heart of this ancient religion.



Virtue, Success, Pleasure, and Liberation

The Four Aims of Life in the Tradition of Ancient India
Alain Daniélou

ISBN-13: 978-0-89281-218-9
ISBN-10: 0-89281-218-4
\$14.95 (CAN \$23.95) pb
192 pages, 6 x 9

Exploring the fundamental concepts of the caste system, Alain Daniélou addresses issues of race, individual rights, sexual mores, marital practices, and spiritual attainments. In this light, the author explains how Hindu society has served as a model for the realization of human potential, and exposes the inherent flaws and hypocrisies of our modern egalitarian governments.

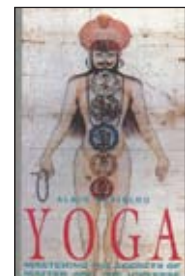


While the Gods Play

Shaiva Oracles and Predictions on the Cycles of History and the Destiny of Mankind
Alain Daniélou

ISBN-13: 978-0-89281-115-1
ISBN-10: 0-89281-115-3
\$18.95 (CAN \$29.95) pb
304 pages, 5.25 x 8.5

Examines how visionaries of ancient Shaivism defined our role in creation, how we have abandoned this role, and action we can take to creatively influence our destiny. The author spent more than 20 years in India and was one of the most distinguished orientalist.

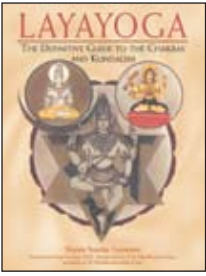


Yoga

Mastering the Secrets of Matter and the Universe
Alain Daniélou

ISBN-13: 978-0-89281-301-8
ISBN-10: 0-89281-301-6
\$16.95 (CAN \$21.95) pb
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Based on original Sanskrit sources, this book gives an authentic account of the methods of yoga in its different forms, including the challenging "left-hand" paths, as well as practices best suited to Western students.

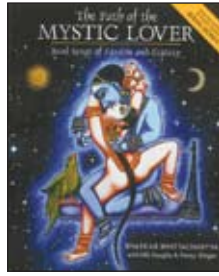


Layayoga

The Definitive Guide to the Chakras and Kundalini
Shyam Sunder Goswami

ISBN-13: 978-0-89281-766-5
ISBN-10: 0-89281-766-6
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368 pages, 7.25 x 9.5
Includes 32-page color insert

This comprehensive guide is one of the world's great works on yoga. Its detailed examination of each of the chakras and the various meditations and mantras that go with them makes it a must for serious students of yoga.



The Path of the Mystic Lover

Baul Songs of Passion and Ecstasy
Bhaskar Bhattacharyya with Nik Douglas and Penny Slinger

ISBN-13: 978-0-89281-019-2
ISBN-10: 0-89281-019-X
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100 b&w illustrations

Carrying on the living tradition of mystic minstrels, the Bauls roam the countryside of eastern India enacting the spiritual love dalliance of Radha and Krishna through songs and dances. *The Path of the Mystic Lover* explores the Bauls' lifestyle and philosophy, describing their sexual and ritual practices as well as their sacred teachings.

"A must-read for Tantric initiates of all levels."
Tantra Magazine

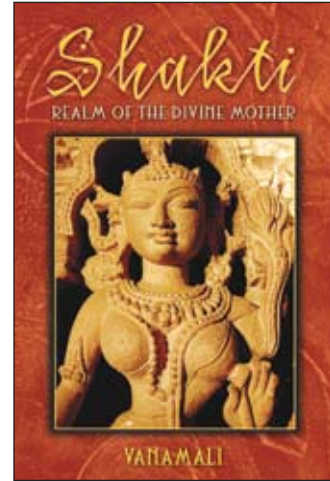


The Philosophy of Classical Yoga

Georg Feuerstein, Ph.D.

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ISBN-10: 0-89281-603-1
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A widely respected yoga scholar offers the first comprehensive study of the philosophical concepts of classical yoga, based on the Yoga Sūtra of Patañjali.

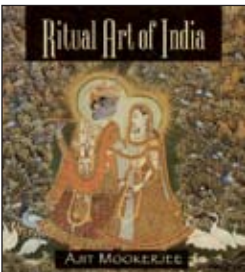


**New-August 2008
Shakti**

Realm of the Divine Mother
Vanamali

ISBN-13: 978-1-59477-199-6
ISBN-10: 1-59477-199-5
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Shakti explains the mystery of the Divine Mother in all her manifestations, exploring 31 different goddess aspects of the Shakti force, both beneficial and malefic, along with Sanskrit hymns and classic verses by Sri Aurobindo for each goddess.



Ritual Art of India

Ajit Mookerjee

ISBN-13: 978-0-89281-721-4
ISBN-10: 0-89281-721-6
\$29.95 (CAN \$48.00) pb
176 pages, 9.5 x 10.5
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Ritual Art of India reveals the inward-seeking quality of relationship with the divine that exemplifies Indian ritual art. This stunning guide to the spiritual power of Indian art shows with over 100 color photographs the splendor and diversity of an art form that has enriched every stage of human life in India.

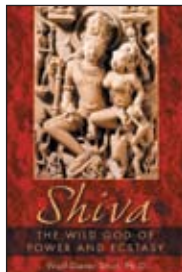


Shambhala

In Search of the New Era
Nicholas Roerich

ISBN-13: 978-0-89281-305-6
ISBN-10: 0-89281-305-9
\$12.95 (CAN \$20.95) pb
332 pages, 5.38 x 8.25

Nicholas Roerich—prolific artist and writer, renowned philosopher, educator, and explorer—relates the remarkable encounters and events of his travels through central Asia and Tibet at the turn of the century. Through his detailed diary notes and the chronicling of legends and parables, he reveals the many facets of the tale of Shambhala, the long-awaited realization of paradise on earth.

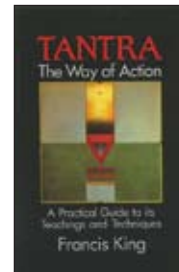


Shiva

The Wild God of Power and Ecstasy
Wolf-Dieter Storl, Ph.D.

ISBN-13: 978-1-59477-014-2
ISBN-10: 1-59477-014-X
\$19.95 (CAN \$28.95) pb
312 pages, 6 x 9
Includes 8-page color insert and 149 b&w illustrations

Ethnologist Wolf-Dieter Storl invites readers to join in the lively and mythical world of Shiva, God of All Gods. Worshipped for his ability to unite and balance masculine and feminine energies, Shiva dances the joy of being and the dance of doom—always breaking through the false ego to reveal the true self within.

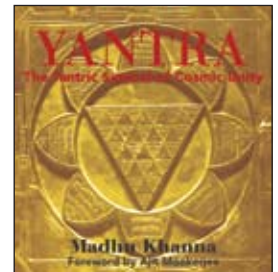


Tantra: The Way of Action

A Practical Guide to Its Teachings and Techniques
Francis King

ISBN-13: 978-0-89281-274-5
ISBN-10: 0-89281-274-5
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160 pages, 5.38 x 8.25

Tantra: The Way of Action provides a complete guide to the Tantric path of liberation. Topics include esoteric physiology, Qabalism, right and left-hand Tantra, and arousal of the Kundalini serpent power. Following the spirit rather than the letter of the traditions, Francis King maintains that Tantric techniques are universal processes adaptable to Western culture and lifestyle.



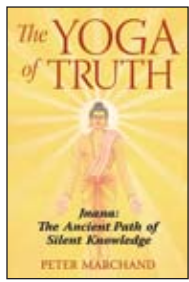
Yantra

The Tantric Symbol of Cosmic Unity
Madhu Khanna

Foreword by Ajit Mookerjee

ISBN-13: 978-0-89281-132-8
ISBN-10: 0-89281-132-3
\$29.95 (CAN \$38.95) pb
176 pages, 9.5 x 10
39 color and 134 b&w illustrations

The yantra is both a complex metaphysical symbol and a tool for ritual and meditation. In this book, the first comprehensive study of the subject, the author provides a step-by-step explanation of the dynamic process wherein the yantra aids the individual in the spiritual journey of return to original wholeness.



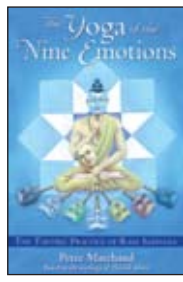
The Yoga of Truth

Jnana: The Ancient Path of Silent Knowledge

Peter Marchand

ISBN-13: 978-1-59477-165-1
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 160 pages, 6 x 9
 9 b&w illustrations

Jnana Yoga shows the seeker that everything in the body, personality, thoughts, memories, and experiences has form and is changeable and, thus, is neither essential nor eternal. Its contemplative practice identifies the witnessing consciousness within—all that remains when the ephemeral is eliminated—as the real Self, the one and only unchanging eternal 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
 ISBN-10: 1-59477-094-8
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 224 pages, 6 x 9
 4 b&w illustrations

Rasas are the essence of our emotions that exist in both the body and the mind. Peter Marchand offers practical physiological and philosophical tools that can help readers change their emotional patterns. Those who practice Rasa Sadhana learn to overcome negative emotions in order to pursue better health, enhanced spiritual growth, and enduring happiness.



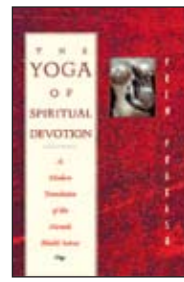
Yoga Spandakarika

The Sacred Texts at the Origins of Tantra

Daniel Odier

ISBN-13: 978-1-59477-051-7
 ISBN-10: 1-59477-051-4
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 192 pages, 6 x 9

The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult. Once mastered, the yogi or yogini is able to manifest the dance of Shiva, a tradition visible in the statuary of Tantric temples in India and Tibet. Daniel Odier passes on these vanishing teachings as he received them from his Tibetan master, Kalu Rinpoche, and Kashmiri yogi Lalita Devi.



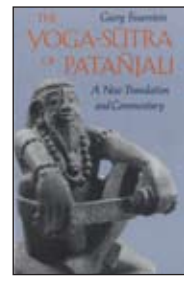
The Yoga of Spiritual Devotion

A Modern Translation of the Narada Bhakti Sutras

Prem Prakash

ISBN-13: 978-0-89281-664-4
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This first translation and original commentary by a Westerner of the classic yogic text illuminates the transformative power of the heart.



The Yoga-Sūtra of Patañjali

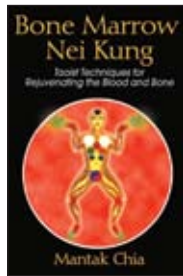
A New Translation and Commentary

Georg Feuerstein, Ph.D.

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The landmark scripture on classical yoga, these aphorisms by the sage Patañjali constitute a complete course in the philosophy of yoga and the attainment of self-realization.

Eastern Religion & Philosophy—Taoism



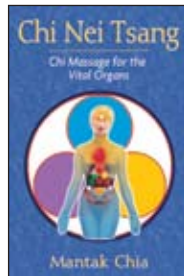
Bone Marrow Nei Kung

Taoist Techniques for Rejuvenating the Blood and Bone

Mantak Chia

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



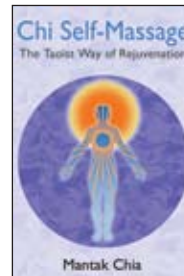
Chi Nei Tsang

Chi Massage for the Vital Organs

Mantak Chia

ISBN-13: 978-1-59477-105-7
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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.



Chi Self-Massage

The Taoist Way of Rejuvenation

Mantak Chia

ISBN-13: 978-1-59477-110-1
 ISBN-10: 1-59477-110-3
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 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.



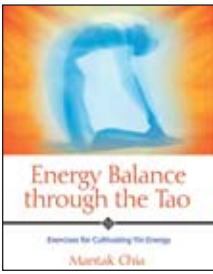
Cosmic Fusion

The Inner Alchemy of the Eight Forces

Mantak Chia

ISBN-13: 978-1-59477-106-4
 ISBN-10: 1-59477-106-5
 \$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.

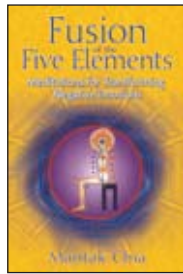


Energy Balance through the Tao

Exercises for Cultivating Yin Energy
Mantak Chia

ISBN-13: 978-1-59477-059-3
ISBN-10: 1-59477-059-X
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224 pages, 8 x 10
237 b&w illustrations

The Taoist system of Tao Yin is one of the oldest and most diverse forms of exercise in China. Tao Yin focuses on creating balance between internal and external energies and revitalizing the body, mind, and spirit with a combination of strength, flexibility, and internal energy exercises.

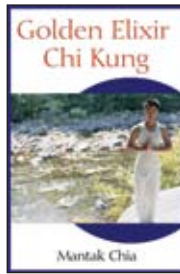


Fusion of the Five Elements

Meditations for Transforming Negative Emotions
Mantak Chia

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ISBN-10: 1-59477-103-0
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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.

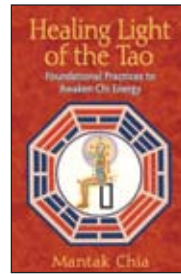


Golden Elixir Chi Kung

Mantak Chia

ISBN-13: 978-1-59477-026-5
ISBN-10: 1-59477-026-3
\$14.95 (CAN \$21.95) pb
144 pages, 6 x 9
Full color throughout

Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva, long considered by Taoists as a key component for optimum health. Taoists believe that this Golden Elixir is a physical healing agent, and also a major transformative agent in preparing for higher spiritual work.



New-Available

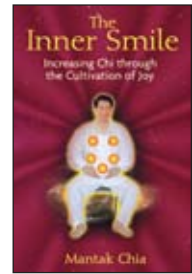
New Edition of Awaken Healing Light of the Tao

Healing Light of the Tao

Foundational Practices to Awaken Chi Energy
Mantak Chia

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ISBN-10: 1-59477-113-8
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576 pages, 6 x 9
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This practical guide to health, sexual vitality, and emotional balance presents the Microcosmic Orbit's advanced methods of chi cultivation. By engaging and directing the three primordial forces of Earth, Heaven, and Higher Self, changes to the energy body are activated that lead to enlightenment and immortality.



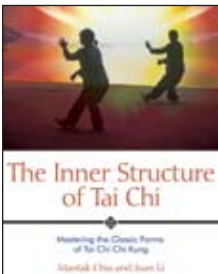
New-July 2008

The Inner Smile

Increasing Chi through the Cultivation of Joy
Mantak Chia

ISBN-13: 978-1-59477-155-2
ISBN-10: 1-59477-155-3
\$12.95 (CAN \$14.95) pb
80 pages, 6 x 9
35 color and b&w illustrations

The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. This internal awareness practice flushes the organs of low-grade energy, improving health.

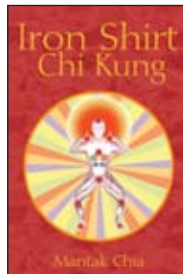


The Inner Structure of Tai Chi

Mastering the Classic Forms of Tai Chi Chi Kung
Mantak Chia and Juan Li

ISBN-13: 978-1-59477-058-6
ISBN-10: 1-59477-058-1
\$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.

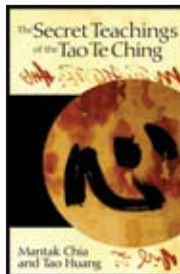


Iron Shirt Chi Kung

Mantak Chia

ISBN-13: 978-1-59477-104-0
ISBN-10: 1-59477-104-9
\$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.



The Secret Teachings of the Tao Te Ching

Mantak Chia and Tao Huang

ISBN-13: 978-0-89281-191-5
ISBN-10: 0-89281-191-9
\$16.95 (CAN \$22.95) pb
256 pages, 6 x 9
85 b&w illustrations

For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Taoist masters Mantak Chia and Tao Huang analyze Lao-tzu's teachings line by line, and offer practical illustrations that clarify the true meaning and purpose of this classic text.

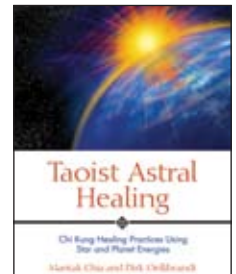


Tan Tien Chi Kung

Foundational Exercises for Empty Force and Perineum Power
Mantak Chia

ISBN-13: 978-0-89281-195-3
ISBN-10: 0-89281-195-1
\$16.95 (CAN \$24.95) pb
192 pages, 6 x 9
Full color throughout

Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen—the tan tien. Known as the Ocean of Chi, this lower abdominal area holds the key to opening the body to the free and continuous movement of chi. Included are exercises to develop chi for increased vitality and the mind-body balance essential for spiritual growth and well-being.

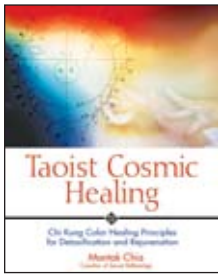


Taoist Astral Healing

Chi Kung Healing Practices Using Star and Planet Energies
Mantak Chia and Dirk Oellibrandt

ISBN-13: 978-0-89281-089-5
ISBN-10: 0-89281-089-0
\$19.95 (CAN \$28.95) pb
224 pages, 8 x 10
Full color throughout

Taoist Astral Healing provides a step-by-step program for cultivating chi from the stars and planets. While Taoism centers on health derived from the energy of the earth, *Taoist Astral Healing* teaches how to draw energy from the stars and planets. By following the meditations and techniques in the book, readers can develop a personal practice, understand their planetary strengths and weaknesses, and promote their own spiritual growth.

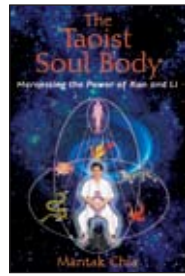


Taoist Cosmic Healing

Chi Kung Color Healing Principles for Detoxification and Rejuvenation

Mantak Chia
 ISBN-13: 978-0-89281-087-1
 ISBN-10: 0-89281-087-4
 \$19.95 (CAN \$28.95) pb
 240 pages, 8 x 10
 Full color throughout

Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and harness the astral energies of specific stars to heal others. Master Chia also presents for the first time in the West the details of chi kung color therapy.

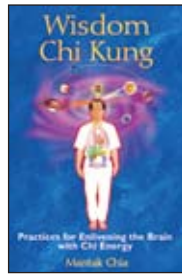


**New-Available
 The Taoist Soul Body**

Harnessing the Power of Kan and Li
 Mantak Chia

ISBN-13: 978-1-59477-137-8
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 \$14.95 (CAN \$16.95) 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.



**New-August 2008
 Wisdom Chi Kung**

Practices for Enlivening the Brain with Chi Energy
 Mantak Chia

ISBN-13: 978-1-59477-136-1
 ISBN-10: 1-59477-136-7
 \$16.95 (CAN \$18.95) pb
 144 pages, 6 x 9
 Full color throughout

Wisdom Chi Kung teaches practitioners how to revitalize the brain, thereby repairing function, increasing memory, and enhancing awareness and brain capacity. The Inner Smile meditation technique teaches practitioners how to recharge chi energy for the brain.

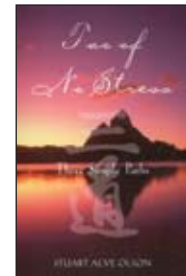


The Jade Emperor's Mind Seal Classic

The Taoist Guide to Health, Longevity, and Immortality
 Stuart Alve Olson

ISBN-13: 978-0-89281-135-9
 ISBN-10: 0-89281-135-8
 \$14.95 (CAN \$21.95) pb
 240 pages, 6 x 9
 15 b&w illustrations

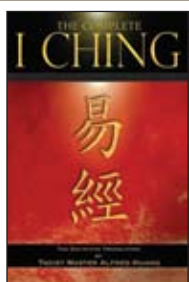
This book teaches that one can attain immortality through the cultivation of the three treasures of Taoism: *ching* (sexual and vital energy), *qi* (breath and physical energy), and *shen* (spirit and mental energy). Drawing on his extensive knowledge of Chinese culture, Stuart Alve Olson demonstrates the practical application of these texts in contemporary life.



**Tao of No Stress
 Three Simple Paths**

Stuart Alve Olson
 ISBN-13: 978-0-89281-987-4
 ISBN-10: 0-89281-987-1
 \$9.95 (CAN \$14.50) pb
 96 pages, 5 x 7.75
 26 b&w photographs

Stuart Alve Olson introduces the simple, time-tested exercises of Taoist masters to teach even the most harried Westerner how to go beyond reducing stress to eliminating it all together. Olson offers easy-to-use techniques to help us let go of tension and mental strain through breathing, mental relaxation, and massage.

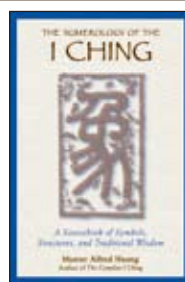


The Complete I Ching

The Definitive Translation by the Taoist Master Alfred Huang

Taoist Master Alfred Huang
 ISBN-13: 978-0-89281-145-8
 ISBN-10: 0-89281-145-5
 \$19.95 (CAN \$28.95) pb
 576 pages, 6 x 9
 64 ideograms
 ISBN-13: 978-0-89281-656-9
 ISBN-10: 0-89281-656-2
 \$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.



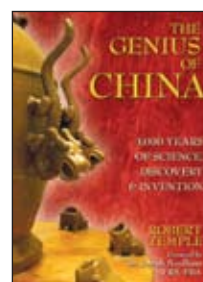
The Numerology of the I Ching

A Sourcebook of Symbols, Structures, and Traditional Wisdom
 Master Alfred Huang

ISBN-13: 978-0-89281-811-2
 ISBN-10: 0-89281-811-5
 \$14.95 (CAN \$21.95) pb
 192 pages, 6 x 9

A must for serious I Ching students, this is the first book to bring the complete Taoist teachings on form, structure, and symbol in the I Ching to a Western audience.

**Eastern Religion & Philosophy—
 Eastern Studies**



**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
 ISBN-10: 1-59477-217-7
 \$29.95 pb
 288 pages, 7.63 x 10.25
 Full color throughout

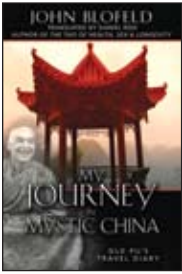
Based on the immense, authoritative scholarship of the late Joseph Needham, the world's foremost scholar of Chinese science, this revised full-color illustrated edition brings to life the spirit and excitement of the unparalleled achievements of ancient China—with one hundred "firsts" in the fields of agriculture, astronomy, engineering, mathematics, medicine, music, technology, and warfare.



**Heart of Asia
 Memoirs from the Himalayas**

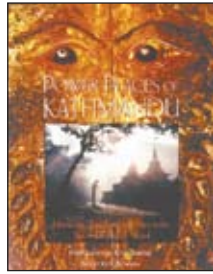
Nicholas Roerich
 ISBN-13: 978-0-89281-302-5
 ISBN-10: 0-89281-302-4
 \$12.95 (CAN \$20.95) pb
 160 pages, 5.38 x 8.25

Roerich recounts his journeys to more than fifty monasteries and his meetings with lamas eager to share their spiritual insights and heritage with the Western world. Included are dramatic episodes of snow blindness, mountain floods, and mysterious electrical phenomena, as well as intimate depictions of daily life in the rigorous yet beautiful Himalayan environment.



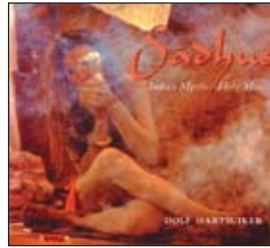
New-May 2008
My Journey in Mystic China

Old Pu's Travel Diary
 John Blofeld
 Translated by Daniel Reid
 Foreword by Chungliang Al Huang
 ISBN-13: 978-1-59477-157-6
 ISBN-10: 1-59477-157-X
 \$22.95 (CAN \$25.95) hardcover
 296 pages, 6 x 9
 Includes 8-page b&w insert
 This translation of John Blofeld's memoirs as a Westerner living in pre-Communist Revolution China paints an intimate portrait of ancient Chinese civilization. Originally written in Chinese for Chinese readers, it reveals a rare glimpse of Blofeld's private Chinese side and uncensored views.



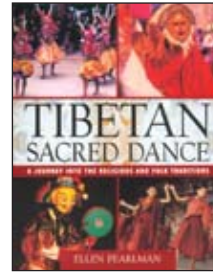
Power Places of Kathmandu

Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal
 Photography by Kevin Bubriski
 Text by Keith Dowman
 ISBN-13: 978-0-89281-540-1
 ISBN-10: 0-89281-540-X
 \$39.95 (CAN \$64.00) hardcover
 144 pages, 10.50 x 13.5
 108 color plates
 Award-winning photographer Kevin Bubriski captures in stunning detail the sacred places of Nepal's Kathmandu Valley. Noted scholar Keith Dowman provides history and commentary on the significance of the sites.



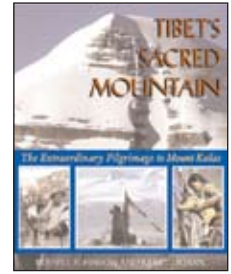
Sādhus
India's Mystic Holy Men

Dolf Hartsuiker
 ISBN-13: 978-0-89281-454-1
 ISBN-10: 0-89281-454-3
 \$19.95 (CAN \$28.95) pb
 128 pages, 9.5 x 8.5
 112 color photographs and 11 b&w illustrations
 Liberated from earthly concerns and living beyond the limits of space and time, these mystics form a vital and unbroken link between the birth of yoga millennia ago and its present-day expression. Spectacular color photos and evocative text trace the historical roots of the Sādhus and illuminate their beliefs and behaviors.



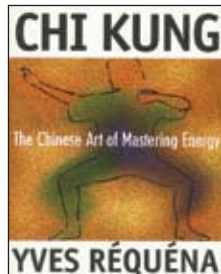
Tibetan Sacred Dance

A Journey into the Religious and Folk Traditions
 Ellen Pearlman
 ISBN-13: 978-0-89281-918-8
 ISBN-10: 0-89281-918-9
 \$29.95 (CAN \$43.50) pb
 200 pages, 8 x 10
 30 color, 70 b&w photographs
 From the time Buddhism entered the mythical land of the snows, Tibetans have expressed their spiritual devotion and celebrated their culture with dance. This book—lavishly illustrated with color and rare historic photographs depicting the dances, costumes, and masks—is the first to explore the significance and symbolism of the sacred and secular ritual dances of Tibetan Buddhism.



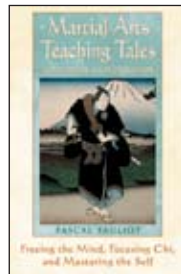
Tibet's Sacred Mountain

The Extraordinary Pilgrimage to Mount Kailas
 Russell Johnson and Kerry Moran
 ISBN-13: 978-0-89281-847-1
 ISBN-10: 0-89281-847-6
 \$25.00 pb
 128 pages, 8.5 x 10.25
 115 color photographs
 With spectacular color photography and vivid prose, *Tibet's Sacred Mountain* provides a stunning account of an awe-inspiring landscape and the pilgrims who venture there. Russell Johnson and Kerry Moran open a window on a magical land of pure light and dazzling color where the temporal and the eternal unite in every feature of the landscape.



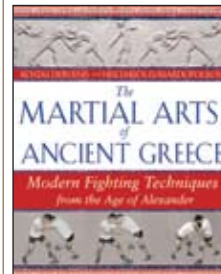
Chi Kung
The Chinese Art of Mastering Energy
 Yves Réquena

ISBN-13: 978-0-89281-639-2
 ISBN-10: 0-89281-639-2
 \$16.95 (CAN \$26.95) pb
 128 pages, 8 x 10
 131 b&w illustrations
 Here is a fully illustrated introduction to this ancient discipline. The techniques of deliberate movement, conscious breathing, and visualization will energize you and bring you to a new level of well-being.



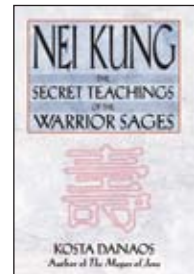
Martial Arts Teaching Tales of Power and Paradox

Freeing the Mind, Focusing Chi, and Mastering the Self
 Pascal Fauliot
 ISBN-13: 978-0-89281-882-2
 ISBN-10: 0-89281-882-4
 \$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.



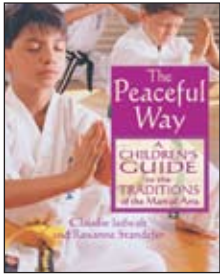
New-Available
The Martial Arts of Ancient Greece

Modern Fighting Techniques from the Age of Alexander
 Kostas Dervenis and Nektarios Lykiardopoulos
 ISBN-13: 978-1-59477-192-7
 ISBN-10: 1-59477-192-8
 \$19.95 (CAN \$22.50) 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.



Nei Kung
The Secret Teachings of the Warrior Sages

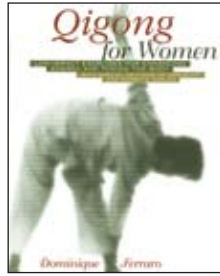
Kosta Danaos
 ISBN-13: 978-0-89281-907-2
 ISBN-10: 0-89281-907-3
 \$14.95 (CAN \$21.95) pb
 192 pages, 6 x 9
 35 b&w illustrations
 Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy—the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy.



The Peaceful Way
A Children's Guide to the Traditions of the Martial Arts
 Claudio Iedwab and Roxanne Standefer

ISBN-13: 978-0-89281-929-4
 ISBN-10: 0-89281-929-4
 \$12.95 (CAN \$18.95) pb
 112 pages, 8 x 9.13
 40 b&w illustrations

In clear, simple language the authors lead young readers into the world of martial arts. From the leaving of shoes at the door of the dojo to the mastery of black-belt skills, they emphasize that a cooperative spirit is the key to success in any martial art.



Qigong for Women
Low-Impact Exercises for Enhancing Energy and Toning the Body
 Dominique Ferraro

ISBN-13: 978-0-89281-838-9
 ISBN-10: 0-89281-838-7
 \$19.95 (CAN \$28.95) pb
 168 pages, 8 x 10
 268 b&w photographs

A qigong teacher provides comprehensive instructions for dozens of exercises specifically designed for women's health. Includes sections on sexuality, osteoporosis, pregnancy, weight control, and physical and emotional stress.

"Qigong for Women is essential reading for both novice and experienced female practitioners of Qigong."

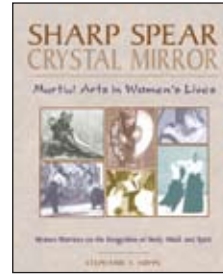
The Bookwatch



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
 ISBN-10: 0-89281-945-6
 \$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.



Sharp Spear, Crystal Mirror
Martial Arts in Women's Lives
 Stephanie T. Hoppe

ISBN-13: 978-0-89281-662-0
 ISBN-10: 0-89281-662-7
 \$19.95 (CAN \$31.95) pb
 320 pages, 8 x 10
 57 b&w photographs

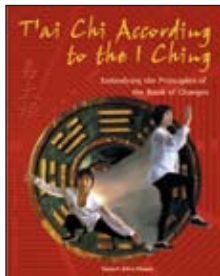
In *Sharp Spear, Crystal Mirror*, seasoned writer Stephanie T. Hoppe conducts interviews with over 20 remarkable women who have not only excelled in martial arts but have adopted them (or been adopted by them) as a particular path to self-transformation.



The Spiritual Foundations of Aikido
 William Gleason

ISBN-13: 978-0-89281-508-1
 ISBN-10: 0-89281-508-6
 \$19.95 (CAN \$31.95) pb
 216 pages, 8 x 10
 180 b&w photographs

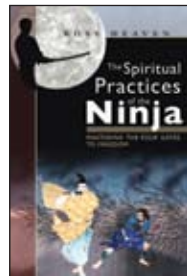
A leading American aikido teacher shows how this 20th-century martial art developed from the ancient spiritual traditions of Japan, not as a fighting method but rather as a means of becoming one with the laws of universal order.



T'ai Chi According to the I Ching
Embodying the Principles of the Book of Changes
 Stuart Alve Olson

ISBN-13: 978-0-89281-944-7
 ISBN-10: 0-89281-944-8
 \$19.95 (CAN \$28.95) pb
 240 pages, 8 x 10
 80 b&w illustrations

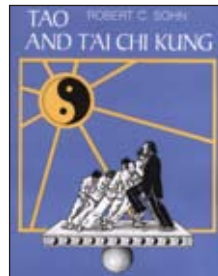
Because the Before Heaven sequence of postures is the foundation of all T'ai Chi forms, this book provides valuable advice for all practitioners, regardless of the style they practice or the depth of their experience. An essential reference book for any serious student of Taoism.



The Spiritual Practices of the Ninja
Mastering the Four Gates to Freedom
 Ross Heaven

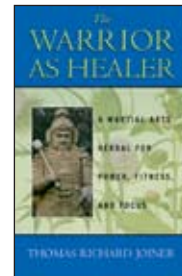
ISBN-13: 978-1-59477-107-1
 ISBN-10: 1-59477-107-3
 \$14.95 (CAN \$19.50) pb
 224 pages, 6 x 9
 1 b&w illustration

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.



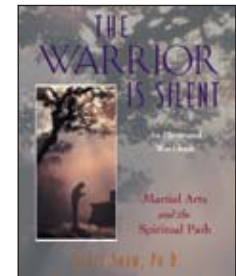
Tao and T'ai Chi Kung
 Robert C. Sohn

ISBN-13: 978-0-89281-217-2
 ISBN-10: 0-89281-217-6
 \$16.95 (CAN \$26.95) pb
 152 pages, 8 x 10
 Tai Chi Kung is usually taught emphasizing form. This is the first book to discuss the deeper aspects of energy development and the unification of spiritual principle, emotion, intellect, and movement.



The Warrior As Healer
A Martial Arts Herbal for Power, Fitness, and Focus
 Thomas Richard Joiner

ISBN-13: 978-0-89281-796-2
 ISBN-10: 0-89281-796-8
 \$14.95 (CAN \$23.95) pb
 144 pages, 6 x 9
 9 b&w illustrations
 A certified instructor in Chinese goju martial arts provides complete instructions for preparing herbal recipes and formulas that have been used successfully for centuries in Chinese martial arts training.



The Warrior Is Silent
Martial Arts and the Spiritual Path
 Scott Shaw, Ph.D.

ISBN-13: 978-0-89281-668-2
 ISBN-10: 0-89281-668-6
 \$16.95 (CAN \$26.95) pb
 144 pages, 8 x 10
 80 b&w photographs
 This is an essential guide for anyone interested in a spiritually centered martial arts practice. The author presents a well-illustrated series of self-defense techniques that utilize ki energy in order to establish a balance between the physical and spiritual aspects of the martial arts.

Feng Shui & Vaastu



Beauty Feng Shui
Chinese Techniques for Unveiling Your Inner Beauty
 Chao-Hsiu Chen

ISBN-13: 978-0-89281-852-5
 ISBN-10: 0-89281-852-2
 \$14.95 (CAN \$23.95) pb
 160 pages, 6 x 9
 148 b&w illustrations

The same principles of feng shui that help us harmonize our environments can also be applied to our bodies. Focusing on the special needs of women, the author provides exercises and meditations that promote both inner and outer beauty.



Body Feng Shui
The Ancient Chinese Science of Body Reading
 Chao-Hsiu Chen

ISBN-13: 978-0-89281-769-6
 ISBN-10: 0-89281-769-0
 \$14.95 (CAN \$21.95) pb
 208 pages, 6 x 9
 192 line drawings

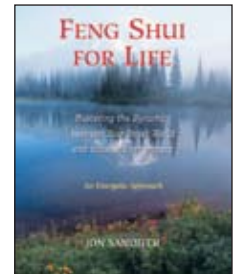
According to this ancient science it is possible to recognize the personality of an individual from his or her facial features, hand shape, body type, and posture. *Body Feng Shui* will teach you how to explore your own and other's destinies by reading the truths of the soul as reflected by the human body.



The Feng Shui Companion
A User-friendly Guide to the Ancient Art of Placement
 George Birdsall

ISBN-13: 978-0-89281-616-3
 ISBN-10: 0-89281-616-3
 \$12.95 (\$18.95) pb
 208 pages, 5.38 x 8.25
 59 b&w illustrations

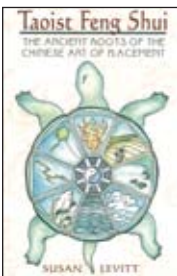
Also available in Spanish
 (see page 110)
 Discover how just a few simple changes in your personal environment can have amazing effects on your physical and financial well-being.



Feng Shui for Life
Mastering the Dynamics between Your Inner World and Outside Environment
 Jon Sandifer

ISBN-13: 978-0-89281-856-3
 ISBN-10: 0-89281-856-5
 \$16.95 (CAN \$25.95) pb
 224 pages, 7.5 x 9.13
 35 b&w illustrations

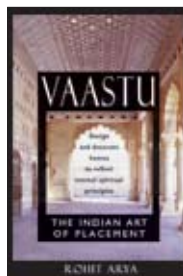
Feng shui consultant Jon Sandifer shows how the energy flow that affects our environments affects our selves as well. He provides complete guides to arranging your home and your lifestyle in ways most appropriate for who you are.



Taoist Feng Shui
The Ancient Roots of the Chinese Art of Placement
 Susan Levitt

ISBN-13: 978-0-89281-723-8
 ISBN-10: 0-89281-723-2
 \$14.95 (CAN \$21.95) pb
 160 pages, 5.88 x 9
 40 b&w illustrations

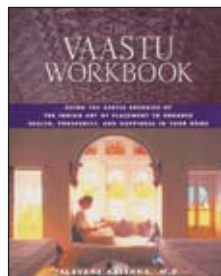
This is the first book to show how feng shui developed from the Taoist systems of astrology, yin and yang, and the five elements. The author provides examples from her own feng shui practice to help you harmonize your own space.



Vaastu: The Indian Art of Placement
Design and Decorate Homes to Reflect Eternal Spiritual Principles
 Rohit Arya

ISBN-13: 978-0-89281-885-3
 ISBN-10: 0-89281-885-9
 \$12.95 (CAN \$19.95) pb
 128 pages, 6 x 9
 48 line art illustrations

Vaastu is the Hindu art of environmental design and the ancient precursor to feng shui. From orienting a building site to placement of household items, this subtle art of energy helps you to harmonize your personal space with the elements of nature to promote peace and well-being.

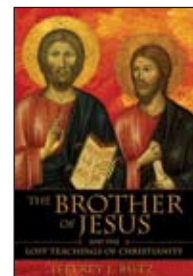


The Vaastu Workbook
Using the Subtle Energies of the Indian Art of Placement to Enhance Health, Prosperity, and Happiness in Your Home
 Talavane Krishna, M.D.

ISBN-13: 978-0-89281-940-9
 ISBN-10: 0-89281-940-5
 \$16.95 (CAN \$24.95) pb
 152 pages, 8 x 10
 141 b&w illustrations

Using hundreds of clear line drawings, *The Vaastu Workbook* takes you through every conceivable vaastu situation, exploring the dos and don'ts of window and door placement, interior design, street focus, directional facing, landscaping, and much more.

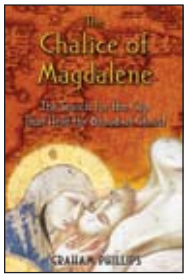
Western Religion & Philosophy—Alternative Christian Studies



The Brother of Jesus and the Lost Teachings of Christianity
 Jeffrey J. Bütz

ISBN-13: 978-1-59477-043-2
 ISBN-10: 1-59477-043-3
 \$14.95 (CAN \$19.95) pb
 240 pages, 6 x 9

While Peter is traditionally thought of as the leader of the apostles, it was James who led the disciples after the crucifixion. Jeffrey Bütz offers a vision that is sometimes at odds with Christian doctrine and concludes that James links Christianity, Judaism, and Islam, and can serve to heal centuries of enmity.

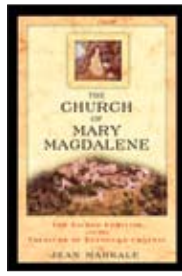


The Chalice of Magdalene

The Search for the Cup That Held the Blood of Christ
Graham Phillips

ISBN-13: 978-1-59143-038-4
ISBN-10: 1-59143-038-0
\$16.00 (CAN \$23.50) pb
272 pages, 6 x 9
Includes two 8-page b&w inserts and 10 b&w illustrations

Popular Arthurian stories of the Middle Ages depict the Holy Grail as Christ's cup from the Last Supper, believed to have been endowed with miraculous powers. Graham Phillips offers an astonishing adventure that reveals the historical King Arthur, the secret legacy of an ancient noble family, and a trail of clues hidden in the English countryside that lead to a mysterious grotto, a forgotten attic and the lost chalice.

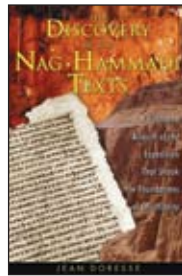


The Church of Mary Magdalene

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

ISBN-13: 978-0-89281-199-1
ISBN-10: 0-89281-199-4
\$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.

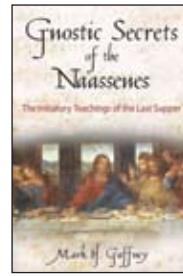


The Discovery of the Nag Hammadi Texts

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

ISBN-13: 978-1-59477-045-6
ISBN-10: 1-59477-045-X
\$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.

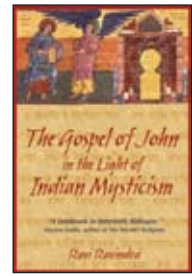


Gnostic Secrets of the Naassenes

The Initiatory Teachings of the Last Supper
Mark H. Gaffney

ISBN-13: 978-0-89281-697-2
ISBN-10: 0-89281-697-X
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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.

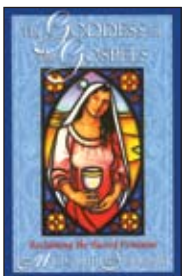


The Gospel of John in the Light of Indian Mysticism

Ravi Ravindra, Ph.D.

ISBN-13: 978-1-59477-018-0
ISBN-10: 1-59477-018-2
\$16.95 (CAN \$24.95) pb
272 pages, 6 x 9

The Gospel of John in the Light of Indian Mysticism presents an unusual and rewarding exploration of this Christian text from a Hindu perspective. Ravi Ravindra takes us into the heart of St. John's words, eloquently and convincingly revealing the interconnectedness of all faiths, and provides an immense and lasting spiritual vision.

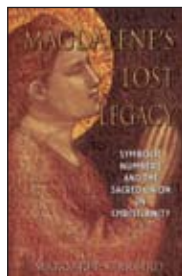


The Goddess in the Gospels

Reclaiming the Sacred Feminine
Margaret Starbird

ISBN-13: 978-1-879181-55-7
ISBN-10: 1-879181-55-X
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208 pages, 5.5 x 8.25

Margaret Starbird's courageous exploration of the scorned feminine in Western religious tradition created a personal crisis for this Catholic scholar. In *The Goddess in the Gospels* the author tells how she was guided by an incredible series of synchronicities that reveal the Sacred Marriage of male and female—the hieros gamous—leading to her own personal redemption.



Magdalene's Lost Legacy

Symbolic Numbers and the Sacred Union in Christianity
Margaret Starbird

ISBN-13: 978-1-59143-012-4
ISBN-10: 1-59143-012-7
\$15.00 (CAN \$21.95) pb
176 pages, 6 x 9

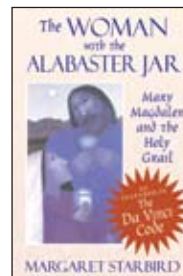
Using New Testament *gematria*, symbolic number values encoded in the Greek phrases, the author reveals that the sacred couple was one of the essential pillars of early Christian teachings, before being denied by the architects of institutional Christianity and obscured by later Church doctrine.



Mary Magdalene, Bride in Exile

Margaret Starbird
ISBN-13: 978-1-59143-054-4
ISBN-10: 1-59143-054-2
\$20.00 (CAN \$26.95) pb
216 pages, 6 x 9

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.

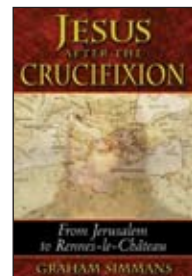


The Woman with the Alabaster Jar

Mary Magdalene and the Holy Grail
Margaret Starbird

ISBN-13: 978-1-879181-03-8
ISBN-10: 1-879181-03-7
\$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.

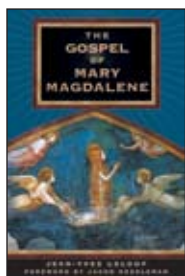


Jesus after the Crucifixion

From Jerusalem to Rennes-le-Château
Graham Simmans

ISBN-13: 978-1-59143-071-1
ISBN-10: 1-59143-071-2
\$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. Graham Simmans, who spent many years on a quest to find the real beginnings of Christianity, contends that true Christianity was brought into France, Britain, and Spain from first century Egypt and Judea, not fourth- and fifth-century Rome.

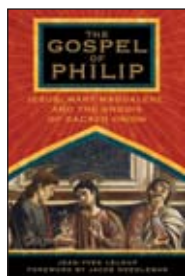


The Gospel of Mary Magdalene

Jean-Yves Leloup
Foreword by
Jacob Needleman

ISBN-13: 978-0-89281-911-9
ISBN-10: 0-89281-911-1
\$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.



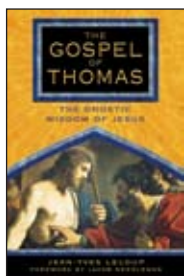
The Gospel of Philip

Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup
Foreword by
Jacob Needleman

ISBN-13: 978-1-59477-022-7
ISBN-10: 1-59477-022-0
\$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 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.



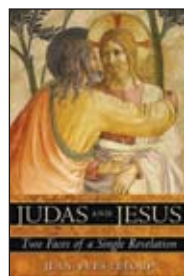
The Gospel of Thomas

The Gnostic Wisdom of Jesus

Jean-Yves Leloup
Foreword by
Jacob Needleman

ISBN-13: 978-1-59477-046-3
ISBN-10: 1-59477-046-8
\$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.

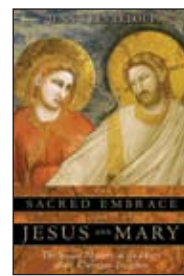


Judas and Jesus
Two Faces of a Single Revelation

Jean-Yves Leloup

ISBN-13: 978-1-59477-166-8
ISBN-10: 1-59477-166-9
\$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.



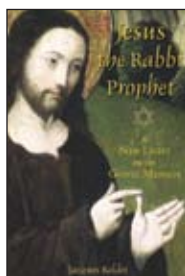
The Sacred Embrace of Jesus and Mary

The Sexual Mystery at the Heart of the Christian Tradition

Jean-Yves Leloup

ISBN-13: 978-1-59477-101-9
ISBN-10: 1-59477-101-4
\$14.95 (CAN \$19.50) pb
160 pages, 6 x 9

Of the major religions, Christianity is the only one that has rejected sexuality as a path that can lead to enlightenment and salvation. Jean-Yves Leloup contends that the sacred nature of the embrace shared by man and woman is a true reflection of humanity made in God's image and can be, as Christ intended, a powerful path of transfiguration.

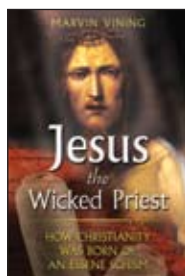


Jesus the Rabbi Prophet

A New Light on the Gospel Message
Jacques Baldet

ISBN-13: 978-1-59477-070-8
ISBN-10: 1-59477-070-0
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In *Jesus the Rabbi Prophet*, scholar and historian Jacques Baldet shows that the true life and original message of Jesus were concealed beneath the literary creations that primarily reflected the agenda of the early Church. Jesus was not trying to start a new religion. He was a Jewish teacher who sought to reform the faith of his fathers by restoring dignity to the unfortunate and ostracized members of his society.



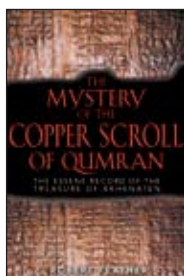
New-Available
Jesus the Wicked Priest

How Christianity Was Born of an Essene Schism

Marvin Vining

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Jesus the Wicked Priest shows how Jesus, a former Essene, was deemed the "Wicked Priest" for his liberationist politics and humanist bent. It also reveals the lost Christian doctrine of reincarnation and the secret role of Gabriel in the Virgin Birth.



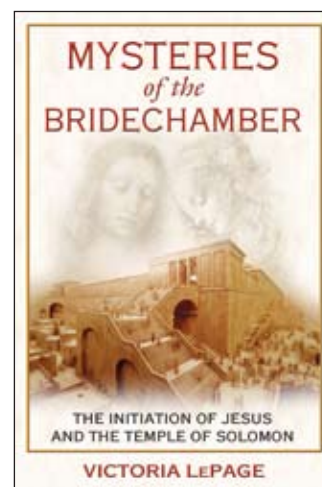
The Mystery of the Copper Scroll of Qumran

The Essene Record of the Treasure of Akhenaten

Robert Feather

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The Dead Sea Scrolls comprise the oldest collection of Biblical documents ever discovered. None has baffled experts more than the 2,000-year-old Copper Scroll discovered in 1952, apparently a list of buried treasure. The author's findings reveal locations of many of the treasures.



New-Available
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Victoria LePage

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448 pages, 6 x 9
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Jesus reinstated in his own life the tradition of sacred consortship—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 Secret Initiation of Jesus at Qumran

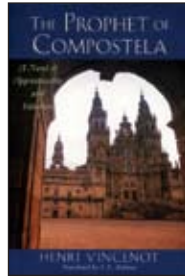
The Essene Mysteries of John the Baptist

Robert Feather

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ISBN-10: 1-59143-044-5
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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.



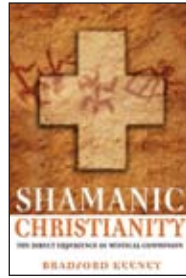
The Prophet of Compostela

A Novel of Apprenticeship and Initiation

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An award-winning author explores the convergence of Church, Celtic mythology, and sacred architecture in this intriguing tale of a young man's spiritual journey in 12th-century Burgundy.



Shamanic Christianity

The Direct Experience of Mystical Communion

Bradford Keeney

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ISBN-10: 1-59477-086-7
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Shamanic Christianity offers a chance to restore direct connection to the spirit world by rekindling the shamanic practices of Christianity. This reconnection, a contemplative practice, takes the form of devotions which serve to reintroduce Jesus, Mary, and the saints as shamanic teachers of divine mysteries whose spiritual presence is available to contemporary lives.



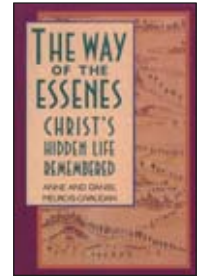
The Virgin Mary Conspiracy

The True Father of Christ and the Tomb of the Virgin

Graham Phillips

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ISBN-10: 1-59143-043-7
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The fate of the Virgin Mary is one of the greatest mysteries of the Bible. In 1950 an archaeologist of the Vatican museum found a fourth-century manuscript indicating the discovery of Mary's tomb on an island off the west coast of Britain in A.D. 597. Graham Phillips unravels the truth behind this centuries-old ecclesiastical cover-up and discovers what may be Mary's final resting place.



The Way of the Essenes

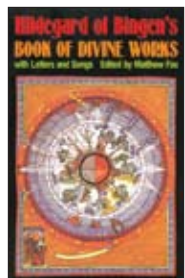
Christ's Hidden Life Remembered

Anne and Daniel Meurois-Givaudan

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ISBN-10: 0-89281-322-9
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Through direct revelation, the authors received—over a two-year period—detailed knowledge of the Essene teachings and their role in preparing Christ for his mission. Their account complements the gospels, clarifying and enlarging upon mysterious parts of the record—including Christ's mystical and metaphysical teachings of Essene techniques for spiritual advancement.

Western Religion & Philosophy—Creation Spirituality



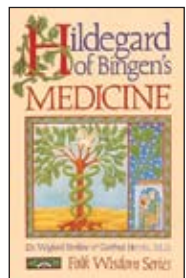
Hildegard of Bingen's Book of Divine Works

With Letters and Songs

Edited by Matthew Fox

ISBN-13: 978-0-939680-35-1
ISBN-10: 0-939680-35-1
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As revealed in these writings, Hildegard's mystical ordering of the universe involves a profound connection between the divine and the material planes, serving to reunite with science in a dynamic, holistic cosmology.

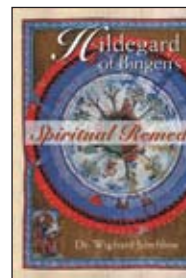


Hildegard of Bingen's Medicine

Dr. Wighard Strehlow and Gottfried Hertzka, M.D.

ISBN-13: 978-0-939680-44-3
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This ground-breaking contribution to medicine and healing contains translations of Hildegard text which reflect the high point of medieval, alchemical, and healing science. Commentary by the authors who have worked clinically with Hildegard's wisdom for over thirty years includes information on ways to treat nervous disorders, indigestion, heart problems, and cancer.

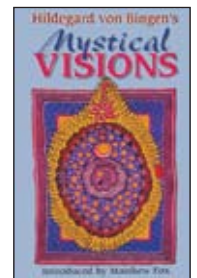


Hildegard of Bingen's Spiritual Remedies

Dr. Wighard Strehlow

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Hildegard of Bingen recognized what the holistic health movement has only recently restored to our consciousness: that full health can only be experienced in a state of spiritual balance. Dr. Strehlow gives readers practical suggestions based on the integration of 35 spiritual forces of the human soul in order to "cure the soul within," which he synthesized from five of Hildegard's books on spiritual and psychological healing principles.



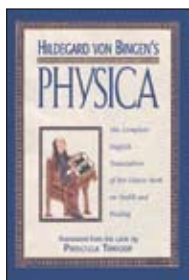
Hildegard von Bingen's Mystical Visions

Translated from Scivias

Bruce Hozeski

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Twelfth-century Rhineland mystic Hildegard von Bingen records her exquisite encounter with divinity, producing a magnificent fusion of divine inspiration and human intellect. *Hildegard von Bingen's Mystical Visions* is perhaps the most complete and powerful documentation of mystical consciousness in recorded history. Now after 800 years, these visions are again available for those seeking to reawaken mystical consciousness.

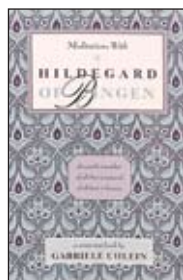


Hildegard von Bingen's Physica

The Complete English Translation of Her Classic Work on Health and Healing
Translated by Priscilla Throop

ISBN-13: 978-0-89281-661-3
ISBN-10: 0-89281-661-9
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10 block-print illustrations

Physica has a strong affinity with the Eastern medical approaches gaining great respect today. The modern reader interested in natural healing will recognize the enormous truth in the theories of this 12th-century physician, which remind us that our cures for illness depend on our natural world and our place in it.



Meditations with Hildegard of Bingen

Edited by Gabriele Uhle

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Medieval mystic Hildegard of Bingen's timeless writing and divine inspirations invite us to celebrate life and delight in the goodness of creation. Here is an excellent introduction to her words.

"Her writings are among the earliest important mystic works of the Middle Ages. Like Dante, Hildegard conceived the universe holistically and emphasized the inseparability of the physical and the spiritual."
Judy Chicago

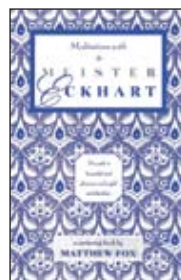


Meditations with Julian of Norwich

Edited by Brendan Doyle

ISBN-13: 978-0-939680-11-5
ISBN-10: 0-939680-11-4
\$9.95 (CAN \$15.50) pb
156 pages, 5.5 x 8.5

Fourteenth-century mystic and prophet Lady Julian of Norwich was an innovator and theologian in her own right whose message is one of the goodness of God and all creation.



Meditations with Meister Eckhart

Edited by Matthew Fox

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This book of simple meditations exemplifies the creation-centered spirituality of Meister Eckhart, a 13th-century mystic, prophet, feminist, and declared heretic.

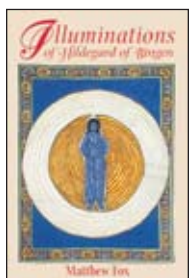


Meditations with Teilhard de Chardin

Edited by Blanche Gallagher

ISBN-13: 978-0-939680-47-4
ISBN-10: 0-939680-47-5
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144 pages, 5.5 x 8.5

These reflective, meditative selections from the essays of the well-known scientist, philosopher, poet, and priest offer his personal insights on creation spirituality.



Illuminations of Hildegard of Bingen

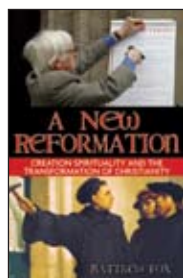
Matthew Fox

ISBN-13: 978-1-879181-97-7
ISBN-10: 1-879181-97-5
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Reveals the life and teachings of one of the greatest female artists and intellectuals of the Western Mystical Traditions.

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Bernard W. Scholz,
The American Benedictine Review



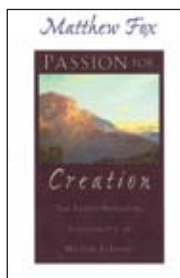
A New Reformation

Creation Spirituality and the Transformation of Christianity

Matthew Fox

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ISBN-10: 1-59477-123-5
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Speaking to the loss of inspiration and resulting apathy that have emptied churches of all denominations, former Dominican priest Matthew Fox calls for a New Reformation—a reawakening of the Christian spirit that will allow us to move once again from the hollow trappings of organized religion towards a genuine spirituality.



Passion for Creation

The Earth-Honoring Spirituality of Meister Eckhart

Matthew Fox

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Matthew Fox's translation of and commentary on Meister Eckhart's sermons is a meeting of minds across hundreds of years, resulting in a spirituality for the new millennium.



A Spirituality Named Compassion

Uniting Mystical Awareness with Social Justice

Matthew Fox

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Popular and controversial author, Matthew Fox, establishes a spirituality for the future that promises personal, social, and global healing. Using his own experiences with the pain and lifestyle changes that resulted from an accident, Fox has written an uplifting book on the issues of ecological justice, the suffering of the Earth, and the rights of her nonhuman citizens.



Whee! We, Wee All the Way Home

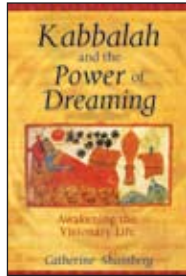
A Guide to Sensual Prophetic Spirituality

Matthew Fox

ISBN-13: 978-0-939680-00-9
ISBN-10: 0-939680-00-9
\$14.00 (CAN \$20.50) pb
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This practical book leads us into a spirituality of passion that leads to compassion—coming to our senses in every meaning of the phrase.

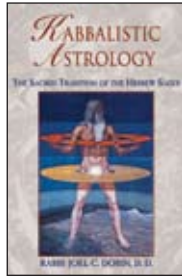
Western Religion & Philosophy—Kabbalah



Kabbalah and the Power of Dreaming
Awakening the Visionary Life
 Catherine Shainberg

ISBN-13: 978-1-59477-047-0
 ISBN-10: 1-59477-047-6
 \$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.

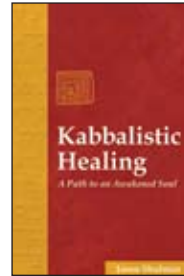


Kabbalistic Astrology
The Sacred Tradition of the Hebrew Sages

Rabbi Joel C. Dobin, D.D.

ISBN-13: 978-0-89281-763-4
 ISBN-10: 0-89281-763-1
 \$18.95 (CAN \$26.95) pb
 288 pages, 6 x 9
 10 b&w illustrations
 and 30 tables and charts

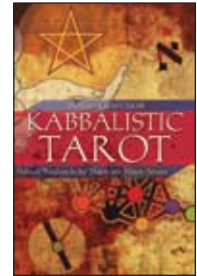
A rabbi reveals the profound astrological traditions to be found in the Kabbalah, Bible, Talmud, and Midrash. *"A mammoth effort that succeeds in showing why we must remember the mother science that reveals to us the plans of the heavens and the will of God. Astrologers can find great value in this book, especially in weighing and using techniques of ancient time."* Astrology Guide



Kabbalistic Healing
A Path to an Awakened Soul
 Jason Shulman

ISBN-13: 978-1-59477-015-9
 ISBN-10: 1-59477-015-8
 \$14.95 (CAN \$21.95) pb
 192 pages, 6 x 9
 9 b&w illustrations

Kabbalistic Healing shows how the Kabbalah—the Jewish mystical path—can kindle the central fire in our being so that we can unite with the divine. As we deepen our understanding of ourselves and enhance our ability to hold new states of consciousness, we become able to live in God as a fish lives in water.



Kabbalistic Tarot
Hebraic Wisdom in the Major and Minor Arcana
 Dovid Krafchow

ISBN-13: 978-1-59477-064-7
 ISBN-10: 1-59477-064-6
 \$14.95 (CAN \$20.95) pb
 144 pages, 6 x 9
 84 b&w illustrations

When the Greeks invaded Israel and forbade study of the Torah, the Jewish people began a secret method of Toranic study that appeared to be merely playing cards, enabling study of the Torah without detection. In *Kabbalistic Tarot* Dovid Krafchow details how the true meaning of the tarot is locked within the Kabbalah.



The Kabbalah of the Soul
The Transformative Psychology and Practices of Jewish Mysticism
 Leonora Leet, Ph.D.

ISBN-13: 978-0-89281-957-7
 ISBN-10: 0-89281-957-X
 \$18.95 (CAN \$27.95) pb
 384 pages, 6 x 9

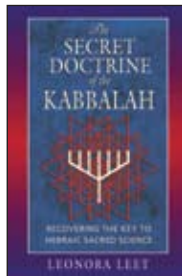
Leet has erected a new framework for understanding the mechanism of the transformative spiritual work that enables the human soul to reach higher dimensions of consciousness. She develops a technique called "the Transformative Moment," that allows the individual to progress through all the higher levels of the soul.



Renewing the Covenant
A Kabbalistic Guide to Jewish Spirituality
 Leonora Leet, Ph.D.

ISBN-13: 978-0-89281-713-9
 ISBN-10: 0-89281-713-5
 \$16.95 (CAN \$26.95) pb
 272 pages, 6 x 9

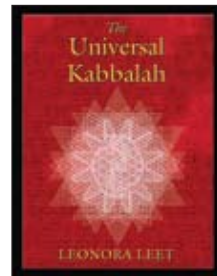
Leonora Leet shares potent practices enabling a new appreciation for the rich spiritual heritage of mystical Judaism. *Renewing the Covenant* provides new paths for entering the treasurehouse of Jewish spirituality that can deepen the devotions of both nonobservant and traditionally observant Jews, enabling heightened consciousness and fulfillment of the kabbalistic purpose of creation.



The Secret Doctrine of the Kabbalah
Recovering the Key to Hebraic Sacred Science
 Leonora Leet, Ph.D.

ISBN-13: 978-0-89281-724-5
 ISBN-10: 0-89281-724-0
 \$24.95 (CAN \$31.95) pb
 480 pages, 6 x 9
 50 b&w illustrations

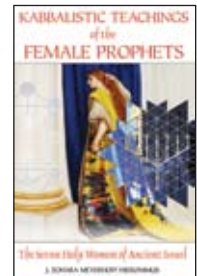
The Secret Doctrine of the Kabbalah resurrects this ancient body of knowledge to reveal eternal truths that profoundly impact contemporary spirituality. Experimental methods of practicing Hebraic sacred science are explored that explain, as never before, the meaning of the cosmological diagram of the entire Western esoteric tradition—the kabbalistic Tree of Life.



The Universal Kabbalah
 Leonora Leet, Ph.D.

ISBN-13: 978-0-89281-189-2
 ISBN-10: 0-89281-189-7
 \$49.95 (CAN \$75.00) hardcover
 528 pages, 8.5 x 11
 Includes 16-page color insert
 and 79 b&w line illustrations

This landmark work by an innovative modern Kabbalist develops a scientific model for kabbalistic cosmology and soul psychology. Derived from the kabbalistic diagram of the Tree of Life and the author's own Sabbath Star diagram, this universal model encodes the laws of all cosmic manifestation, giving a mathematical basis to many aspects of this mystical tradition and providing a new synthesis of science and spirituality that may well write a new chapter to the Kabbalah.



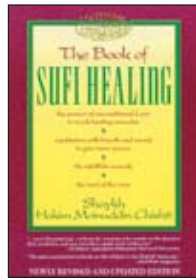
New-August 2008
Kabbalistic Teachings of the Female Prophets

The Seven Holy Women of Ancient Israel
 J. Zohara Meyerhoff Hieronimus

ISBN-13: 978-1-59477-227-6
 ISBN-10: 1-59477-227-4
 \$19.95 (CAN \$22.50) pb
 416 pages, 6 x 9
 20 b&w illustrations

This book presents the kabbalistic teachings of seven holy women from the Bible and their revelations about individual development and redemption. These prophetesses show that every person has a part to play in the healing of the world.

Western Religion & Philosophy—Sufism & Islam

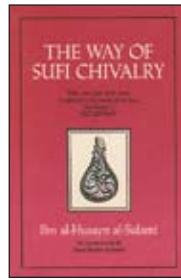


The Book of Sufi Healing

Shaykh Hakim Moinuddin Chishti

ISBN-13: 978-0-89281-324-7
 ISBN-10: 0-89281-324-5
 \$16.95 (CAN \$24.95) pb
 208 pages, 7 x 10

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."

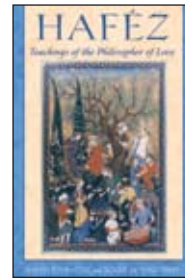


The Way of Sufi Chivalry

Ibn al-Husayn al-Sulami
 An interpretation by Tosun Bayrak al-Jerrahi

ISBN-13: 978-0-89281-317-9
 ISBN-10: 0-89281-317-2
 \$14.95 (CAN \$20.95) pb
 128 pages, 5.38 x 8.25

Used since the 10th century as a guide to enlightened behavior, this book reveals the true meaning of love, friendship, and generosity as a means to spiritual development.



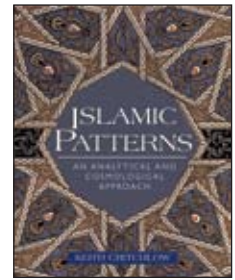
Haféz

Teachings of the Philosopher of Love

Haleh Pourafzal and Roger Montgomery

ISBN-13: 978-0-89281-188-5
 ISBN-10: 0-89281-188-9
 \$16.95 (CAN \$24.95) pb
 288 pages, 6 x 9

For 600 years the Persian poet Haféz has been read, quoted, and loved by millions. Like his predecessor Rumi, he is a spiritual guide in our search for life's essence. *Haféz: Teachings of the Philosopher of Love* is the perfect introduction to the man known as a mystic philosopher and poet of the heart, whose message of spiritual transcendence is especially important to our troubled world today.



Islamic Patterns

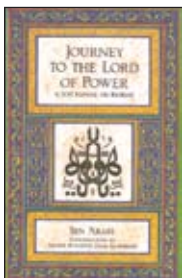
An Analytical and Cosmological Approach

Keith Critchlow

ISBN-13: 978-0-89281-803-7
 ISBN-10: 0-89281-803-4
 \$29.95 (CAN \$45.95) pb
 192 pages, 8 x 10
 150 two-color illustrations

An international authority shows how patterns found in Islamic art reveal the cosmological laws affecting all creation.

"A masterly exposition."
Art Review



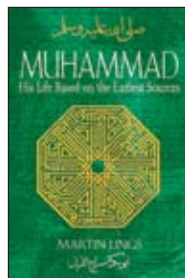
Journey to the Lord of Power

A Sufi Manual on Retreat

Ibn Arabi, with commentary by Abd al-Kerim al-Jili
 Translated from the Arabic by Rabia Terry Harris

ISBN-13: 978-0-89281-018-5
 ISBN-10: 0-89281-018-1
 \$12.95 (CAN \$20.95) pb
 128 pages, 5.38 x 8.25

A 12th-century Sufi text dealing with spiritual ascent. Ibn Arabi's writings have influenced both Muslim and Christian traditions.



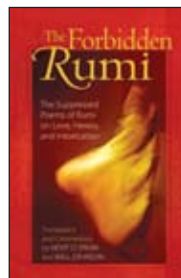
Muhammad

His Life Based on the Earliest Sources

Martin Lings

ISBN-13: 978-1-59477-153-8
 ISBN-10: 1-59477-153-7
 \$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.



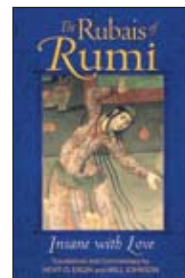
The Forbidden Rumi

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
 ISBN-10: 1-59477-115-4
 \$14.95 (CAN \$19.50) pb
 176 pages, 6 x 9

When Nevit Ergin decided to translate Rumi's Divan into English, he enlisted the help of the Turkish government. They were supportive at first but refused to participate in the publication of the final volume due to its openly heretical nature. Will Johnson and Nevit Ergin present here for the first time in English Rumi's poems from this forbidden volume.



New-Available

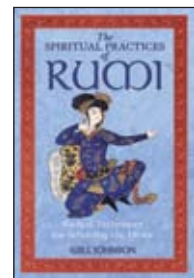
The Rubais of Rumi

Insane with Love

Translations and Commentary by Nevit O. Ergin and Will Johnson

ISBN-13: 978-1-59477-183-5
 ISBN-10: 1-59477-183-9
 \$14.95 (CAN \$19.50) pb
 224 pages, 6 x 9

Rumi composed and spoke his poems through the spontaneous "language of poetry" that poured from his lips as he traveled the streets. *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

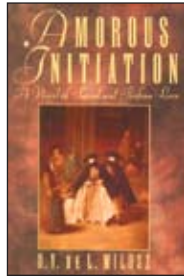
Radical Techniques for Beholding the Divine

Will Johnson

ISBN-13: 978-1-59477-200-9
 ISBN-10: 1-59477-200-2
 \$14.95 (CAN \$17.95) pb
 192 pages, 6 x 9

In 1244, the Sufi poet, Jallaludin Rumi, met a wandering seeker named Shams-i-Tabriz. Upon meeting, the two men immediately went into private retreat together and emerged 90 days later in a transformed condition. *The Spiritual Practices of Rumi* reveals the esoteric practice that Rumi and Shams were engaged in.

Western Religion and Philosophy— Mystery Traditions

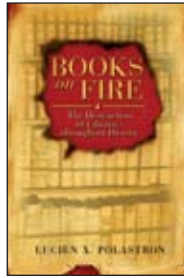


Amorous Initiation

A Novel of Sacred and Profane Love
O. V. de L. Milosz

ISBN-13: 978-0-89281-418-3
ISBN-10: 0-89281-418-7
\$22.95 (CAN \$36.95) hardcover
256 pages, 6 x 9

First published in French in 1910, *Amorous Initiation* has been called one of the great novels of the early 20th century. The mysterious Count Pinamonte tells his spellbinding story of a doomed love affair. Relentlessly seeking to know and understand love, he is initiated into a state of all-embracing love for the Creator and creation.



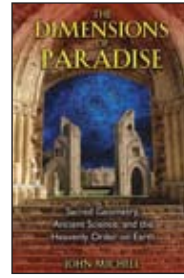
New-Available Books on Fire

The Destruction of Libraries throughout History

Lucien X. Polastron

ISBN-13: 978-1-59477-167-5
ISBN-10: 1-59477-167-7
\$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, examining 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

New Edition

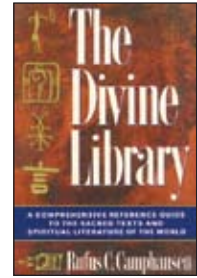
The Dimensions of Paradise

Sacred Geometry, Ancient Science, and the Heavenly Order on Earth

John Michell

ISBN-13: 978-1-59477-198-9
ISBN-10: 1-59477-198-7
\$16.95 (CAN \$18.95) pb
256 pages, 6 x 9
70 b&w illustrations

John Michell reveals a structure of geometry and number that represents the essential order of the heavens and functions as a map of paradise. He demonstrates that the same numerical code underlying sacred structures from ancient times to the Christian era is the science and cosmology on which the ancient world order was founded.



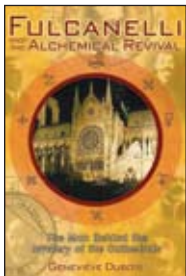
The Divine Library

A Comprehensive Reference Guide to the Sacred Texts and Spiritual Literature of the World

Rufus C. Camphausen

ISBN-13: 978-0-89281-351-3
ISBN-10: 0-89281-351-2
\$12.95 (CAN \$20.95) pb
224 pages, 6 x 9

This directory to the primary religious literature of past and present cultures includes references to available editions, translations, and commentaries.

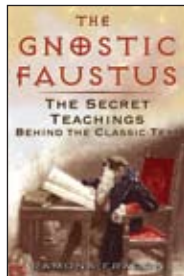


Fulcanelli and the Alchemical Revival

The Man Behind the Mystery of the Cathedrals
Geneviève Dubois

ISBN-13: 978-1-59477-082-1
ISBN-10: 1-59477-082-4
\$14.95 (CAN \$20.95) pb
192 pages, 6 x 9
64 b&w illustrations

The true identity of Fulcanelli, who allegedly succeeded in creating the philosopher's stone, has never been discovered. Dubois investigates salient personalities of the esoteric milieu of Paris at the turn of the 20th century, and suggests that one of these—or several working together—could have been hiding his activity behind the pseudonym of Fulcanelli.



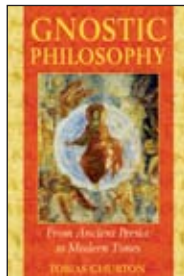
New-Available The Gnostic Faustus

The Secret Teachings behind the Classic Text

Ramona Fradon

ISBN-13: 978-1-59477-204-7
ISBN-10: 1-59477-204-5
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384 pages, 6 x 9

Ramona Fradon shows the legend of Doctor Faustus to be a composite Gnostic creation myth that reveals the process of spiritual salvation. The elements of alchemy, sacramental sex, and worship of the divine feminine that are encoded in the Faust Book provide an account of spiritual initiation whose goal is ecstatic union with the divine.



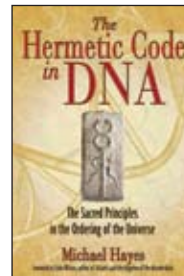
Gnostic Philosophy

From Ancient Persia to Modern Times

Tobias Churton

ISBN-13: 978-1-59477-035-7
ISBN-10: 1-59477-035-2
\$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.



New-July 2008

The Hermetic Code in DNA

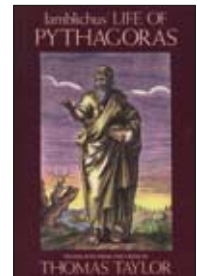
The Sacred Principles in the Ordering of the Universe

Michael Hayes

Foreword by Colin Wilson

ISBN-13: 978-1-59477-218-4
ISBN-10: 1-59477-218-5
\$18.95 (CAN \$21.50) pb
288 pages, 6 x 9
12 b&w illustrations

The Hermetic Code reveals numerical patterns connecting ancient philosophy, religion, the harmonic ratios of music and modern science. The patterns demonstrate the link between biology and cosmology as evidenced by the helical structure and resonance of life's primary code, DNA.

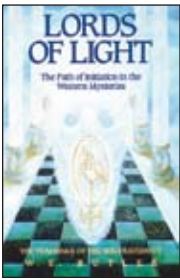


Iamblichus' Life of Pythagoras

Thomas Taylor

ISBN-13: 978-0-89281-152-6
ISBN-10: 0-89281-152-8
\$16.95 (CAN \$26.95) pb
272 pages, 6 x 9

These authentic memoirs of the life of Pythagoras, father of philosophy and inventor of geometry, hold great interest for all lovers of wisdom. This classic translation by Thomas Taylor is derived from sources of antiquity and was first printed in 1818.

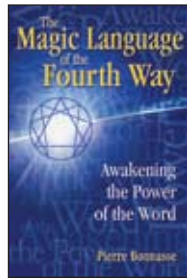


Lords of Light

The Path of Initiation in the Western Mysteries
W. E. Butler

ISBN-13: 978-0-89281-308-7
ISBN-10: 0-89281-308-3
\$14.95 (CAN \$19.95) pb
192 pages, 5.38 x 8.25

With humility, humor, and conviction, Butler conveys an extensive knowledge of the occult mysteries, including ritual and ceremonial magic, the awakening of kundalini energy, and the path of the qabalistic tree of life. The overriding theme of his lectures concerns regeneration of the personality and the relinquishing of the false ego through control of one's mental and emotional reactions.



New-August 2008

The Magic Language of the Fourth Way

Awakening the Power of the Word

Pierre Bonnasce
ISBN-13: 978-1-59477-232-0
ISBN-10: 1-59477-232-0
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384 pages, 6 x 9
33 b&w illustrations

Fully activate the power of language and learn how to apply the relationship between language and living to maximum effect using the Gurdjieff enneagram, sacred geometry and harmonics.



Meditations on the Soul

Selected Letters of Marsilio Ficino

Edited by Clement Salaman

ISBN-13: 978-0-89281-658-3
ISBN-10: 0-89281-658-9
\$18.95 (CAN \$26.95) pb
304 pages, 6 x 9

This collection of letters between Marsilio Ficino and the influential figures of European history mixes philosophy and humor, compassion and advice. Praised as one of the most profound thinkers in Western culture, Ficino (1433–1499) was the leader of the Platonic Academy in Florence, and has been a guiding light to spiritual seekers for centuries.



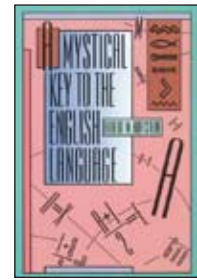
The Mysteries of Mithras

The Pagan Belief That Shaped the Christian World
Payam Nabarz

Foreword by Caitlin Matthews

ISBN-13: 978-1-59477-027-2
ISBN-10: 1-59477-027-1
\$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.



A Mystical Key to the English Language

Robert M. Hoffstein

ISBN-13: 978-0-89281-309-4
ISBN-10: 0-89281-309-1
\$12.95 (CAN \$18.95) pb
200 pages, 6 x 9

Robert Hoffstein explains that words are not arbitrarily chosen but constructed on ageless principles, an awareness of which allows us to communicate with more understanding and potency. With humor and insight, the author analyzes the esoteric meaning of words and letters we use every day, relating them to ancient alphabets and symbolic language.



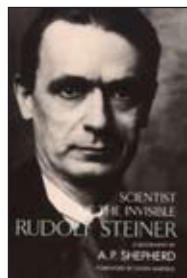
Ritual Magic of the Golden Dawn

Works by S. L. MacGregor Mathers and Others

Edited by Francis King

ISBN-13: 978-0-89281-617-0
ISBN-10: 0-89281-617-1
\$16.95 (CAN \$21.95) pb
288 pages, 5.38 x 8.25

The secret writings of this mystical order reveal the keys to astral projection, clairvoyance, and other magical practices.



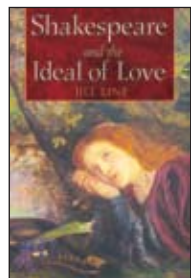
Rudolf Steiner

Scientist of the Invisible

A.P. Shepherd

ISBN-13: 978-0-89281-174-8
ISBN-10: 0-89281-174-9
\$14.95 (CAN \$23.95) pb
224 pages, 5.38 x 8.25

This definitive biography of the founder of Anthroposophy provides insight into his life and work with new forms of medicine, agriculture, architecture, and the Waldorf education system. Steiner's Spiritual Science offers a powerful tool for self-realization and a practical system for improving and mastering daily life.



Shakespeare and the Ideal of Love

Jill Line

ISBN-13: 978-1-59477-145-3
ISBN-10: 1-59477-145-6
\$16.95 (CAN \$21.95) pb
192 pages, 6 x 9
14 b&w illustrations

This book reveals the influence of a long line of teachers, including Hermes Trismegistus, Pythagoras, Plato, Plotinus, and especially the Florentine scholar and mystic Marsilio Ficino on Shakespeare and how the Neoplatonic philosophy of love shaped the inner meaning of his work. Author Jill Line shows how Shakespeare's plays mirror the progress of the soul, in diverse conditions and situations, as it returns to the divine unity of all things.



Shakespeare's Window into the Soul

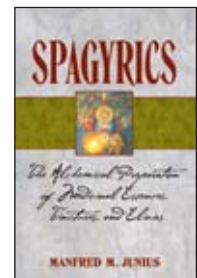
The Mystical Wisdom in Shakespeare's Characters

Martin Lings

Foreword by H.R.H. The Prince of Wales

ISBN-13: 978-1-59477-120-0
ISBN-10: 1-59477-120-0
\$14.95 (CAN \$19.50) pb
224 pages, 6 x 9

Shakespeare's plays, argues author Martin Lings, concern far more than the workings of the human psyche; they are sacred, visionary works that, through the use of esoteric symbol and form, mirror the passage the soul must make to reach its final sacred union with the divine.



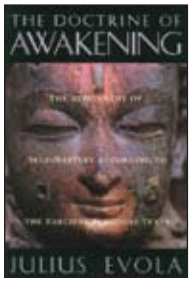
Spagyrics

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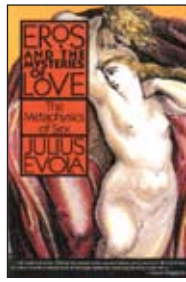


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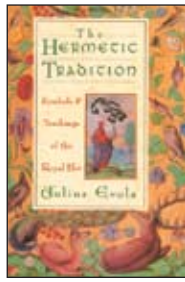


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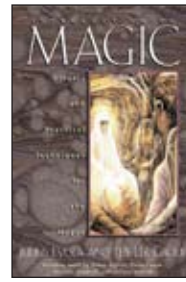


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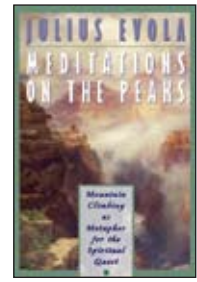


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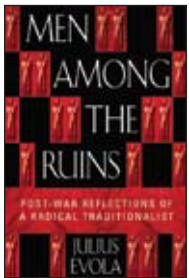


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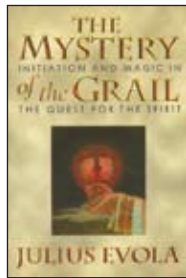


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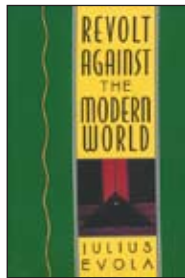


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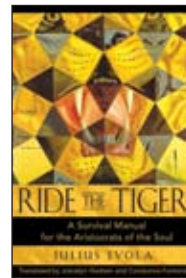


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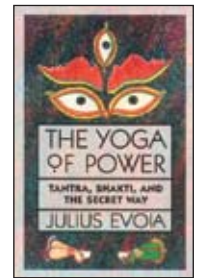
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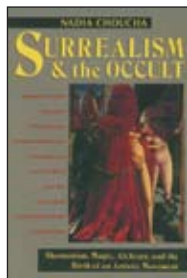


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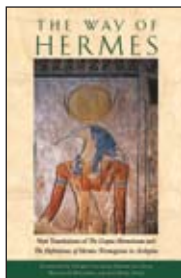


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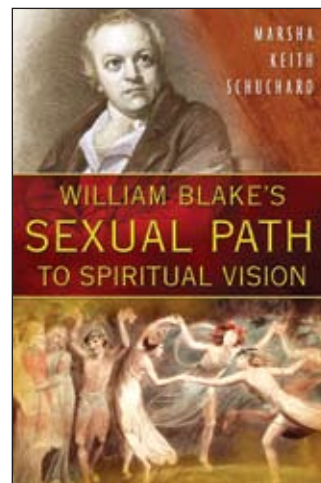
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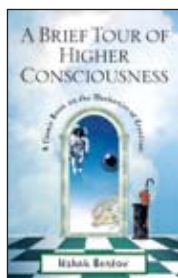
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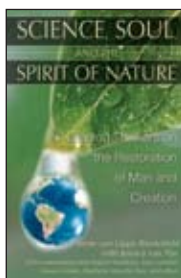


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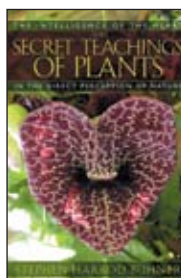
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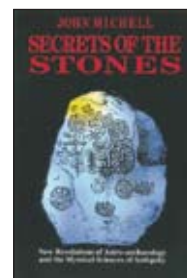
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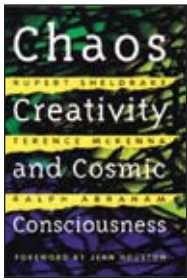
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New Revelations of Astro-Archaeology and the Mystical Sciences of Antiquity

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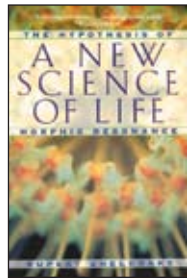
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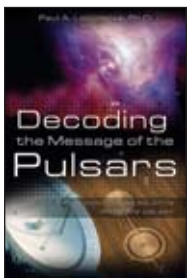
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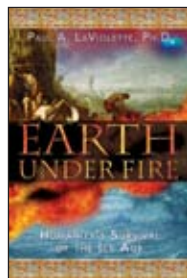
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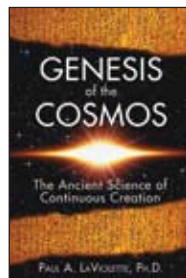
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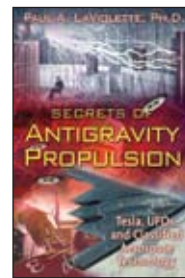
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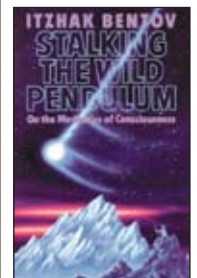
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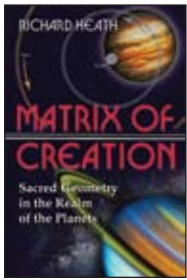
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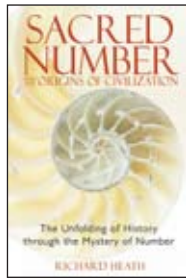
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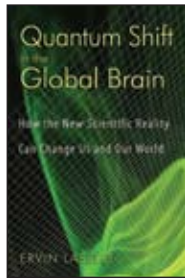
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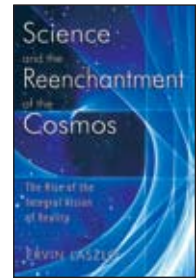
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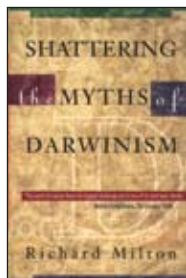
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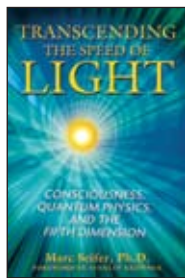
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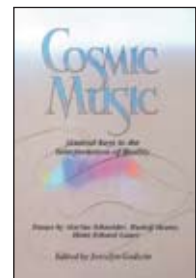
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Marc Seifer, Ph.D.

Foreword by Stanley Krippner

ISBN-13: 978-1-59477-229-0
 ISBN-10: 1-59477-229-0
 \$18.95 (CAN \$21.50) pb
 304 pages, 6 x 9
 80 b&w illustrations

The mind is an unexplored fifth dimension of reality exceeding the speed of light. This study of a new scientific understanding of consciousness explains this fifth dimension, exploring relativity, ether theory, precognition, telepathy, synchronicity and more.



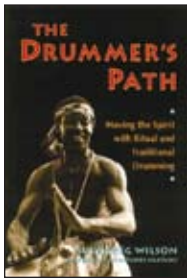
Cosmic Music

Musical Keys to the Interpretation of Reality

Edited by Joscelyn Godwin

ISBN-13: 978-0-89281-070-3
 ISBN-10: 0-89281-070-X
 \$16.95 (CAN \$26.95) pb
 256 pages, 6 x 9

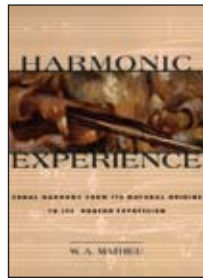
The idea that the universe is created out of sound or music (and therefore is music) is a very ancient one. In this book, Joscelyn Godwin brings together three contemporary German thinkers who exemplify this tradition in its modern variants: Marius Schneider, Rudolf Haase, and Hans Erhard Lauer.



The Drummer's Path
Moving the Spirit with Ritual and Traditional Drumming

Sule Greg Wilson
Foreword by Babatunde Olatunji
ISBN-13: 978-0-89281-359-9
ISBN-10: 0-89281-359-8
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9

Drummer, dancer, and folklorist Sule Greg Wilson introduces the principles behind African and Diaspora music, including breath, posture, and orchestration.



Second Printing with Additions and Corrections
Harmonic Experience
Tonal Harmony from Its Natural Origins to Its Modern Expression

W. A. Mathieu
ISBN-13: 978-0-89281-560-9
ISBN-10: 0-89281-560-4
\$50.00 (CAN \$80.00) hardcover
576 pages, 8.5 x 11

An accomplished recording artist, author, and teacher presents an in-depth look at the way we experience musical harmony.

"Mathieu's books are worth reading for anyone in any field of music—jazz, classical, gospel, or any other. He's found the words to tell the power of music."

Pete Seeger, folksinger



Harmonies of Heaven and Earth
Mysticism in Music from Antiquity to the Avant-Garde

Joscelyn Godwin
ISBN-13: 978-0-89281-500-5
ISBN-10: 0-89281-500-0
\$16.95 (CAN \$22.95) pb
208 pages, 6 x 9

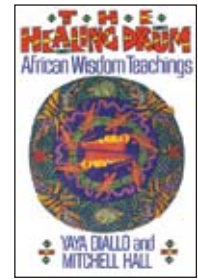
Joscelyn Godwin explores music's effects on matter, living things, and human behavior. Turning to metaphysical accounts of the higher worlds and theories of celestial harmony, the author follows the path of musical inspiration on its descent to Earth, illuminating the archetypal currents that lie beneath Western musical history.



The Harmony of the Spheres
The Pythagorean Tradition in Music

Joscelyn Godwin
ISBN-13: 978-0-89281-265-3
ISBN-10: 0-89281-265-6
\$29.95 (CAN \$48.00) hardcover
512 pages, 6 x 9

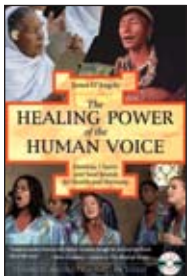
Godwin traces the history of the idea, held since ancient times, that the whole cosmos, with its circling planets and stars, is in some way a musical or harmonious entity. The author shows how this concept has continued to inspire philosophers, astronomers, and mystics from antiquity to the present day.



The Healing Drum
African Wisdom Teachings

Yaya Diallo and Mitchell Hall
ISBN-13: 978-0-89281-256-1
ISBN-10: 0-89281-256-7
\$14.95 (CAN \$23.95) pb
224 pages, 6 x 9

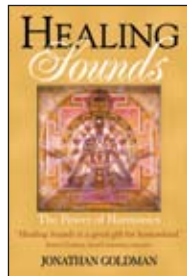
In the personal story of internationally acclaimed drummer Yaya Diallo we see the power of music as a sacred, healing force in West African culture.



The Healing Power of the Human Voice
Mantras, Chants, and Seed Sounds for Health and Harmony

James D'Angelo
ISBN-13: 978-1-59477-050-0
ISBN-10: 1-59477-050-6
\$19.95 (CAN \$26.95) pb
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.



Healing Sounds
The Power of Harmonics

Jonathan Goldman
ISBN-13: 978-0-89281-993-5
ISBN-10: 0-89281-993-6
\$16.95 (CAN \$24.95) pb
192 pages, 6 x 9
8 b&w illustrations

With many easy-to-follow exercises, *Healing Sounds* is the first book to show from both the scientific and spiritual viewpoints how to use the transformative power of sound for healing on physical, emotional, mental, and spiritual levels.



The Magic Flute Unveiled
Esoteric Symbolism in Mozart's Masonic Opera

Jacques Chailley
ISBN-13: 978-0-89281-358-2
ISBN-10: 0-89281-358-X
\$18.95 (CAN \$29.95) pb
368 pages, 5.38 x 8.25

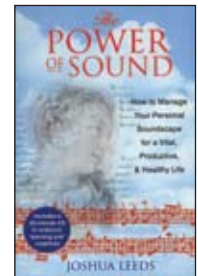
Chailley, a professor of music history at the Sorbonne, reveals the coherence of the opera and the hidden significance of its characters and situations. The author relates each of these elements to the esoteric tradition from which they emanate and to Mozart's own involvement with the Masonic brotherhood.



Music and the Power of Sound
The Influence of Tuning and Interval on Consciousness

Alain Daniélou
ISBN-13: 978-0-89281-336-0
ISBN-10: 0-89281-336-9
\$24.95 (CAN \$39.95) hardcover
192 pages, 6 x 9

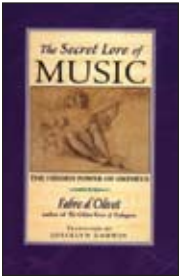
An accomplished musician and Hindu scholar looks to the harmonic ratios of ancient China, India, and Greece as he explores the power of music to speak to our higher consciousness.



The Power of Sound
How to Manage Your Personal Soundscape for a Vital, Productive, and Healthy Life

Joshua Leeds
ISBN-13: 978-0-89281-768-9
ISBN-10: 0-89281-768-2
\$25.00 (CAN \$36.50) pb
336 pages, 6 x 9
Includes 60-minute CD

In *The Power of Sound*, Joshua Leeds explores the importance of healthy auditory function. He investigates how noise- or stress-induced auditory dysfunction may result in difficulties in learning, communication, and social interactions, and he explains new techniques designed to invigorate auditory skills. The accompanying CD of psycho-acoustically refined classical music provides immediate examples of the benefits of music explained in the book.



The Secret Lore of Music

The Hidden Power of Orpheus

Fabre d'Olivet

Translated by
Joscelyn Godwin

ISBN-13: 978-0-89281-660-6
ISBN-10: 0-89281-660-0
\$12.95 (CAN \$20.95) pb
184 pages, 5.38 x 8.25

Written by Fabre d'Olivet (1767–1825), this classic study of music was the first to revive Pythagoras' ideas of the sacred nature of music and its profound effect on the soul. Godwin also provides a fascinating biography of d'Olivet.



The Secret Power of Music

The Transformation of Self and Society through Musical Energy

David Tame

ISBN-13: 978-0-89281-056-7
ISBN-10: 0-89281-056-4
\$14.95 (CAN \$23.95) pb
304 pages, 5.38 x 8.25

This study of the hidden side of music and its subtle effects is one of the most detailed books ever written on the subject.



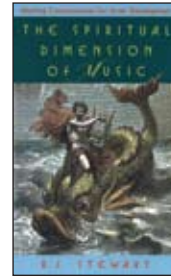
The Soundscape

Our Sonic Environment and the Tuning of the World

R. Murray Schafer

ISBN-13: 978-0-89281-455-8
ISBN-10: 0-89281-455-1
\$14.95 pb
320 pages, 6 x 9

Schafer contends that we suffer from an overabundance of acoustic information and explores ways to restore our ability to hear the nuances of sounds around us. This book is a pioneering exploration of our acoustic environment, past and present, and an attempt to imagine what it might become.



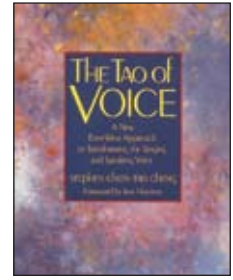
The Spiritual Dimensions of Music

Altering Consciousness for Inner Development

R. J. Stewart

ISBN-13: 978-0-89281-312-4
ISBN-10: 0-89281-312-1
\$14.95 (CAN \$22.50) pb
160 pages, 5.25 x 8.5

This handbook of musical alchemy emphasizes the role of music in raising consciousness to benefit body and mind.



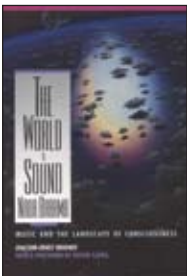
The Tao of Voice

A New East-West Approach to Transforming the Singing and Speaking Voice

Stephen Chun-Tao Cheng

ISBN-13: 978-0-89281-260-8
ISBN-10: 0-89281-260-5
\$14.95 (CAN \$23.95) pb
144 pages, 8 x 10

The Tao of Voice is the first book to combine the best of Western vocal technique and modern psychophysical exercises with ancient Chinese practices. This simple but powerful vocal method will help you to develop your vocal identity and increase vocal range and power, while improving memorization and overcoming stage fright.



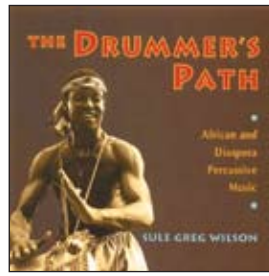
The World Is Sound: Nada Brahma

Music and the Landscape of Consciousness

Joachim-Ernst Berendt

ISBN-13: 978-0-89281-318-6
ISBN-10: 0-89281-318-0
\$16.95 (CAN \$24.95) pb
272 pages, 6 x 9

One of Europe's foremost jazz producers takes us through a world of musical traditions and explores the effects of sound on consciousness.



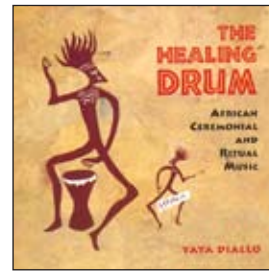
The Drummer's Path

African and Diaspora Percussive Music

Sule Greg Wilson

ISBN-13: 978-0-89281-502-9
ISBN-10: 0-89281-502-7
\$15.95 (CAN \$25.50)
72-minute CD

Following the great diaspora out of Africa to the Caribbean and the Americas, percussionist Sule Greg Wilson draws from rhythms of the world on this eclectic recording. He brings the power of traditional drumming alive and plays classic rhythms from the diverse cultures of Puerto Rico, Brazil, Africa, and India.



The Healing Drum

African Ceremonial and Ritual Music

Yaya Diallo

ISBN-13: 978-0-89281-505-0
ISBN-10: 0-89281-505-1
\$14.95 (CAN \$23.95)
42-minute CD

60-minute audiocassette:
ISBN-13: 978-0-89281-264-6
ISBN-10: 0-89281-264-8
\$9.95 (CAN \$15.95)

Traces the extraordinary cultural legacy of the Minianka tribe of West Africa, for whom music serves a sacred, healing function for the individual and society. This authentic, traditional chanting and singing expresses the full potential for the sacred and the magical in music. Companion audio to the book *The Healing Drum*.



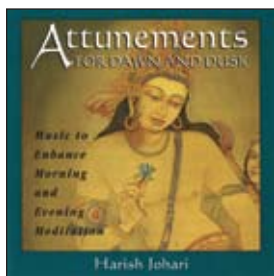
Ritual Drumming

Evoking the Sacred through Rhythms of the Spirit

Mishlen Linden and
Louis Martinié

ISBN-13: 978-1-59477-072-2
ISBN-10: 1-59477-072-7
\$12.95 (CAN \$17.95)
60-minute CD

This CD presents a sampling of spiritual drumming featuring the conga, shekerai, Middle Eastern dumblekei, Ashanti talking drum (djun-djun), bodhran, trap tom, mridangam, Senegal and Ivory Coast djembes, Haitian agogo, the Chinese finger drum and other percussion instruments. Festival and ritual pieces and compositions for trance and personal meditation are included.

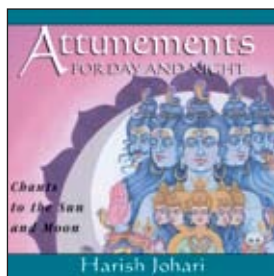


Attunements for Dawn and Dusk

Music to Enhance Morning and Evening Meditation

Harish Johari
 ISBN-13: 978-0-89281-853-2
 ISBN-10: 0-89281-853-0
 \$24.95 (CAN \$38.95)
 Two 60-minute CDs

Drawing on ancient Indian ragas that are inspired by the sounds of nature, Harish Johari has created meditation music especially for the morning and evening hours, played on flute and tambura.

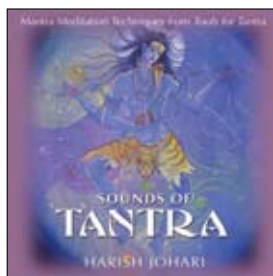


Attunements for Day and Night

Chants to the Sun and Moon

Harish Johari
 ISBN-13: 978-1-59477-073-9
 ISBN-10: 1-59477-073-5
 \$12.95 (CAN \$17.95)
 60-minute CD

Japa—the repeated chanting of a mantra—is an age-old Hindu technique to help you become attuned with the planets and their ruling deities and thereby create peace and prosperity in your life. Noted Tantric scholar Harish Johari chants the mantras associated with the Sun and the Moon.

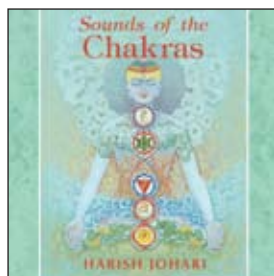


Sounds of Tantra

Mantra Meditation Techniques from Tools for Tantra

Harish Johari
 ISBN-13: 978-1-59477-003-6
 ISBN-10: 1-59477-003-4
 \$19.95 (CAN \$28.95)
 Two 60-minute CDs

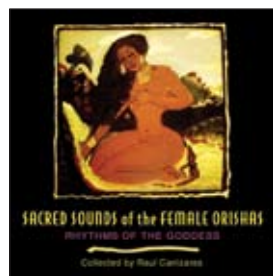
In *Sounds of Tantra*, Harish Johari demonstrates the correct intonation of mantras, the words of power used when meditating on the beautiful geometric paintings of yantras. Regular chanting or listening to these mantras is considered a potent means of surmounting obstacles, attaining wealth, love, health, and freedom from fear. This two-CD set is a useful companion to Johari's book *Tools for Tantra* and can also be used as a background for meditation.



Sounds of the Chakras

Harish Johari
 ISBN-13: 978-1-59477-001-2
 ISBN-10: 1-59477-001-8
 \$12.95 (CAN \$18.95)
 60-minute CD

A companion to Harish Johari's book *Chakras: Energy Centers of Transformation*, this CD provides the authentic sounds for meditation on each of the chakras. In *Sounds of the Chakras*, Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students can follow with ease.

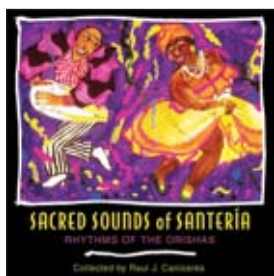


Sacred Sounds of the Female Orishas

Rhythms of the Goddess

Collected by Raul J. Canizares
 ISBN-13: 978-1-59477-071-5
 ISBN-10: 1-59477-071-9
 \$12.95 (CAN \$17.95)
 60-minute CD

Contains songs praising different aspects of the Goddess in the form of Oyá, Yemayá, Oshún, Yewa, and Obba. Collected by Raul Canizares (1955-2002), head of the Santería Temple Orisha Consciousness Movement in Manhattan and author of *Cuban Santería and Shango: An African-American Titan*, the CD presents songs that evoke the powers of these female orishas.

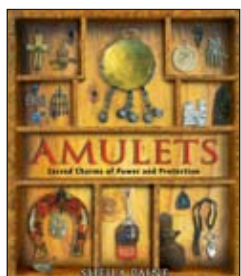


Sacred Sounds of Santería

Rhythms of the Orishas

Collected by Raul J. Canizares
 ISBN-13: 978-1-59477-002-9
 ISBN-10: 1-59477-002-6
 \$12.95 (CAN \$18.95)
 60-minute CD

Practitioners of the Afro-Cuban religion Santería believe that powerful spirit forces—*orishas*—provide guidance and inspiration in the form of song. Listening intently creates a bridge between God and humankind that releases the orisha's healing power. *Sacred Sounds of Santería* includes rare field recordings made in Cuba in the 1950s during actual Santería rituals, and studio recordings of songs featuring 40 of the most gifted soloists, choral singers, and drummers on the island.

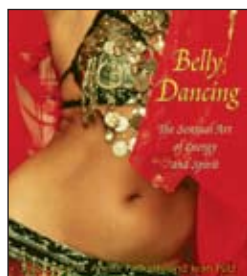


Amulets

Sacred Charms of Power and Protection
 Sheila Paine

ISBN-13: 978-1-59477-025-8
 ISBN-10: 1-59477-025-5
 \$29.95 (CAN \$43.95) pb
 192 pages, 8.75 x 10.25
 404 color and 27 b&w illustrations

All over the world amulets have offered protection against accidents, enemies, and sickness. Worn as necklaces, sewn to clothing, or painted on buildings, amulets guard babies and brides; warriors, and travelers; crops and homes. With over 400 lavish color photographs, this book explores amulets and their symbolism, the diverse materials used to craft them, and the people and objects they protect.

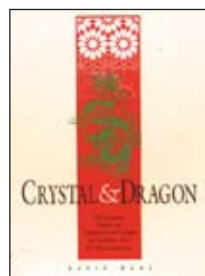


Belly Dancing

The Sensual Art of Energy and Spirit
 Pina Coluccia, Anette Paffrath, and Jean Pütz

ISBN-13: 978-1-59477-021-0
 ISBN-10: 1-59477-021-2
 \$19.95 (CAN \$27.95) pb
 192 pages, 8 x 9
 Full color throughout

Belly dancing is pure sensuousness and has enchanted people since ancient times. Yet beyond its erotic aspects, belly dancing offers many physical and emotional benefits. *Belly Dancing* covers all aspects of this ancient art, beginning with its origins and mythical connections to the moon goddess. Practical instructions with photographs and guidance in costuming are included.

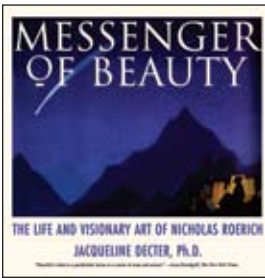


Crystal and Dragon

The Cosmic Dance of Symmetry and Chaos in Nature, Art and Consciousness
 David Wade

ISBN-13: 978-0-89281-404-6
 ISBN-10: 0-89281-404-7
 \$24.95 (CAN \$33.95) pb
 288 pages, 8 x 11
 300 b&w illustrations

Exploring the interplay of light and darkness, order and chaos, David Wade shows how perceptions about the nature of the universe are reflected in the art of a given period. He details the form and fluidity of prehistoric art, the crystalline order of Islamic patterns, and the subtle vitality of Chinese landscapes and calligraphy.



Messenger of Beauty

The Life and Visionary Art of Nicholas Roerich

Jacqueline Decter, Ph.D.

ISBN-13: 978-0-89281-493-0
ISBN-10: 0-89281-493-4
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192 pages, 10.5 x 10.5
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Artist, archaeologist, explorer, and peacemaker, Nicholas Roerich (1874–1947) left a rich legacy that comprises 7,000 paintings, drawings, set and costume designs, and 30 books.



Painting the Dream

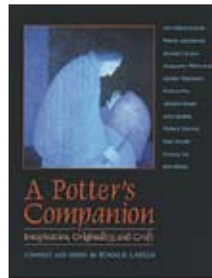
The Shamanic Life and Art of David Chethlahe Paladin

David Chethlahe Paladin

Foreword by Matthew Fox

ISBN-13: 978-1-59143-013-1
ISBN-10: 1-59143-013-5
\$24.95 (CAN \$39.95) pb
120 pages, 8.5 x 11
34 color plates

A shaman as well as the leading Navajo modern artist, Paladin was one of the first Native American painters to move beyond traditional themes and styles. Praised by the renowned artist Marc Chagall, Paladin's brilliant and evocative paintings are admired for their exuberance, eclecticism, spirituality, and original use of symbols.



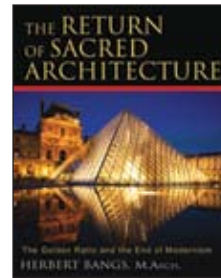
A Potter's Companion

Imagination, Originality, and Craft

Ronald Larsen

ISBN-13: 978-0-89281-445-9
ISBN-10: 0-89281-445-4
\$19.95 (CAN \$31.95) pb
240 pages, 8.5 x 11
43 b&w illustrations

A literary browser's delight, this anthology of essays, stories, poems, and observations celebrates potters and their craft. Contributors include leading American potters, as well as John Updike, Octavio Paz, Wallace Stevens, and others.



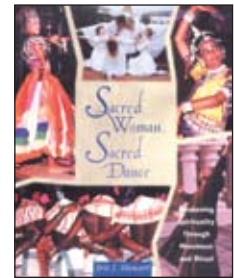
The Return of Sacred Architecture

The Golden Ratio and the End of Modernism

Herbert Bangs, M.Arch.

ISBN-13: 978-1-59477-132-3
ISBN-10: 1-59477-132-4
\$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 Woman, Sacred Dance

Awakening Spirituality Through Movement and Ritual

Iris J. Stewart

ISBN-13: 978-0-89281-605-7
ISBN-10: 0-89281-605-8
\$29.95 (CAN \$43.50) pb
256 pages, 8 x 10
84 color and 67 b&w illustrations and photographs

Sacred Woman, Sacred Dance is the first book to explore women's spiritual expression through a study of dance. It shows how dance came to be excluded from worship and reveals how dance is once again being integrated into spiritual practices.

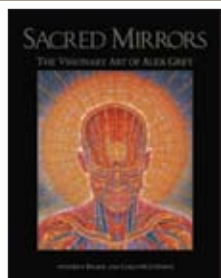


Sacred Mirrors Cards

Alex Grey

ISBN-13: 978-1-59477-162-0
ISBN-10: 1-59477-162-6
\$19.95 (CAN \$25.95)
4.75 x 8

Boxed set of 23 full-color cards
Featuring reproductions of all twenty-one of Alex Grey's Sacred Mirrors paintings plus two additional images, this deck leads the viewer through the process of theosis—that is, coming closer to God—through contemplation of iconic archetypes and seeing oneself, each other, and the world as a reflection of the divine.



Sacred Mirrors

The Visionary Art of Alex Grey

Alex Grey, with Ken Wilber and Carlo McCormick

ISBN-13: 978-0-89281-314-8
ISBN-10: 0-89281-314-8
\$29.95 (CAN \$43.95) pb
96 pages, 10.5 x 13.5
50 color plates

ISBN-13: 978-0-89281-257-8
ISBN-10: 0-89281-257-5
\$39.95 (CAN \$64.00) hardcover

Also available in Spanish (see page 110)

Grey's art takes us through the physical, metaphysical, and spiritual anatomy of the self, revealing the core of human existence as he brings us face to face with ourselves.



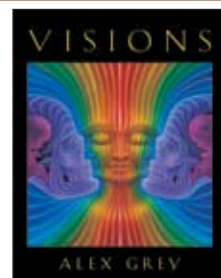
Transfigurations

Alex Grey

ISBN-13: 978-1-59477-017-3
ISBN-10: 1-59477-017-4
\$39.95 (CAN \$55.00) pb
176 pages, 10.5 x 13.5
202 color and 93 b&w images
ISBN-13: 978-0-89281-851-8
ISBN-10: 0-89281-851-4
\$49.95 (CAN \$75.00) hardcover

Also available in Spanish (see page 112)

Transfigurations is the eagerly awaited follow-up to *Sacred Mirrors*, one of the most successful art books of the 1990s. Grey's luminous paintings of human beings blend scientific detail with the visionary depictions of universal life energy, leading us on the soul's journey from the material world to a vision of our divine self.

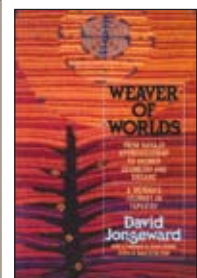


Visions

Alex Grey

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Weaver of Worlds

From Navajo Apprenticeship to Sacred Geometry and Dreams—A Woman's Journey in Tapestry

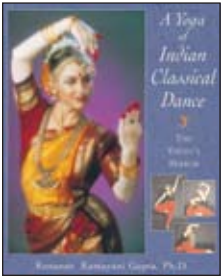
David Jongeward

ISBN-13: 978-0-89281-270-7
ISBN-10: 0-89281-270-2
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The author portrays with deep sensitivity and perception the creative, personal journey of his wife, master tapestry weaver Carolyn Jongeward.

"Visionary dreams and ancient teachings woven into new patterns of compelling beauty."

Frank Waters, author of *Book of the Hopi*



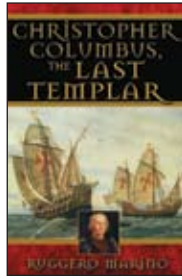
A Yoga of Indian Classical Dance

The Yogini's Mirror
Roxanne Kamayani Gupta, Ph.D.

ISBN-13: 978-0-89281-765-8
ISBN-10: 0-89281-765-8
\$25.00 (CAN \$36.50) pb
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Here is a complete program for developing a personal yoga practice based on the author's 25-year study of sacred Indian dance and traditional hatha yoga. In the first book on the union of these two disciplines, 60 illustrated dance routines balance inner awareness with outer movement, drawing upon the sacred feminine energy of the *yogini*, or spiritual initiatrix, and leading to a union of mind and body.

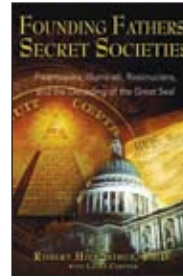
**Ancient Mysteries—
Templars & Secret Societies**



**New-Available
Christopher
Columbus, the Last
Templar**

Ruggero Marino
ISBN-13: 978-1-59477-190-3
ISBN-10: 1-59477-190-1
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392 pages, 6 x 9
Includes 8-page color insert
and 2 b&w illustrations

According to historic documents and maps revealed by Ruggero Marino, Columbus knew, sailing west, he would find the "New World," not Asia. *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 fueled a murderous power struggle involving secret societies, popes, and kings.

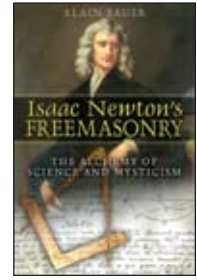


**Founding Fathers,
Secret Societies**

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

Robert Hieronimus, Ph.D.
with Laura Cortner
ISBN-13: 978-1-59477-087-6
ISBN-10: 1-59477-087-5
\$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.

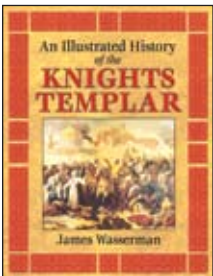


**Isaac Newton's
Freemasonry**

*The Alchemy of Science
and Mysticism*

Alain Bauer
ISBN-13: 978-1-59477-172-9
ISBN-10: 1-59477-172-3
\$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.

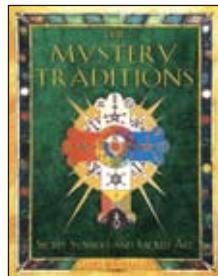


**An Illustrated
History of the
Knights Templar**

James Wasserman

ISBN-13: 978-1-59477-117-0
ISBN-10: 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.

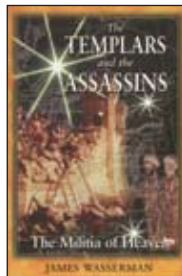


**The Mystery
Traditions**

*Secret Symbols and
Sacred Art*

James Wasserman
ISBN-13: 978-1-59477-088-3
ISBN-10: 1-59477-088-3
\$19.95 (CAN \$26.95) pb
160 pages, 9 x 11.5
135 color and 36 b&w illustrations

In *The Mystery Traditions*, James Wasserman offers a full-color lexicon of occult imagery accompanied by commentary on each image's significance and the wisdom teachings from which it derives. This new edition also looks at the pivotal role played by secret societies in safeguarding and transmitting these teachings.

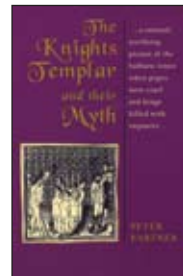


**The Templars and
the Assassins**

The Militia of Heaven
James Wasserman

ISBN-13: 978-0-89281-859-4
ISBN-10: 0-89281-859-X
\$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 Knights Templar
and Their Myth**

Peter Partner

ISBN-13: 978-0-89281-273-8
ISBN-10: 0-89281-273-7
\$14.95 (CAN \$21.95) pb
232 pages, 5.38 x 8.25

This widely praised study of the rise and fall of the Knights Templar examines the history of the Templars and the beliefs that have developed around them. From the tangled traditions of occultism and chivalry, to the intrigue of political conspiracy, governmental greed and papal corruption, the author shows how a medieval act of political injustice grew into the modern fantasy of Renaissance magicians and varieties of Templarism in our own time.



**The Knights Templar
in the Golden Age
of Spain**

*Their Hidden History
on the Iberian Peninsula*
Juan Garcia Atienza

ISBN-13: 978-1-59477-098-2
ISBN-10: 1-59477-098-0
\$16.95 (CAN \$21.95) pb
304 pages, 6 x 9
35 b&w illustrations

The rise and fall of the Templar Order was a decisive episode in medieval history. While much is known about the history of the Templar Order in France, and in the Latin States of the Middle East, their contribution to events on the Iberian peninsula has until now remained obscure and unexplored.



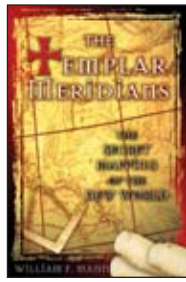
The Knights Templar in the New World

How Henry Sinclair Brought the Grail to Acadia

William F. Mann

ISBN-13: 978-0-89281-185-4
 ISBN-10: 0-89281-185-4
 \$16.95 (CAN \$23.95) pb
 320 pages, 6 x 9 • 64 b&w illustrations

Nearly 100 years before Columbus arrived in the New World, Scottish prince Henry Sinclair, Earl of Orkney, sailed to what is now Nova Scotia, where his presence was recorded by Micmac Indians. With evidence from archaeological sites and legends handed down by the Templar order to the Freemasons, author William F. Mann has rediscovered the site of the settlement established by Sinclair and his Templar followers, where they found a safe refuge for the Grail in the New World.



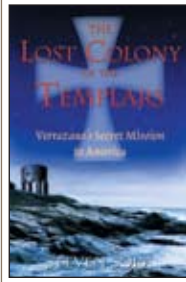
The Templar Meridians

The Secret Mapping of the New World

William F. Mann

ISBN-13: 978-1-59477-076-0
 ISBN-10: 1-59477-076-X
 \$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.



The Lost Colony of the Templars

Verrazano's Secret Mission to America

Steven Sora

ISBN-13: 978-1-59477-019-7
 ISBN-10: 1-59477-019-0
 \$16.95 (CAN \$24.95) pb
 288 pages, 6 x 9

In 1524 the Italian explorer Giovanni da Verrazano was sent by the French king Francis I to find a shorter route to China. His true mission, Steven Sora suggests, was to contact a Templar colony established in Newport, Rhode Island by Henry Sinclair nearly a century before Columbus' expedition.



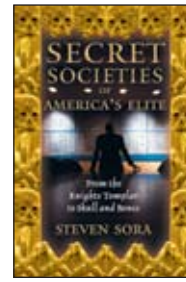
The Lost Treasure of the Knights Templar

Solving the Oak Island Mystery

Steven Sora

ISBN-13: 978-0-89281-710-8
 ISBN-10: 0-89281-710-0
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 6 b&w illustrations

Sora offers a compelling argument that the lost treasure of the Knights Templar is connected to the mysterious money pit on Oak Island, Nova Scotia, that has baffled treasure hunters for two centuries.



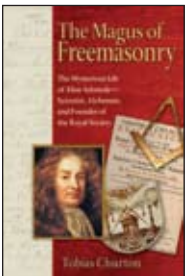
Secret Societies of America's Elite

From the Knights Templar to Skull and Bones

Steven Sora

ISBN-13: 978-0-89281-959-1
 ISBN-10: 0-89281-959-6
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 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.



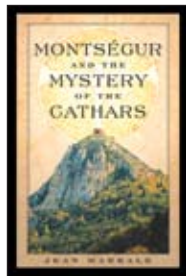
The Magus of Freemasonry

The Mysterious Life of Elias Ashmole—Scientist, Alchemist, and Founder of the Royal Society

Tobias Churton

ISBN-13: 978-1-59477-122-4
 ISBN-10: 1-59477-122-7
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Tobias Churton's portrait of Elias Ashmole (1617-1692) offers a perfect illustration of the true Renaissance figure—the magus. Ashmole was a key figure in the birth of modern science, a missing link between operative and symbolic Freemasonry, and a vital transmitter of esoteric thought when the laws of science were first taking hold.



Montségur and the Mystery of the Cathars

Jean Markale

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 ISBN-10: 0-89281-090-4
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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.



Mozart the Freemason

The Masonic Influence on His Musical Genius

Jacques Henry

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 ISBN-10: 1-59477-128-6
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Mozart's understanding of the use of symbol allowed him to create music that would lead the listener into a harmony that transcended earthly existence. Jacques Henry provides a rigorous and original analysis of Mozart's works that reveals their inner meaning as shaped by the composer's profound embrace of the spiritual principles of Freemasonry.



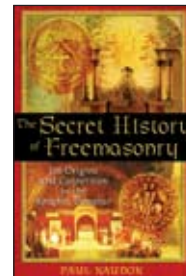
The Occult Conspiracy

Secret Societies—Their Influence and Power in World History

Michael Howard

ISBN-13: 978-0-89281-251-6
 ISBN-10: 0-89281-251-6
 \$16.95 (CAN \$21.95) pb
 208 pages, 6 x 9

For thousands of years secret societies and occult groups have exercised a strong and often crucial influence on the destiny of nations, and have prevailed upon many well-known figures, including Frederick the Great, Benjamin Franklin, and Woodrow Wilson. Reading *The Occult Conspiracy*, we are left with little doubt that they continue to operate powerfully in world affairs today.



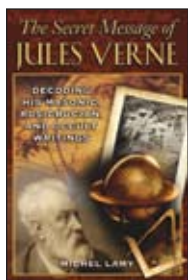
The Secret History of Freemasonry

Its Origins and Connection to the Knights Templar

Paul Naudon

ISBN-13: 978-1-59477-028-9
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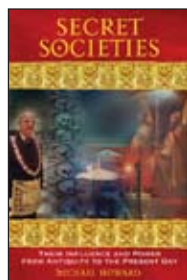
Historian Paul Naudon reveals the intimate connection between the Masons and the Knights Templar, origins of Freemasonry in ancient Rome, and the traditions of the brotherhoods of builders. These traditions are the source of Masonic symbolism, providing the missing link between the Masonry of the medieval cathedral builders to the spiritual principles of modern speculative Masonry.



The Secret Message of Jules Verne

Decoding His Masonic, Rosicrucian, and Occult Writings
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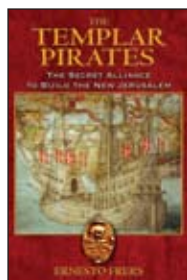
Lamy investigates Jules Verne's connections to the prominent secret societies of his time—Freemasons, Golden Dawn, Angelic Society, and Rosicrucians—and explains how Verne used his writings to encrypt the secrets and sacred symbolism of these orders. Verne's work reveals itself to be rich with teachings on esoteric traditions, sacred geography, and the secret history of humanity.



New-Available Secret Societies and the Hermetic Code

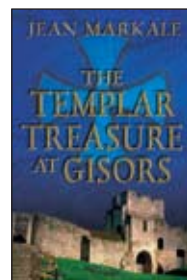
The Rosicrucian, Masonic, and Esoteric Transmission in the Arts
Ernesto Frers
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From paintings of Byzantine icons to Salvador Dali, music from Mozart to Satanic Rock, and mystery sites from the Pyramids to Andrea Palladio's Villa Cornaro, there are occult secrets hidden in music, painting, sculpture and architecture which this book reveals.



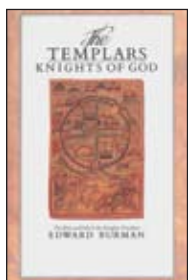
The Templar Pirates
The Secret Alliance to Build the New Jerusalem

Ernesto Frers
ISBN-13: 978-1-59477-146-0
ISBN-10: 1-59477-146-4
\$14.95 (CAN \$18.95) pb
192 pages, 6 x 9
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.



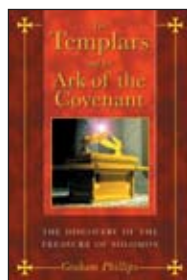
The Templar Treasure at Gisors

Jean Markale
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A comprehensive examination of the enigma of the Templars and the unsolved mystery of their lost treasure. Celtic and medieval scholar Jean Markale goes back to original source documents to shine new light on the mysteries of the Templars and evidence that the treasure may be hidden within the medieval castle of Gisors.



The Templars Knights of God

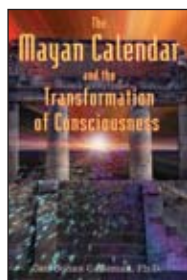
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The author tells of the extraordinary organization of warrior-monks who came to power during the Crusades: their wealth and power, the reasons for their downfall, and their passage into myth and legend.



The Templars and the Ark of the Covenant

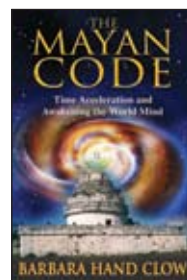
The Discovery of the Treasure of Solomon
Graham Phillips
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ISBN-10: 1-59143-039-9
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At the ancient ruins of Petra in southern Jordan, Graham Phillips uncovered evidence that 13th-century Templars found the Ark of the Covenant and the Stones of Fire, and brought these treasures to England when they fled the persecution of French king Philip the Fair a century later. The author provides compelling evidence that the Ark may now be located in England.

Ancient Mysteries—
The Americas



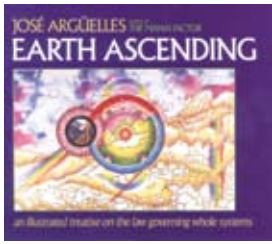
The Mayan Calendar and the Transformation of Consciousness

Carl Johan Calleman, Ph.D.
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The prophetic Mayan calendar is not keyed to the movement of planetary bodies. Instead, it functions as a metaphysical map of the evolution of consciousness and records how spiritual time flows—providing a new science of time. Author Carl Johan Calleman reveals concrete steps we can take to align ourselves with this growth toward enlightenment.



The Mayan Code

Time Acceleration and Awakening the World Mind
Barbara Hand Clow
Foreword by Carl Johan Calleman, Ph.D.
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43 b&w illustrations
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Barbara Hand Clow shows how the Mayan Calendar is a bridge to galactic wisdom that fosters personal growth and human evolution. The author draws on the work of biologist Carl Johan Calleman and many other New Paradigm researchers to unearth the deeper meaning behind the calendar and its message for modern civilization, especially during its final five years.



Earth Ascending

An Illustrated Treatise on Law Governing Whole Systems

José Argüelles

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This workbook for human and planetary survival is based upon a resonant field paradigm that transcends the Newtonian materialistic model. Argüelles, the author of *The Mayan Factor*, postulates a planetary design that envisions the evolving field of Earth in relation to the galactic whole.



The Mayan Factor

Path Beyond Technology

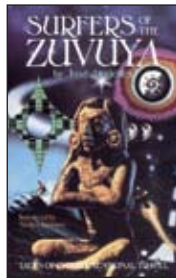
José Argüelles

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



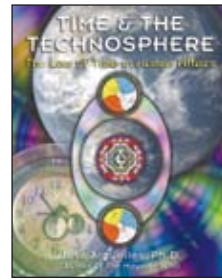
Surfers of the Zuvuya

Tales of Interdimensional Travel

José Argüelles

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 180 pages, 5.38 x 8.25

Join José Argüelles and his higher self—his "dimensional double," Uncle Joe Zuvuya—on a journey from the center of the earth to the outermost reaches of the galaxy! Uncle Joe instructs Argüelles in Mayan etheric engineering, Arcturian space stations, Atlantean family histories, and much more.



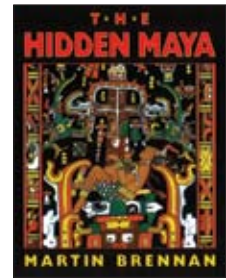
Time and the Technosphere

The Law of Time in Human Affairs

José Argüelles

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 Includes 8-page color insert and 40 b&w illustrations

This long awaited sequel to the author's bestselling book *The Mayan Factor* is a groundbreaking study that distinguishes the natural time of the cosmos from artificial mechanistic time.



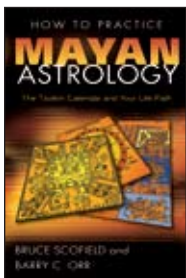
The Hidden Maya

A New Understanding of Maya Glyphs

Martin Brennan

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 ISBN-10: 1-879181-24-X
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 272 pages, 7 x 9
 200 illustrations

Brennan uses Plains Indian handsigns and other communication symbols to decipher Maya inscriptions, revealing hidden messages that have not been understood for hundreds of years.



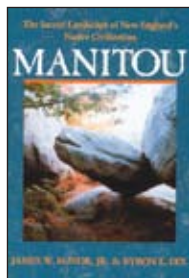
How to Practice Mayan Astrology

The Tzolkin Calendar and Your Life Path

Bruce Scofield and Barry C. Orr

ISBN-13: 978-1-59143-064-3
 ISBN-10: 1-59143-064-X
 \$20.00 (CAN \$25.95) pb
 336 pages, 6 x 9
 15 b&w illustrations

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.



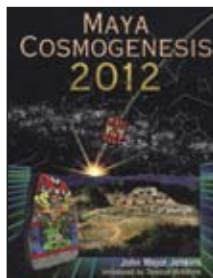
Manitou

The Sacred Landscape of New England's Native Civilization

James W. Mavor, Jr. and Byron E. Dix

ISBN-13: 978-0-89281-078-9
 ISBN-10: 0-89281-078-5
 \$18.95 (CAN \$26.95) pb
 400 pages, 6.75 x 10
 300 b&w illustrations

Coauthors Mavor and Dix tell the fascinating story of the discovery of what is believed to be ancient Native American ritual sites and the exploration of these many stone structures and standing stones, whose placement in the surrounding landscape suggests that they played an important role in celestial observation and shamanic ritual.



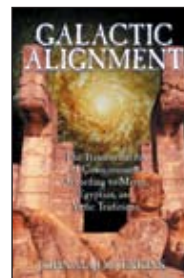
Maya Cosmogenesis 2012

The True Meaning of the Maya Calendar End-Date

John Major Jenkins

ISBN-13: 978-1-879181-48-9
 ISBN-10: 1-879181-48-7
 \$20.00 (CAN \$28.95) pb
 416 pages, 7 x 9
 200 illustrations

Jenkins brings to light the mysteries of ancient Mesoamerican cosmology, and shows that the end-date of the Maya Long Count calendar on December 21, 2012, marks the rare alignment of our solar system with the Galactic Center.



Galactic Alignment

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

John Major Jenkins

ISBN-13: 978-1-879181-84-7
 ISBN-10: 1-879181-84-3
 \$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.



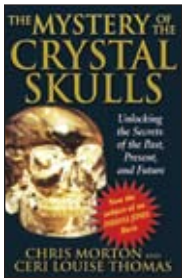
Pyramid of Fire: The Lost Aztec Codex

Spiritual Ascent at the End of Time

John Major Jenkins and Martin Matz

ISBN-13: 978-1-59143-032-2
 ISBN-10: 1-59143-032-1
 \$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.



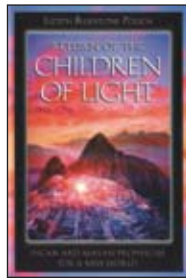
The Mystery of the Crystal Skulls

Unlocking the Secrets of the Past, Present, and Future

Chris Morton and Ceri Louise Thomas

ISBN-13: 978-1-879181-80-9
 ISBN-10: 1-879181-80-0
 \$20.00 (CAN \$22.50) pb
 424 pages, 6 x 9
 31 color and 20 b&w plates

The Mitchell-Hedges crystal skull is one of the 13 crystal skulls whose secrets the authors reveal in this book. The crystal skulls, a feature of the fourth Indiana Jones adventure film, contain sacred Native American knowledge critical to humankind's true purpose and destiny.



Return of the Children of Light

Incan and Mayan Prophecies for a New World

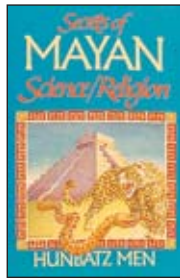
Judith Bluestone Polich

ISBN-13: 978-1-879181-69-4
 ISBN-10: 1-879181-69-X
 \$14.00 (CAN \$20.50) pb
 176 pages, 6 x 9

Also available in Spanish (see page 111)

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.

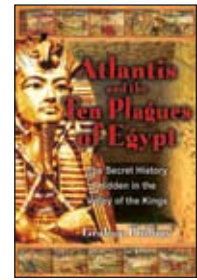


Secrets of Mayan Science/Religion

Hunbatz Men

ISBN-13: 978-0-939680-63-4
 ISBN-10: 0-939680-63-7
 \$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.



Atlantis and the Ten Plagues of Egypt

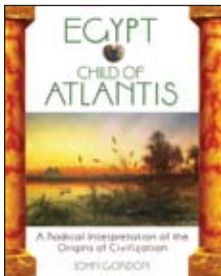
The Secret History Hidden in the Valley of the Kings

Graham Phillips

ISBN-13: 978-1-59143-009-4
 ISBN-10: 1-59143-009-7
 \$20.00 pb

392 pages, 6 x 9
 Includes three 8-page b&w inserts and 17 b&w illustrations

In *Atlantis and the Ten Plagues of Egypt*, Graham Phillips explores the excavation of a mysterious tomb in the Valley of the Kings, Tomb 55, which he contends holds the key to the true history of the destruction of Atlantis. Forensic findings from this tomb and compelling new evidence from the polar ice caps provide evidence that the parting of the Red Sea and the plagues that afflicted Egypt were actual historical events.



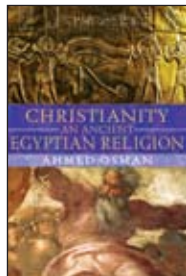
Egypt: Child of Atlantis

A Radical Interpretation of the Origins of Civilization

John Gordon

ISBN-13: 978-1-59143-023-0
 ISBN-10: 1-59143-023-2
 \$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.

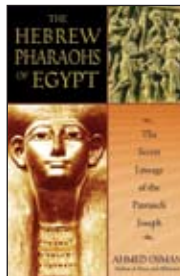


Christianity: An Ancient Egyptian Religion

Ahmed Osman

ISBN-13: 978-1-59143-046-9
 ISBN-10: 1-59143-046-1
 \$18.00 (CAN \$24.95) pb
 304 pages, 6 x 9
 Includes 16-page b&w insert and 12 b&w illustrations

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.



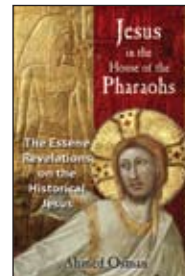
The Hebrew Pharaohs of Egypt

The Secret Lineage of the Patriarch Joseph

Ahmed Osman

ISBN-13: 978-1-59143-022-3
 ISBN-10: 1-59143-022-4
 \$16.00 (CAN \$23.50) pb
 208 pages, 6 x 9
 Includes four 8-page b&w inserts

The idea that Joseph and Yuya may be one and the same person sheds a whole new light on the sudden rise of monotheism in Egypt. The author provides detailed evidence from Egyptian, biblical, and Koranic sources to explain the deliberate obliteration of references to the "heretic" king and his successors by the last eighteenth dynasty pharaoh, Horemheb, whom the author believes was the oppressor king in the Book of Exodus.



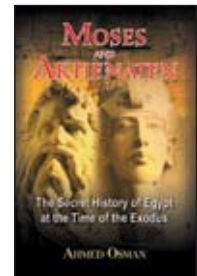
Jesus in the House of the Pharaohs

The Essene Revelations on the Historical Jesus

Ahmed Osman

ISBN-13: 978-1-59143-027-8
 ISBN-10: 1-59143-027-5
 \$18.00 (CAN \$25.95) pb
 296 pages, 6 x 9
 Includes 8-page b&w insert

Although it is commonly believed that Jesus lived during the first century c.e., there is no concrete evidence to support this. Citing archaeological evidence, the Dead Sea Scrolls, the Koran, the Talmud, and biblical sources, Ahmed Osman provides a compelling case that Jesus and Joshua were one and the same and that this person was likewise the pharaoh Tutankhamun, who ruled Egypt between 1361 and 1352 b.c.e.



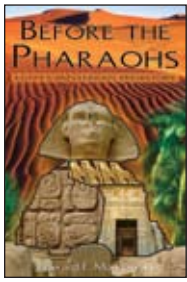
Moses and Akhenaten

The Secret History of Egypt at the Time of the Exodus

Ahmed Osman

ISBN-13: 978-1-59143-004-9
 ISBN-10: 1-59143-004-6
 \$18.00 (CAN \$25.95) pb
 280 pages, 6 x 9
 Includes 8-page b&w insert

Ahmed Osman's recent archaeological discoveries and historical documents contend that Akhenaten and Moses were one and the same man. In a stunning retelling of the Exodus story, Osman details the events of Moses/Akhenaten's life: how he was brought up by Israelite relatives and ruled Egypt for seventeen years before he was forced to abdicate the throne.



Before the Pharaohs

Egypt's Mysterious Prehistory

Edward F. Malkowski

ISBN-13: 978-1-59143-048-3
ISBN-10: 1-59143-048-8
\$18.00 (CAN \$24.95) pb
336 pages, 6 x 9
58 b&w illustrations

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.



New-Available

The Spiritual Technology of Ancient Egypt

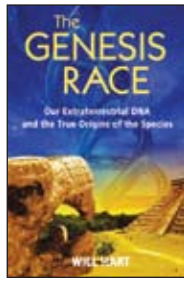
Sacred Science and the Mystery of Consciousness

Edward F. Malkowski

Foreword by Christopher Dunn

ISBN-13: 978-1-59477-186-6
ISBN-10: 1-59477-186-3
\$24.95 (CAN \$28.50) pb
448 pages, 6 x 9
33 b&w illustrations

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.



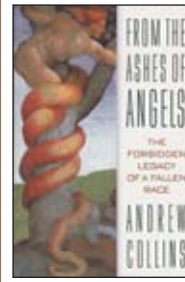
The Genesis Race

Our Extraterrestrial DNA and the True Origins of the Species

Will Hart

ISBN-13: 978-1-59143-018-6
ISBN-10: 1-59143-018-6
\$18.00 (CAN \$25.95) pb
264 pages, 6 x 9
Includes 8-page color insert and 3 b&w illustrations

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.



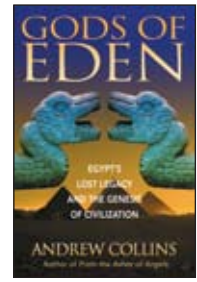
From the Ashes of Angels

The Forbidden Legacy of a Fallen Race

Andrew Collins

ISBN-13: 978-1-879181-72-4
ISBN-10: 1-879181-72-X
\$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.



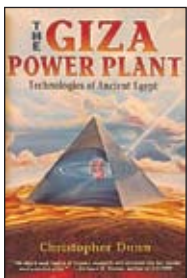
Gods of Eden

Egypt's Lost Legacy and the Genesis of Civilization

Andrew Collins

ISBN-13: 978-1-879181-76-2
ISBN-10: 1-879181-76-2
\$20.00 (CAN \$28.95) pb
400 pages, 6 x 9
Includes two 8-page b&w inserts

In his book *From the Ashes of Angels*, Andrew Collins provided historical and scientific evidence showing how Elder gods, who were the flesh and blood members of a race of fallen angels, founded ancient Egypt. Now, in *Gods of Eden*, he describes the remarkable achievements of their culture. Assembling clues from archaeology, mythology, and religion, Collins shows us how this great society mastered acoustic technology.



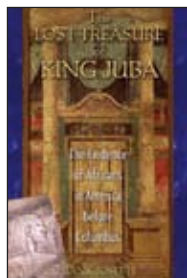
The Giza Power Plant

Technologies of Ancient Egypt

Christopher Dunn

ISBN-13: 978-1-879181-50-2
ISBN-10: 1-879181-50-9
\$18.00 (CAN \$25.95) pb
288 pages, 6 x 9
74 illustrations

This master engineer shows how the Great Pyramid possibly created a harmonic resonance with the Earth, allowing this crystal edifice to convert the Earth's vibrational energies into an unlimited supply of electricity.



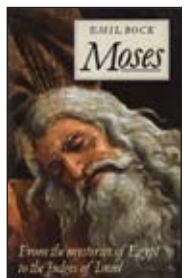
The Lost Treasure of King Juba

The Evidence of Africans in America before Columbus

Frank Joseph

ISBN-13: 978-1-59143-006-3
ISBN-10: 1-59143-006-2
\$18.00 (CAN \$25.95) pb
248 pages, 6 x 9
110 b&w photographs

Compels us to consider the possibility that Africans arrived in North America a millennium before Columbus. Contains over 100 photographs of ancient artifacts, discovered in 1982 in a southern Illinois cave. Explains the mystery of the Washtaws, a tribal group of African origin, encountered by the Lewis and Clark Expedition. Suggests that King Juba actually sailed to America to rebuild his kingdom in the New World.



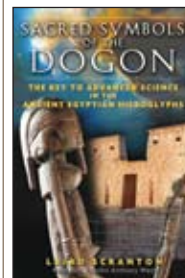
Moses

From the Mysteries of Egypt to the Judges of Israel

Emil Bock

ISBN-13: 978-0-89281-117-5
ISBN-10: 0-89281-117-X
\$14.95 (CAN \$23.95) pb
224 pages, 5.38 x 8.5
Includes 8-page b&w insert

Acknowledging his debt to Rudolf Steiner, Bock draws a parallel between spiritual research and ancient texts to reveal the esoteric history of Moses. He discusses "cosmic history," "mythological history," and "human history" and shows how all three stages constitute the path of our still-evolving consciousness.



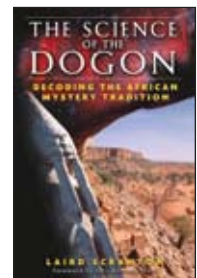
New-Available
Sacred Symbols of the Dogon

The Key to Advanced Science in the Ancient Egyptian Hieroglyphs

Laird Scranton

Foreword by John Anthony West
ISBN-13: 978-1-59477-134-7
ISBN-10: 1-59477-134-0
\$18.95 (CAN \$21.50) pb
272 pages, 6 x 9
5 b&w illustrations

Author Laird Scranton uses Dogon cosmological symbols as a "Rosetta stone" to reveal references within the ancient Egyptian language that correspond to modern Science's understanding of matter. Scranton points out correspondences ranging from descriptions of massless waves and atomic structure to some that seem directly correlated to a fully realized unified field theory.



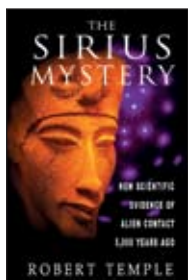
The Science of the Dogon

Decoding the African Mystery Tradition

Laird Scranton

Foreword by John Anthony West
ISBN-13: 978-1-59477-133-0
ISBN-10: 1-59477-133-2
\$16.95 (CAN \$21.50) pb
224 pages, 6 x 9
17 b&w illustrations

The myths of the Dogon people of Mali, West Africa, bear a striking resemblance to modern scientific definitions of matter. Scranton's case-by-case comparison of Dogon descriptions and drawings to corresponding scientific models and diagrams from authors like Stephen Hawking and Brian Greene, also reveals the similarities between Dogon symbols and those of the Egyptian and Hebrew religions.



The Sirius Mystery

New Scientific Evidence of Alien Contact 5,000 Years Ago

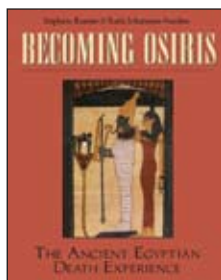
Robert Temple

ISBN-13: 978-0-89281-750-4
 ISBN-10: 0-89281-750-X
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 464 pages, 6 x 9
 136 b&w illustrations

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.

"Temple unleashes a swirl of genuine astronomical mysteries, anthropological dates and tricky cross-currents of comparative mythology."

Time



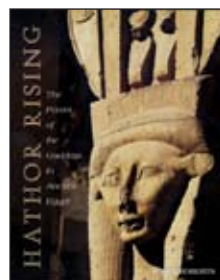
Becoming Osiris

The Ancient Egyptian Death Experience

Ruth Schumann Antelme and Stéphane Rossini

ISBN-13: 978-0-89281-652-1
 ISBN-10: 0-89281-652-X
 \$16.95 (CAN \$26.95) pb
 144 pages, 8 x 10
 90 b&w illustrations

Becoming Osiris provides an accessible, thought-provoking examination of the ancient *Egyptian Book of the Dead* and related texts that detail practices for preparing the soul for the afterlife.



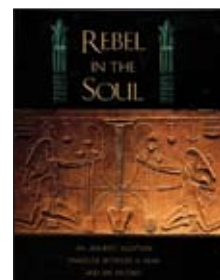
Hathor Rising

The Power of the Goddess in Ancient Egypt

Alison Roberts, Ph.D.

ISBN-13: 978-0-89281-621-7
 ISBN-10: 0-89281-621-X
 \$19.95 (CAN \$31.95) pb
 192 pages, 8 x 10
 183 b&w illustrations

Drawing from temple art, myths, rituals, and poetry, Dr. Roberts examines the female aspect of the complex Egyptian pantheon, particularly the goddess Hathor-Sekhmet, providing a powerful new perspective on women's theology.



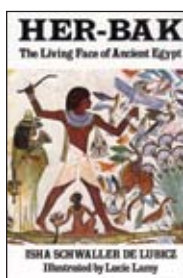
Rebel in the Soul

An Ancient Egyptian Dialogue Between a Man and His Destiny

Bika Reed

ISBN-13: 978-0-89281-615-6
 ISBN-10: 0-89281-615-5
 \$19.95 (CAN \$31.95) pb
 144 pages, 8.5 x 11
 b&w illustrations throughout

This controversial text speaks to us with intriguing relevance to the problems of today. Taking the form of a dialogue between a man and his soul, this sacred text explores the inner discourse between doubt and mystical knowledge and deals with the rebellion and despair of the intellect at a crucial stage of spiritual development.



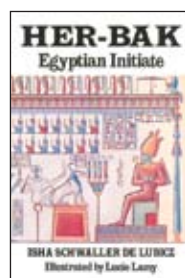
Her-Bak

The Living Face of Ancient Egypt

Isha Schwaller de Lubicz
 Illustrated by Lucie Lamy

ISBN-13: 978-0-89281-003-1
 ISBN-10: 0-89281-003-3
 \$16.95 (CAN \$26.95) pb
 368 pages, 6 x 9

In these fictional accounts, the wisdom of Ancient Egypt is revealed through the eyes of young Her-Bak, a candidate for initiation into the Inner Temple. The events related take place between the XX and XXI dynasties. In this volume Her-Bak's training in the living school of Nature and in the Outer Temple unfolds.



Her-Bak

Egyptian Initiate

Isha Schwaller de Lubicz
 Illustrated by Lucie Lamy

ISBN-13: 978-0-89281-002-4
 ISBN-10: 0-89281-002-5
 \$19.95 (CAN \$31.95) pb
 400 pages, 6 x 9

This second volume presents Her-Bak's initiation into the Inner Temple and his progressive penetration of the esoteric aspects of the Egyptian Mystery teachings.



Journey into the Light

The Three Principles of Man's Awakening

Isha Schwaller de Lubicz

ISBN-13: 978-0-89281-038-3
 ISBN-10: 0-89281-038-6
 \$19.95 (CAN \$26.95) pb
 352 pages, 6 x 9

This novel portrays the transformative encounter of the modern, scientific and rational mentality with the suprarational, spiritual intelligence that guides us on the Path of the Mysteries. Through dramatic dialogue and interplay between master and student, we are initiated into the realm of the spirit.



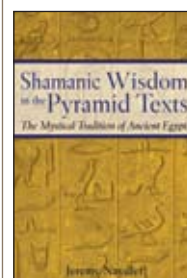
The Opening of the Way

A Practical Guide to the Wisdom Teachings of Ancient Egypt

Isha Schwaller de Lubicz

ISBN-13: 978-0-89281-572-2
 ISBN-10: 0-89281-572-8
 \$14.95 (CAN \$23.95) pb
 224 pages, 6 x 9

Here, the author of the two *Her-Bak* novels provides specific tools that instruct in the comprehension and application of those teachings, and help us recognize that it is by the path of silence and meditation that we are guided to the intelligence of the heart, which is our key to self-mastery and our connection to higher consciousness.



Shamanic Wisdom in the Pyramid Texts

The Mystical Tradition of Ancient Egypt

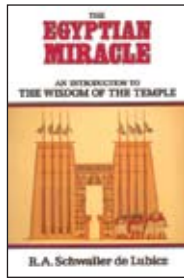
Jeremy Naydler

ISBN-13: 978-0-89281-755-9
 ISBN-10: 0-89281-755-0
 \$22.95 (CAN \$32.95) pb
 480 pages, 6 x 9
 135 b&w illustrations

Jeremy Naydler's radical reinterpretation of the Pyramid Texts—the earliest body of religious literature from ancient Egypt—now places these documents into the ritual context in which they belong. It is the shamanic spiritual tradition, argues Naydler, that is the undercurrent of the Pyramid Texts and holds the key to ancient Egyptian mysticism.



The brilliant French Hermeticist R. A. Schwaller de Lubicz and his wife, Isha, spent fifteen years in Egypt researching ancient sacred traditions. Their analysis of the symbolism found in the monuments of the Pharaohs represents the most important breakthrough in our comprehension of ancient Egypt since Champollion deciphered the Rosetta Stone.

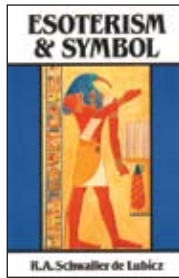


The Egyptian Miracle

An Introduction to the Wisdom of the Temple

R. A. Schwaller de Lubicz
Illustrated by Lucie Lamy
ISBN-13: 978-0-89281-008-6
ISBN-10: 0-89281-008-4
\$18.95 (CAN \$27.50) pb
256 pages, 6 x 9

The discoveries of R. A. Schwaller de Lubicz are proof that the temple is the true embodiment of the ancient Egyptian wisdom. Presented here in the more accessible language of oral tradition, *The Egyptian Miracle* is an indispensable guide to the superhuman science expressed by the architecture, the texts, and the proportions of the temple.

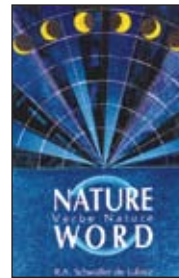


Esoterism and Symbol

R. A. Schwaller de Lubicz

ISBN-13: 978-0-89281-014-7
ISBN-10: 0-89281-014-9
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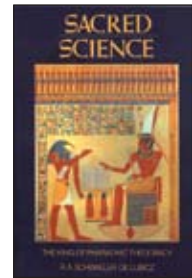


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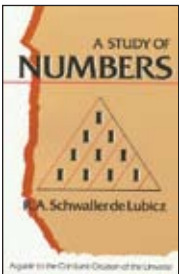
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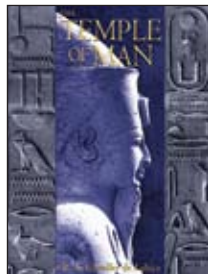


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Photographs by Georges and Valentine de Miré

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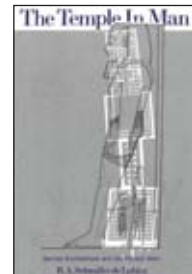
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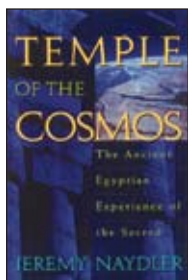
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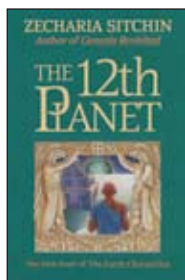
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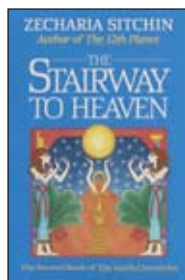


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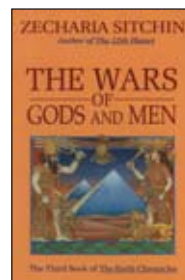


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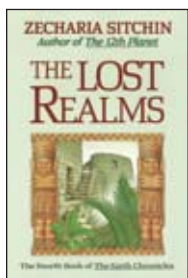


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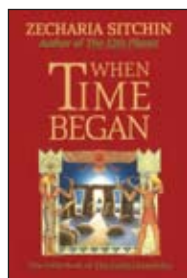


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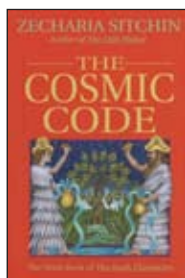


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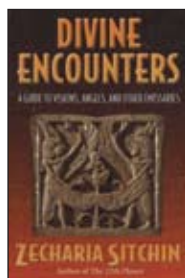


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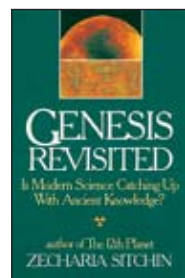
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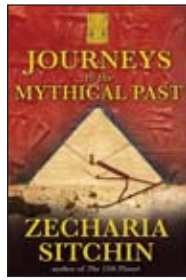
Sitchin posits that the Book of Genesis and key Sumerian and ancient Egyptian sources reflect the highest levels of scientific knowledge, and that what we are discovering today is, in fact, a rediscovery of what had been known to a much earlier civilization.



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Zecharia Sitchin, author of the *Earth Chronicles* series, reveals the research supporting his conclusion that ancient myths are recollections of actual events, the gods of ancient peoples were visitors from another planet, and that we are not alone in our solar system. *The Earth Chronicles Expeditions* is a historical and archaeological adventure into the origins of mankind.



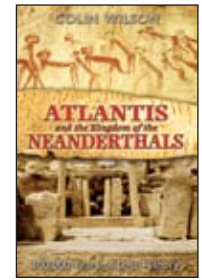
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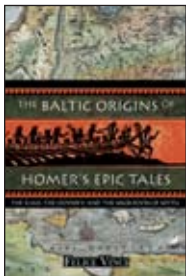
The Lost Book of Enki
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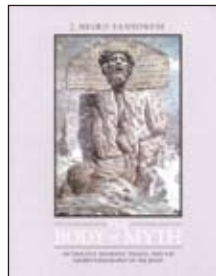
Atlantis and the Kingdom of the Neanderthals
100,000 Years of Lost History
Colin Wilson

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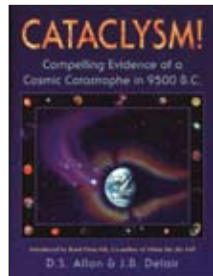
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The Iliad, the Odyssey, and the Migration of Myth
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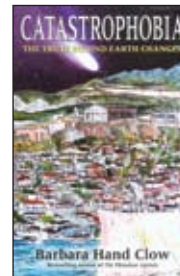
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Mythology, Shamanic Trance, and the Sacred Geography of the Body
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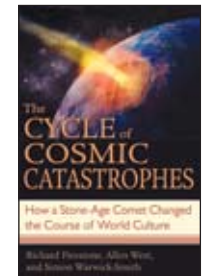
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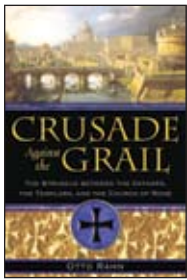
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In *Catastrophobia* Barbara Hand Clow shows that a series of cataclysmic disasters 11,500 years ago rocked the world and left humanity's collective psyche chronically scarred. This unprocessed fear is responsible for our constant expectations of apocalypse, 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.



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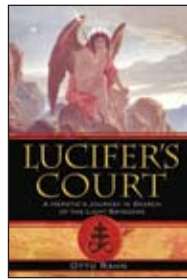


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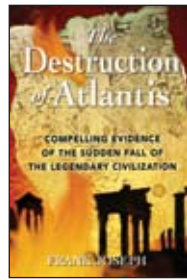


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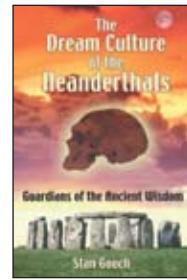


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 All indigenous cultures share the myth of an ancient deluge. In *The Destruction of Atlantis*, author Frank Joseph links this worldwide cultural phenomenon to the story of the lost civilization of Atlantis.

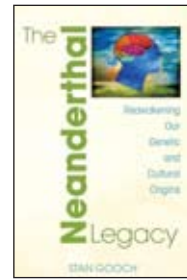


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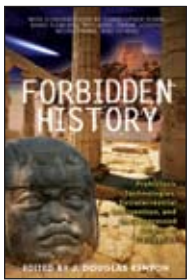


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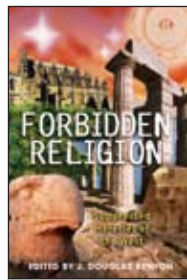


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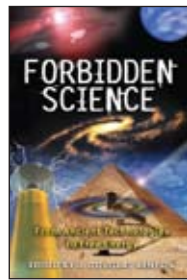


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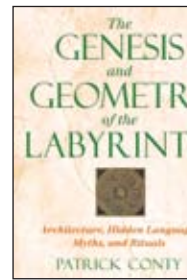


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Architecture, Hidden Language, Myths, and Rituals

Patrick Conty
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The End of Eden

The Comet That Changed Civilization

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 256 pages, 6 x 9
 Includes 16-page color insert

In 1500 B.C., following Earth's passage through the tail of the comet 12P/Pons-Brooks civilizations worldwide suddenly abandoned their peaceful ways and devoted themselves with uncharacteristic fervor to making war on their neighbors and fighting among themselves. Graham Phillips chronicles the sudden shifts in social demeanor and religious philosophy that swept the world in the comet's wake.



Jesus, King Arthur, and the Journey of the Grail

The Secrets of the Sun Kings

Maurice Cotterell
 ISBN-13: 978-1-59143-053-7
 ISBN-10: 1-59143-053-4
 \$16.00 (CAN \$20.95) pb
 280 pages, 6 x 9
 Includes 24-page color insert and 99 b&w illustrations

Maurice Cotterell follows the migration of the Celts 4,000 years ago from Asia, across Europe, to Ireland. His account of this epic journey together with his knowledge of the secret codes of the Celts help him to identify and locate the Holy Grail, the actual cup used by Christ and his disciples at the Last Supper.

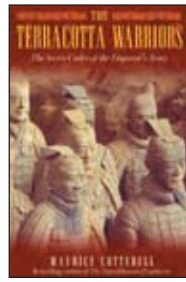


The Lost Tomb of Viracocha

Unlocking the Secrets of the Peruvian Pyramids
 Maurice Cotterell

ISBN-13: 978-1-59143-005-6
 ISBN-10: 1-59143-005-4
 \$20.00 (CAN \$29.95) pb
 256 pages, 6 x 9
 Includes two 16-page color inserts and 143 b&w illustrations and photographs

Maurice Cotterell, who cracked the codes hidden in both ancient Maya carvings and the treasures of Tutankhamun, unlocks the secrets concealed within the treasure-filled tombs of Viracocha Pachamac and Viracocha. The two Viracocha sun-kings left the secrets of a super solar science encoded in their treasures.

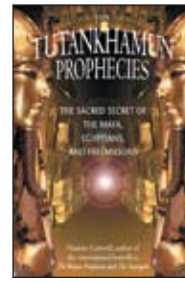


The Terracotta Warriors

The Secret Codes of the Emperor's Army
 Maurice Cotterell

ISBN-13: 978-1-59143-033-9
 ISBN-10: 1-59143-033-X
 \$25.00 hardcover
 336 pages, 6 x 9
 Includes 16-page color insert and 157 b&w illustrations

Emperor Ch'in Shi Huangdi of China decreed that his tomb be protected by an army of terracotta soldiers. In 1974 archaeologists discovered more than 8,000 life-size terracotta warriors, buried circa 220 B.C.E., near his emperor's tomb. Maurice Cotterell decodes a message buried with the terracotta warriors.

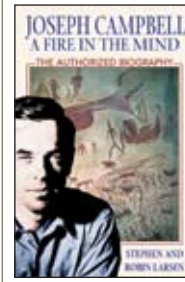


The Tutankhamun Prophecies

The Sacred Secret of the Maya, Egyptians, and Freemasons
 Maurice Cotterell

ISBN-13: 978-1-879181-70-0
 ISBN-10: 1-879181-70-3
 \$20.00 pb
 368 pages, 6 x 9
 Includes two 16-page color inserts and 166 line drawings

Knowledge of the connections between solar patterns and human destiny allowed the Egyptians and Maya to harness the energy generated by the sun to achieve spiritual enlightenment and soul growth. This book reveals the link between reincarnation and solar energy encoded in the tombs of Tutankhamun and the Mayan Lord Pacal.

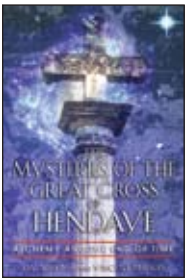


Joseph Campbell: A Fire in the Mind

The Authorized Biography
 Stephen and Robin Larsen

ISBN-13: 978-0-89281-873-0
 ISBN-10: 0-89281-873-5
 \$22.00 (CAN \$34.95) pb
 688 pages, 6 x 9
 Includes three 8-page b&w photo inserts

Joseph Campbell (1904-1987) forged an approach to the study of myth and legend that made ancient traditions and beliefs immediate, relevant, and universal. His teachings and literary works have shown that beneath the apparent themes of world mythology lie patterns that reveal ways we all may encounter the great mysteries of existence: birth, growth, soul development, and death.

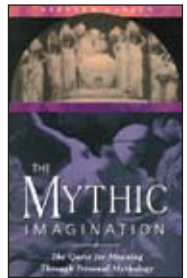


The Mysteries of the Great Cross of Hendaye

Alchemy and the End of Time

Jay Weidner
 and Vincent Bridges
 ISBN-13: 978-0-89281-084-0
 ISBN-10: 0-89281-084-X
 \$22.95 (CAN \$33.50) pb
 528 pages, 6 x 9
 146 b&w illustrations

Reveals that the alchemical transformation of base metal into gold symbolizes the transformation of the current Iron Age into the Golden Age, and that the greatest secret of alchemy, the imminent date of the apocalypse, is coded into an obscure monument in southwestern France.

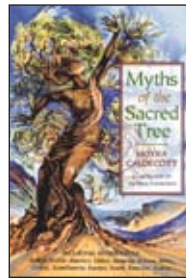


The Mythic Imagination

The Quest for Meaning Through Personal Mythology

Stephen Larsen
 ISBN-13: 978-0-89281-574-6
 ISBN-10: 0-89281-574-4
 \$16.95 (CAN \$24.95) pb
 432 pages, 5.38 x 8.25

The Mythic Imagination is a quest for the ancient source of vision and meaning in the world of dream, myth, and archetype. Following in the footsteps of Joseph Campbell, Stephen Larsen guides the reader on a journey through the mythic landscape of the psyche.



Myths of the Sacred Tree

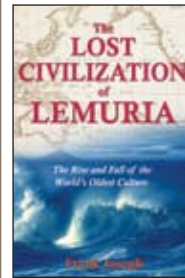
Moyra Caldecott
 Illustrated by
 Anthea Toorchen

ISBN-13: 978-0-89281-414-5
 ISBN-10: 0-89281-414-4
 \$12.95 (CAN \$18.95) pb
 224 pages, 6 x 9
 15 b&w illustrations

A reverence for nature is found throughout this illustrated collection of enchanting myths from around the world that celebrate the symbolism of trees.

"After reading this text you will know why shamans have treated trees as wise old oracles with much to teach us."

Values & Vision

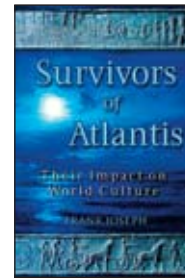


The Lost Civilization of Lemuria

The Rise and Fall of the World's Oldest Culture

Frank Joseph
 ISBN-13: 978-1-59143-060-5
 ISBN-10: 1-59143-060-7
 \$20.00 (CAN \$25.95) pb
 360 pages, 6 x 9
 Includes 8-page color insert and 25 b&w illustrations

Oral tradition in Polynesia recounts the story of Lemuria, a vast kingdom of islands and archipelagoes that once sprawled across the Pacific Ocean, but was destroyed by a mighty "warrior wave"—a tsunami. Frank Joseph offers a compelling picture of this motherland of humanity, which he suggests was the original Garden of Eden.

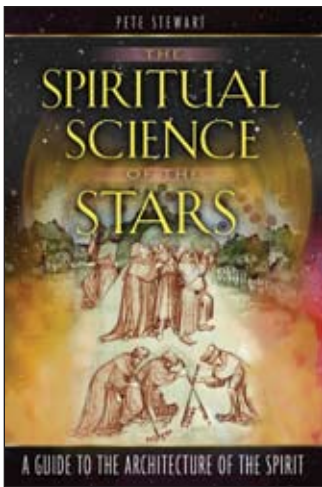


Survivors of Atlantis

Their Impact on World Culture

Frank Joseph
 ISBN-13: 978-1-59143-040-7
 ISBN-10: 1-59143-040-2
 \$16.00 (CAN \$23.50) pb
 280 pages, 6 x 9
 Includes 8-page color insert and 35 b&w illustrations

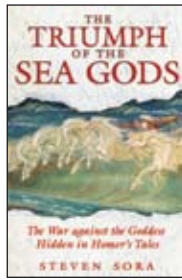
Archaeologists have long puzzled over evidence suggesting sophisticated copper mining activities in the Great Lakes area some 5,000 years ago. Menomonie Indian tradition speaks of fair skinned mariners from the past who came to "dig out the shiny bones" of the Earth Mother. In this sequel to *The Destruction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



New-Available
The Spiritual Science of the Stars
A Guide to the Architecture of the Spirit
 Pete Stewart

ISBN-13: 978-1-59477-196-5
 ISBN-10: 1-59477-196-0
 \$16.95 (CAN \$18.95) pb
 272 pages, 6 x 9
 32 b&w illustrations

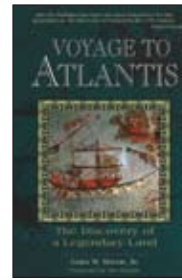
Contrary to the popular belief that creation myths were meant to explain the origins of the universe, Pete Stewart shows that they were actually designed to create a harmony and order in the lives of humans that reflected, in their society and architecture, the ordered patterns they observed in the sky.



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
 ISBN-10: 1-59477-143-X
 \$18.95 (CAN \$23.95) pb
 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 war led to the rapid decline of the region's goddess-worshipping culture that had reigned there since Neolithic times.



Voyage to Atlantis
The Discovery of a Legendary Land
 James W. Mavor, Jr.

ISBN-13: 978-0-89281-634-7
 ISBN-10: 0-89281-634-1
 \$16.95 (CAN \$26.95) pb
 376 pages, 6 x 9
 100 b&w illustrations

The legend of Atlantis has for centuries been a parable for the evolution of human consciousness. Mavor deftly brings the legend into the realm of objective analysis. This is a gripping chronicle by the man who led the scientific expedition that, in the remains of ancient Minoan culture on the volcanic Aegean island of Thera, discovers fabled Atlantis.

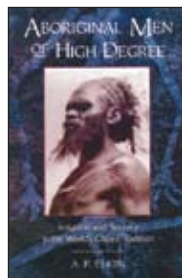


The Voynich Manuscript
The Mysterious Code That Has Defied Interpretation for Centuries

Gerry Kennedy and Rob Churchill
 ISBN-13: 978-1-59477-129-3
 ISBN-10: 1-59477-129-4
 \$18.95 (CAN \$23.95) pb
 328 pages, 6 x 9
 Includes three 8-page color inserts and 51 b&w illustrations

Since its discovery in 1912, this medieval manuscript has baffled scholars and cryptanalysts with its unidentifiable script and bizarre illustrations. The authors examine the many theories about its possible authors and the information it may contain. This manuscript remains one of the most enigmatic documents ever to have come to light.

Indigenous Cultures & Shamanism—Australia and the Pacific



Aboriginal Men of High Degree
Initiation and Sorcery in the World's Oldest Tradition
 A. P. Elkin

ISBN-13: 978-0-89281-421-3
 ISBN-10: 0-89281-421-7
 \$14.95 (CAN \$23.95) pb
 224 pages, 5.38 x 8.25

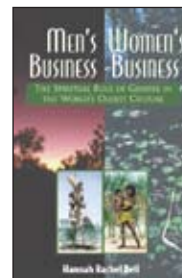
One of Australia's most eminent anthropologists details the secret and sacred practices of Australian Aboriginal shamans, documenting a rapidly vanishing indigenous culture.



The Cry of the Huna
The Ancestral Voices of Hawaii
 Moke Kupihea

ISBN-13: 978-0-89281-127-4
 ISBN-10: 0-89281-127-7
 \$14.95 (CAN \$20.95) pb
 208 pages, 6 x 9

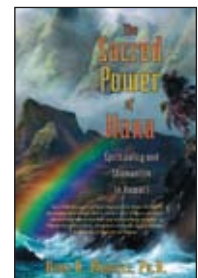
A sense of alienation and the loss of Hawaiians' spiritual birthright has resulted due to colonization, and the consequent loss of connection to the aumakua, the ancestry connecting this people to the earth and the gods. *The Cry of the Huna* shares a vision of reconnection to the aumakua, releasing revenge so that healing can take its place.



Men's Business, Women's Business
The Spiritual Role of Gender in the World's Oldest Culture
 Hannah Rachel Bell

ISBN-13: 978-0-89281-655-2
 ISBN-10: 0-89281-655-4
 \$14.95 (CAN \$23.95) pb
 208 pages, 6 x 9

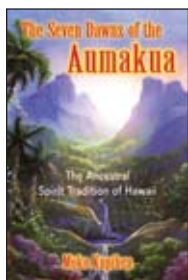
These beautiful stories of life in Australian Aboriginal society—where gender influences every aspect of existence—show a new way to find happiness in our modern Western culture.



The Sacred Power of Huna
Spirituality and Shamanism in Hawai'i
 Rima A. Morrell, Ph.D.

ISBN-13: 978-1-59477-009-8
 ISBN-10: 1-59477-009-3
 \$16.95 (CAN \$24.95) pb
 288 pages, 6 x 9
 5 b&w illustrations

In *The Sacred Power of Huna*, author Rima Morrell reveals knowledge that has not previously been available about this sacred tradition: the role of emotion in gaining true wisdom, the magical elements of Hawaiian language, the sophisticated system of lunar astrology, and the hula as a system of shamanism.

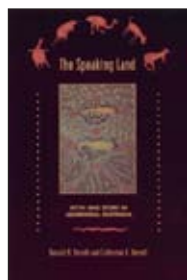


The Seven Dawns of the Aumakua

The Ancestral Tradition of Hawaii
Moke Kupihea

ISBN-13: 978-0-89281-144-1
ISBN-10: 0-89281-144-7
\$16.95 (CAN \$24.95) pb
272 pages, 6 x 9

In *The Seven Dawns of the Aumakua*, author Moke Kupihea discovers his Hawaiian spiritual tradition. As a young boy he seeks out his *kupuna*, the old men of the mountains, who become his *kahu*—his ancestral guardians—and teach him to understand that the world of ancestral voices still speaks, if only in a whisper, and that learning to hear these voices is the key for returning Hawaii to its proud spiritual path.



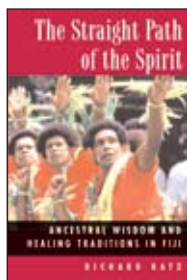
The Speaking Land

Myth and Story in Aboriginal Australia

Ronald M. Berndt and Catherine H. Berndt

ISBN-13: 978-0-89281-518-0
ISBN-10: 0-89281-518-3
\$19.95 (CAN \$24.95) pb
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.



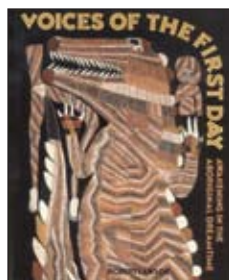
The Straight Path of the Spirit

Ancestral Wisdom and Healing Traditions in Fiji

Richard Katz, Ph.D.

ISBN-13: 978-0-89281-767-2
ISBN-10: 0-89281-767-4
\$19.95 (CAN \$31.95) pb
432 pages, 6 x 9

Includes 8-page color insert and 33 b&w photographs
The Straight Path is an engrossing story of indigenous healers and a dramatic account of cultures in collision. Through the story of his own self-transformation, Katz reveals not only those aspects of life essential for the Fijians as they struggle to hold onto their identity, but also what is of importance to all of us who seek to retain our humanity.



Voices of the First Day

Awakening in the Aboriginal Dreamtime

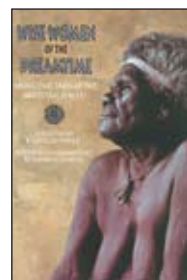
Robert Lawlor

ISBN-13: 978-0-89281-355-1
ISBN-10: 0-89281-355-5
\$29.95 (CAN \$48.00) pb
432 pages, 8 x 10

200 color and duotone illustrations
In this widely praised work, you enter the nearly vanished world of the Australian Aborigines and discover a remarkable people who offer us a new perspective on our own lives and the future of our planet.

"A remarkably comprehensive and fascinating account . . . truly worthwhile."

Kirkus Reviews



Wise Women of the Dreamtime

Aboriginal Tales of the Ancestral Powers

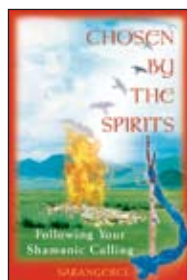
K. Langloh Parker

Edited by Johanna Lambert

ISBN-13: 978-0-89281-477-0
ISBN-10: 0-89281-477-2
\$12.95 (CAN \$18.95) pb
160 pages, 6 x 9

This collection of women's stories was compiled one hundred years ago by an Australian befriended by Aboriginal women who shared with her their ceremonies, relationships, and traditions.

Indigenous Cultures & Shamanism—Asia

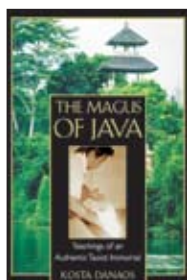


Chosen by the Spirits

Following Your Shamanic Calling
Sarangerel

ISBN-13: 978-0-89281-861-7
ISBN-10: 0-89281-861-1
\$16.95 (CAN \$24.95) pb
312 pages, 6 x 9
24 b&w illustrations

Mongolian shamanic tradition maintains that all true shamans are called by the spirits. *Chosen by the Spirits* provides the serious student with practical advice and hands-on techniques for recognizing and acknowledging a shamanic calling, welcoming and embodying the spirits, journeying to the spirit world, and healing both people and places.

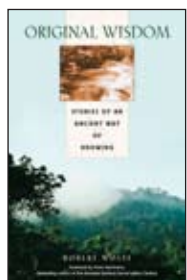


The Magus of Java

Teachings of an Authentic Taoist Immortal
Kosta Danaos

ISBN-13: 978-0-89281-813-6
ISBN-10: 0-89281-813-1
\$14.95 (CAN \$21.95) pb
224 pages, 6 x 9
20 b&w photographs

Written by one of his students, this is the remarkable story of John Chang, the magus of Java, documenting his life; his Taoist *Mo-Pai* discipline; and his amazing powers of pyrokinesis, telekinesis, levitation, and telepathy.

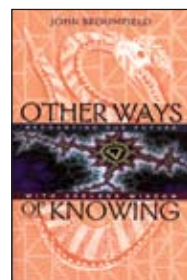


Original Wisdom

Stories of an Ancient Way of Knowing
Robert Wolff

ISBN-13: 978-0-89281-866-2
ISBN-10: 0-89281-866-2
\$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.

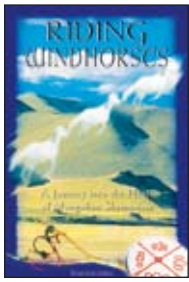


Other Ways of Knowing

Recharting Our Future with Ageless Wisdom
John Broomfield

ISBN-13: 978-0-89281-614-9
ISBN-10: 0-89281-614-7
\$16.95 (CAN \$26.95) pb
272 pages, 6 x 9

From the ancient Polynesian navigational technique of remote viewing to the formative causation theory of Rupert Sheldrake, *Other Ways of Knowing* examines perceptions and practices that challenge the narrow perspective of the Western world and provide answers to the complex questions that face us as we move into the next millennium.



Riding Windhorses

A Journey into the Heart of Mongolian Shamanism
Sarangerel

ISBN-13: 978-0-89281-808-2
ISBN-10: 0-89281-808-5
\$14.95 (CAN \$22.95) pb
224 pages, 6 x 9
25 b&w illustrations and photographs

This is the first book written about Mongolian and Siberian shamanism by a shaman trained in that tradition, offering an introduction to basic beliefs, rituals, and practices and a working knowledge of healing and divination techniques.

Indigenous Cultures & Shamanism—North America

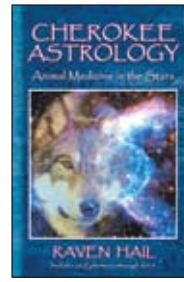


Call of the Great Spirit

The Shamanic Life and Teachings of Medicine Grizzly Bear
Bobby Lake-Thom

ISBN-13: 978-1-879181-66-3
ISBN-10: 1-879181-66-5
\$15.00 (CAN \$21.95) pb
256 pages, 6 x 9

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*.



New-Available

New Edition of *The Cherokee Sacred Calendar*

Cherokee Astrology

Animal Medicine in the Stars
Raven Hail

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ISBN-10: 1-59143-087-9
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176 pages, 6 x 9
1 b&w illustration

The sacred Cherokee astrological system is based on a 260-day calendar with 20 day signs and 13 numbers. Raven Hail translates the traditional ephemeris into an easy-to-use format so readers can determine which signs and numbers rule the day of their birth.

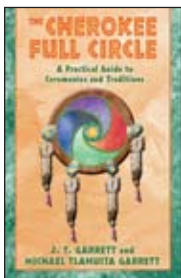


Compass of the Heart

Embodying Medicine Wheel Teachings
Loren Cruden

ISBN-13: 978-0-89281-600-2
ISBN-10: 0-89281-600-7
\$14.95 (CAN \$23.95) pb
224 pages, 6 x 9

For those who feel a desire for a natural spirituality in their lives, *Compass of the Heart* offers insights and suggestions based on Loren Cruden's lifetime of work with Native American and other Earth-oriented traditions. Further develops the ideas and practices set forth in the author's previous work, *The Spirit of Place*.



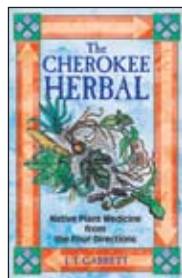
The Cherokee Full Circle

A Practical Guide to Ceremonies and Traditions

J. T. Garrett and Michael Tlanusta Garrett

ISBN-13: 978-1-879181-95-3
ISBN-10: 1-879181-95-9
\$14.00 (CAN \$20.50) pb
200 pages, 5.38 x 8.25

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.

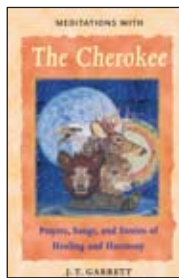


The Cherokee Herbal

Native Plant Medicine from the Four Directions
J. T. Garrett

ISBN-13: 978-1-879181-96-0
ISBN-10: 1-879181-96-7
\$15.00 (CAN \$21.95) pb
288 pages, 5.38 x 8.25
7 b&w illustrations

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.

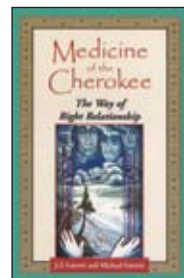


Meditations with the Cherokee

Prayers, Songs, and Stories of Healing and Harmony
J. T. Garrett

ISBN-13: 978-1-879181-59-5
ISBN-10: 1-879181-59-2
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

As a boy, J. T. Garrett sat beside his grandfather and the other medicine men of his tribe as they chanted and drummed the stories of his ancestry. From those stories comes this collection of active meditations for reconnecting with the natural intelligence that is our birthright.



Medicine of the Cherokee

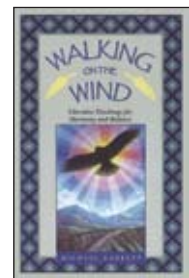
The Way of Right Relationship
J. T. Garrett and Michael Garrett

ISBN-13: 978-1-879181-37-3
ISBN-10: 1-879181-37-1
\$14.00 (CAN \$20.50) pb
240 pages, 5.5 x 8.5

Discover the holistic experience and beauty of human life from the elder teachers of Cherokee Medicine.

"The truth, beauty, and simplicity of this book are almost overwhelming. The Garretts have captured the essence of mind, body, soul, and spirit healing through harmony and balance."

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

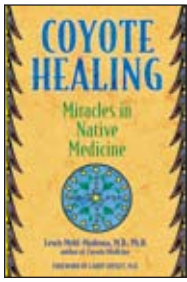


Walking on the Wind

Cherokee Teachings for Harmony and Balance
Michael Garrett

ISBN-13: 978-1-879181-49-6
ISBN-10: 1-879181-49-5
\$14.00 (CAN \$20.50) pb
204 pages, 5.5 x 8.5

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.

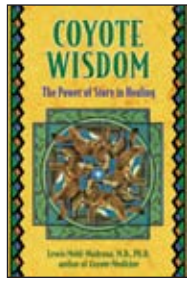


Coyote Healing

Miracles in Native Medicine
Lewis Mehl-Madrona, M.D., Ph.D.
Foreword by Larry Dossey, M.D.

ISBN-13: 978-1-59143-010-0
ISBN-10: 1-59143-010-0
\$16.00 (CAN \$23.50) pb
256 pages, 6 x 9

Native American healers expect miracles and prepare in all possible ways for them to occur. In modern medicine, miraculous recoveries are discarded from studies as anomalous cases that will taint the otherwise orderly results. Yet this small group of "miracle" patients has much to teach us about healing and survival.

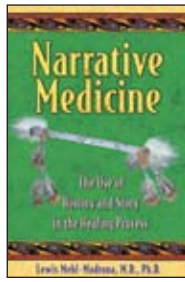


Coyote Wisdom

The Power of Story in Healing
Lewis Mehl-Madrona, M.D., Ph.D.

ISBN-13: 978-1-59143-029-2
ISBN-10: 1-59143-029-1
\$16.00 (CAN \$23.95) pb
240 pages, 6 x 9

Lewis Mehl-Madrona explores the use of stories for healing and personal transformation. By introducing new characters and plots in the stories we tell, we can perceive ourselves in new ways. The author draws upon indigenous cultures of North America, Maori, East Africa, Mongolia, Australia, and Lapland to illustrate the healing use of stories throughout the world.

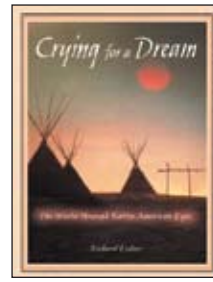


Narrative Medicine

The Use of History and Story in the Healing Process
Lewis Mehl-Madrona, M.D., Ph.D.

ISBN-13: 978-1-59143-065-0
ISBN-10: 1-59143-065-8
\$20.00 (CAN \$25.00) pb
336 pages, 6 x 9

Lewis Mehl-Madrona's examination of the indigenous use of story as a healing modality points the way to a new model of medicine—a health care system that draws its effectiveness from listening to the healing wisdom of the past and also to the present-day voices of its patients.

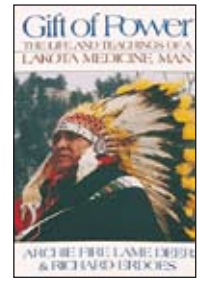


Crying for a Dream

The World through Native American Eyes
Richard Erdoes

ISBN-13: 978-1-879181-68-7
ISBN-10: 1-879181-68-1
\$24.95 (CAN \$36.50) pb
128 pages, 8.5 x 11
Color throughout

With the aid of firsthand accounts collected during three decades of personal interactions with indigenous tribes, Erdoes chronicles the traditional rites, individual lives, and historical persecution of North America's indigenous peoples.



Gift of Power

The Life and Teachings of a Lakota Medicine Man
Archie Fire Lame Deer and Richard Erdoes

ISBN-13: 978-1-879181-12-0
ISBN-10: 1-879181-12-6
\$16.00 (CAN \$24.95) pb
304 pages, 6 x 9

Archie Lame Deer gives sweat lodges for his friend the Dalai Lama, discusses religion with the pope, and more, in this account of his passage from boyhood with the Rosebud Sioux under the tutelage of his medicine-man grandfather, to his checkered career through the bottomland of American culture, and finally, his return to the world of his ancestors, the world of the spirit.

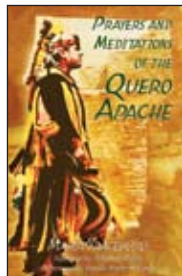


Legends and Prophecies of the Quero Apache

Tales for Healing and Renewal
Maria Yracébûrû

ISBN-13: 978-1-879181-77-9
ISBN-10: 1-879181-77-0
\$14.00 (CAN \$21.95) pb
192 pages, 5.38 x 8.25
14 b&w illustrations

In a small canyon in the White Mountains of Arizona a young girl sits and listens to her grandfather's stories. They tell of a people known as the *Tlish Diyan*, or Snake Clan, and how they came to be. She learns the story of her parents and grandparents, uncles and aunts, and an entire lineage that weaves between four leggeds, two leggeds, spirits, ancestors, ritual, adventure, and the creation of the world.

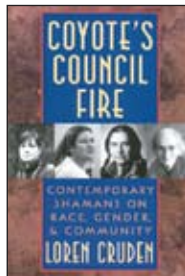


Prayers and Meditations of the Quero Apache

Maria Yracébûrû
Foreword by Alberto Villoldo
Afterword by Brooke Medicine Eagle

ISBN-13: 978-1-59143-024-7
ISBN-10: 1-59143-024-0
\$15.00 (CAN \$21.95) pb
192 pages, 5.38 x 8.25

37 b&w photographs and illustrations
Prayers and Meditations of the Quero Apache explains how to establish a personal spiritual practice based on the philosophies of the Quero Apache. In addition to 24 prayer wheels, easy-to-follow instructions for the ritual, and accompanying pieces of inspirational artwork, the author shares her essays and stories of wisdom gained as daughter of the *Tlish Diyan*, granddaughter and apprentice of Apache holy man Ten Bears.



Coyote's Council Fire

Contemporary Shamans on Race, Gender, and Community
Loren Cruden

ISBN-13: 978-0-89281-566-1
ISBN-10: 0-89281-566-3
\$14.95 (CAN \$23.95) pb
176 pages, 6 x 9

For anyone interested in shamanism, Native American affairs, or the role of spirituality in a changing society, *Coyote's Council Fire* offers a provocative opportunity to examine one's own beliefs and compare them with those of leading members of the shamanic community.

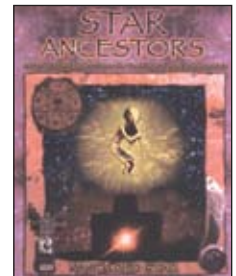


Legends of the Star Ancestors

Stories of Extraterrestrial Contact from Wisdomkeepers around the World
Nancy Red Star

ISBN-13: 978-1-879181-79-3
ISBN-10: 1-879181-79-7
\$18.00 (CAN \$25.95) pb
208 pages, 6 x 9

Includes two 8-page color inserts and 40 b&w photographs
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.

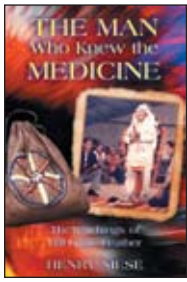


Star Ancestors

Indian Wisdomkeepers Share the Teachings of the Extraterrestrials
Nancy Red Star

ISBN-13: 978-0-89281-819-8
ISBN-10: 0-89281-819-0
\$29.95 (CAN \$46.95) pb
208 pages, 8 x 10
55 color and 3 b&w illustrations

This beautifully illustrated volume features interviews with Native wisdomkeepers who reveal, for the first time, astonishing accounts of long-standing contact between their tribes and extraterrestrial visitors.



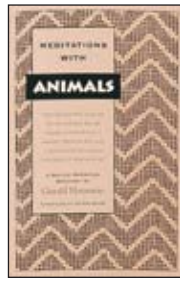
The Man Who Knew the Medicine

The Teachings of Bill Eagle Feather

Henry Niese

ISBN-13: 978-1-879181-98-4
ISBN-10: 1-879181-98-3
\$16.00 (CAN \$23.50) pb
216 pages, 6 x 9

Includes 16-page b&w insert
Niese's firsthand accounts provide a portal into a sacred reality as well as insight into the struggles of the Indian community to perpetuate its values and religious truths in the context of contemporary America.



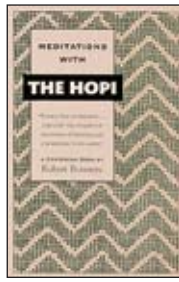
Meditations with Animals

A Native American Bestiary

Gerald Hausman

ISBN-13: 978-0-939680-26-9
ISBN-10: 0-939680-26-2
\$9.95 (CAN \$15.50) pb
144 pages, 5.5 x 8.5

This first bestiary ever compiled from the Native American tradition brings forth sacred animal spirits and reminds us of our deep connection to Mother Earth. Powerful poems and meditations, legends and stories, show the helping and healing roles animals have played since the beginning.

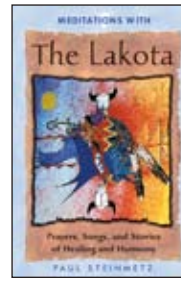


Meditations with the Hopi

Robert Boissiere

ISBN-13: 978-0-939680-27-6
ISBN-10: 0-939680-27-0
\$12.95 (CAN \$16.95) pb
144 pages, 5.38 x 8.5

A heartfelt and reverential view of the Hopi Way as seen by one of the few white men to have lived within this ancient culture, *Meditations with the Hopi* imparts to us the essence of the Hopi experience—from child's first cry to soul's departure, each transition celebrated in song and ritual.



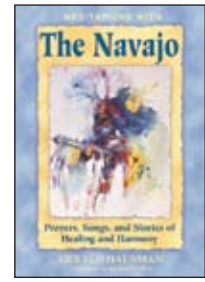
Meditations with the Lakota

Prayers, Songs, and Stories of Healing and Harmony

Paul Steinmetz

ISBN-13: 978-1-879181-57-1
ISBN-10: 1-879181-57-6
\$12.95 (CAN \$20.95) pb
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.



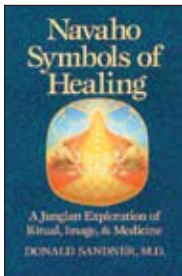
Meditations with the Navajo

Prayers, Songs, and Stories of Healing and Harmony

Gerald Hausman

ISBN-13: 978-1-879181-67-0
ISBN-10: 1-879181-67-3
\$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.



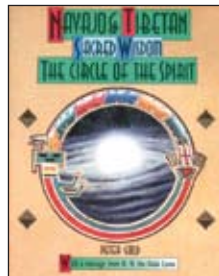
Navaho Symbols of Healing

A Jungian Exploration of Ritual, Image, and Medicine

Donald Sandner, M.D.

ISBN-13: 978-0-89281-434-3
ISBN-10: 0-89281-434-9
\$16.95 (CAN \$26.95) pb
304 pages, 5.38 x 8.25
8 color plates

A Jungian-trained psychiatrist explores ancient Navaho methods of healing that use vibrant imagery to bring the psyche into harmony with natural forces.

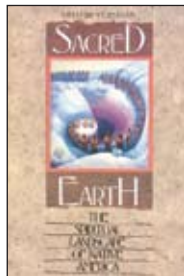


Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit

Peter Gold

ISBN-13: 978-0-89281-411-4
ISBN-10: 0-89281-411-X
\$29.95 (CAN \$43.50) pb
350 pages, 8 x 10
200 color and b&w illustrations

Author Peter Gold draws extensive parallels between the Navajo and Tibetan spiritual traditions. Creation myths, cosmology, the uncanny resemblance of their physical features, and the mandala sand paintings common to both cultures suggest a legacy shared by these seemingly disparate people. This sensitive comparison inspires us to reflect on our own cultural paradigms.



Sacred Earth

The Spiritual Landscape of Native America

Arthur Versluis

ISBN-13: 978-0-89281-352-0
ISBN-10: 0-89281-352-0
\$14.95 (CAN \$20.95) pb
176 pages, 6 x 9

Placing Native American spirituality in the context of the world's great religions, *Sacred Earth* contrasts contemporary society's arrogant belief in its own power with native traditions of reverence for the earth. This eye-opening journey through the terrain of Native American spirituality is an urgent call to rediscover and become firmly grounded on the sacred earth again.



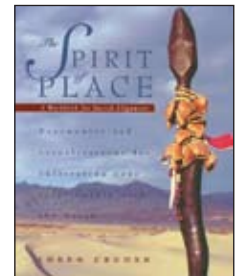
Sacred Plant Medicine

The Wisdom in Native American Herbalism

Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle
ISBN-13: 978-1-59143-058-2
ISBN-10: 1-59143-058-5
\$16.00 (CAN \$20.95) pb
240 pages, 6 x 9
27 b&w illustrations

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.



The Spirit of Place

A Workbook for Sacred Alignment

Loren Cruden

ISBN-13: 978-0-89281-511-1
ISBN-10: 0-89281-511-6
\$18.95 (CAN \$27.50) pb
232 pages, 8 x 10

All of Earth's life is interconnected and sacred. An awareness of that sacred relationship opens a direct path to spiritual understanding. These powerful techniques join mind, will, spirit, and intuition to the plants, animals, and minerals sharing our world, aligning the practitioner in a deeper relationship with life's sacred matrix.



Sun Dancing

A Spiritual Journey on the Red Road

Michael Hull

ISBN-13: 978-0-89281-850-1
 ISBN-10: 0-89281-850-6
 \$16.95 (CAN \$24.95) pb
 232 pages, 6 x 9
 Includes 8-page color insert

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.



Two Ravens

The Life and Teachings of a Spiritual Warrior

Louis Two Ravens Irwin and Robert Liebert

ISBN-13: 978-0-89281-571-5
 ISBN-10: 0-89281-571-X
 \$12.95 (CAN \$20.95) pb
 176 pages, 5.38 x 8.25
 22 b&w photographs

This is the story of a remarkable Native American who through his own life struggles learned to unite the paths of warrior and healer. This book offers personal insights from a Native American who worked with the American Indian Movement from its inception.

Indigenous Cultures & Shamanism—Central America



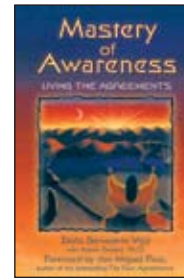
Primal Awareness

A True Story of Survival, Transformation, and Awakening with the Rarámuri Shamans of Mexico

Don Trent Jacobs

ISBN-13: 978-0-89281-669-9
 ISBN-10: 0-89281-669-4
 \$16.95 (CAN \$26.95) pb
 288 pages, 6 x 9
 20 b&w photographs

The remarkable story of one man's amazing journey to rediscover the innate knowledge that exists within us all—a "primal awareness" that can help us to live in harmony with our world.



Mastery of Awareness

Living the Agreements

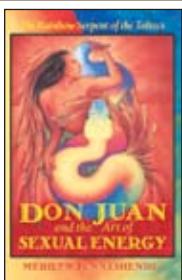
Doña Bernadette Vigil with Arlene Broska, Ph.D.

ISBN-13: 978-1-879181-61-8
 ISBN-10: 1-879181-61-4
 \$14.00 (CAN \$20.50) pb
 176 pages, 5.38 x 8.25
 21 b&w line illustrations

Also available in Spanish (see page 110)

Drawing on the authentic tradition of the Toltec, Doña Bernadette guides you toward the changes that will transform your life:

- Discover old patterns that keep you enslaved to the past
- Create new agreements with yourself
- Speak your truth and embrace true freedom
- Live life in each moment



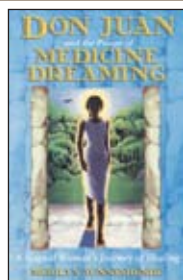
Don Juan and the Art of Sexual Energy

The Rainbow Serpent of the Toltecs

Merilyn Tunneshende

ISBN-13: 978-1-879181-63-2
 ISBN-10: 1-879181-63-0
 \$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.



Don Juan and the Power of Medicine Dreaming

A Nagual Woman's Journey of Healing

Merilyn Tunneshende

ISBN-13: 978-1-879181-93-9
 ISBN-10: 1-879181-93-2
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 232 pages, 5.38 x 8.25

Merilyn Tunneshende learned the secrets of Dream Power, energetic healing, and sorcery from don Juan Matus, the Toltec shaman who mentored Carlos Castaneda. For years she pursued her career as a teacher and linguist—all but dismissing her former mystical experiences as madness. When diagnosed with AIDS, Merilyn returned to the world of nagualist training in order to heal her own body.



Twilight Language of the Nagual

The Spiritual Power of Shamanic Dreaming

Merilyn Tunneshende

ISBN-13: 978-1-59143-041-4
 ISBN-10: 1-59143-041-0
 \$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.



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
 ISBN-10: 1-59143-049-6
 \$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.



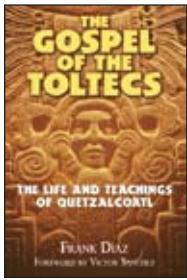
Toltec Dreaming

Don Juan's Teachings on the Energy Body

Ken Eagle Feather

ISBN-13: 978-1-59143-072-8
 ISBN-10: 1-59143-072-0
 \$16.00 (CAN \$20.00) pb
 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. Filled with techniques that stimulate dreaming and the development of the dreaming body, this book will guide practitioners along the Toltec Way of the Dream.



The Gospel of the Toltecs

The Life and Teachings of Quetzalcoatl

Frank Díaz

Foreword by Victor Sanchez

ISBN-13: 978-1-879181-86-1

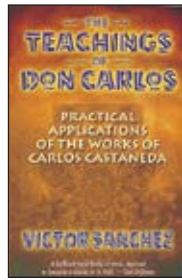
ISBN-10: 1-879181-86-X

\$16.00 (CAN \$25.50) pb

248 pages, 6 x 9

86 b&w illustrations

The author has gathered Nahuatl and Maya codexes, Spanish chronicles of conquest, and native oral tradition to recount the life of Quetzalcoatl: his temptation and fall; his initiation with sacred mushrooms; his long journey in search of spiritual enlightenment; his triumphant return to the Toltec land; and his subsequent teaching, self-immolation, ascension, and promise of return.



The Teachings of Don Carlos

Practical Applications of the Works of Carlos Castaneda

Victor Sanchez

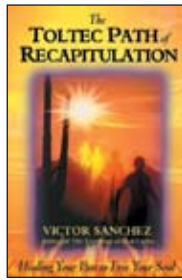
ISBN-13: 978-1-879181-23-6

ISBN-10: 1-879181-23-1

\$14.00 (CAN \$20.50) pb

276 pages, 5.5 x 8.5

Millions of readers of Carlos Castaneda books have long enjoyed the fantastic teachings of don Juan Matus, the Yaqui shaman from northern Mexico. Now, thanks to the practical techniques offered here, you can apply these teachings to your everyday life.



The Toltec Path of Recapitulation

Healing Your Past to Free Your Soul

Victor Sanchez

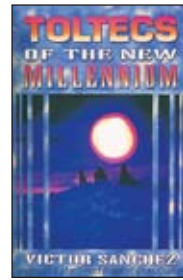
ISBN-13: 978-1-879181-60-1

ISBN-10: 1-879181-60-6

\$15.00 (CAN \$21.95) pb

208 pages, 6 x 9

In this clear and straight-forward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the powerful and positive new energy that results from healing the wounds of the past.



Toltecs of the New Millennium

Victor Sanchez

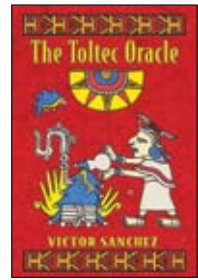
ISBN-13: 978-1-879181-35-9

ISBN-10: 1-879181-35-5

\$14.00 (CAN \$21.95) pb

228 pages, 5.5 x 8.5

The Toltec tradition is a living one, surviving in the practice of contemporary indigenous people of Mexico. Sanchez explains how this wisdom, so crucial in today's world, is available to sincere seekers. Learn how these spiritual warriors of the new millennium encourage our renewed commitment to a better way of life, one in harmony with spirit and nature.



The Toltec Oracle

Victor Sanchez

ISBN-13: 978-1-59143-026-1

ISBN-10: 1-59143-026-7

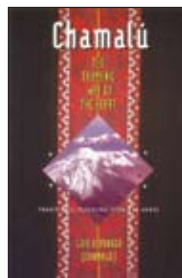
\$35.00 (CAN \$49.95)

Boxed set, 6 x 9

288-page book with 35 b&w illustrations and 33 full-color cards

Based on the divination tool known to ancient Mesoamerica as the Cross of Quetzalcoatl, or Tonalpohualli, *The Toltec Oracle* provides a sacred mirror in which to see our hidden truths. Using original Toltec literature and art, the symbolic meanings of the 20 Tonalpohualli cards are given. More than 200 exercises and practical applications for the readings are included.

Indigenous Cultures & Shamanism—South America



Chamalú: The Shamanic Way of the Heart

Traditional Teachings from the Andes

Luis Espinoza (Chamalú)

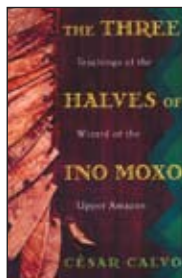
ISBN-13: 978-0-89281-551-7

ISBN-10: 0-89281-551-5

\$9.95 (CAN \$15.95) pb

112 pages, 5.38 x 8.25

Simply told in language that appeals directly to the heart, Chamalú allows the reader to experience Andean shamanic teachings based on the ancient Inca heritage of wisdom, inner power, simplicity, and joy.



The Three Halves of Ino Moxo

Teachings of the Wizard of the Upper Amazon

César Calvo

Translated by Kenneth Symington

ISBN-13: 978-0-89281-519-7

ISBN-10: 0-89281-519-1

\$14.95 (CAN \$23.95) pb

272 pages, 6 x 9

Award-winning Peruvian author César Calvo takes us on a quest through the mysterious, dreamlike world of powerful Amazonian sorcerers.

"Folklore, the iconography of the subconscious and cultural history all converge in this skillful translation."
Publishers Weekly



Dance of the Four Winds

Secrets of the Inca Medicine Wheel

Alberto Villoldo and Erik Jendresen

ISBN-13: 978-0-89281-514-2

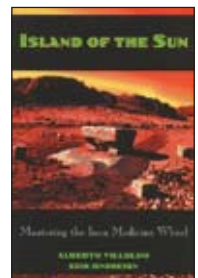
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A psychologist learns the ways of native Quechua shamans of Peru and confronts the hidden powers of his own mind.

"The stuff of anthropological bestsellers . . . a flight of serious fancy, confounding our categories of fiction and nonfiction."
New York Times



Island of the Sun

Mastering the Inca Medicine Wheel

Alberto Villoldo and Erik Jendresen

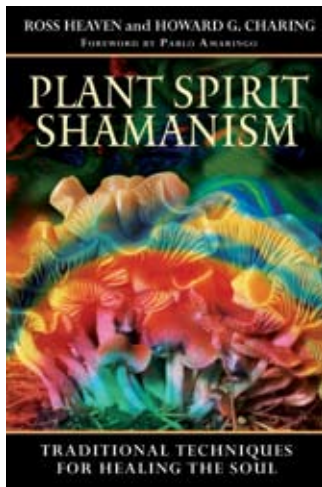
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ISBN-10: 0-89281-520-5

\$16.95 (CAN \$24.95) pb

224 pages, 6 x 9

Following his spiritual journeys to the South and West described in *Dance of the Four Winds*, Villoldo prepares for the journey to the North, where lies the wisdom of the ancient Inca shamans. At the "Island of the Sun," a sacred site in Bolivia, Villoldo uncovers a profound secret about the journey to the East—the journey home.



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
ISBN-10: 1-59477-118-9
\$16.95 (CAN \$21.50) pb
280 pages, 6 x 9
Includes 8-page color insert

The authors explain the techniques that 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.

Indigenous Cultures & Shamanism—Caribbean



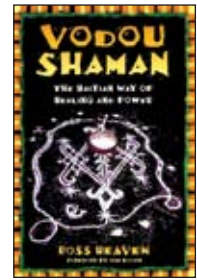
Cuban Santería

Walking with the Night
Raul J. Canizares

ISBN-13: 978-0-89281-762-7
ISBN-10: 0-89281-762-3
\$14.95 (CAN \$23.95) pb
176 pages, 6 x 9
Includes 8-page color insert

Also available in Spanish
(see page 111)

Initiated into Santería at the age of seven, Raul Canizares unveils the secret world of this rapidly growing Afro-Cuban religion. With the knowledge of an insider and the insight of a scholar, Canizares examines the practice of Santería, revealing its hidden dimensions and unique mix of African, Cuban, and Catholic traditions.

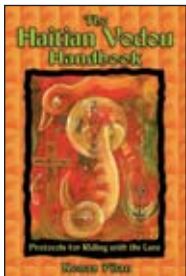


Vodou Shaman

The Haitian Way of Healing and Power

Ross Heaven
Foreword by Tim Booth
ISBN-13: 978-0-89281-134-2
ISBN-10: 0-89281-134-X
\$16.95 (CAN \$24.95) pb
296 pages, 6 x 9
8 b&w illustrations

Written by an initiate of Haitian Vodou, this book reveals Vodou as one of the most powerful shamanic traditions. The author explains why Vodou practices are relevant to the modern world and how these techniques can be used by anyone as a safe and effective means of spiritual healing and personal development.

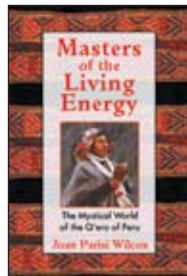


The Haitian Vodou Handbook

Protocols for Riding with the Lwa
Kenaz Filan

ISBN-13: 978-1-59477-125-5
ISBN-10: 1-59477-125-1
\$16.95 (CAN \$21.50) pb
304 pages, 6 x 9
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.

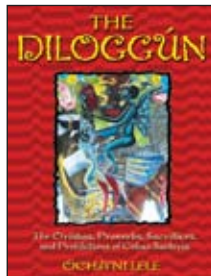


Masters of the Living Energy

The Mystical World of the Q'ero of Peru
Joan Parisi Wilcox

ISBN-13: 978-1-59477-012-8
ISBN-10: 1-59477-012-3
\$18.95 (CAN \$27.95) pb
368 pages, 6 x 9

In 1996 Joan Parisi Wilcox recorded extensive interviews with six Q'ero paqos, masters of the ancient spiritual traditions of Peru, known as the "keepers of the ancient knowledge." In this newly revised edition, Wilcox provides practical exercises showing how we can use the power of the Andean spiritual tradition in our own lives.

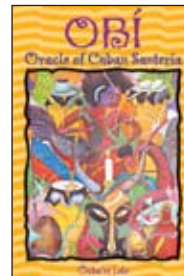


The Diloggún

The Orishas, Proverbs, Sacrifices, and Prohibitions of Cuban Santería
Ócha'ni Lele

ISBN-13: 978-0-89281-912-6
ISBN-10: 0-89281-912-X
\$39.95 (CAN \$57.95) hardcover
624 pages, 8.5 x 11

The first book on Santería's holiest divination system, the Diloggún. Explores the lore surrounding this mysterious oracle, the living Bible of one of the world's fastest growing faiths. Examines each family of *odu* and how their actions affect the spiritual development of the individual. An indispensable guide to the mysteries of the orishas.

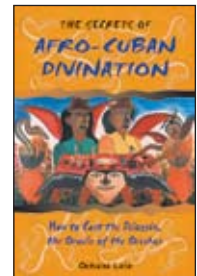


Obí

Oracle of Cuban Santería
Ócha'ni Lele

ISBN-13: 978-0-89281-864-8
ISBN-10: 0-89281-864-6
\$14.95 (CAN \$23.95) pb
192 pages, 6 x 9
10 b&w illustrations

Obí is the first book to fully explore the sacred body of lore surrounding the orisha Obí, as well as his particular rituals and customs, including opening considerations, casting and interpreting the oracle, and employing advanced methods of divination.



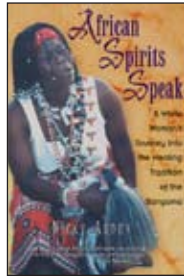
The Secrets of Afro-Cuban Divination

How to Cast the Diloggún, the Oracle of the Orishas
Ócha'ni Lele

ISBN-13: 978-0-89281-810-5
ISBN-10: 0-89281-810-7
\$19.95 (CAN \$30.95) pb
424 pages, 6 x 9

This is the first book to provide complete information on how to cast the Diloggún, including instructions for opening, reading, and closing the oracle, as well as everything necessary for giving a comprehensive reading.

Indigenous Cultures & Shamanism—Africa



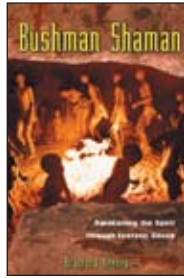
African Spirits Speak

A White Woman's Journey into the Healing Tradition of the Sangoma

Nicky Arden

ISBN-13: 978-0-89281-752-8
 ISBN-10: 0-89281-752-6
 \$14.95 (CAN \$23.95) pb
 272 pages, 6 x 9

Set against the stirring backdrop of the crumbling South African apartheid regime, *African Spirits Speak* is the lyrical account of a white South African woman's journey into the world of the sangomas, the indigenous diviners and priests of South Africa, and a mystical journey that changed her life.



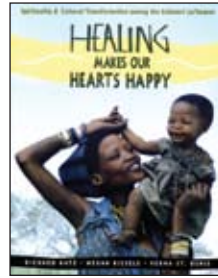
Bushman Shaman

Awakening the Spirit through Ecstatic Dance

Bradford Keeney

ISBN-13: 978-0-89281-698-9
 ISBN-10: 0-89281-698-8
 \$16.95 (CAN \$24.95) pb
 240 pages, 6 x 9

Bradford Keeney details his initiation into the shamanic tradition of the Kalahari Bushmen. He was drawn to this tradition, wherein dancers' bodies shake uncontrollably during healing ceremonies, with hopes that it might explain his own ecstatic "shaking," which he first experienced at the age of 19. Keeney went on to dance with the Bushmen for more than a dozen years.



Healing Makes Our Hearts Happy

Spirituality and Cultural Transformation among the Kalahari Ju|'hoansi

Richard Katz, Megan Biesele, and Verna St. Denis

ISBN-13: 978-0-89281-557-9
 ISBN-10: 0-89281-557-4
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120 color and 10 b&w illustrations
 These Bushmen show us how to look beyond the false promises of modern technology in search of the spiritual healing that is so needed in our own culture and within ourselves.

"A breathtaking view of the Ju|'hoan culture . . . a rare treasure of integrity and knowledge preserved for all time."

Joan Borysenko, Ph.D.,
 author of *Minding the Body, Mending the Mind*



Zulu Shaman

Dreams, Prophecies, and Mysteries

Vusamazulu Credo Mutwa

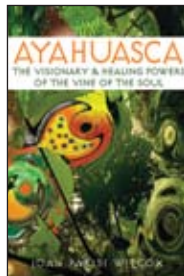
Edited by Stephen Larsen

Foreword by Luisah Teish

ISBN-13: 978-0-89281-129-8
 ISBN-10: 0-89281-129-3
 \$16.95 (CAN \$24.95) pb
 256 pages, 6 x 9
 12 b&w illustrations

In this rare window into Zulu mysticism, Vusamazulu Credo Mutwa breaks the bonds of traditional silence to share his personal experience as a Zulu shaman. Set against the backdrop of post-colonial South Africa, *Zulu Shaman* relays the first-person accounts of an African healer and reveals the cosmology of the Zulu.

Visionary Plants



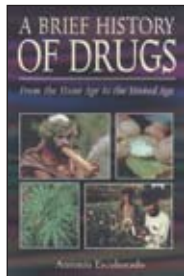
Ayahuasca

The Visionary and Healing Powers of the Vine of the Soul

Joan Parisi Wilcox

ISBN-13: 978-0-89281-131-1
 ISBN-10: 0-89281-131-5
 \$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.



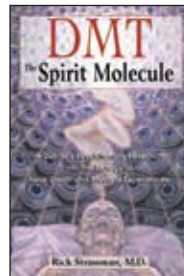
A Brief History of Drugs

From the Stone Age to the Stoned Age

Antonio Escohotado

ISBN-13: 978-0-89281-826-6
 ISBN-10: 0-89281-826-3
 \$12.95 (CAN \$18.95) pb
 176 pages, 5.38 x 8.25

From remotest antiquity to the present era of designer drugs and interdiction, drugs have played a prominent role in the cultural, spiritual, and social development of civilizations. Antonio Escohotado demonstrates how the history of drugs illuminates the history of humanity as he explores the long relationship between mankind and mind-altering substances.



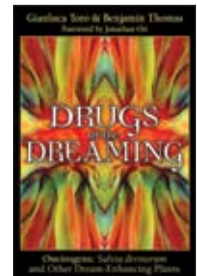
DMT: The Spirit Molecule

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
 ISBN-10: 0-89281-927-8
 \$16.95 (CAN \$24.95) pb
 384 pages, 6 x 9
 14 b&w illustrations

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, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences.



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
 ISBN-10: 1-59477-174-X
 \$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.



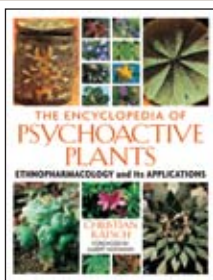
Ecstasy: The Complete Guide

A Comprehensive Look at the Risks and Benefits of MDMA

Edited by Julie Holland, M.D.

ISBN-13: 978-0-89281-857-0
 ISBN-10: 0-89281-857-3
 \$19.95 (CAN \$28.95) pb
 464 pages, 6 x 9

Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. *Ecstasy: The Complete Guide* takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.



The Encyclopedia of Psychoactive Plants

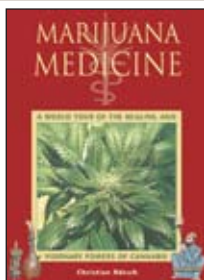
Ethnopharmacology and Its Applications

Christian Rätsch

Foreword by Albert Hofmann

ISBN-13: 978-0-89281-978-2
 ISBN-10: 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.



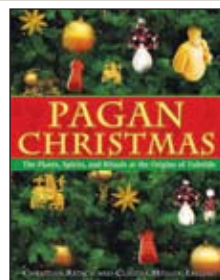
Marijuana Medicine

A World Tour of the Healing and Visionary Powers of Cannabis

Christian Rätsch

ISBN-13: 978-0-89281-933-1
 ISBN-10: 0-89281-933-2
 \$24.95 (CAN \$36.50) pb
 224 pages, 8 x 10
 Includes 16-page color insert
 and 150 b&w illustrations

The most complete visual record of cannabis culture ever published, this book explores the therapeutic, historical, and cultural uses of this plant in traditions around the world.



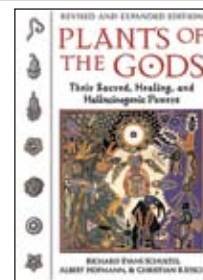
Pagan Christmas

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

Christian Rätsch
 and Claudia Müller-Ebeling

ISBN-13: 978-1-59477-092-0
 ISBN-10: 1-59477-092-1
 \$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.



Plants of the Gods

Their Sacred, Healing, and Hallucinogenic Powers

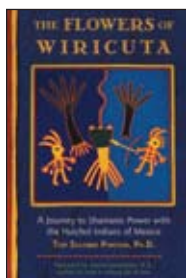
Richard Evans Schultes,
 Albert Hofmann, and
 Christian Rätsch

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



The Flowers of Wiricuta

A Journey to Shamanic Power with the Huichol Indians of Mexico

Tom Soloway Pinkson, Ph.D.

ISBN-13: 978-0-89281-659-0
 ISBN-10: 0-89281-659-7
 \$16.95 (CAN \$26.95) pb
 304 pages, 6 x 9
 50 b&w photographs

The Flowers of Wiricuta is the gripping autobiographical account of Tom Pinkson's immersion in the shamanic traditions of the Huichol tribe of northern Mexico. Pinkson successfully integrates their teachings into his work with terminally ill children, and shares a heart-felt account of his personal search for a clearer understanding of the true self.



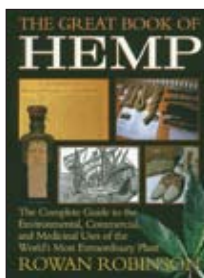
Forest of Visions

Ayahuasca, Amazonian Spirituality, and the Santo Daime Tradition

Alex Polari de Alverga

ISBN-13: 978-0-89281-716-0
 ISBN-10: 0-89281-716-X
 \$16.95 (CAN \$21.95) pb
 288 pages, 6 x 9
 33 b&w photographs

This is the story of Santo Daime—a new religion that blends elements of Christianity with older Amazonian indigenous spiritual practices—and the ecologically sound and spiritually centered utopian community it has inspired.



The Great Book of Hemp

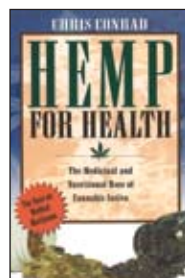
The Complete Guide to the Environmental, Commercial, and Medicinal Uses of the World's Most Extraordinary Plant

Rowan Robinson

ISBN-13: 978-0-89281-541-8
 ISBN-10: 0-89281-541-8
 \$19.95 (CAN \$31.95) pb
 256 pages, 8 x 10
 92 b&w illustrations

Also available in Spanish (see page 110)

This handsomely illustrated and entertaining book is the most complete guide yet written on cannabis sativa. Here you will find history, current uses, organizations involved in legalization, product suppliers, bibliography, and much more.



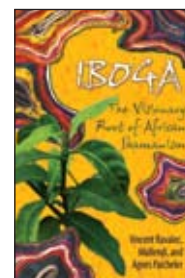
Hemp for Health

The Medicinal and Nutritional Uses of Cannabis Sativa

Chris Conrad

ISBN-13: 978-0-89281-539-5
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 272 pages, 6 x 9
 25 b&w illustrations

The author shows how the many health benefits of one of the world's oldest sources of food and medicine are being rediscovered after decades of suppression.



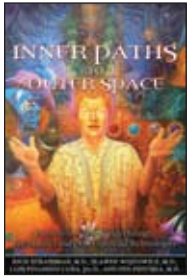
New-Available Iboga

The Visionary Root of African Shamanism

Vincent Ravalec, Mallendi,
 and Agnès Paicheler

ISBN-13: 978-1-59477-176-7
 ISBN-10: 1-59477-176-6
 \$18.95 (CAN \$21.50) 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. To the followers of the Bwiti religion of Gabon and Cameroon, ibogaine is the indispensable means by which humans can communicate with the deepest reaches of their soul and with the spirits of their ancestors.



New-May 2008
Inner Paths to Outer Space

Journeys to Alien Worlds through Psychedelics and Other Spiritual Technologies

Rick Strassman, M.D., Slawek Wojtowicz, M.D., Luis Eduardo Luna, Ph.D., and Ede Frecska, M.D.

ISBN-13: 978-1-59477-224-5
 ISBN-10: 1-59477-224-X
 \$19.95 (CAN \$22.50) pb
 360 pages, 6 x 9
 Includes three 8-page color inserts and 11 b&w illustrations

The worlds experienced through consciousness-altering technologies are often as real as those perceived with our five senses. This book examines how we can contact otherworldly beings and other realms using the inner dimensions of our minds. The authors correlate science fictional realms with psychedelic research.

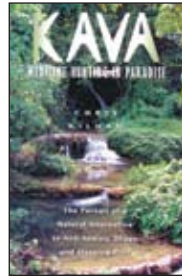


Intoxication
The Universal Drive for Mind-Altering Substances

Ronald K. Siegel, Ph.D.

ISBN-13: 978-1-59477-069-2
 ISBN-10: 1-59477-069-7
 \$18.95 (CAN \$26.95) pb
 384 pages, 6 x 9

Psychopharmacologist Ronald K. Siegel draws on 20 years of groundbreaking research to provide countless examples of the intoxication urge in humans and animals. Presenting his conclusions on the biological and cultural reasons for the pursuit of intoxication, Siegel offers recommendations for curbing the negative effects of drug use in Western culture by designing safe intoxicants.



Kava: Medicine Hunting in Paradise

The Pursuit of a Natural Alternative to Anti-Anxiety Drugs and Sleeping Pills
 Chris Kilham

ISBN-13: 978-0-89281-640-8
 ISBN-10: 0-89281-640-6
 \$12.95 (CAN \$20.95) pb
 176 pages, 5.38 x 8.25
 22 b&w photographs

Kava, *Piper Methysticum*, is the most effective relaxing and stress-relieving plant in all of nature. Plant researcher Chris Kilham's investigations into this plant, and his far-ranging explorations in the South Pacific, take the reader on an adventurous journey through the mystical native legends, outlandish history, and exciting science surrounding this potent plant.



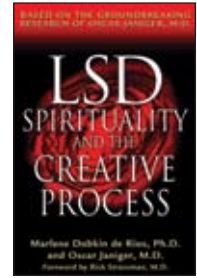
Kava: The Pacific Elixir

The Definitive Guide to Its Ethnobotany, History, and Chemistry

Vincent Lebot, Mark Merlin, and Lamont Lindstrom

ISBN-13: 978-0-89281-726-9
 ISBN-10: 0-89281-726-7
 \$19.95 (CAN \$31.95) pb
 272 pages, 6 x 9
 85 b&w illustrations

This complete guide to kava describes its centuries-long use in the religious, political, and economic life of the Pacific islands and summarizes the literature and research on a plant that is now considered a comparable or superior alternative to anti-stress prescription drugs.



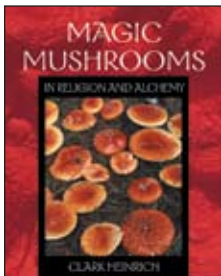
LSD, Spirituality, and the Creative Process

Based on the Groundbreaking Research of Oscar Janiger, M.D.

Marlene Dobkin de Rios, Ph.D., and Oscar Janiger, M.D.

Foreword by Rick Strassman, M.D.
 ISBN-13: 978-0-89281-973-7
 ISBN-10: 0-89281-973-1
 \$16.95 (CAN \$24.95) pb
 264 pages, 6 x 9

Includes 8-page color insert
 Between 1954 and 1962 Dr. Oscar Janiger administered LSD to more than 950 people from all walks of life. The data collected from those trials, and from follow-up studies 40 years later, is now available for the first time.

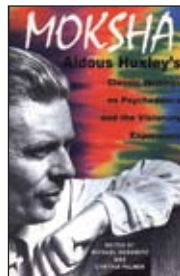


Magic Mushrooms in Religion and Alchemy

Clark Heinrich

ISBN-13: 978-0-89281-997-3
 ISBN-10: 0-89281-997-9
 \$19.95 (CAN \$28.95) pb
 256 pages, 8 x 10
 Includes three 8-page color inserts and 40 b&w illustrations

Heinrich shows that in many religious cultures and traditions the fly agaric mushroom—and in some cases ergot or psilocybin mushrooms—had a fundamental influence in teaching humans about the nature of God. His insightful book truly brings new light to the religious history of humanity.



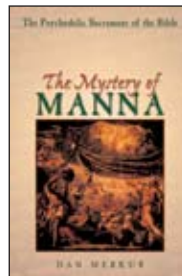
Moksha
Aldous Huxley's Classic Writings on Psychedelics and the Visionary Experience

Aldous Huxley

Edited by Michael Horowitz and Cynthia Palmer

ISBN-13: 978-0-89281-758-0
 ISBN-10: 0-89281-758-5
 \$16.95 (CAN \$24.95) pb
 304 pages, 5.38 x 8.25

Moksha, a Sanskrit word meaning "liberation," is a collection of the prophetic and visionary writings of Aldous Huxley. Included are selections from his acclaimed novels *Brave New World* and *Island*, envisioning the use of psychedelics as a stabilizing influence, and pieces from *The Doors of Perception* and *Heaven and Hell*, his famous works on consciousness expansion.



The Mystery of Manna

The Psychedelic Sacrament of the Bible

Dan Merkur, Ph.D.

ISBN-13: 978-0-89281-772-6
 ISBN-10: 0-89281-772-0
 \$16.95 (CAN \$25.95) pb
 192 pages, 6 x 9

Citing biblical material as well as later Jewish and Christian writings, Dr. Merkur reveals convincing evidence for the existence of an unbroken tradition of the use of psychedelic substances in religious sacraments, from Moses and manna to Jesus and the Eucharist.

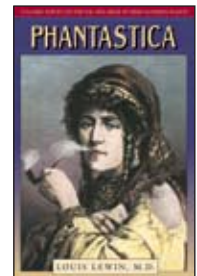


Opium Culture

The Art and Ritual of the Chinese Tradition
 Peter Lee

ISBN-13: 978-1-59477-075-3
 ISBN-10: 1-59477-075-1
 \$16.95 (CAN \$22.95) pb
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 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.



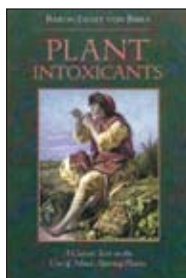
Phantastica

A Classic Survey on the Use and Abuse of Mind-Altering Plants

Louis Lewin, M.D.

ISBN-13: 978-0-89281-783-2
 ISBN-10: 0-89281-783-6
 \$16.95 (CAN \$26.95) pb
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Long out of print, this book is the first scientific study of narcotic and psychedelic substances by a world-renowned pharmacologist and toxicologist.



Plant Intoxicants

A Classic Text on the Use of Mind-Altering Plants
Baron Ernst von Bibra

ISBN-13: 978-0-89281-498-5
ISBN-10: 0-89281-498-5
\$16.95 (CAN \$24.95) pb
288 pages, 6 x 9

This pioneering study of psychoactive plants and their role in society, initially published in 1855, is one of the first books to examine the cultivation, preparation, and consumption of the world's major stimulants and inebriants. It presents a fascinating panorama of the world-wide use of psychoactive plants in the nineteenth century.

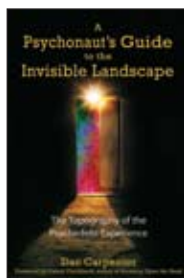


The Psychedelic Sacrament

Manna, Meditations, and Mystical Experience
Dan Merkur, Ph.D.

ISBN-13: 978-0-89281-862-4
ISBN-10: 0-89281-862-X
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

In this companion work to *The Mystery of Manna*, Dan Merkur elucidates a body of Jewish and Christian writings especially devoted to this tradition of visionary mysticism. He discusses the specific teachings of Philo of Alexandria, Rabbi Moses Maimonides, and St. Bernard of Clairvaux that refer to special meditations designed to be performed while partaking of the "psychedelic sacrament." Sheds new light on the use of psychedelics in the Western mystery tradition.

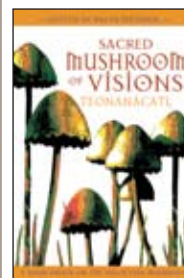


A Psychonaut's Guide to the Invisible Landscape

The Topography of the Psychedelic Experience
Dan Carpenter

Foreword by Daniel Pinchbeck
ISBN-13: 978-1-59477-090-6
ISBN-10: 1-59477-090-5
\$12.95 (CAN \$16.95) pb
128 pages, 6 x 9

Into territory where expression is like chaos theory, where oddly symmetrical order manifests out of the seemingly anarchic swirl of images and events, the author ventures with the mind-set of a naturalist. What emerges is an objective landscape that embodies the Other and that represents a conscious state in which the barriers between self and not-self dissolve.



Sacred Mushroom of Visions: Teonanácatl

A Sourcebook on the Psilocybin Mushroom
Edited by Ralph Metzner

ISBN-13: 978-1-59477-044-9
ISBN-10: 1-59477-044-1
\$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.

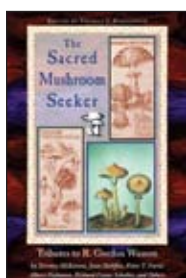


Sacred Vine of Spirits: Ayahuasca

Edited by Ralph Metzner

ISBN-13: 978-1-59477-053-1
ISBN-10: 1-59477-053-0
\$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.



The Sacred Mushroom Seeker

Tributes to R. Gordon Wasson by Terence McKenna, Joan Halifax, Peter T. Furst, Albert Hofmann, Richard Evans Schultes, and Others

Edited by Thomas J. Riedlinger
ISBN-13: 978-0-89281-338-4
ISBN-10: 0-89281-338-5
\$24.95 (CAN \$39.95) pb
304 pages, 7 x 10.5

39 color, 60 b&w illustrations
Mycologist R. Gordon Wasson's pioneering work with Mexican curandera Maria Sabina in the 1950s brought increased attention to the use of psychoactive plants in the healing and spiritual life of indigenous peoples.



The Seven Sisters of Sleep

The Celebrated Drug Classic
Mordecai Cooke

ISBN-13: 978-0-89281-748-1
ISBN-10: 0-89281-748-8
\$16.95 (CAN \$26.95) pb
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This groundbreaking survey, written in 1860, is a radically open-minded look at the use of drugs across the world and throughout the ages.

Quite popular in its day and a major influence on Lewis Carroll's *Alice in Wonderland*, this is an important book for anyone interested in an unbiased account of humanity's long involvement with psychoactive, hallucinogenic, and stimulant plants.



Sisters of the Extreme

Women Writing on the Drug Experience:

Charlotte Brontë, Louisa May Alcott, Anais Nin, Maya Angelou, Billie Holiday, Nina Hagen, Diane di Prima, Carrie Fisher, and Many Others

Edited by Cynthia Palmer and Michael Horowitz
ISBN-13: 978-0-89281-757-3
ISBN-10: 0-89281-757-7
\$19.95 (CAN \$30.95) pb
320 pages, 8 x 10
154 b&w illustrations and photographs

With great bravery, honesty, and eloquence, women from diverse backgrounds write about their own drug use in this compelling anthology.



Soma

The Divine Hallucinogen
David L. Spess

ISBN-13: 978-0-89281-731-3
ISBN-10: 0-89281-731-3
\$30.00 (CAN \$48.00) hardcover
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Shrouded in mystery for centuries, Soma is simultaneously a sacred hallucinogenic plant, a personified God, and a cosmological principle. With the renewed interest in the ritual use of psychoactive substances, shamanism, and alternative modalities of healing, *Soma* provides an important key to understanding the earliest systemized methods of medicine, psychology, magic, rejuvenation, longevity, and alchemy.

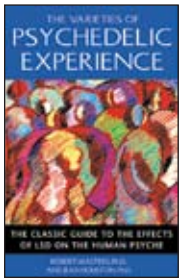


Timothy Leary: Outside Looking In

Appreciations, Castigations, and Reminiscences by Ram Dass, Andrew Weil, Allen Ginsberg, Winona Ryder, William Burroughs, Albert Hofmann, Aldous Huxley, Terence McKenna, Ken Kesey, Huston Smith, Hunter S. Thompson, and Others

Edited by Robert Forte
ISBN-13: 978-0-89281-786-3
ISBN-10: 0-89281-786-0
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19 b&w photographs

A memorial volume to one of this century's most colorful and pioneering figures in the consciousness movement, providing a comprehensive view of the man and his impact on American culture.



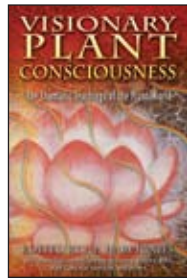
The Varieties of Psychedelic Experience

The Classic Guide to the Effects of LSD on the Human Psyche

Robert Masters, Ph.D., and Jean Houston, Ph.D.

ISBN-13: 978-0-89281-897-6
ISBN-10: 0-89281-897-2
\$18.95 (CAN \$26.95) pb
336 pages, 5.25 x 8.25

This pioneering work on the effects of LSD is unique for the light it sheds on the possibilities and the limitations of psychedelic drugs. First published in 1966, *The Varieties of Psychedelic Experience* was heralded as a revolution in the study of the mind, and now provides a welcome counterpoint to the current hysteria surrounding this topic.



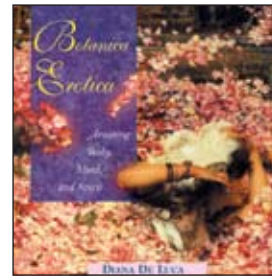
Visionary Plant Consciousness

The Shamanic Teachings of the Plant World

Edited by J. P. Harpignies

ISBN-13: 978-1-59477-147-7
ISBN-10: 1-59477-147-2
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Visionary plants have long served indigenous peoples and their shamans as enhancers of perception, thinking, and healing. Twenty-three leading ethnobotanists, anthropologists, medical researchers, and cultural and religious figures explore the relevance of plant-induced visions to humanity's environmental crisis. They reveal how psychoactive plants allow nature's "voice" to speak to humans and what this communication means for our future.



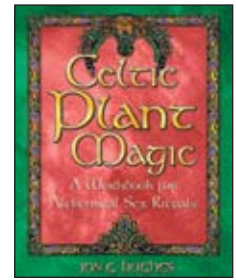
Botanica Erotica

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Diana De Luca

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A playful and provocative guide to the foods, herbs, and behaviors that arouse us, *Botanica Erotica* provides readers with the tools and techniques they need for a lifelong exploration of pleasure. More than a simple list of aphrodisiacs, *Botanica Erotica* offers suggestions to arouse all the senses and to make every aspect of life an encounter with Eros.



Celtic Plant Magic

A Workbook for Alchemical Sex Rituals

Jon G. Hughes

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This is the first working guide to the creation and application of plant-based compounds for magical and healing purposes as well as Celtic Sex rituals based on the Druidic tradition.



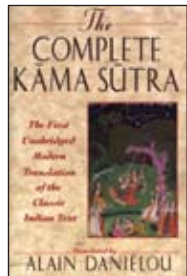
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For Couples, Groups, and Solitary Practitioners

Jon G. Hughes

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Written by a practicing druid with more than forty years in the tradition, *Celtic Sex Magic* explains the fundamental principles involved in channeling the energy generated during orgasm for the purpose of projecting spells and elevating consciousness. The secrets of this tradition have been passed down by word of mouth for generations and are revealed here in print for the first time.



The Complete Kama Sutra

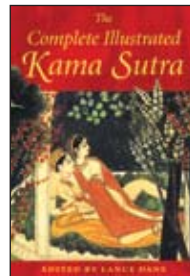
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Translated by Alain Daniélou

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The oldest and most widely read guide to the pleasures of sexuality, the *Kama Sutra* deals with all aspects of sexual life, and was compiled from texts dating to the fourth century B.C. In contrast to the only previously available version, Alain Daniélou's new translation preserves the full explicitness of the original.

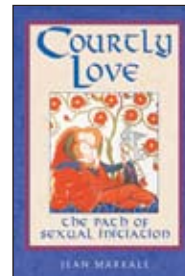


The Complete Illustrated Kama Sutra

Edited by Lance Dane

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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, and how to best achieve ecstatic expression of life's beauty. Augmented with 269 illustrations and works of art gathered from museums and collections around the world, the result is a dazzling and sensuous reading experience through which the teachings of the *Kama Sutra* spring to life.



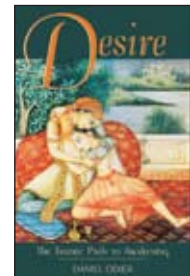
Courtly Love

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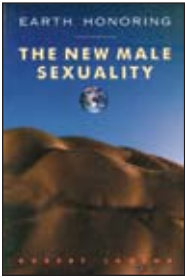
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Nothing can match the explosive energy created in the body by pure desire. Exploring the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath, thought, and the natural processes of the body, *Desire* reveals many of the secret practices that have been passed down in the major Tantric treatises.



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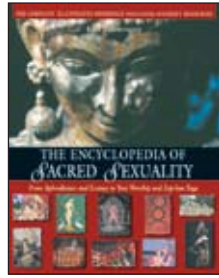
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Draws from Taoist, Tantric, and tribal teachings to reveal specific techniques men can use to direct their quest for power into constructive channels and an ecstatic and compassionate experience of their life-force energies. Robert Lawlor proposes that only a deep transformation in the expression of our sexual energy can lead humanity to a regeneration of the human spirit.



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From Aphrodisiacs and Ecstasy to Yoni Worship and Zap-lam Yoga

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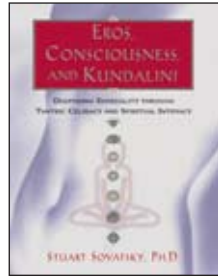
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Deepening Sensuality through Tantric Celibacy and Spiritual Intimacy

Stuart Sovatsky, Ph.D.

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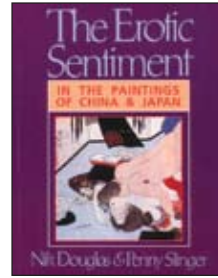
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In this extraordinary celebration of the erotic, Dr. Stuart Sovatsky introduces us to the Tantric art of sexual sublimation. Exercises based on yoga, kundalini, and chakra meditation help readers learn to harness the divine energy at the heart of all erotic yearning, while exploring the intimate relationship between spirituality and sexuality.



The Erotic Sentiment in the Paintings of China and Japan

Nik Douglas and Penny Slinger

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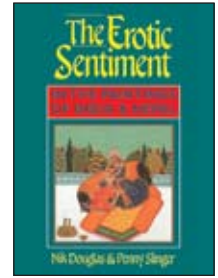
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Nik Douglas and Penny Slinger

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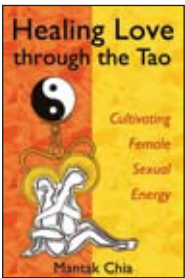
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Cultivating Female Sexual Energy

Mantak Chia

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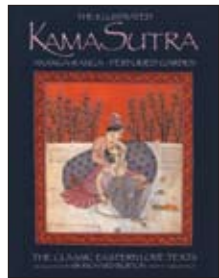
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For thousands of years the sexual principles and techniques presented in this book were taught by Taoist masters secretly in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. Mantak Chia teaches powerful techniques to revitalize women's physical, mental, and spiritual well-being.



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Translated by Sir Richard Burton and F. F. Arbuthnot

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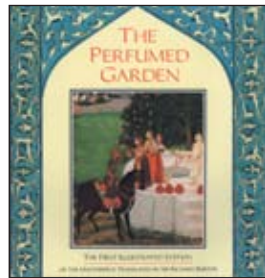
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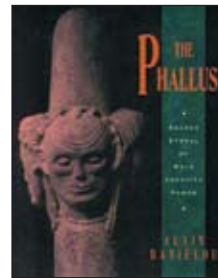
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From 16th-century Arabia, *The Perfumed Garden - for the Repose of the Mind* is a classic work of Arab erotica offering a uniquely entertaining collection of tales filled with frank and sound advice on sexual relations, accompanied by rare and previously unpublished erotic paintings and reproductions of exquisite tilework and friezes.

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Libido



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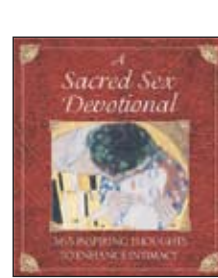
ISBN-10: 0-89281-556-6

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128 pages, 8 x 10

85 color and b&w illustrations

Alain Daniélou here unveils the religious impulse underlying art that at first glance seems to have no purpose beyond the erotic. Illustrated throughout with photographs and line drawings of European and Indian art, *The Phallus* celebrates the expression of the masculine in the religious traditions of East and West.



A Sacred Sex Devotional

365 Inspiring Thoughts to Enhance Intimacy

Edited by Rafael Lorenzo

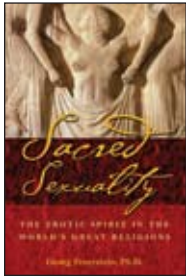
ISBN-13: 978-0-89281-935-5

ISBN-10: 0-89281-935-9

\$12.00 (CAN \$18.95) pb

368 pages, 5.5 x 6.25

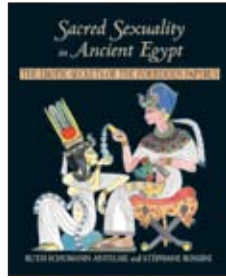
This celebration of love presents a year's worth of poetic and evocative words from some of the world's greatest writers and oldest societies that reveal the sacred tradition of ecstasy in love and sexuality.



Sacred Sexuality
The Erotic Spirit in the World's Great Religions
Georg Feuerstein, Ph.D.

ISBN-13: 978-0-89281-126-7
ISBN-10: 0-89281-126-9
\$16.95 (CAN \$24.95) pb
256 pages, 6 x 9
12 b&w illustrations

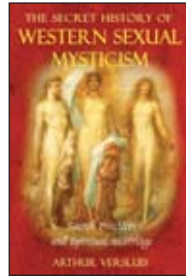
This book examines the history of sexuality as a sacramental act. Georg Feuerstein instructs that the fulfillment we long for in our sex lives can be attained when we explore the spiritual depths of our erotic natures. Feuerstein delves into a wide variety of spiritual traditions and reveals that all of these great teachings share the hidden message that spirituality is, in essence, erotic and that sexuality is inherently spiritual.



Sacred Sexuality in Ancient Egypt
The Erotic Secrets of the Forbidden Papyrus
Ruth Schumann Antelme and Stéphane Rossini

ISBN-13: 978-0-89281-863-1
ISBN-10: 0-89281-863-8
\$24.95 (CAN \$36.50) pb
264 pages, 8 x 10
283 b&w and 24 full color images

In this book, the first to fully explore Egyptian sexual philosophy and practices, Egyptologist Ruth Schumann Antelme provides us with a new view of the sexual life of the ancient Egyptians. Richly illustrated throughout, *Sacred Sexuality in Ancient Egypt* explains the symbolism of the erotic scenes illustrating the Turin Papyrus, which have long been kept from public view.

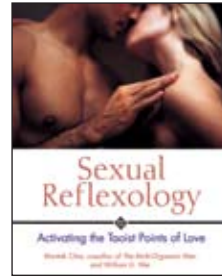


New-May 2008
The Secret History of Western Sexual Mysticism

Sacred Practices and Spiritual Marriage
Arthur Versluis

ISBN-13: 978-1-59477-212-2
ISBN-10: 1-59477-212-6
\$14.95 (CAN \$16.95) pb
176 pages, 6 x 9
18 b&w illustrations

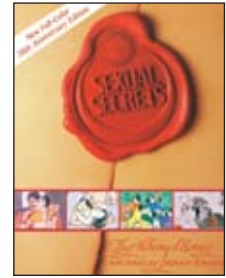
This book reveals the history of Western sexual mysticism including the secret sexual practices used to achieve mystical union with God. It details the sects and individuals who transmitted the radical sexual practices which orthodox Christianity never completely silenced.



Sexual Reflexology
Activating the Taoist Points of Love

Mantak Chia and Willam U. Wei
ISBN-13: 978-0-89281-088-8
ISBN-10: 0-89281-088-2
\$18.00 (CAN \$25.95) pb
208 pages, 8 x 10
214 b&w illustrations

The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure.



Sexual Secrets: Twentieth Anniversary Edition

The Alchemy of Ecstasy
Nik Douglas and Penny Slinger
ISBN-13: 978-0-89281-805-1
ISBN-10: 0-89281-805-0
\$30.00 (CAN \$43.50) pb
352 pages, 8.5 x 11
199 color and 401 b&w illustrations

First Edition also available in Spanish (see page 112)

Revised and redesigned in full color, the #1 bestselling book on sex and mysticism covers the philosophy, psychology, art, theory, and practice of Eastern sexuality.



The Sexual Teachings of the Jade Dragon

Taoist Methods for Male Sexual Revitalization
Hsi Lai

ISBN-13: 978-0-89281-963-8
ISBN-10: 0-89281-963-4
\$16.95 (CAN \$24.95) pb
256 pages, 6 x 9
9 b&w illustrations

A companion guide to *The Sexual Teachings of the White Tigress*, this book reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess.

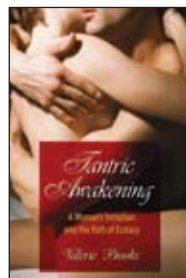


The Sexual Teachings of the White Tigress

Secrets of the Female Taoist Masters
Hsi Lai

ISBN-13: 978-0-89281-868-6
ISBN-10: 0-89281-868-9
\$19.95 (CAN \$28.95) pb
280 pages, 6 x 9

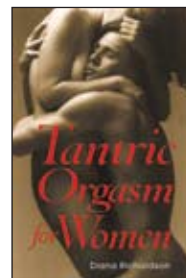
Unlike other Taoist texts, *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of the Three Treasures of Taoism and the secret to unlocking eternal youthfulness and immortality.



Tantric Awakening
A Woman's Initiation into the Path of Ecstasy

Valerie Brooks
ISBN-13: 978-0-89281-906-5
ISBN-10: 0-89281-906-5
\$14.95 (CAN \$21.95) pb
176 pages, 6 x 9

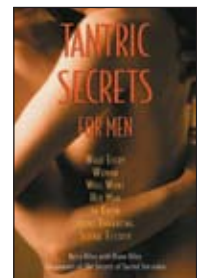
This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from Tantric adepts.



Tantric Orgasm for Women

Diana Richardson
ISBN-13: 978-0-89281-133-5
ISBN-10: 0-89281-133-1
\$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 of receptive feminine energy. Her 20 years of tantric research provides an understanding of 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.



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
ISBN-10: 0-89281-969-3
\$18.95 (CAN \$27.50) pb
272 pages, 6 x 9
17 b&w illustrations

Also available in Spanish (see page 112)

From the expert teachings of a committed couple practicing ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman in body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process.



Tantric Quest

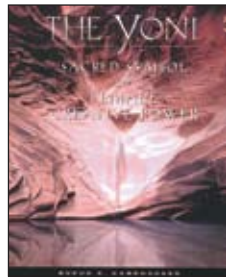
An Encounter with Absolute Love

Daniel Odier

ISBN-13: 978-0-89281-620-0
 ISBN-10: 0-89281-620-1
 \$14.95 (CAN \$21.95) pb
 192 pages, 5.38 x 8.25

The author tells of his search for spirituality and passion with a Tantric yogini who taught him the divine nature of love.

*"An eye-opening intro to a powerful, much misunderstood tradition."
 Natural Living*



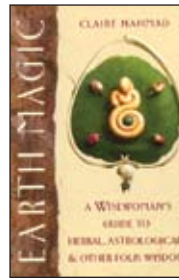
The Yoni

Sacred Symbol of Female Creative Power

Rufus C. Camphausen

ISBN-13: 978-0-89281-562-3
 ISBN-10: 0-89281-562-0
 \$19.95 (CAN \$31.95) pb
 144 pages, 8 x 10
 94 color and b&w illustrations

Yoni symbolism is a part of the spiritual traditions of cultures in every part of the globe. *The Yoni* traces this primal motif in Australian Aboriginal folk tales, in alchemy, in Tantric practices, and in contemporary art by painters such as Georgia O'Keefe and Judy Chicago.



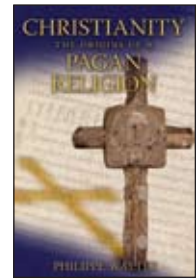
Earth Magic

A Wisewoman's Guide to Herbal, Astrological, and Other Folk Wisdom

Claire Nahmad

ISBN-13: 978-0-89281-424-4
 ISBN-10: 0-89281-424-1
 \$14.95 pb
 208 pages, 6 x 9
 50 b&w illustrations

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.

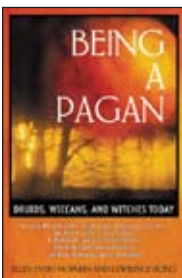


**Christianity:
 The Origins of a
 Pagan Religion**

Philippe Walter

ISBN-13: 978-1-59477-096-8
 ISBN-10: 1-59477-096-4
 \$16.95 (CAN \$21.95) pb
 224 pages, 6 x 9
 11 b&w illustrations

Walter shows that the Christian mythology that animated medieval Europe is primarily of pagan inspiration and that very little of it comes from the Bible. He also explores how the hagiographic accounts of the saints in the scriptures reveal that these symbolic figures are the same deities worshiped in pagan Europe for centuries.



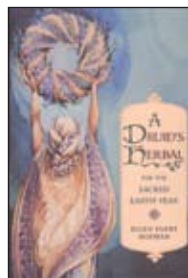
Being a Pagan

Druids, Wiccans, and Witches Today

Ellen Evert Hopman and Lawrence Bond

ISBN-13: 978-0-89281-904-1
 ISBN-10: 0-89281-904-9
 \$19.95 (CAN \$28.95) pb
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During the last few decades, millions of people have embraced ancient philosophies that honor Earth and the spiritual power of each individual. In this book, Pagan leaders and teachers describe in their own words what they believe and what they practice.



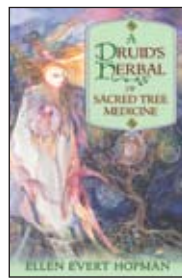
A Druid's Herbal for the Sacred Earth Year

Ellen Evert Hopman

ISBN-13: 978-0-89281-501-2
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 \$12.95 (CAN \$18.95) pb
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This complete guide to the plant lore of the druids suggests appropriate herbs and rituals to celebrate the eight major festivals of the year, and it includes medicinal and magical uses of herbs for each season.

*"A Druid's Herbal will certainly promote your own wisdom and health, and it makes a valuable addition to any home library."
 SageWoman*



**New-May 2008
 A Druid's Herbal of Sacred Tree Medicine**

Ellen Evert Hopman

ISBN-13: 978-1-59477-230-6
 ISBN-10: 1-59477-230-4
 \$14.95 (CAN \$16.95) pb
 224 pages, 6 x 9

This book reveals the secrets of the Ogham Tree Alphabet which the Druids used to work magic and honor the dead. It explains the history, herbal uses and spiritual aspects of the twenty sacred trees of the alphabet heretofore preserved through oral tradition.



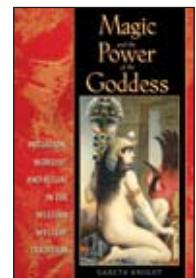
**New-June 2008
 The Last Pagan**

Julian the Apostate and the Death of the Ancient World

Adrian Murdoch

ISBN-13: 978-1-59477-226-9
 ISBN-10: 1-59477-226-6
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 280 pages, 6 x 9
 Includes 8-page b&w insert and 3 b&w maps

This book reveals Julian, the "Apostate," and his failed attempt to stem the Christian tide sweeping the Roman Empire. His death on a Persian battlefield came to represent the death of paganism and the church subsequently claimed paganism represented evil and opposition to God.



New-Available

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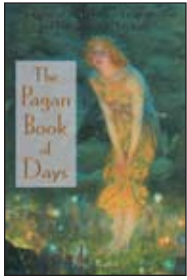
Magic and the Power of the Goddess

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Gareth Knight

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Magic and the Power of the Goddess explains the powers of the Goddess and how to connect with the potent healing energy of the Divine Feminine. This wide-ranging view of magic and ritual presents guided meditations, exercises, and tools for contacting the Goddess within.



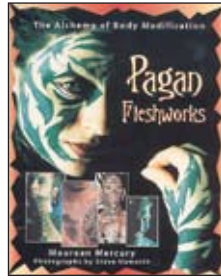
The Pagan Book of Days

A Guide to the Festivals, Traditions, and Sacred Days of the Year

Nigel Pennick

ISBN-13: 978-0-89281-867-9
 ISBN-10: 0-89281-867-0
 \$12.95 pb
 160 pages, 6 x 9
 135 b&w illustrations

In this revised edition of *The Pagan Book of Days* the author provides details on auspicious and inauspicious days, holy days of the ancient gods and goddesses, and the eight stations of the year (the solstices, equinoxes, and cross-quarter days). He also includes lunar and solar charts indicating dates of major Pagan celebrations from the year 2000 through the first decade of the millenium.



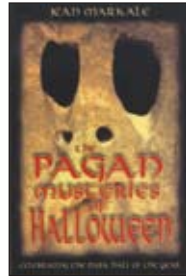
Pagan Fleshworks

The Alchemy of Body Modification

Maureen Mercury
 Photographs by Steve Haworth

ISBN-13: 978-0-89281-809-9
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 128 pages, 8 x 10
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This groundbreaking work sees the contemporary cultural trends of tattooing, piercing, implanting, and branding as a quest for a transformative psychic experience and a way to heal the mind/body separation. Riveting color photographs by the foremost three-dimensional body modification artist in the United States provide the perfect visual complement to this examination of the soul as it rises toward freedom.



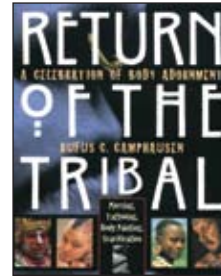
The Pagan Mysteries of Halloween

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.



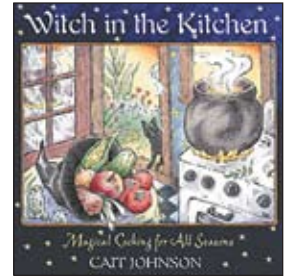
Return of the Tribal

A Celebration of Body Adornment

Rufus C. Camphausen

ISBN-13: 978-0-89281-610-1
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A photographic exploration of the modern revival of piercing, tattooing, scarification, and body painting that reveals its origins in tribal culture. *Return of the Tribal* takes a non-judgmental look at the wide variety of body adornment and modification practices—from aboriginal to modern urban, in cities such as London, New York, Tokyo, and Amsterdam.



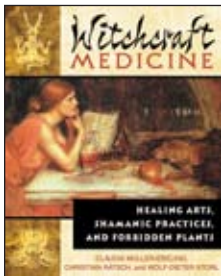
Witch in the Kitchen

Magical Cooking for All Seasons

Cait Johnson

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Creative suggestions and more than 80 delightful vegetarian recipes help you attune your cooking to the rhythms of the seasons and bring a sense of the sacred to your hearth and kitchen.



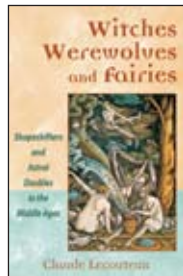
Witchcraft Medicine

Healing Arts, Shamanic Practices, and Forbidden Plants

Claudia Müller-Ebeling, Christian Rätsch, and Wolf-Dieter Storl

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 ISBN-10: 0-89281-971-5
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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.



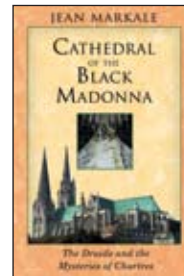
Witches, Werewolves, and Fairies

Shapeshifters and Astral Doubles in the Middle Ages

Claude Lecouteux

ISBN-13: 978-0-89281-096-3
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Monsters, werewolves, witches, and fairies remain a strong presence in our stories and dreams. The author's extensive analysis of Western European legends reveals an almost forgotten religious concept: that every individual owns three souls and that one, the Double, can leave the physical body to journey where it chooses. Claude Lecouteux reveals the origin and significance of this belief, and follows its transforming features through the ages.



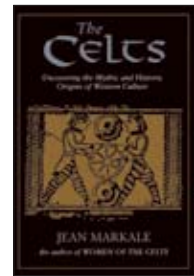
Cathedral of the Black Madonna

The Druids and the Mysteries of Chartres

Jean Markale

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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.



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Uncovering the Mythic and Historic Origins of Western Culture

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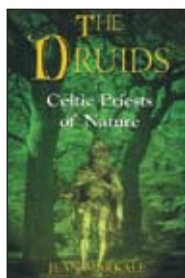


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"There is no better spokesman for the ancient Celts than Jean Markale."

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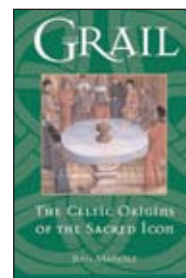


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The world's leading authority on Celtic culture takes us beneath the Christian veneer of the Grail myth to discover the ancient Celtic spiritual traditions of the Grail and its Quest.



King Arthur and the Goddess of the Land

The Divine Feminine in the Mabinogion
Caitlín Matthews

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Matthews sheds light on Sovereignty, the Goddess of the sacred land of Britain, and the spiritual principle of the Divine Feminine. She articulates the continuing relevance of ancient Celtic thought and belief of the powerful myths and legends of ancient Britain.

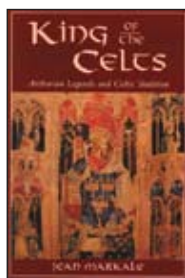


Mabon and the Guardians of Celtic Britain

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Caitlín Matthews

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Caitlín Matthews unlocks the encoded meanings of the *Mabinogion* and establishes it firmly as a precursor to other living myths of the West. As descendants of the ancient Celtic oral tradition, the rich themes and archetypal underpinnings of the *Mabinogion* are stories for all time.

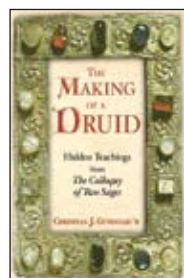


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Arthurian Legends and Celtic Tradition
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ISBN-10: 0-89281-452-7
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A Celtic historian re-creates the life and times of the real King Arthur and explains how even today Arthurian ideals of knightly virtue remain at the heart of Western thought.

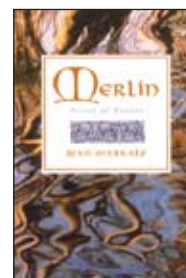


The Making of a Druid

Hidden Teachings from The Colloquy of Two Sages
Christian J. Guyonvarc'h

ISBN-13: 978-0-89281-874-7
ISBN-10: 0-89281-874-3
\$19.95 (CAN \$31.95) hardcover
144 pages, 5.25 x 7.88

Up to now, this text has been regarded as merely an elaborate battle of wits between two bards. Thanks to the present translation and its accompanying commentary, we now can see that this text depicts the examination by a teacher of a druidic candidate. Consequently, the reader gains valuable insight into the actual nature of druidic science.

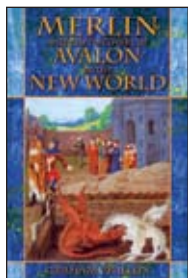


Merlin

Priest of Nature
Jean Markale

ISBN-13: 978-0-89281-517-3
ISBN-10: 0-89281-517-5
\$16.95 (CAN \$24.95) pb
240 pages, 6 x 9

Jean Markale's investigation of all the known literary and historical sources yields a compelling portrait of who and what Merlin might have been. Both archetypal Wild Man and shaman, Merlin's message of the universal brotherhood of all beings and things called out to a rapidly urbanizing society that was losing touch with nature. His warning went unheeded.

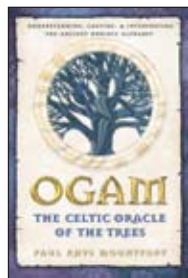


Merlin and the Discovery of Avalon in the New World

Graham Phillips

ISBN-13: 978-1-59143-047-6
 ISBN-10: 1-59143-047-X
 \$16.00 (CAN \$21.95) pb
 256 pages, 6 x 9
 Includes 16-page color insert

Phillips uncovers evidence that the legend of Merlin is based on the life of a Roman consul, the last to rule Britain, who died and was buried in what is now the United States. Clues lead to a New England tomb where an encrypted message reveals the whereabouts of Merlin's grave, and evidence that Merlin's descendants survive.



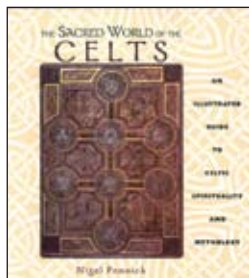
Ogam: The Celtic Oracle of the Trees

Understanding, Casting, and Interpreting the Ancient Druidic Alphabet

Paul Rhys Mountfort

ISBN-13: 978-0-89281-919-5
 ISBN-10: 0-89281-919-7
 \$14.95 (CAN \$21.95) pb
 224 pages, 6 x 9
 24 b&w illustrations

This comprehensive and practical guide to the ancient oracle is based on the alphabet of the Druids. It provides an historical background and bibliographic references to the Druidic mythology ruling this 1,500-year-old oracle.



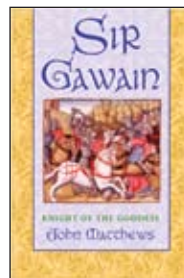
The Sacred World of the Celts

An Illustrated Guide to Celtic Spirituality and Mythology

Nigel Pennick

ISBN-13: 978-0-89281-701-6
 ISBN-10: 0-89281-701-1
 \$19.95 (CAN \$28.95) pb
 144 pages, 8.25 x 9
 130 color photographs

This richly illustrated guide takes you back through layers of history to the world of the ancient Celts, whose sacred traditions infused every aspect of daily life and were expressed in a legacy of poetry, art, and mythology that is breathtaking in its depth and beauty.



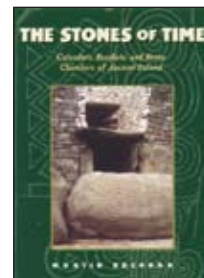
Sir Gawain

Knight of the Goddess

John Matthews

ISBN-13: 978-0-89281-970-6
 ISBN-10: 0-89281-970-7
 \$14.95 (CAN \$21.95) pb
 208 pages, 6 x 9
 8 b&w illustrations

The result of more than 20 years of research by one of the world's leading scholars of Arthurian mythology. The author presents a unique view of the mythology of Gawain, the Green Knight of Camelot, and of Britain and its connections with the historical changes that took place over many hundreds of years in the religious and mystical traditions of the country.



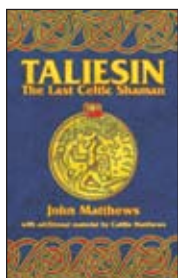
The Stones of Time

Calendars, Sundials, and Stone Chambers of Ancient Ireland

Martin Brennan

ISBN-13: 978-0-89281-509-8
 ISBN-10: 0-89281-509-4
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The Stones of Time presents one of the most dramatic archaeological detective stories of our time. Predating Stonehenge by at least a thousand years, the stone complexes of ancient Ireland have been extensively studied, yet have refused to give up their mystery. The most complete record of Irish megalithic art ever published.



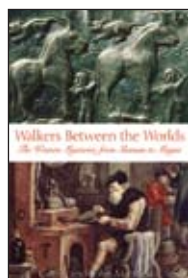
Talesin

The Last Celtic Shaman

John Matthews
 with additional material by Caitlín Matthews

ISBN-13: 978-0-89281-869-3
 ISBN-10: 0-89281-869-7
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Talesin, Chief Bard of Britain and Celtic shaman, was a historical figure who lived in Wales during the latter half of the sixth century. His verse is established as a direct precursor to the Arthurian Legends—and Talesin himself, is said to be the direct forebear to Merlin. The author presents completely new translations of Talesin's major poems in their entirety, uncovering the meanings behind these great works for the first time.



Walkers Between the Worlds

The Western Mysteries from Shaman to Magus

Caitlín and John Matthews

ISBN-13: 978-0-89281-091-8
 ISBN-10: 0-89281-091-2
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 41 b&w illustrations

Beneath the orthodox religions that lay claim to the soul of Western man runs an esoteric current that has preserved the lore and hermetic traditions of our ancestors. *Walkers Between the Worlds* explores the ancient earth wisdom of the shaman, and the Gnostic and Egyptian mysteries of the East. Practical exercises drawn from these traditions are included.



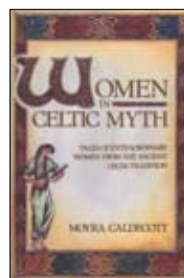
Walking the Maze

The Enduring Presence of Celtic Spirit

Loren Cruden

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The author vividly describes the fierce and free Celtic spirit as it has been sustained through history, and she provides a vision for living that spirit in the present.



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Tales of Extraordinary Women from the Ancient Celtic Tradition

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Jean Markale

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Historian Markale takes us deep into a mythical world where both man and woman become whole by realizing the feminine principle in its entirety. The author explores the rich heritage of Celtic women in history, myth, and ritual, showing how these traditions compare to modern attitudes toward women.

New Age—Astrology

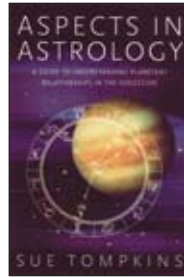


The Arabic Parts in Astrology

A Lost Key to Prediction
Robert Zoller

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ISBN-10: 0-89281-250-8
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Dating from antiquity, the doctrine of the Arabic parts, virtually lost to Western astrological practice since the 17th century, enables the astrologer to investigate the "inner" meaning of the horoscope and thus go beyond the "outer" aspects expressed by the arrangement of the planets, signs, and houses.

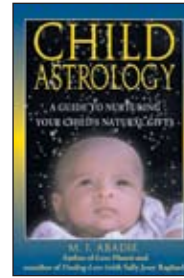


Aspects in Astrology

A Guide to Understanding Planetary Relationships in the Horoscope
Sue Tompkins

ISBN-13: 978-0-89281-965-2
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Aspects—the relationships between the stars and planets—are an essential piece when it comes to interpreting the destiny of an individual from astrological information. Tompkins provides both the novice and the experienced astrologer the evidence and concrete methods needed to grasp the vast knowledge offered to us by our horoscope.



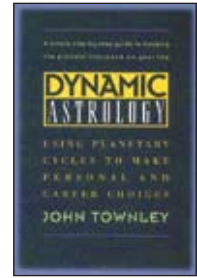
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M. J. Abadie

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ISBN-10: 0-89281-722-4
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272 pages, 6 x 9
11 astrological tables

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Professional astrologer and psychotherapist Abadie offers a hands-on guide to the planets and their influence on your child's emotional, intellectual, physical, and spiritual development.



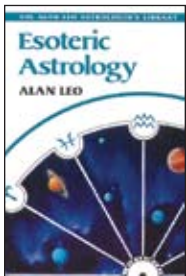
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Using Planetary Cycles to Make Personal and Career Choices
John Townley

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ISBN-10: 0-89281-568-X
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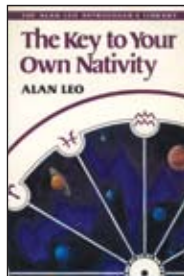


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Alan Leo

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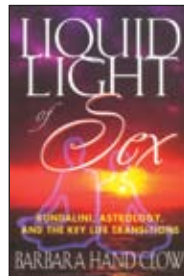


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Kundalini, Astrology, and the Key Life Transitions
Barbara Hand Clow

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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.



Taoist Astrology

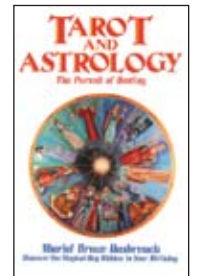
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Susan Levitt
with Jean Tang

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Seann Xenja,
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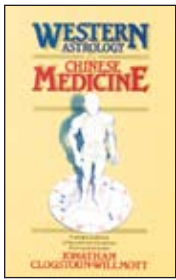


Tarot and Astrology

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Muriel Bruce Hasbrouck

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This synthesis of the ancient mysteries goes beyond astrology and Tarot to shed new light on the eternal question of personal destiny. The author examines the conditioning factors of time and birthdate and reveals a ten-day cycle formula that will help you understand yourself and others with amazing accuracy.



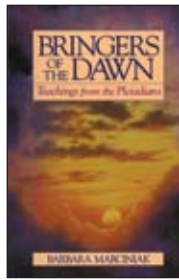
Western Astrology and Chinese Medicine

Jonathan Clogstoun-Willmott

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New Age—Channeled



Bringers of the Dawn

Teachings from the Pleiadians

Barbara Marciniak

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Compiled from more than four hundred hours of channeling by Barbara Marciniak, *Bringers of the Dawn* imparts to us the wisdom of the Pleiadians, a group of enlightened beings who have come to Earth to help us discover how to reach a new stage of evolution. Startling, intense, intelligent, and controversial, these teachings offer essential reading for anyone questioning his or her existence on this planet and the direction of our collective conscious—and consciousness.



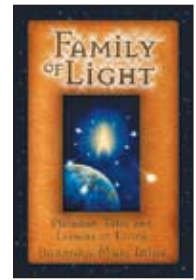
Earth

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Explore the corridors of time, sacred sites, and ancient civilizations. Once again, the work is challenging, controversial, humorous, and brilliant, awakening our deepest rememberings.



Family of Light

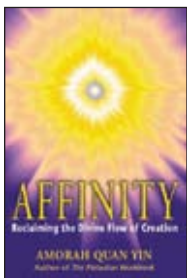
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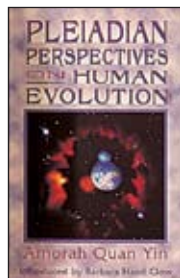
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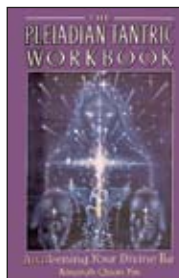
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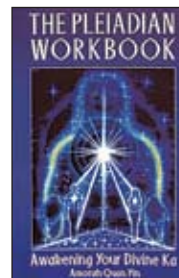
The Pleiadian Tantric Workbook

Awakening Your Divine Ba

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The Pleiadian Tantric Workbook assists you with healing relationships. This sequel to *The Pleiadian Workbook* teaches advanced cellular clearing to heal the male/female split, and, with specific exercises and techniques practical for everyday life, shows you how to activate and clear kundalini and sexual channels through tantra.



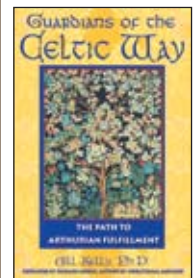
The Pleiadian Workbook

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The Pleiadian Workbook is a direct transmission from the Pleiadian Emissaries of Light. Through Amarah Quan Yin, the Pleiadian Emissaries offer us energetic cleansing practices for aligning the divine self with the physical body. We are taught to open our “Ka Channels,” which raises our vibratory rate and rejuvenates and balances our bodies, stimulating emotional healing.



Guardians of the Celtic Way

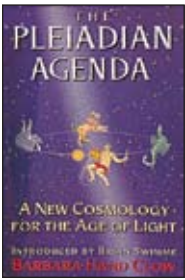
The Path to Arthurian Fulfillment

Jill Kelly, Ph.D.

Foreword by Richard Gerber, M.D., author of *Vibrational Medicine*

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A New Cosmology for the Age of Light

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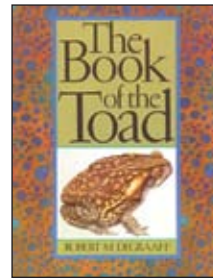


Beyond My Wildest Dreams

Diary of a UFO Abductee
 Kim Carlsberg

Illustrated by Darryl Anka
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Beyond My Wildest Dreams poignantly captures the range of emotion—from fear to exhilaration—inherent in the UFO abduction phenomenon. Correlating uncannily with the experiences of other contactees worldwide, Carlsberg's thoughtful and committed inquiry into the meaning of the UFO abduction phenomenon is a catalyst for a deep journey within the human psyche.

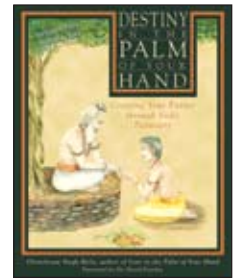


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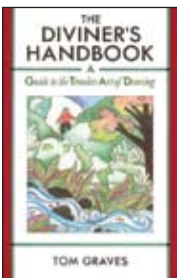


Destiny in the Palm of Your Hand

Creating Your Future through Vedic Palmistry
 Ghanshyam Singh Birla
 Foreword by David Frawley

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Each of us is capable of detecting the subtle emanations and vibrations that surround us. *The Diviner's Handbook* helps you develop your own individual talent and technique for dowsing as a key to greater knowledge and the time-honored art of divination.

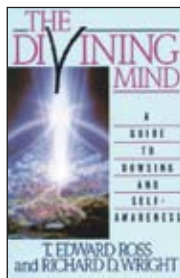


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Authors Richard and Pat Wright define dowsing as the "process of uncovering information through the medium of the self," believing, as do many dowsers, that the ability to dowse is innate. But they also feel that its proper development is contingent upon the parallel unfolding of the spiritual qualities in our nature.



The Divining Mind

A Guide to Dowsing and Self-Awareness
 T. E. Ross and Richard D. Wright

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The art of divining, or dowsing, has for years been cloaked in mystery and superstition. Recognized by some as a means of finding water and minerals, it is actually a method for anyone to develop intuitive skills. This thought-provoking book demystifies dowsing and presents this ancient science as a powerful tool for self-knowledge.

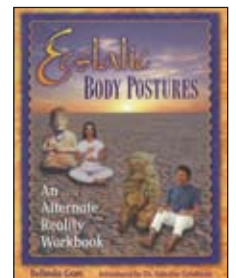


Dolphins, ETs & Angels

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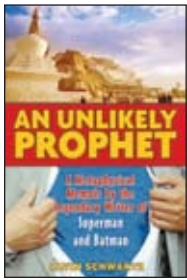


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An Alternate Reality Workbook
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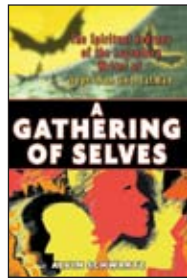
With clear instructions and diagrams, this manual explores the altered states of consciousness which are triggered as a result of practicing ancient shamanic postures and movements.



An Unlikely Prophet
A Metaphysical Memoir by the Legendary Writer of Superman and Batman
 Alvin Schwartz

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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
 ISBN-10: 1-59477-109-X
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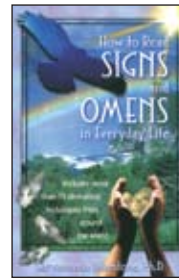
Alvin Schwartz's amazing personal journey continues in this sequel to *An Unlikely Prophet*. Carried far beyond the boundaries of ordinary identity, Schwartz finds an interpersonal consciousness where he inhabits a multitude of selves, including the dark figure of Batman. What he thinks of as "self," 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.



How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance
 W. E. Butler

ISBN-13: 978-0-89281-705-4
 ISBN-10: 0-89281-705-4
 \$12.95 (CAN \$18.95) pb
 240 pages, 5 x 7.75

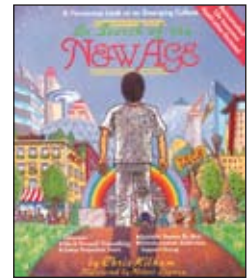
Renowned parapsychologist W. E. Butler outlines simple procedures to develop and perfect the four basic psychic powers we all possess; how to read the Aura, understand Psychometry, awaken telepathic powers, and experience clairvoyance. One of the world's great occultists, W. E. Butler (1898-1978) studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.



How to Read Signs and Omens in Everyday Life
 Sarvananda Bluestone, Ph.D.

ISBN-13: 978-0-89281-901-0
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 25 b&w illustrations

Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities "psychic," but native cultures accepted that each of us has an innate sixth sense. Sarvananda Bluestone shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.



In Search of the New Age
A Humorous Look at an Emerging Culture
 Chris Kilham

Illustrated by Robert Engman
 ISBN-13: 978-0-89281-209-7
 ISBN-10: 0-89281-209-5
 \$6.95 (CAN \$10.95) pb
 144 pages, 8 x 9.25

Can the New Age laugh at itself? You'll find out in this playful romp through its lighter side. Discover reincarnation life insurance, do-it-yourself firewalking, astral projection tours, and more.

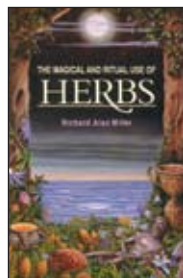


The Magical and Ritual Use of Aphrodisiacs
 Richard Alan Miller

ISBN-13: 978-0-89281-402-2
 ISBN-10: 0-89281-402-0
 \$14.95 (CAN \$19.95) pb
 176 pages, 5.38 x 8.25

Also available in Spanish (see page 112)

The author shows how intent and motivation can be focused to augment the physical effects of aphrodisiacs and suggests rituals drawn from Tantric yoga and Western magic.



The Magical and Ritual Use of Herbs
 Richard Alan Miller

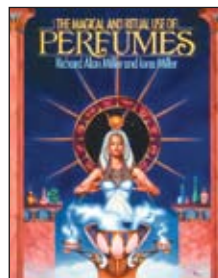
ISBN-13: 978-0-89281-401-5
 ISBN-10: 0-89281-401-2
 \$12.95 (CAN \$18.95) pb
 128 pages, 5.38 x 8.25

Also available in Spanish (see page 112)

Biochemist, physicist, and herbalist, Miller explains the historical use, chemical structure, preparation of, and rituals related to psychotropic herbs.

"Fascinating. . . Miller's range of practical and arcane knowledge is impressive. This integration of the scientific with the mystical is one of the most interesting facets of the book."

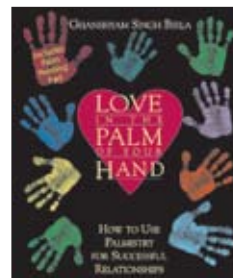
The Herb Companion



The Magical and Ritual Use of Perfumes
 Richard Alan Miller and Iona Miller

ISBN-13: 978-0-89281-210-3
 ISBN-10: 0-89281-210-9
 \$18.95 (CAN \$25.95) pb
 184 pages, 8 x 10

Because of their power to elicit specific responses in the body and psyche, perfumes have, through the ages, occupied an important part in ritual. *The Magical and Ritual Use of Perfumes* shows how scents can become the very "essence of magic," providing direct access to the emotional centers of the brain and memory.



Love in the Palm of Your Hand
How to Use Palmistry for Successful Relationships
 Ghanshyam Singh Birla

ISBN-13: 978-0-89281-718-4
 ISBN-10: 0-89281-718-6
 \$19.95 (CAN \$28.95) pb
 160 pages, 8 x 10
 256 b&w illustrations and palm printing kit

For 4,000 years Indian practitioners of Samudrik Shastra have interpreted palm lines for personality assessment and counseling. This guide, illustrated with hundreds of palms and including a palm print kit, helps you do your own readings.



The Mind Chronicles
A Visionary Guide into Past Lives
 Barbara Hand Clow

ISBN-13: 978-1-59143-066-7
 ISBN-10: 1-59143-066-6
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With the mind state produced during 100 sessions of hypnotic regression, Barbara Hand Clow unlocks the primordial memory bank—the records of time in which all humans participate—guiding readers through 100,000 years of human history, using in-depth experiences of initiations and sacred ceremonies to illuminate the forgotten wisdom of our ancestors.



Nordic Runes

Understanding, Casting, and Interpreting the Ancient Viking Oracle

Paul Rhys Mountfort

ISBN-13: 978-0-89281-093-2

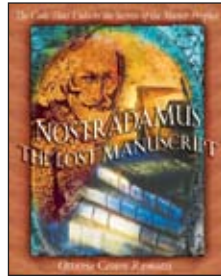
ISBN-10: 0-89281-093-9

\$16.95 (CAN \$24.95) pb

288 pages, 6 x 9

29 b&w illustrations

A practical guide to this ancient oracle, *Nordic Runes* addresses three major areas: Runelore, the history of this 2,000-year-old Norse oracle; Runestaves, the meaning of the individual runes, and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive and contemporary guide to the application of this ancient system of divination.



Nostradamus: The Lost Manuscript

The Code That Unlocks the Secrets of the Master Prophet

Ottavio Cesare Ramotti

ISBN-13: 978-0-89281-915-7

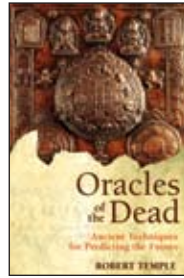
ISBN-10: 0-89281-915-4

\$16.95 (CAN \$26.95) pb

192 pages, 8 x 10

21 color, 80 b&w illustrations

Paintings by Nostradamus discovered in 1994 in the Italian National Library provide the key to decoding his prophecies, revealing a chronology of his quatrains that has been hidden for 400 years. Ramotti has cracked the code and produced a book that is required reading for those who want to know what the next millennium has in store.



Oracles of the Dead

Ancient Techniques for Predicting the Future

Robert Temple

ISBN-13: 978-1-59477-085-2

ISBN-10: 1-59477-085-9

\$19.95 pb

480 pages, 6 x 9

Includes two 8-page color inserts

and 76 black-white illustrations

In *Oracles of the Dead*—published internationally as *Netherworld*—Robert Temple examines the Greek and Roman traditions and techniques of divination and compares them to those of ancient China. Temple investigates the various mysteries associated with Delphi and the other oracles of the ancient world and explains how they were used to allow visitors to experience contact with the divine.



The Origins of Psychic Phenomena

Poltergeists, Incubi, Succubi, and the Unconscious Mind

Stan Gooch

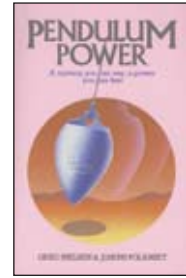
ISBN-13: 978-1-59477-164-4

ISBN-10: 1-59477-164-2

\$16.95 (CAN \$21.50) pb

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Stan Gooch explores the functioning of the dream-producing part of the brain—the cerebellum—and how the unconscious mind is able to externalize itself. He shows how the cerebellum is the source of these energies, subpersonalities, and manifestations, and identifies our neglected “Neanderthal” subconscious as responsible for the rising incidence of paranormal happenings.



Pendulum Power

A Mystery You Can See, A Power You Can Feel

Greg Nielsen

and Joseph Polansky

ISBN-13: 978-0-89281-157-1

ISBN-10: 0-89281-157-9

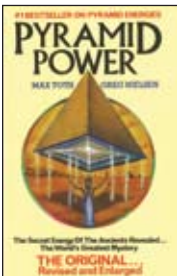
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Learn how the power of the pendulum can help you discover treasure, locate the lost, divine the new, and advise in relationships.

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The American Dowser Quarterly Digest



Pyramid Power

Max Toth and Greg Nielsen

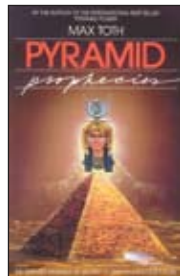
ISBN-13: 978-0-89281-106-9

ISBN-10: 0-89281-106-4

\$12.95 (CAN \$18.95) pb

208 pages, 5 x 7.75

Pyramid power, the secret energy harnessed by the ancients, preserves food stuffs, amplifies thought forms, and increases sexual vitality. Here is information on pyramids around the world, instructions on building your own pyramid, and suggested experiments to make pyramid power work for you.



Pyramid Prophecies

Max Toth

ISBN-13: 978-0-89281-203-5

ISBN-10: 0-89281-203-6

\$12.95 (CAN \$20.95) pb

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75 b&w illustrations

The author of *Pyramid Power* reveals prophetic evidence concealed for centuries within the Great Pyramid of Giza and compares it with the prophecies of Edgar Cayce and Nostradamus.



Secret Places of the Lion

Alien Influences on Earth's Destiny

George Hunt Williamson

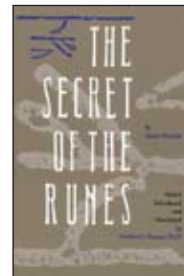
ISBN-13: 978-0-89281-601-9

ISBN-10: 0-89281-601-5

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This bestseller shows how rises and plateaus in our cultural history are the result of “radiant beings from heaven” who have incarnated as pivotal figures in history to declare wisdom and truth when humanity has been ready to receive it.



The Secret of the Runes

Translated by Guido von List
Edited by Stephen E. Flowers

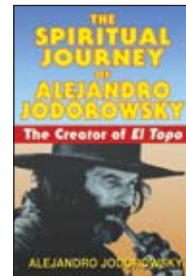
ISBN-13: 978-0-89281-207-3

ISBN-10: 0-89281-207-9

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144 pages, 5.38 x 8.25

The runes are said to have “revealed themselves” to von List, uncovering a complete cosmology and esoteric understanding of the primeval Teutonic/Aryan peoples, and becoming the cornerstone of his ideology. No other work so clearly and simply sets forth the full spectrum of von List’s fantastic vision of a mystical philosophy based on Germanic principles.



New-July 2008

The Spiritual Journey of Alejandro Jodorowsky

The Creator of *El Topo*

Alejandro Jodorowsky

ISBN-13: 978-1-59477-173-6

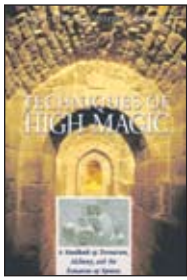
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Includes 8-page b&w insert

Jodorowsky’s memoirs reveal his experience with Master Takata and the group of wisewomen—*magiciennes*—who influenced his spiritual growth. He turns the same unsparing spiritual vision seen in the 1970 countercultural hit film *El Topo* to his own spiritual quest.



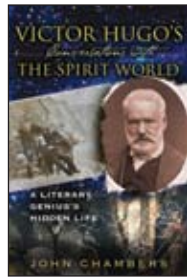
Techniques of High Magic

A Handbook of Divination, Alchemy, and the Evocation of Spirits

Francis King and Stephen Skinner

ISBN-13: 978-0-89281-818-1
ISBN-10: 0-89281-818-2
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55 b&w illustrations

This complete beginner's guide enables you to understand and harness the mysterious forces of nature, while providing tools for self-initiation into ancient and secret traditions of ceremonial magic.



New-Available

New Expanded Edition of *Conversations with Eternity*

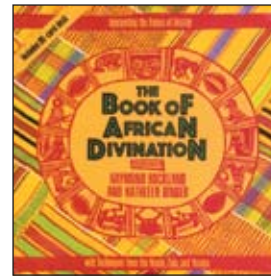
Victor Hugo's Conversations with the Spirit World

A Literary Genius's Hidden Life

John Chambers

ISBN-13: 978-1-59477-182-8
ISBN-10: 1-59477-182-0
\$18.95 (CAN \$21.50) pb
384 pages, 6 x 9
3 b&w illustrations

This first English translation of Victor Hugo's writings on his experiments in spiritualism places Hugo's experiments firmly in the tradition of visionary literature and psychic exploration. The author reveals Hugo's conversations with Shakespeare, Plato, Galileo, Jesus and others and discusses Hugo's possible role as a grand master of the Priory of Sion.



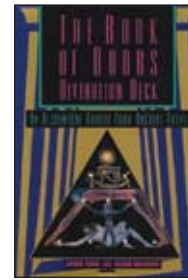
The Book of African Divination

Interpreting the Forces of Destiny with Techniques from the Venda, Zulu, and Yoruba

Raymond Buckland and Kathleen Binger

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ISBN-10: 0-89281-364-4
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With this book and deck, you will sample divination practices ranging from Venda tablets and divining bowls to Zulu bone casting, Yoruba seashell casting, and Tikar spider cards.



The Book of Doors Divination Deck

An Alchemical Oracle from Ancient Egypt

Athon Veggi and Alison Davidson

ISBN-13: 978-0-89281-512-8
ISBN-10: 0-89281-512-4
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Boxed set, 6 x 9
256-page book
65 full-color cards and die

This entirely new divination system accesses the ancient knowledge of Egypt, enabling you to unlock your intuitive abilities and call upon the energy of the Egyptian deities, whose powers transform both matter and spirit.



The Celtic Wisdom Tarot

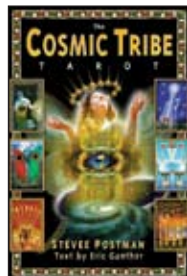
Caitlín Matthews

Illustrated by Olivia Rayner

ISBN-13: 978-0-89281-720-7
ISBN-10: 0-89281-720-8
\$35.00 (CAN \$50.00)
Boxed set, 6.75 x 7.88

128-page hardcover book with 100 color illustrations and 78 full-color cards

The Celtic Wisdom Tarot draws upon the ancient oral traditions of the Celtic druids to create striking visual images that profoundly reflect the druids' deep-rooted belief in the interconnectedness of all things. This stunning book and deck set honors the ancient traditions of the Celtic peoples.



The Cosmic Tribe Tarot

Art by Steve Postman

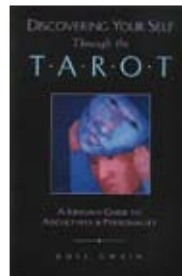
Text by Eric Ganther

ISBN-13: 978-0-89281-700-9
ISBN-10: 0-89281-700-3
\$32.00 (CAN \$46.50)
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208-page book with 90 b&w illustrations and 80 full-color cards
This is a deck created for the twenty-first century, neo-tribal technopagan.

"Steve's art has the convincing feel of having been created by one who has been to the other side and can harness the most sophisticated technology to articulate the patterns of infinity and archetypal powers which are the fabric of our divine imagination. His tarot deck should become an instant classic."

Alex Grey, author of *Sacred Mirrors*



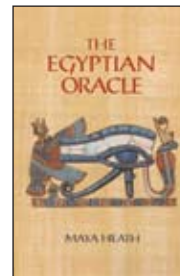
Discovering Your Self Through the Tarot

A Jungian Guide to Archetypes and Personality

Rose Gwain

ISBN-13: 978-0-89281-412-1
ISBN-10: 0-89281-412-8
\$12.95 (CAN \$18.95) pb
224 pages, 6 x 9

Following Jung's personality types as guiding principles, the author shows how the tarot can be used as a tool to refocus the personality from the ego to the self and to gain insight into personal issues.



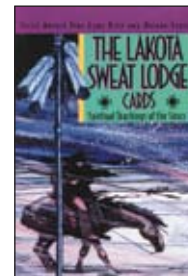
The Egyptian Oracle

Maya Heath

ISBN-13: 978-1-879181-19-9
ISBN-10: 1-879181-19-3
\$34.95 (CAN \$50.95)
Boxed set, 5.75 x 9

176-page hardcover book, 28 tiles and a four-color consultation board

Simple and easy for the beginner, this carefully researched system develops in richness as you gain experience with the ancient mysteries. Awaken to the sacred Egyptian principles of living in harmony and balance with ourselves, the land, and the divine—concepts as alive and relevant today as they were 3,000 years ago.



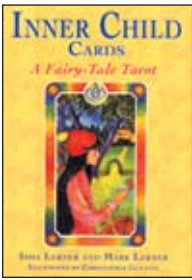
The Lakota Sweat Lodge Cards

Spiritual Teachings of the Sioux

Chief Archie Fire Lame Deer and Helene Sarkis

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This book and fifty-card deck are inspired by the ancient Lakota sweat lodge ceremony. Through the timeless medium of divinatory symbols, powerful images rekindle the spirit of this ancient ceremony. A variety of card spreads directs our consciousness toward the sources of personal power, insight, and self-awakening.



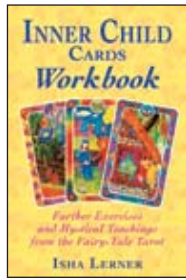
Inner Child Cards

A Fairy-Tale Tarot

Isha Lerner and Mark Lerner
Illustrated by
Christopher Guilfoil

ISBN-13: 978-1-879181-82-3
ISBN-10: 1-879181-82-7
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Boxed set, 6 x 9
336-page book with 89 b&w
illustrations and 78 full-color cards

Inner Child Cards is a divination system that reawakens the child in all of us by gently helping us to interact with the most potent archetypes of the inner world. Drawing on universal children's fairy tales, myths, and fables such as *Sleeping Beauty*, *Alice in Wonderland*, and *Robin Hood*, these delightful cards open our hearts and minds to new revelations about the journey of self-discovery.

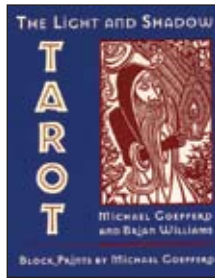


Inner Child Cards Workbook

Further Exercises and Mystical Teachings from the Fairy-Tale Tarot

Isha Lerner
ISBN-13: 978-1-879181-89-2
ISBN-10: 1-879181-89-4
\$14.00 (CAN \$20.50) pb
240 pages, 6 x 9
82 b&w illustrations

Specific visualizations and affirmations correspond to each of the major arcana cards, and new layouts and divination methods for use with her *Inner Child Cards* deck will allow those who are familiar with it to build on previous knowledge. This beautiful guidebook offers a personal, therapeutic journey through fairy-tale symbolism that is a perfect accompaniment to the *Inner Child Cards*.

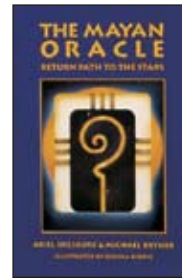


The Light and Shadow Tarot

Michael Goepferd and Brian Williams
Illustrated by
Michael Goepferd

ISBN-13: 978-0-89281-503-6
ISBN-10: 0-89281-503-5
\$19.95 (CAN \$28.95)
Boxed set, 4.25 x 5.5
208-page book with 78 b&w cards

This book and deck set features striking and original block-print art that draws inspiration from many spiritual traditions to help bring to light your shadow side—an essential part of the creative process that can lead to growth, movement, and change.



The Mayan Oracle

Return Path to the Stars

Ariel Spilsbury and Michael Bryner
Illustrated by
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While other divination systems deal with the awareness of our Earth selves, this oracle offers us a galactic perspective. The Mayan symbols are a "language of light" that represents a bridge between physical and spiritual realities, intended to transform our human experience into an experience of the infinite.



The Minchiate Tarot

The 97-Card Tarot of the Renaissance, Complete with the 12 Astrological Signs and the 4 Elements

Brian Williams
ISBN-13: 978-0-89281-651-4
ISBN-10: 0-89281-651-1
\$35.00 (CAN \$53.95)
Boxed set, 6 x 9
272-page book with 393 b&w
illustrations and 97 full-color cards

Bestselling tarot author Brian Williams brings us the first modern presentation of the unique Italian Renaissance tarot deck known as the Minchiate, with insightful commentary and subtle interpretations of the original art.

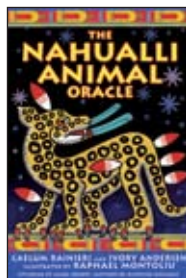


Mystical Origins of the Tarot

From Ancient Roots to Modern Usage
Paul Huson

ISBN-13: 978-0-89281-190-8
ISBN-10: 0-89281-190-0
\$18.95 (CAN \$27.95) pb
352 pages 6 x 9
300 b&w illustrations

In *Mystical Origins of the Tarot*, Paul Huson traces each symbol of the Minor Arcana to ancient Persia, and the Major Arcana Trump card images to the medieval world. A thorough examination of each card is given, and how the cards' divinatory meanings evolved. Huson also provides concise and practical card-reading methods of the 18th and 19th centuries and reveals the origins of the card interpretations promoted by the Hermetic Order of the Golden Dawn and A. E. Waite.

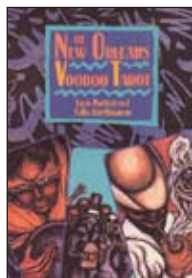


The Nahualli Animal Oracle

Caelum Rainieri and Ivory Andersen
Illustrated by
Raphael Montoliu

Epilogue by Marc Bekoff, author of *Minding Animals*
ISBN-13: 978-1-59143-017-9
ISBN-10: 1-59143-017-8
\$35.00 (CAN \$49.95)
Boxed set, 6 x 9

192 page book with 44 b&w illustrations and 40 full-color cards
Nahualli is the Aztec word for shadow soul, the animal double of the human soul. *The Nahualli Animal Oracle* teaches spiritual seekers to identify their own nahualli and receive soul guidance from this Aztec wisdom tradition. Ancient Aztec religious symbolism is reflected in the 40 beautifully illustrated cards. Detailed guidelines are included.

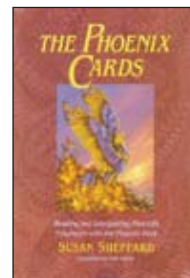


The New Orleans Voodoo Tarot

Louis Martinié and Sallie Ann Glassman

ISBN-13: 978-0-89281-363-6
ISBN-10: 0-89281-363-6
\$35.00 (CAN \$50.95)
Boxed set, 6 x 9
288-page book with 173 b&w
illustrations and 79 full-color cards

This book and 79-card deck mirror the face of New Orleans Voodoo that has emerged from the Dahomey tradition of West Africa, Creole and South American cultures. Explains rituals of the Voodoo religion in the context of Tarot spreads and readings, adding a completely new dimension to this ancient tradition of divination.

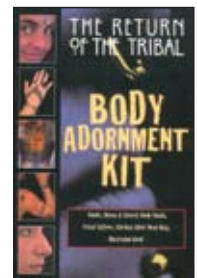


The Phoenix Cards

Reading and Interpreting Past-Life Influences with the Phoenix Deck
Susan Sheppard

ISBN-13: 978-0-89281-310-0
ISBN-10: 0-89281-310-5
\$29.95 (CAN \$43.50)
Boxed set, 6 x 9
272-page book and 28 full-color cards

Created especially for the study of past lives, this book and deck trigger unconscious memories of other times and civilizations, enabling you to understand unexplained emotions, attractions, and talents.



The Return of the Tribal Body Adornment Kit

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ISBN-10: 0-89281-792-5
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Boxed set, 6 x 9
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It's fun, it's safe, it's painless, and best of all, it's not permanent! Kit includes ornate bindis from India, cosmetic piercing, henna from Pakistan, body paint, and tribal tattoo designs, with complete instructions and a look at the history and significance of these body adornments.

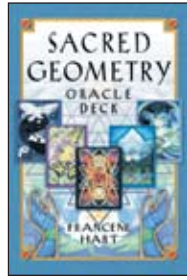


Rituals and Practices with the Motherpeace Tarot

Vicki Noble

ISBN-13: 978-1-59143-008-7
 ISBN-10: 1-59143-008-9
 \$15.00 (CAN \$21.95) pb
 208 pages, 6 x 9
 63 b&w illustrations
 Paperback book only.
 No deck included

A spiritual guidance system using ritual readings, rites of passage, daily meditation, and seasonal celebration to access and manifest divine feminine energy. Teaches how to use the imagery of the *Motherpeace* deck to read the past, present, and future, invoke good health, nurture healthy relationships, and receive divine guidance.

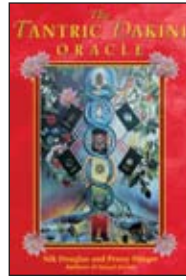


Sacred Geometry Oracle Deck

Francene Hart

ISBN-13: 978-1-879181-73-1
 ISBN-10: 1-879181-73-8
 \$35.00 (CAN \$50.00)
 Boxed set, 6 x 9
 152-page book with 71 b&w illustrations and 64 card deck

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.



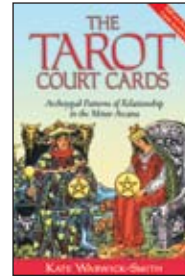
Boxed Set of *The Secret Dakini Oracle* book and deck

The Tantric Dakini Oracle

Nik Douglas and Penny Slinger

ISBN-13: 978-0-89281-137-3
 ISBN-10: 0-89281-137-4
 \$35.00 (CAN \$54.95)
 Boxed set, 6 x 9
 224-page book with 88 b&w illustrations and 65 full-color cards

The Tantric Dakini Oracle is a system of divination based on the 64 Dakinis, ancient symbolic representatives of the female intuitive wisdom. This boxed set of *The Secret Dakini Oracle* book and a 65 card divination deck are based on the mystical teachings of the Tantric tradition. Contains 22 Major Arcana and 40 Minor Arcana.

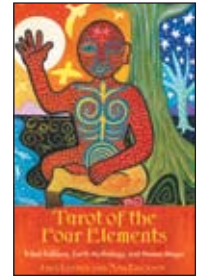


The Tarot Court Cards

Archetypal Patterns of Relationship in the Minor Arcana
 Kate Warwick-Smith

ISBN-13: 978-0-89281-092-5
 ISBN-10: 0-89281-092-0
 \$16.95 (CAN \$24.95) pb
 208 pages, 6 x 9
 105 b&w illustrations

The Tarot Court Cards focuses exclusively on the 16 "face" cards of the tarot—the King, Queen, Knight, and Page. Using the Kabbalah, the author reveals how they can be used to identify your inner resources and challenges, enhancing or hindering your efforts in the world. Seasoned tarot readers and newcomers alike will find this book offers insight and practical results.



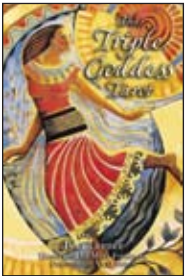
Tarot of the Four Elements

Tribal Folklore, Earth Mythology, and Human Magic

Isha Lerner and Amy Ericksen

ISBN-13: 978-1-59143-030-8
 ISBN-10: 1-59143-030-5
 \$35.00 (CAN \$49.95)
 Boxed set, 6 x 9
 208-page book with 83 b&w illustrations and 78 full-color cards

Tarot of the Four Elements prepares the soul for a magical exploration of the dream world using images from many cultures, including masks, totems, handprints, and symbols representing the natural world. Artist Amy Ericksen's paintings invoke the magic of nature and the human spirit, and inspire our own power and creativity.



The Triple Goddess Tarot

The Power of the Major Arcana, Chakra Healing, and the Divine Feminine
 Isha Lerner

Illustrated by Mara Friedman
 Foreword by Vicki Noble

ISBN-13: 978-1-879181-94-6
 ISBN-10: 1-879181-94-0
 \$35.00 (CAN \$49.95)
 Boxed set, 6 x 9
 248-page book with 40 b&w illustrations and 33 full-color cards

This deck offers a system using the healing power centers of the body, archetypal mysticism, the sacred feminine, and an awakened consciousness as a means to acquire greater health, empowerment, and purpose.

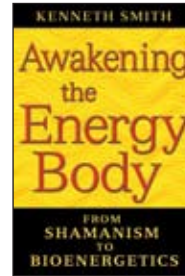


The Wheel of Change Tarot

Alexandra Genetti

ISBN-13: 978-0-89281-609-5
 ISBN-10: 0-89281-609-0
 \$35.00 (CAN \$50.00)
 Boxed set, 6 x 9
 400-page book with 100 b&w illustrations and 79 full-color cards

Full of archetypes for a new millennium, this colorful tarot brings together images from many cultures and from the natural world, emphasizing the interconnectedness of all things and showing that change is really the only constant in the universe.

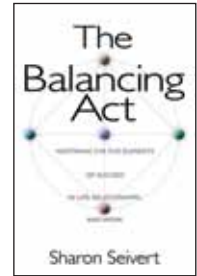


Awakening the Energy Body

From Shamanism to Bioenergetics
 Kenneth Smith

ISBN-13: 978-1-59143-084-1
 ISBN-10: 1-59143-084-4
 \$15.00 (CAN \$16.95) pb
 224 pages, 6 x 9
 12 b&w illustrations

Awakening the Energy Body offers a guide to managing and enhancing the functionality of the human energy body on its myriad levels. Smith draws on the Toltec tradition and bioenergetics to explain the infinite realities and perceptive abilities of the human energy body.

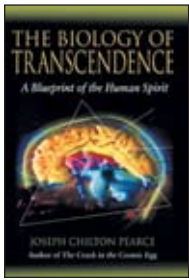


The Balancing Act

Mastering the Five Elements of Success in Life, Relationships, and Work
 Sharon Seivert

ISBN-13: 978-0-89281-776-4
 ISBN-10: 0-89281-776-3
 \$16.95 (CAN \$26.95) pb
 336 pages, 6 x 9

When the key elements of any system—a business, a family, a relationship—come into balance, and then function in a state of synergy, the whole becomes much more than the sum of the parts. Sharon Seivert shows how you can create this magical state of affairs in your life, love, and work on a daily basis.



The Biology of Transcendence

A Blueprint of the Human Spirit
Joseph Chilton Pearce

ISBN-13: 978-1-59477-016-6
ISBN-10: 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
ISBN-10: 0-89281-990-1
\$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.

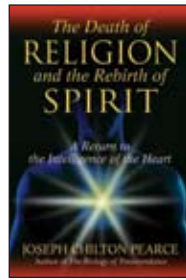


The Crack in the Cosmic Egg

New Constructs of Mind and Reality
Joseph Chilton Pearce
Foreword by Thom Hartmann

ISBN-13: 978-0-89281-994-2
ISBN-10: 0-89281-994-4
\$14.95 (CAN \$21.95) pb
224 pages, 6 x 9

With a masterful synthesis of recent discoveries in physics, biology, and psychology, Pearce reveals the extraordinary relationship of mind and reality and nature's blueprint for a self-transcending humanity.



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
ISBN-10: 1-59477-171-5
\$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 shows that if we can allow the intelligence of the heart to take hold and flourish, we can reverse this unconscious loss of our true being.

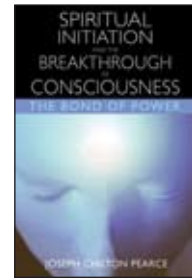


From Magical Child to Magical Teen

A Guide to Adolescent Development
Joseph Chilton Pearce

ISBN-13: 978-0-89281-996-6
ISBN-10: 0-89281-996-0
\$16.95 (CAN \$24.95) pb
256 pages, 6 x 9
34 b&w illustrations

Pearce demonstrates how nature has built into us an agenda for the intelligent unfolding of our lives. He offers a powerful critique of contemporary child-rearing practices and a groundbreaking alternative to existing perspectives on adolescence.

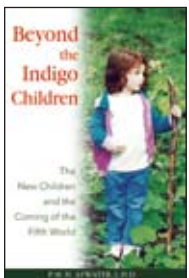


Spiritual Initiation and the Breakthrough of Consciousness

The Bond of Power
Joseph Chilton Pearce

ISBN-13: 978-0-89281-995-9
ISBN-10: 0-89281-995-2
\$14.95 (CAN \$21.95) pb
192 pages, 6 x 9

In this book Joseph Chilton Pearce describes his experience of shaktipat, received from his spiritual teacher, Swami Muktananda. Shaktipat is the moment enlightenment is conferred upon a student by his master's touch. Pearce experienced a dramatic shift of mind and realized that the challenge faced by modern humanity is to passionately gather the scattered fragments of our lives and channel them into the creative realm.



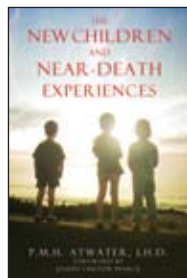
Beyond the Indigo Children

The New Children and the Coming of the Fifth World
P. M. H. Atwater, L.H.D.

ISBN-13: 978-1-59143-051-3
ISBN-10: 1-59143-051-8
\$16.00 (CAN \$21.95) pb
256 pages, 6 x 9

Also available in Spanish (see page 110)

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. P. M. H. Atwater connects the arrival of the "new children" with the fulfillment of the Fifth World of the Mayan Calendar and the worldwide ascension of energy now occurring, which will take humanity to the next level of development.

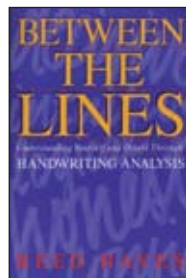


The New Children and Near-Death Experiences

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

ISBN-13: 978-1-59143-020-9
ISBN-10: 1-59143-020-8
\$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.

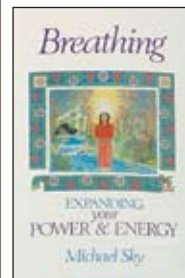


Between the Lines

Understanding Yourself and Others Through Handwriting Analysis
Reed Hayes

ISBN-13: 978-0-89281-371-1
ISBN-10: 0-89281-371-7
\$14.95 (CAN \$23.95) pb
240 pages, 6 x 9

As unique as a fingerprint, our handwriting is a reflection of our inner selves, revealing everything from our talents and personal tastes to insecurities, desires, and psychological attitudes. Reed Hayes shows how the practical art of graphology (or handwriting analysis) can provide insight into the qualities of your own personality as well as the personalities of those around you.

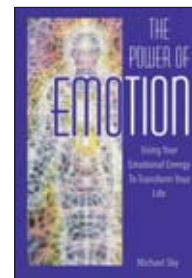


Breathing

Expanding Your Power and Energy
Michael Sky

ISBN-13: 978-0-939680-82-5
ISBN-10: 0-939680-82-3
\$12.95 (CAN \$17.50) pb
156 pages, 5.5 x 8.5

Breath, the central organizing life force, can be used as a meditation practice and as a way to inner peace, health, and vitality. The breathing techniques offered here can be used to establish calm when encountering stress, pain, and fear.

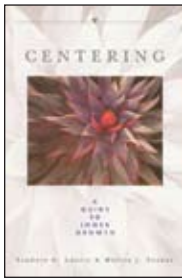


The Power of Emotion

Using Your Emotional Energy to Transform Your Life
Michael Sky

ISBN-13: 978-1-879181-92-2
ISBN-10: 1-879181-92-4
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

With meditative breathing practices at the end of each chapter and inspirational passages from the teachings of Adi Da, readers will learn to positively experience and develop their emotions while enhancing their creativity and productivity to accomplish their goals.



Centering

A Guide to Inner Growth

Sanders G. Laurie and Melvin J. Tucker

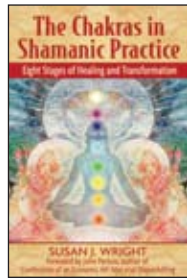
ISBN-13: 978-0-89281-420-6
 ISBN-10: 0-89281-420-9
 \$12.95 (CAN \$18.95) pb
 224 pages, 5.38 x 8.25

60-minute audiocassette:

ISBN-13: 978-0-89281-521-0
 ISBN-10: 0-89281-521-3
 \$9.95 (CAN \$15.95)

Also available in Spanish (see page 109)

A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



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
 ISBN-10: 1-59477-184-7
 \$16.95 (CAN \$21.50) pb
 274 pages, 6 x 9
 1 color and 45 b&w illustrations

Susan Wright explains how to work with the chakra centers to heal unresolved psychic wounds. She identifies eight key developmental stages of life, from birth to old age/death, linking each to a chakra. Practitioners discover ways to gather and nurture the fragmented parts of their energy body to lead themselves to physical, emotional, and spiritual well-being.



Combatting Cult Mind Control

The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults

Steven Hassan
 ISBN-13: 978-0-89281-311-7
 ISBN-10: 0-89281-311-3
 \$16.95 (CAN \$26.95) pb
 256 pages, 6 x 9

Book on 2 audiocassettes:
 ISBN-13: 978-0-89281-422-0
 ISBN-10: 0-89281-422-5
 \$17.95 (CAN \$28.95)

Learn how to protect yourself and your family from the very real threat of deceptive recruitment tactics and destructive mind control techniques used by thousands of organizations.

“Sound practical advice about cult-related issues.”
American Journal of Psychiatry



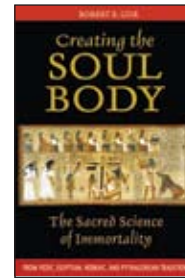
Crafting the Soul

Creating Your Life as a Work of Art

Rabbi Byron L. Sherwin, Ph.D.

ISBN-13: 978-0-89281-704-7
 ISBN-10: 0-89281-704-6
 \$14.95 (CAN \$23.95) pb
 240 pages, 6 x 9

Within each human soul, meaning flickers as a spark waiting to be ignited. We are each responsible for taking the material of our own life and shaping it into something unique, beautiful, and meaningful. This process, which Sherwin calls *soulcrafting*, can turn your life into a work of art.



New-June 2008

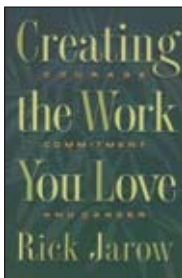
Creating the Soul Body

The Sacred Science of Immortality

Robert E. Cox

ISBN-13: 978-1-59477-221-4
 ISBN-10: 1-59477-221-5
 \$18.95 (CAN \$21.50) pb
 288 pages, 6 x 9

Ancient cultures knew how to create a soul body capable of carrying individual consciousness beyond physical death. *Creating the Soul Body* explains the spiritual alchemy of raising consciousness to the point where the sacred science of immortality is possible.



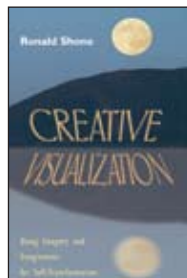
Creating the Work You Love

Courage, Commitment, and Career

Rick Jarow, Ph.D.

ISBN-13: 978-0-89281-542-5
 ISBN-10: 0-89281-542-6
 \$14.95 (CAN \$21.95) pb
 216 pages, 6 x 9

Career counselor Rick Jarow argues for a return to the concept of vocation—finding a “calling” instead of a job. Concentrating on the attributes of the body’s energy centers, or chakras, Dr. Jarow shows how to form a bridge between personal priorities and external activities that allows strategies to be developed for finding a career that nourishes all aspects of one’s life.



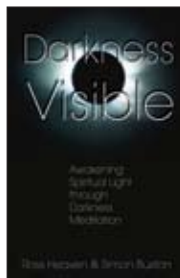
Creative Visualization

Using Imagery and Imagination for Self-Transformation

Ronald Shone

ISBN-13: 978-0-89281-707-8
 ISBN-10: 0-89281-707-0
 \$14.95 pb
 176 pages, 5.38 x 8.25
 12 b&w illustrations

This comprehensive guide to harnessing the power of visualization for positive life changes explains the principles behind the visualization process and how each of us can awaken these abilities to realize our life goals.



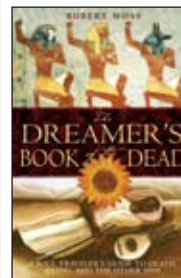
Darkness Visible

Awakening Spiritual Light through Darkness Meditation

Ross Heaven and Simon Buxton

ISBN-13: 978-1-59477-061-6
 ISBN-10: 1-59477-061-1
 \$14.95 (CAN \$20.95) pb
 192 pages, 6 x 9

Spiritual seekers from many traditions have used darkness as a method for exploring hidden aspects of unconscious and super-conscious states, and for embracing the deeper recesses of the self. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness, and thus provides a springboard for creativity, intuition, and spiritual development.



The Dreamer's Book of the Dead

A Soul Traveler's Guide to Death, Dying, and the Other Side

Robert Moss

ISBN-13: 978-1-59477-037-1
 ISBN-10: 1-59477-037-9
 \$16.95 (CAN \$22.95) pb
 320 pages, 6 x 9

In *The Dreamer's Book of the Dead*, Robert Moss explains that we have entirely natural contact with the departed in our dreams, when they come visiting and we may travel into their realms. As we become active dreamers, we can heal our relationship with the departed and move beyond the fear of death.



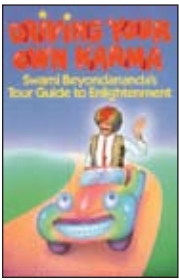
Dreamways of the Iroquois

Honoring the Secret Wishes of the Soul

Robert Moss

ISBN-13: 978-1-59477-034-0
 ISBN-10: 1-59477-034-4
 \$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.

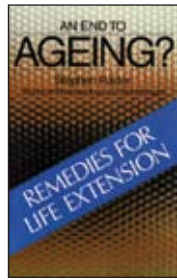


Driving Your Own Karma

Swami Beyondananda's Tour Guide to Enlightenment

Swami Beyondananda
 ISBN-13: 978-0-89281-253-0
 ISBN-10: 0-89281-253-2
 \$12.95 (CAN \$20.95) pb
 144 pages, 5.38 x 8.25

Have you tried so many spiritual paths you've become pathological? Experienced so much personal growth you're totally growned out? Look no more. Swami Beyondananda, whose syndicated columns, tapes, and live performances have delighted millions, has the ultimate answers for you.



An End to Ageing?

Remedies for Life Extension

Stephen Fulder, Ph.D.
 ISBN-13: 978-0-89281-044-4
 ISBN-10: 0-89281-044-0
 \$5.95 (CAN \$9.50) pb
 120 pages, 5.38 x 8.25

From a wealth of specific anti-ageing practices gathered from around the world, Dr. Fulder builds a life extension program for all ages that is best begun right now. His practical knowledge of the effects on the body of plants, foods, drugs, vitamins, body chemistry, behavior, and more, make this the definitive text on life-extension practices.



Enlightened Management

Bringing Buddhist Principles to Work

Dona Witten
 with Akong Tulku Rinpoche
 ISBN-13: 978-0-89281-876-1
 ISBN-10: 0-89281-876-X
 \$14.95 (CAN \$22.95) pb
 176 pages, 5.38 x 8.25

A management consultant teams up with a Tibetan lama to show how to create a successful and harmonious business environment by bringing Buddhist principles to the workplace.

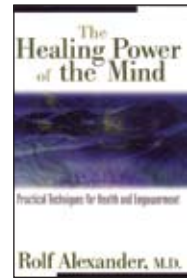


Financial Success

Harnessing the Power of Creative Thought

Wallace D. Wattles
 ISBN-13: 978-0-89281-304-9
 ISBN-10: 0-89281-304-0
 \$9.95 (CAN \$13.50) pb
 112 pages, 5.38 x 8.25

This intriguing book shows how freedom from both economic and emotional insecurity can be achieved in practical, creative, and noncompetitive ways. The approach outlined in this book enables us to find our proper place in the cosmic scheme and to create for ourselves a harmonious environment in which to grow in wealth, wisdom, and happiness.



The Healing Power of the Mind

Practical Techniques for Health and Empowerment

Rolf Alexander, M.D.
 ISBN-13: 978-0-89281-729-0
 ISBN-10: 0-89281-729-1
 \$10.95 (CAN \$15.95) pb
 128 pages, 5.38 x 8.25

Also available in Spanish (see page 111)

Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.

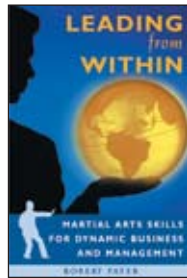


The Invisible Player

Consciousness as the Soul of Economic, Social, and Political Life

Mario Kamenetzky
 ISBN-13: 978-0-89281-665-1
 ISBN-10: 0-89281-665-1
 \$16.95 (CAN \$26.95) pb
 336 pages, 6 x 9

With welcome candor and insight, *The Invisible Player* brings into focus why, despite tremendous financial success and technological advancement, people today remain unfulfilled, discouraged, and sick at heart from living in a world that has replaced compassion with violence and greed.



Leading from Within

Martial Arts Skills for Dynamic Business and Management

Robert Pater
 ISBN-13: 978-0-89281-794-8
 ISBN-10: 0-89281-794-1
 \$16.95 (CAN \$26.95) pb
 256 pages, 6 x 9

Robert Pater shows how by using martial arts concepts we can maintain inner calm, influence others by controlling ourselves, develop intuitive judgment, sustain concentration on goals, react quickly to change, and turn minimum effort into maximum gains.

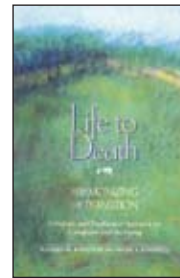


Less Is More

An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity

Edited by Gurdian VandenBroeck
 ISBN-13: 978-0-89281-554-8
 ISBN-10: 0-89281-554-X
 \$18.95 (CAN \$24.95) pb
 334 pages, 6 x 9

This engaging anthology offers words of wisdom from the world's greatest thinkers on the virtues of simplicity. Included are writings from Ovid, Patañjali, St. Matthew, Milarepa, Rumi, Eckhart, Basho, Rousseau, Tagore, Suzuki, Illich, and many others.

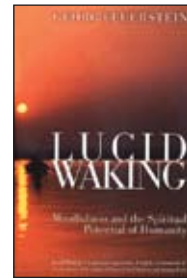


Life to Death: Harmonizing the Transition

A Holistic and Meditative Approach for Caregivers and the Dying

Richard W. Boerstler, Ph.D. and Hulen S. Kornfeld, R.N.
 ISBN-13: 978-0-89281-329-2
 ISBN-10: 0-89281-329-6
 \$14.95 (CAN \$23.95) pb
 256 pages, 6 x 9

Written for the terminally ill, their families and others involved in the care of the dying, *Life to Death* introduces the technique of co-meditation, a method to help a patient maintain a "clear mind and peaceful heart" during the process of dying. A script for co-meditation sessions, with relaxation and visualization techniques, is included.

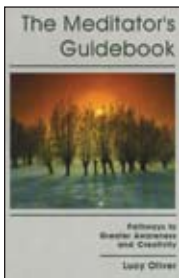


Lucid Waking

Mindfulness and the Spiritual Potential of Humanity

Georg Feuerstein, Ph.D.
 ISBN-13: 978-0-89281-613-2
 ISBN-10: 0-89281-613-9
 \$22.95 (CAN \$36.95) hardcover
 192 pages, 5.38 x 8.25

A noted scholar of Eastern philosophy explains how to make the experience of heightened awareness a part of everyday life, and how this can transform the planet. Rich with philosophy and insight from one of our most gifted chroniclers of the inner experience, *Lucid Waking* is a statement of unshakable faith in the great potential of humanity.

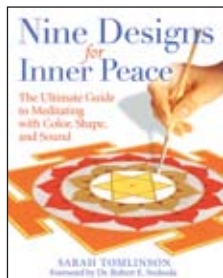


The Meditator's Guidebook

Pathways to Greater Awareness and Creativity
Lucy Oliver

ISBN-13: 978-0-89281-360-5
ISBN-10: 0-89281-360-1
\$9.95 (CAN \$15.95) pb
160 pages, 5 x 7.75

This guide illuminates the basic process that is initiated when someone seriously begins to learn meditation in any tradition or with any technique. Moving from initial efforts to still the mind to advanced techniques for transcending the idea of meditation, the author describes with precision the benefits and pitfalls of meditation.

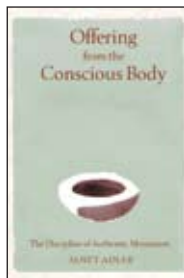


New-Available
Nine Designs for Inner Peace

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
ISBN-10: 1-59477-194-4
\$24.95 (CAN \$27.95) pb
192 pages, 8 x 10
130 color and b&w illustrations

This workbook provides an important resource for active meditation, a practice that reveals the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras gives access to profound states of healing integration.



Offering from the Conscious Body

The Discipline of Authentic Movement
Janet Adler

ISBN-13: 978-0-89281-966-9
ISBN-10: 0-89281-966-9
\$25.00 (CAN \$36.50) hardcover
264 pages, 6 x 9

This Western awareness practice encourages the individual to experience the evolving relationship with oneself, another, the collective, and the divine through the natural impulses of conscious movement, compassionate witnessing, and clear articulation of experience.

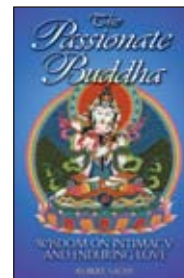


On a Spaceship with Beelzebub

By a Grandson of Gurdjieff
David Kherdian

ISBN-13: 978-0-89281-673-6
ISBN-10: 0-89281-673-2
\$14.95 (CAN \$23.95) pb
288 pages, 6 x 9

Acclaimed author David Kherdian describes the inspiring story of his own spiritual transformation and awakening and warns of the dangers inherent in being a member of any spiritual group.

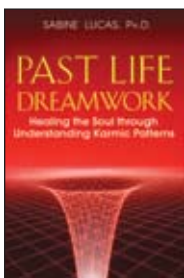


The Passionate Buddha

Wisdom on Intimacy and Enduring Love
Robert Sachs

ISBN-13: 978-0-89281-914-0
ISBN-10: 0-89281-914-6
\$14.95 (CAN \$21.95) pb
224 pages, 6 x 9

Robert Sachs interweaves traditional Buddhist thought with the concerns of the modern couple. He clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship.

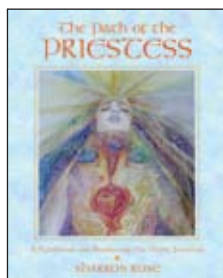


New-June 2008
Past Life Dreamwork

Healing the Soul through Understanding Karmic Patterns

Sabine Lucas, Ph.D.
ISBN-13: 978-1-59143-075-9
ISBN-10: 1-59143-075-5
\$16.00 (CAN \$17.95) pb
272 pages, 6 x 9

Past Life Dreamwork is the first book to approach reincarnation from the perspective of dreams. Sabine Lucas explains our "soul bloodlines" and how individuals are made whole through the integration of common strands of forgotten or repressed past lives.

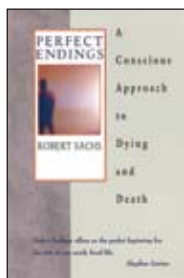


The Path of the Priestess

A Guidebook for Awakening the Divine Feminine
Sharron Rose

ISBN-13: 978-0-89281-964-5
ISBN-10: 0-89281-964-2
\$19.95 (CAN \$28.95) pb
304 pages, 8 x 10
52 b&w illustrations and photographs

Sharron Rose describes her first-hand experience in the ancient arts of Tantra, Dzogchen, Indian and Egyptian temple dance and healing, and research of the feminine principle in mystic teachings of the Alchemists, Hebrew Kabbalists, and Christian Gnostics. Through exercises and visualizations this book provides women the means to align themselves with the powerful, sensuous, and loving energies of the most profound feminine role model—the Great Goddess.



Perfect Endings

A Conscious Approach to Dying and Death
Robert Sachs

ISBN-13: 978-0-89281-779-5
ISBN-10: 0-89281-779-8
\$12.95 (CAN \$18.95) pb
176 pages, 5.38 x 8.25

Written with lucidity and compassion, this book shows how the death experience, actually our finest hour, is an expansion into a wider dimension of our core being. Sachs explains how he uses the Tibetan practice of *phowa*, or conscious dying, to aid in the process of letting go of life.

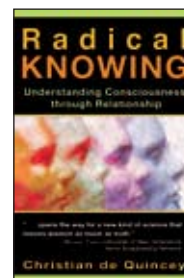


The Prophet's Way

A Guide to Living in the Now
Thom Hartmann

ISBN-13: 978-0-89281-198-4
ISBN-10: 0-89281-198-6
\$18.95 (CAN \$27.95) pb
336 pages, 6 x 9

In *The Prophet's Way*, Thom Hartmann shares his intense spiritual journey, a story that melds recent discoveries in science with ancient truths. Through insightful and engaging vignettes Hartmann teaches that accepting the challenge to have faith means living in the moment, where the material and spiritual worlds meet. He offers readers a powerful example of how we can create our future by reconnecting to the sacred heartbeat of the world.

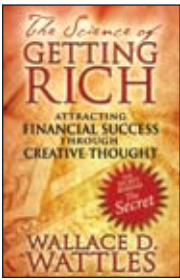


Radical Knowing

Understanding Consciousness through Relationship
Christian de Quincey

ISBN-13: 978-1-59477-079-1
ISBN-10: 1-59477-079-4
\$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.



New-Available
The Science of Getting Rich

Attracting Financial Success through Creative Thought

Wallace D. Wattles

ISBN-13: 978-1-59477-209-2
 ISBN-10: 1-59477-209-6
 \$6.95 (CAN \$8.95) pb
 112 pages, 5.38 x 8.25

This is the 100-year-old book that inspired *The Secret*, Rhonda Byrne's bestseller. *The Science of Getting Rich* shows how economic and emotional security can be achieved in a practical, imaginative, and noncompetitive way. By living in accordance with the positive principles outlined in this book we can find our rightful place in the cosmic scheme and grow in wealth, wisdom, and happiness.



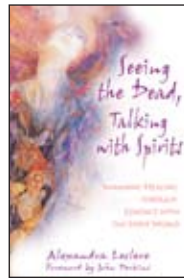
The Secret Dowry of Eve

Woman's Role in the Development of Consciousness

Glynda-Lee Hoffmann
 Foreword by Joseph Chilton Pearce

ISBN-13: 978-0-89281-968-3
 ISBN-10: 0-89281-968-5
 \$16.95 (CAN \$24.95) pb
 224 pages, 6 x 9
 15 b&w illustrations

Using her lifelong study of the Qabalah and the Hebrew alphabet, Hoffmann reveals why it was permissible for Eve to eat the apple of knowledge that was forbidden to Adam. Eve's desire for integration, clarity, and transcendence is a goal Adam is biologically incapable of pursuing without her.



Seeing the Dead, Talking with Spirits

Shamanic Healing through Contact with the Spirit World

Alexandra Leclere
 Foreword by John Perkins, *The New York Times* bestselling author of *Confessions of an Economic Hit Man*

ISBN-13: 978-1-59477-083-8
 ISBN-10: 1-59477-083-2
 \$14.95 (CAN \$20.95) pb
 224 pages, 6 x 9

Often the pain caused by unresolved psychological traumas from the past—including past lives—is the key obstacle restricting access to the powers offered by the spirits. The first step in healing requires reconnecting with the joy that resides within us. Once this connection has been established, we are all capable of restoring our connection to the spirit world.

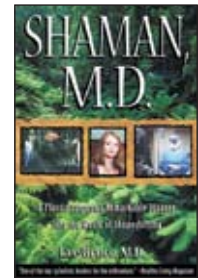


Shaking Medicine
The Healing Power of Ecstatic Movement

Bradford Keeney

ISBN-13: 978-1-59477-149-1
 ISBN-10: 1-59477-149-9
 \$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, and shows how shaking can bring forth profound therapeutic effects. The book includes practical exercises in how to shake for both physical and spiritual benefit, as well as a 40-minute CD of ecstatic drumming music to use while shaking.



Shaman, M.D.
A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting

Eve Bruce, M.D.

ISBN-13: 978-0-89281-976-8
 ISBN-10: 0-89281-976-6
 \$14.95 (CAN \$23.95) pb
 192 pages, 6 x 9

Includes 8-page b&w photo insert
 As a plastic surgeon and the first non-Quechua woman to be initiated into the Circle of Yachaks (bird-people shamans of the Andes), Dr. Eve Bruce sees herself as an agent of change in both worlds. By integrating the two healing modalities of surgeon and shaman, Bruce is able to help people shapeshift into newfound health on all levels—physical, emotional, and spiritual.



Shamanic Experience

A Practical Guide to Psychic Powers

Kenneth Meadows

ISBN-13: 978-1-59143-002-5
 ISBN-10: 1-59143-002-X
 \$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.



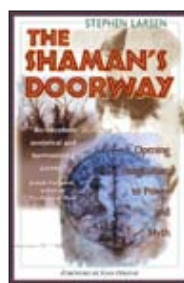
Shamanic Spirit

A Practical Guide to Personal Fulfillment

Kenneth Meadows

ISBN-13: 978-1-59143-031-5
 ISBN-10: 1-59143-031-3
 \$20.00 (CAN \$28.95) pb
 256 pages, 6 x 9
 39 b&w illustrations
 Includes 60-minute CD

In *Shamanic Spirit* Kenneth Meadows introduces Shamanics, his spiritual science of living. Drawing upon universal shamanic concepts from the Americas, Europe, the Middle East, India, China, and Polynesia, he presents 33 exercises that help readers to meet the challenges of their lives with confidence and self-assurance.



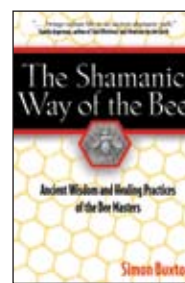
The Shaman's Doorway

Opening Imagination to Power and Myth

Stephen Larsen

ISBN-13: 978-0-89281-672-9
 ISBN-10: 0-89281-672-4
 \$16.95 (CAN \$22.95) pb
 272 pages, 6 x 9
 23 b&w illustrations

A renowned psychotherapist draws on his own inspiring work on the relationship of shamanism to the psyche and society to show that the shaman may hold the key to the future.



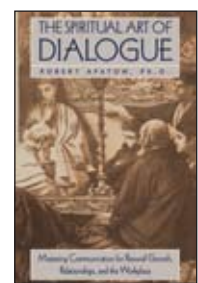
The Shamanic Way of the Bee

Ancient Wisdom and Healing Practices of the Bee Masters

Simon Buxton

ISBN-13: 978-1-59477-119-4
 ISBN-10: 1-59477-119-7
 \$14.95 (CAN \$19.50) pb
 224 pages, 6 x 9

ISBN-13: 978-0-89281-148-9
 ISBN-10: 0-89281-148-X
 \$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. In this authoritative ethnography and spiritual memoir, Simon Buxton—an elder of the Path of Pollen—reveals this tradition, until now known only to initiates. *The Shamanic Way of the Bee* is a rare view into the secret wisdom of this age-old tradition.



The Spiritual Art of Dialogue

Mastering Communication for Personal Growth, Relationships, and the Workplace

Robert Apatow, Ph.D.

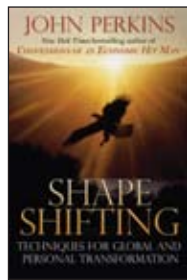
ISBN-13: 978-0-89281-674-3
 ISBN-10: 0-89281-674-0
 \$22.00 (CAN \$34.95) hardcover
 208 pages, 6 x 9

With straightforward examples and invaluable step-by-step instruction, the author shows how we can take control of our own lives when we understand the strength that resides in our ability to communicate, and how the very forms into which we place our words can improve—and empower—our personal and professional lives.



John Perkins

Author of The New York Times bestseller *Confessions of an Economic Hit Man*
Three decades as a world-traveling corporate hit man brought Perkins to a turning point: he decided he must try to change the world. Today he teaches the importance of rising to higher levels of consciousness, of waking up, in both spiritual and physical realms.



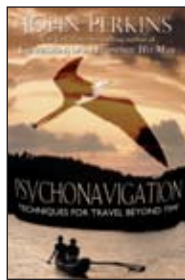
Shapeshifting

Techniques for Global and Personal Transformation

John Perkins
 ISBN-13: 978-0-89281-663-7
 ISBN-10: 0-89281-663-5
 \$12.95 (CAN \$18.95) pb
 184 pages, 6 x 9
 13 b&w photographs

Also available in Spanish (see page 112)

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.



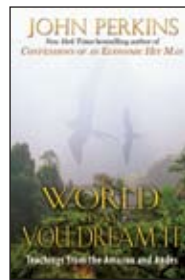
Psychonavigation

Techniques for Travel Beyond Time

John Perkins
 ISBN-13: 978-0-89281-800-6
 ISBN-10: 0-89281-800-X
 \$12.95 (CAN \$18.95) pb
 144 pages, 6 x 9

Also available in Spanish (see page 111)

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.



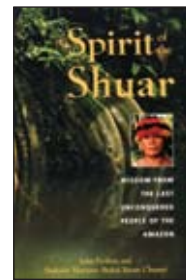
The World Is As You Dream It

Teachings from the Amazon and Andes

John Perkins
 ISBN-13: 978-0-89281-459-6
 ISBN-10: 0-89281-459-4
 \$12.95 (CAN \$18.95) pb
 160 pages, 6 x 9

Also available in Spanish (see page 110)

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.



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
 ISBN-10: 0-89281-865-4
 \$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.

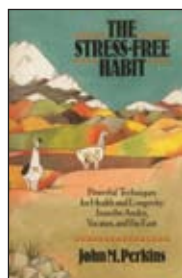


Dream Change

Shamanic Journeying Techniques from the Amazon and Andes

John Perkins
 ISBN-13: 978-0-89281-394-0
 ISBN-10: 0-89281-394-6
 \$10.95 (CAN \$17.50)
 60-minute audiocassette

The work of John Perkins continues to bridge the gap between Western culture and that of the indigenous people of the rain forest, facilitating an exchange of knowledge while helping to preserve not only their teachings, but their increasingly fragile environment.

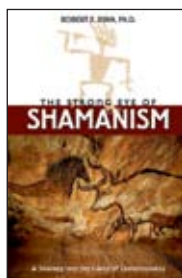


The Stress-Free Habit

Powerful Techniques for Health and Longevity from the Andes, Yucatan, and the Far East

John Perkins
 ISBN-13: 978-0-89281-292-9
 ISBN-10: 0-89281-292-3
 \$12.95 (CAN \$16.95) pb
 104 pages, 5.38 x 8.25

This simple, effective program for stress management is based on methods used by native cultures around the world.



The Strong Eye of Shamanism

A Journey into the Caves of Consciousness

Robert E. Ryan, Ph.D.
 ISBN-13: 978-0-89281-709-2
 ISBN-10: 0-89281-709-7
 \$19.95 (CAN \$28.95) pb
 320 pages, 6 x 9
 51 b&w illustrations

In this profound study of shamanism, the “strong eye” of the title refers to the archetypal symbolism that sits at the foundation of all human life—whether in Paleolithic caves or today’s temples. The author asserts that society has become separated from the power of those symbols that lead us into deeper understanding of our spirituality.



Transforming Your Dragons

How to Turn Fear Patterns into Personal Power

José Stevens, Ph.D.
 ISBN-13: 978-1-879181-17-5
 ISBN-10: 1-879181-17-7
 \$16.00 (CAN \$23.50) pb
 416 pages, 5.5 x 8.5

Dr. Stevens describes the core source of human fear—inner dragons that consume power through greed, self-deprecation, arrogance, impatience, martyrdom, self-destruction, and just plain stubbornness.

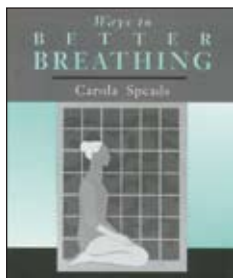


Walking Your Blues Away

How to Heal the Mind and Create Emotional Well-Being

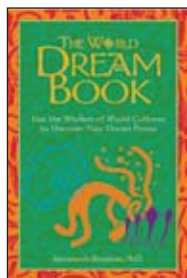
Thom Hartmann
 ISBN-13: 978-1-59477-144-6
 ISBN-10: 1-59477-144-8
 \$12.95 (CAN \$16.50) pb
 112 pages, 6 x 9

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.



Ways to Better Breathing

Carola Speads
 ISBN-13: 978-0-89281-397-1
 ISBN-10: 0-89281-397-0
 \$14.95 (CAN \$23.95) pb
 144 pages, 6.75 x 8
 24 b&w illustrations
 A life-long teacher of breathing practices offers a program of gentle exercises that relieve stress and benefit all who use breath consciously, including those in the performing arts and public speaking.



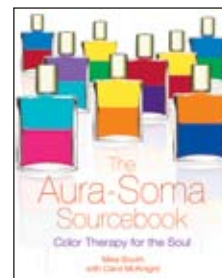
The World Dream Book

Use the Wisdom of World Cultures to Uncover Your Dream Power
 Sarvananda Bluestone, Ph.D.
 ISBN-13: 978-0-89281-902-7
 ISBN-10: 0-89281-902-2
 \$14.95 (CAN \$21.95) pb
 264 pages, 6 x 9
 b&w illustrations throughout
 A unique self-help guide to dream interpretation using techniques and icons from cultures around the world. This book challenges the assumption that all symbols universally signify the same thing to all dreamers and includes numerous stories, games, and exercises for inducing, recalling, interpreting, and utilizing dreams.



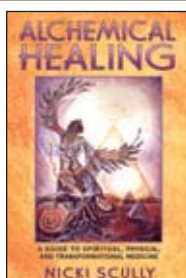
Aura-Soma

Self-Discovery through Color
 Vicky Wall
 ISBN-13: 978-1-59477-065-4
 ISBN-10: 1-59477-065-4
 \$16.95 (CAN \$23.95) pb
 240 pages, 6 x 9
 Includes 16-page color and b&w insert
 Aura-Soma is an innovative approach to soul therapy that relies on the subtle energies contained in colored liquids made from plant extracts, essential oils, and crystal and gem elixirs. The energetic properties of the liquids interact with one's aura to promote equilibrium in the body, mind, and spirit, and inspire consciousness of our soul's purpose.



The Aura-Soma Sourcebook

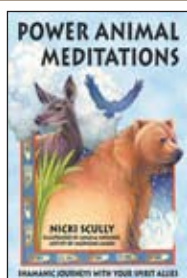
Color Therapy for the Soul
 Mike Booth with Carol McKnight
 ISBN-13: 978-1-59477-077-7
 ISBN-10: 1-59477-077-8
 \$24.95 (CAN \$29.95) pb
 304 pages, 8 x 10
 Full color throughout
 The *Aura-Soma Sourcebook* details the origins, holistic understanding, and consciousness mirroring effects of equilibrium 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.



Alchemical Healing

A Guide to Spiritual, Physical, and Transformational Medicine
 Nicki Scully
 ISBN-13: 978-1-59143-015-5
 ISBN-10: 1-59143-015-1
 \$18.00 (CAN \$25.95) pb
 352 pages, 6 x 9
 15 b&w illustrations

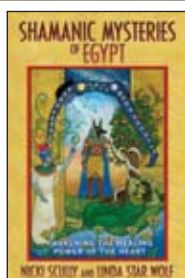
Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy, creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, develop communications between divinity and humanity, retrieve knowledge, and to influence physical reality in order to achieve healing and transformation.



Power Animal Meditations

Shamanic Journeys with Your Spirit Allies
 Nicki Scully
 Illustrated by Angela Werneke
 ISBN-13: 978-1-879181-71-7
 ISBN-10: 1-879181-71-1
 \$16.00 (CAN \$23.50) pb
 280 pages, 6 x 9
 50 b&w illustrations

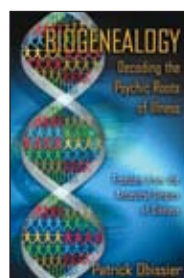
Calling upon the magical wisdom of nature, Nicki Scully guides us into the spirit world of sacred totems, oracles, and animal teachings from many cultures, including Africa, Egypt, and North America. Each totem is exquisitely illustrated by Angela Werneke, the award-winning illustrator of *Medicine Cards*.



Shamanic Mysteries of Egypt

Awakening the Healing Power of the Heart
 Nicki Scully and Linda Star Wolf
 ISBN-13: 978-1-59143-068-1
 ISBN-10: 1-59143-068-2
 \$16.00 (CAN \$20.00) pb
 264 pages, 6 x 9
 Includes 8-page color insert

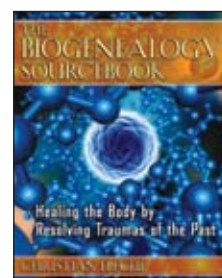
Nicki Scully and Linda Star Wolf renew humanity's connection to the ancient gods of Egypt, the *neteru*, with this book of wisdom teachings and rituals that invoke ancient Egyptian deities. The shamanic initiations provided evoke the power to unite heart and mind in the sacred marriage that brings transformation,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



Biogenealogy: Decoding the Psychic Roots of Illness

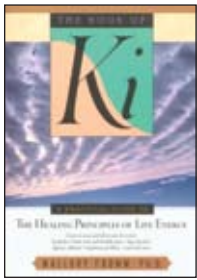
Freedom from the Ancestral Origins of Disease
 Patrick Obissier
 ISBN-13: 978-1-59477-089-0
 ISBN-10: 1-59477-089-1
 \$14.95 (CAN \$20.95) pb
 192 pages, 6 x 9
 3 b&w illustrations

It is possible to trace the root cause of an illness to our ancestors—their unresolved psychic distress can become part of the cellular memory inherited by their descendants. Until the issue has been settled successfully, it will continue to trigger illnesses in the generations that follow. *Biogenealogy: Decoding the Psychic Roots of Illness* offers protocols for diagnosis and treatment for these conflicts.



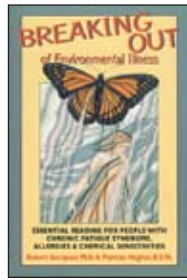
New-July 2008 The Biogenealogy Sourcebook

Healing the Body by Resolving Traumas of the Past
 Christian Flèche
 ISBN-13: 978-1-59477-206-1
 ISBN-10: 1-59477-206-1
 \$19.95 (CAN \$22.50) pb
 192 pages, 8 x 10
 28 b&w illustrations
 The *Biogenealogy Sourcebook* is a practical guide to understanding the relationship between emotions, organ systems and disease. It includes detailed information about how emotional trauma creates physical illness in the major organs of the body, helping readers understand causes, rather than just effects, of illness.



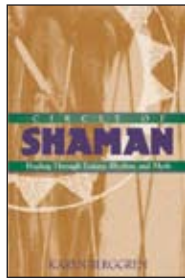
The Book of Ki
A Practical Guide to the Healing Principles of Life Energy

Mallory Fromm, Ph.D.
 ISBN-13: 978-0-89281-744-3
 ISBN-10: 0-89281-744-5
 \$16.95 (CAN \$26.95) pb
 128 pages, 7 x 10
 68 b&w photographs
 Ki is the life energy that animates the entire universe, and that already exists in each of us. Learning to access and allow the flow of your ki promotes self-healing and can, as well, be used to heal others. *The Book of Ki* presents thorough discussion of what ki is, then teaches you how to access your own.



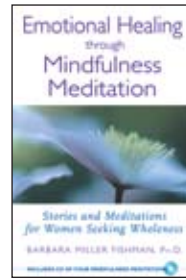
Breaking Out of Environmental Illness
Essential Reading for People with Chronic Fatigue Syndrome, Allergies, and Chemical Sensitivities

Robert Sampson, M.D. and Patricia Hughes, B.S.N.
 ISBN-13: 978-1-879181-41-0
 ISBN-10: 1-879181-41-X
 \$14.00 (CAN \$21.95) pb
 272 pages, 6 x 9
 This is a book written to accelerate the personal healing of anyone suffering from any form of environmental illness. It tells the story of how a physician and a nurse liberate themselves from a common debilitating condition.



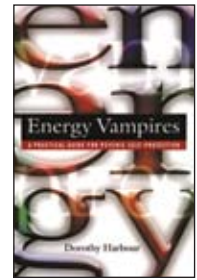
Circle of Shaman
Healing Through Ecstasy, Rhythm, and Myth

Karen Berggren
 ISBN-13: 978-0-89281-622-4
 ISBN-10: 0-89281-622-8
 \$12.95 (CAN \$18.95) pb
 208 pages, 6 x 9
 The shamanic flight of ecstasy distinguishes shamanism from other spiritual and healing practices. By healing themselves of dysfunctional, outworn, or egocentric patterns and beliefs, shamans provide the model for the greater community to heal and transform itself. Integration of the ecstatic experience into modern culture is crucial to humanity's continued survival and unfolding destiny as partner with the earth.



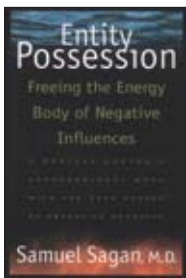
Emotional Healing through Mindfulness Meditation

Stories and Meditations for Women Seeking Wholeness
 Barbara Miller Fishman, Ph.D.
 ISBN-13: 978-0-89281-998-0
 ISBN-10: 0-89281-998-7
 \$18.95 (CAN \$27.50) pb
 240 pages, 6 x 9
 Includes 60-minute CD
 This book explores how women can heal deep emotional pain through a new therapeutic approach that combines mindfulness meditation with psychotherapy. Once learned, these practices can be used to face difficult situations, discover self-acceptance, and release the love needed to reside fully in one's whole self.



Energy Vampires
A Practical Guide for Psychic Self-protection

Dorothy Harbour
 ISBN-13: 978-0-89281-910-2
 ISBN-10: 0-89281-910-3
 \$14.95 (CAN \$21.95) pb
 192 pages, 6 x 9
 The author offers a guide to self-protection from individuals and situations that take excessive amounts of energy without giving anything in return, leaving us drained and ineffectual. Included is an exercise program that helps strengthen our auras and ground ourselves psychologically, as well as helpful practices that demonstrate how to cleanse our subconscious of "psycho-trash."



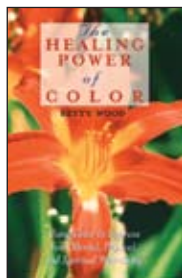
Entity Possession
Freeing the Energy Body of Negative Influences

Samuel Sagan, M.D.
 ISBN-13: 978-0-89281-612-5
 ISBN-10: 0-89281-612-0
 \$14.95 (CAN \$21.95) pb
 192 pages, 6 x 9
 Using actual case studies, Dr. Sagan presents the facts of entity possession, analyzes their mechanisms and motivations, and includes many tips on how to dislodge these parasites from the individuals whose lives are thrown out of balance by their presence.



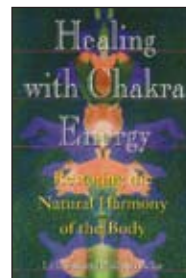
New-Available
 10th Anniversary Edition of *Good Grief*, previously published as *Healing Through the Shadow of Loss*
Good Grief

Healing Through the Shadow of Loss
 Deborah Morris Coryell
 ISBN-13: 978-1-59477-159-0
 ISBN-10: 1-59477-159-6
 \$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. She reminds us that all losses must be grieved, and that paying attention to even the most minute experience of loss can help us to be more in tune with ourselves, allowing us to once again join the rhythm of life from which we have become disconnected.



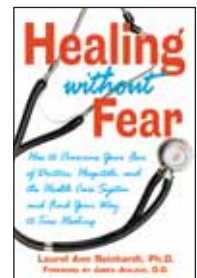
The Healing Power of Color

Using Color to Improve Your Mental, Physical, and Spiritual Well-Being
 Betty Wood
 ISBN-13: 978-0-89281-706-1
 ISBN-10: 0-89281-706-2
 \$12.95 (CAN \$18.95) pb
 120 pages, 5.38 x 8.25
 The author shows how color was used in ancient civilizations, its applications in healing traditions, and the ways it is currently used to affect mood and behavior.



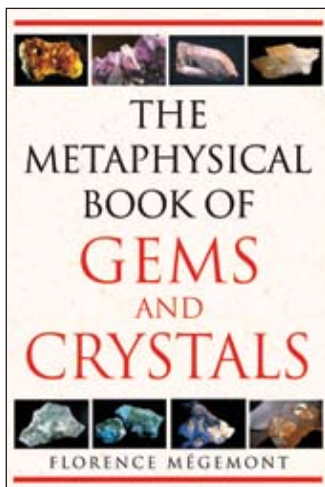
Healing with Chakra Energy

Restoring the Natural Harmony of the Body
 Lilla Bek and Philippa Pullar
 ISBN-13: 978-0-89281-513-5
 ISBN-10: 0-89281-513-2
 \$12.95 (CAN \$20.95) pb
 160 pages, 6 x 9
 Spiritual healing enhances and supplements the work of health care practitioners by enabling you to trigger within yourself the will to be well. The authors describe special techniques, including meditation, visualization, and relaxation, to develop healing capacities that apply the energy centered in the seven major chakras to the process of healing.



Healing without Fear
How to Overcome Your Fear of Doctors, Hospitals, and the Health Care System and Find Your Way to True Healing

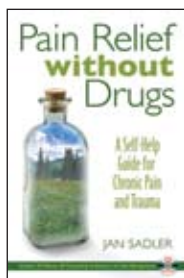
Laurel Ann Reinhardt, Ph.D.
 Foreword by James Jealous, D.O.
 ISBN-13: 978-0-89281-992-8
 ISBN-10: 0-89281-992-8
 \$14.95 (CAN \$23.95) pb
 192 pages, 6 x 9
Healing without Fear utilizes visualizations, journaling, chakra meditations, and dreamwork to teach both health care professionals and laypersons how to transform fear and allow true healing to begin.



New-Available
The Metaphysical Book of Gems and Crystals

Florence Mégemont
 ISBN-13: 978-1-59477-214-6
 ISBN-10: 1-59477-214-2
 \$24.95 (CAN \$27.95) pb
 320 pages, 6 x 9
 125 color and b&w illustrations

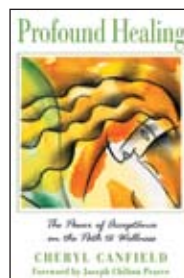
Gemstones have been used for therapeutic and spiritual purposes since antiquity in all traditions. This book examines the “life” energy of stones, their basic vibratory patterns, and how this energy is used to treat various disorders. The physical, healing, and astrological properties of over 70 stones are detailed, along with instructions for maintaining and recharging their powers.



Pain Relief without Drugs
A Self-Help Guide for Chronic Pain and Trauma
 Jan Sadler

ISBN-13: 978-1-59477-151-4
 ISBN-10: 1-59477-151-0
 \$19.95 (CAN \$24.95) pb
 208 pages, 6 x 9
 6 b&w illustrations
 Includes 55-minute CD

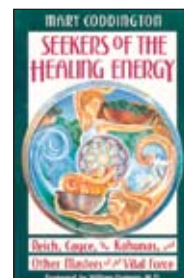
This practical, effective, and inspiring guidebook for dealing with chronic pain explains how to reduce pain’s grip on the body and mind by changing your personal reaction to pain. Presenting successful strategies from the author’s 25 years of coping with her own pain, it also includes a 55-minute CD of author’s key techniques for controlling pain.



Profound Healing
The Power of Acceptance on the Path to Wellness
 Cheryl Canfield
 Foreword by Joseph Chilton Pearce

ISBN-13: 978-0-89281-097-0
 ISBN-10: 0-89281-097-1
 \$16.95 (CAN \$24.95) pb
 256 pages, 6 x 9

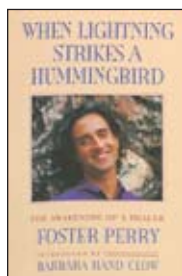
At the age of 41 Cheryl Canfield was diagnosed with advanced cervical cancer. She rejected proposed surgeries that would involve removing her uterus, cervix, lymph nodes, and surrounding nerves. Instead, she decided to accept death and focused her energy on attempting to die well. In the process, she cured herself.



Seekers of the Healing Energy
Reich, Cayce, the Kahunas, and Other Masters of the Vital Force
 Mary Coddington

ISBN-13: 978-0-89281-313-1
 ISBN-10: 0-89281-313-X
 \$9.95 (CAN \$15.95) pb
 192 pages, 5.38 x 8.25

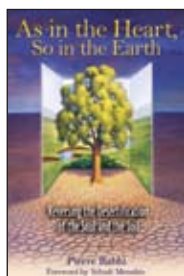
The search for a mysterious healing energy that has always fascinated the human mind and spirit leads inevitably to an exploration of the true nature of consciousness, and to the awareness that our power to heal is an essential ingredient of the evolution of consciousness.



When Lightning Strikes a Hummingbird
The Awakening of a Healer
 Foster Perry

ISBN-13: 978-1-879181-10-6
 ISBN-10: 1-879181-10-X
 \$16.00 (CAN \$25.50) pb
 228 pages, 5.5 x 8.5

At an early age, Foster Perry was recognized by those around him as having a natural gift for healing and sight. Then, after literally being struck by lightning, he was swept into a journey of initiation and rapid expansion of consciousness. *When Lightning Strikes a Hummingbird* is the story of his personal evolution.



As in the Heart, So in the Earth

Reversing the Desertification of the Soul and the Soil
 Pierre Rabhi

Foreword by Yehudi Menuhin
 ISBN-13: 978-1-59477-081-4
 ISBN-10: 1-59477-081-6
 \$14.95 (CAN \$19.50) pb
 160 pages, 6 x 9

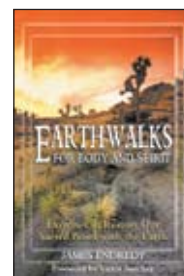
As in the Heart, So in the Earth is a strong indictment of a civilization that, while seeking domination over the earth, mutilates, tortures, and desacralizes it. For Pierre Rabhi ecology is inseparable from spirituality. A reconciliation with Mother Earth must be accompanied by relearning our ancestors’ reverence for the soil.



The Deva Handbook
How to Work with Nature’s Subtle Energies
 Nathaniel Altman

ISBN-13: 978-0-89281-552-4
 ISBN-10: 0-89281-552-3
 \$14.95 (CAN \$23.95) pb
 176 pages, 6 x 9
 26 b&w photographs

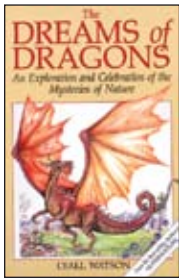
When we experience the powerful force of a waterfall, the elusive beauty of a rainbow, or the stark strength of a craggy expanse of a cliff, many of us have perceived “something else” that goes beyond the five senses: feelings of peace, comfort, healing, and inspiration. The author shows how to use these intuitive impressions for healing and meditation.



Earthwalks for Body and Spirit
Exercises to Restore Our Sacred Bond with the Earth
 James Endredy

Foreword by Victor Sanchez
 ISBN-13: 978-1-879181-78-6
 ISBN-10: 1-879181-78-9
 \$14.00 (CAN \$20.50) pb
 200 pages, 5.38 x 8.25

Contains 45 walking exercises based on techniques that have been developed from the author’s work with traditional indigenous practices of the Huichol Indians of western Mexico. This book teaches us how to use an easy, accessible form of movement, the surroundings of the natural world, and the magic of attention to open our hearts to a rediscovery of our sacred relationships with each other and the Earth.



The Dreams of Dragons

An Exploration and Celebration of the Mysteries of Nature

Lyall Watson
 ISBN-13: 978-0-89281-372-8
 ISBN-10: 0-89281-372-5
 \$12.95 (CAN \$20.95) pb
 176 pages, 5.38 x 8.25

Lyall Watson maintains that there is a truth to be found behind every seemingly impossible legend. In insightful descriptions of his extraordinary travels, we encounter phenomenon that defy traditional scientific explanation. Watson looks beyond the scientific "facts" and helps us—through his own remarkable discoveries—to see the poetry and wonder of the natural world.

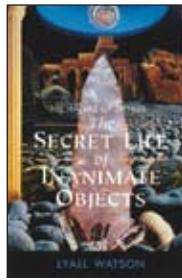


Gifts of Unknown Things

A True Story of Nature, Healing, and Initiation from Indonesia's Dancing Island

Lyall Watson
 ISBN-13: 978-0-89281-353-7
 ISBN-10: 0-89281-353-9
 \$14.95 (CAN \$21.95) pb
 256 pages, 5.38 x 8.25

Discover the extraordinary island of Nus Tarian, in Indonesia, where everyday reality contains terrifying, inexplicable, and miraculous phenomena. Magical feats, extrasensory perception, and psychic healing are commonplace in this land where the natural and the supernatural coexist and challenge our beliefs about reality.

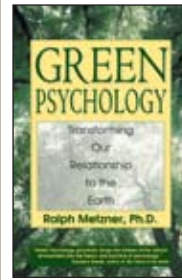


The Nature of Things

The Secret Life of Inanimate Objects

Lyall Watson
 ISBN-13: 978-0-89281-408-4
 ISBN-10: 0-89281-408-X
 \$14.95 (CAN \$23.95) pb
 256 pages, 6 x 9

Watson explores the subtle forces of memory fields and suggests that matter has the capacity to absorb emotional "fingerprints," the mental fossils that channel echoes from the past. He demonstrates the complexity of inanimate life and offers possible proof of our sensitivity to its minute, natural patterns of energy.



Green Psychology

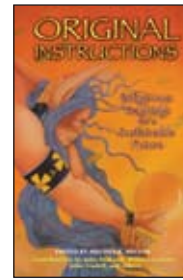
Transforming Our Relationship to the Earth
 Ralph Metzner, Ph.D.

ISBN-13: 978-0-89281-798-6
 ISBN-10: 0-89281-798-4
 \$16.95 (CAN \$23.95) pb
 240 pages, 6 x 9
 25 b&w illustrations

A visionary ecopsychologist examines the rift between people and nature and explores ways to heal it.

"At once visionary and down-to-earth, Green Psychology is an often profound exploration of the deeply disturbed relationship between humanity and nature."

Publishers Weekly

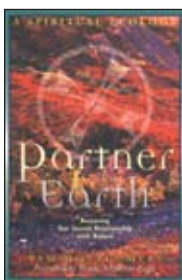


New-Available Original Instructions

Indigenous Teachings for a Sustainable Future

Edited by Melissa K. Nelson
 ISBN-13: 978-1-59143-079-7
 ISBN-10: 1-59143-079-8
 \$18.00 (CAN \$20.50) pb
 384 pages, 6 x 9

This collection of presentations gathered from the annual Bioneers conference focuses on the original instructions for living preserved in indigenous traditions, and how this natural wisdom can enable us to live in harmony with biological and cultural diversity. *Original Instructions* shows how to live with a light footprint—in gratitude, and with reverence for community and all creation.

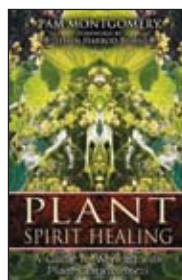


Partner Earth

A Spiritual Ecology

Pam Montgomery
 ISBN-13: 978-0-89281-741-2
 ISBN-10: 0-89281-741-0
 \$12.95 (CAN \$20.95) pb
 176 pages, 6 x 9
 10 b&w illustrations

Drawing upon traditional wisdom, visualizations, and her long experience as an herbalist, Pam Montgomery explains how to create space, find plant and animal allies, and create flower essences that can help individuals heal the rift between themselves and their environment.

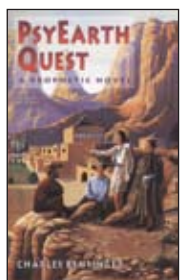


New-Available Plant Spirit Healing

A Guide to Working with Plant Consciousness

Pam Montgomery
 Foreword by Stephen Harrod Buhner
 ISBN-13: 978-1-59143-077-3
 ISBN-10: 1-59143-077-1
 \$16.00 (CAN \$17.95) pb
 248 pages, 6 x 9
 Includes 8-page color insert and 10 b&w illustrations

Herbalist Pam Montgomery's triple spiral path—working through the heart to connect with the soul and gain access to the spirit—is a hands-on approach to partnering with plant spirits that promotes a profound healing, one that moves beyond mere symptomatic treatment into aligning us with the vast web of nature.

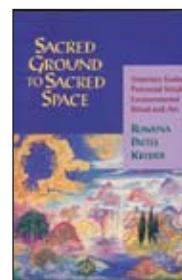


PsyEarth Quest

A Prophetic Novel

Charles Bensinger
 ISBN-13: 978-1-879181-53-3
 ISBN-10: 1-879181-53-3
 \$15.00 (CAN \$23.95) pb
 304 pages, 5.38 x 8.5

This far reaching novel is set sometime in the near future when governments have failed to address our rapidly deteriorating environment. A young reporter investigates groups of inspired individuals tackling the problem. In his effort to help resolve an "eco-uprising" from third-world activists, he must learn to think, act and live in harmony with the planet.

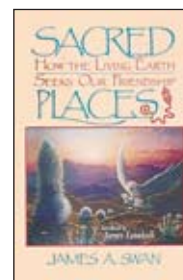


Sacred Ground to Sacred Space

Visionary Ecology, Perennial Wisdom, Environmental Ritual and Art

Rowena Pattee Kryder
 ISBN-13: 978-1-879181-20-5
 ISBN-10: 1-879181-20-7
 \$24.95 (CAN \$39.95) pb
 336 pages, 8.5 x 11
 Includes 16-page color insert b&w illustrations throughout

In her magnificent *Sacred Ground to Sacred Space*, visionary artist Rowena Pattee Kryder weaves together the scientific and spiritual traditions to reveal how the sacred is inherent in nature, and how we can get in touch with the qualities of subtle energy and light that are the power and codes for manifesting harmonious culture.

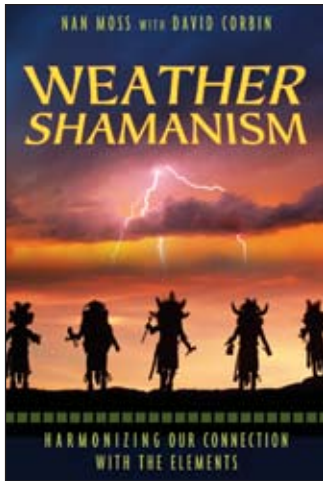


Sacred Places

How the Living Earth Seeks Our Friendship

James Swan
 ISBN-13: 978-0-939680-66-5
 ISBN-10: 0-939680-66-1
 \$16.95 (CAN \$26.50) pb
 240 pages, 6 x 9

Supporting Lovelock's thesis that the Earth is a living being, Swan suggests natural sites such as Serpent Mound, Machu Pichu, and Kilauea Center have the power to move us in ways modern science cannot explain.



**New-Available
Weather Shamanism**

Harmonizing Our Connection with the Elements
Nan Moss with David Corbin

ISBN-13: 978-1-59143-074-2
ISBN-10: 1-59143-074-7
\$16.00 (CAN \$17.95) pb
272 pages, 6 x 9

Through anthropological research, shamanic journeys, and anecdotes, Moss and Corbin show how humans and weather have always affected and influenced each other. As global warming worsens, creating an alliance with weather spirits can help restore harmony between humankind and the Earth.



The Universe Is a Green Dragon

A Cosmic Creation Story
Brian Swimme, Ph.D.

ISBN-13: 978-0-939680-14-6
ISBN-10: 0-939680-14-9
\$14.00 (CAN \$20.50) pb
176 pages, 5.5 x 8.5

Communicating his ideas in the form of a classical dialogue between a youth and a wise elder, cosmologist Brian Swimme crafts a fascinating exploration into the creativity suffusing the universe. His explication of the fundamental powers of the cosmos is mystical and ecstatic and points directly to the need to activate one's own creative powers.

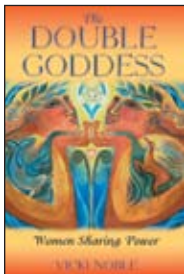


Arching Backward

The Mystical Initiation of a Contemporary Woman
Janet Adler

ISBN-13: 978-0-89281-546-3
ISBN-10: 0-89281-546-9
\$14.95 (CAN \$23.95) pb
264 pages, 6 x 9
ISBN-13: 978-0-89281-577-7
ISBN-10: 0-89281-577-9
\$19.95 (CAN \$31.95) hardcover

Arching Backward is the extraordinary account of an American woman who found herself suddenly and violently immersed in a mystical initiation for which she was not prepared. Her story offers a guide for others on this journey and provides a powerful affirmation of women's experience of the spirit.

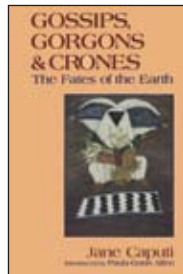


The Double Goddess
Women Sharing Power

Vicki Noble

ISBN-13: 978-1-59143-011-7
ISBN-10: 1-59143-011-9
\$18.00 (CAN \$25.95) pb
296 pages, 6 x 9
179 b&w line illustrations

A study of the "double goddess" iconography prominent in Neolithic and Bronze Age cultures that expands our understanding of female sovereignty. Celebrates this archetype of sacred female bonding and depicts a vast array of relationships women may form with themselves and each other to explore a sense of self and empowerment, and to share power with each other.

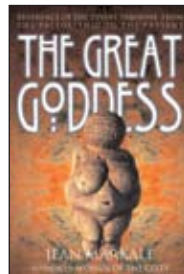


Gossips, Gorgons and Crones
The Fates of the Earth

Jane Caputi

ISBN-13: 978-1-879181-05-2
ISBN-10: 1-879181-05-3
\$12.95 (CAN \$19.95) pb
400 pages, 6 x 9

Gossips, Gorgons & Crones is the first comprehensive analysis of nuclear-age culture and the accompanying return of female Powers. Based in feminist, pre-patriarchal, and Native American philosophies, this book provides a biting critique of patriarchal practices, myths, and values, including family values.

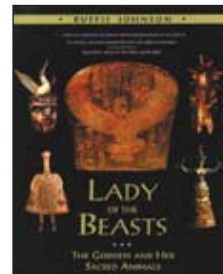


The Great Goddess
Reverence of the Divine Feminine from the Paleolithic to the Present

Jean Markale

ISBN-13: 978-0-89281-715-3
ISBN-10: 0-89281-715-1
\$16.95 (CAN \$24.95) pb
272 pages, 6 x 9

A leading authority on pre-Christian civilization explores Goddess worship through the ages as revealed in myths, shrines, and sanctuaries.



Lady of the Beasts
The Goddess and Her Sacred Animals

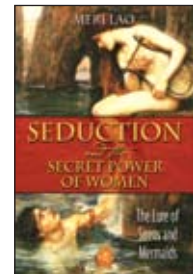
Buffie Johnson

ISBN-13: 978-0-89281-523-4
ISBN-10: 0-89281-523-X
\$24.95 (CAN \$39.95) pb
400 pages, 7.25 x 9
50 color and 350 b&w illustrations

This is the classic book on the Goddess as defined by the ancient societies that worshiped her, richly illustrated with art and artifacts from prehistory to the present.

"Contains a wealth of symbolic material on the Goddess, presented through the perceptive eye of an artist."

Merlin Stone, author of *When God Was a Woman*



New-Available
Symbols of Seduction

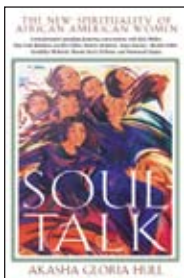
Seduction and the Secret Power of Women

The Lure of Sirens and Mermaids

Meri Lao

ISBN-13: 978-1-59477-201-6
ISBN-10: 1-59477-201-0
\$19.95 (CAN \$23.95) pb
240 pages, 6 x 9
60 color and 100 b&w illustrations

Fully illustrated in color with works by Rubens, Bosch, Munch, Magritte, and others, this book is both a celebration of sirens, mermaids, and harpies in art and literature and an examination of the psychological drives underlying this powerful feminine archetype.

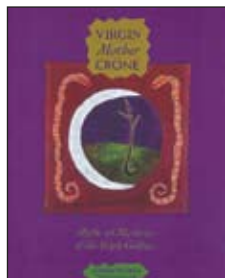


Soul Talk

The New Spirituality of African American Women
Akasha Gloria Hull

ISBN-13: 978-0-89281-943-0
ISBN-10: 0-89281-943-X
\$15.00 (CAN \$23.95) pb
272 pages, 6 x 9

Through fascinating and heartfelt conversations with some of today's most creative and powerful women the author explores how a new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling and literary critique, *Soul Talk* shows how personal and social change become possible by reconnecting with the spirit.



Virgin Mother Crone

Myths and Mysteries of the Triple Goddess
Donna Wilshire

ISBN-13: 978-0-89281-494-7
ISBN-10: 0-89281-494-2
\$19.95 (CAN \$28.95) pb
322 pages, 8 x 10
100 b&w illustrations

In *Virgin Mother Crone* Donna Wilshire charges us to remember the early Pagan religion of the Earth Mother and the ancient Triple Goddess: the Virgin, responsible for herself; Mother, the nurturing woman in the fullness of life; and Crone, the wise, old healing woman. Includes more than eighty original black-and-white drawings and seventeen watercolor paintings.

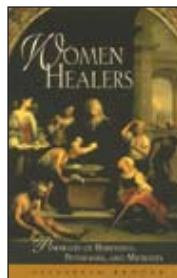


Virgin Mother Crone—Audio

Invoking the Triple Goddess
Written and performed by
Donna Wilshire

ISBN-13: 978-0-89281-522-7
ISBN-10: 0-89281-522-1
\$10.95 (CAN \$17.50)
90-minute audiocassette

In *Virgin Mother Crone* Donna Wilshire charges us to remember the early Pagan religion of the Earth Mother and the ancient Triple Goddess: the Virgin, responsible for herself; Mother, the nurturing woman in the fullness of life; and Crone, the wise, old healing woman. Companion audiocassette to the book *Virgin Mother Crone*.

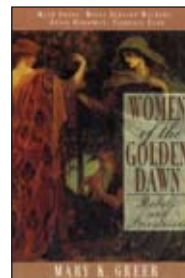


Women Healers

Portraits of Herbalists, Physicians, and Midwives
Elisabeth Brooke

ISBN-13: 978-0-89281-548-7
ISBN-10: 0-89281-548-5
\$12.95 (CAN \$20.95) pb
176 pages, 5.38 x 8.25

Drawing from primary sources to offer a reconstruction of the history of women's healing practices, the author argues that the medieval image of the healer as witch was deliberately constructed by Church officials to discredit women's powers. In its place she provides a more accurate picture of these innovative, compassionate, and capable practitioners.



Women of the Golden Dawn

Rebels and Priestesses: Maud Gonne, Moina Bergson Mathers, Annie Horniman, Florence Farr
Mary K. Greer

ISBN-13: 978-0-89281-607-1
ISBN-10: 0-89281-607-4
\$29.95 (CAN \$48.00) pb
512 pages, 6 x 9
72 b&w illustrations

These four remarkable women, core members of the Hermetic Order of the Golden Dawn, left a lasting imprint on the politics, literature, and theater of 19th-century Europe. Less well-known than the famous men in their lives, including Yeats and Shaw, their stories are now told.

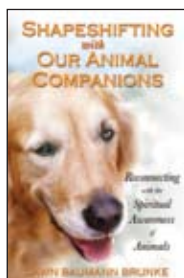


Animal Voices

Telepathic Communication in the Web of Life
Dawn Baumann Brunke

ISBN-13: 978-1-879181-91-5
ISBN-10: 1-879181-91-6
\$16.00 (CAN \$21.95) pb
288 pages, 6 x 9
35 b&w photographs

Our earliest ancestors had an ongoing shamanic dialogue with the animal kingdom, but this ability has been lost to most in the modern world. Brunke provides the techniques to reopen these connections. The main contributors to this book are actual animals, who reveal themselves to be sentient beings with their own thoughts, emotions, and spiritual reasons for being on the planet.



New-August 2008

Shapeshifting with Our Animal Companions

Reconnecting with the Spiritual Awareness of Animals
Dawn Baumann Brunke

ISBN-13: 978-1-59143-083-4
ISBN-10: 1-59143-083-6
\$16.00 (CAN \$17.95) pb
256 pages, 6 x 9
9 b&w illustrations

Shapeshifting with Our Animal Companions takes us on a journey with animals for personal transformation and enlightenment. It reveals how shapeshifting with the animal kingdom lets us experience different forms of consciousness and expand our perception of the world.



Animals and Psychedelics

The Natural World and the Instinct to Alter Consciousness
Giorgio Samorini

Foreword by
Rob Montgomery, founder of
Botanical Preservation Corps

ISBN-13: 978-0-89281-986-7
ISBN-10: 0-89281-986-3
\$12.95 (CAN \$20.95) pb
112 pages, 5.38 x 8.25

The animal kingdom offers amazing examples of wild animals and insects seeking out and consuming psychoactive substances. Giorgio Samorini explores this little-known phenomenon and suggests that, far from being confined to humans, the desire to experience altered states of consciousness is a natural drive shared by all living beings.

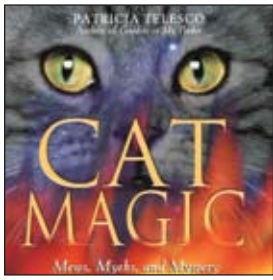


Dog's Best Friend

Journey to the Roots of an Ancient Partnership
Ursula Birr, Gerald Krakauer,
and Daniela Osiander

ISBN-13: 978-0-89281-829-7
ISBN-10: 0-89281-829-8
\$19.95 (CAN \$31.95) pb
144 pages, 7 x 10
96 color photographs

This intriguing book follows the close partnership between people and their dogs at work and at play in indigenous cultures around the world.



Cat Magic

Mews, Myths, and Mystery
Patricia Telesco

ISBN-13: 978-0-89281-774-0
ISBN-10: 0-89281-774-7
\$16.95 (CAN \$24.95) pb
176 pages, 7 x 7
28 color and 124 b&w illustrations

From the bestselling author of *Goddess in My Pocket* comes this delightful, illustrated meander through the fascinating world of cats, showing how they have charmed their way into our legends, folklore, history, art, religious observance, and magical practice.

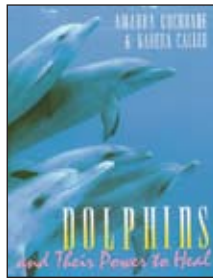


Dog Spirit

Hounds, Howlings, and Hocus-Pocus
Patricia Telesco

ISBN-13: 978-0-89281-806-8
ISBN-10: 0-89281-806-9
\$16.95 (CAN \$25.95) pb
176 pages, 7 x 7
26 color and 95 b&w illustrations

The author of *Cat Magic* turns her attention to man's best friend in this enthralling look at the canine connection in myth and magic throughout history.



Dolphins and Their Power to Heal

Amanda Cochrane and Karena Callen

ISBN-13: 978-0-89281-476-3
ISBN-10: 0-89281-476-4
\$19.95 (CAN \$31.95) pb
192 pages, 7.38 x 9.5
32 color plates

Since ancient times dolphins have been known to uplift and inspire human beings through empathetic interaction. Cochrane and Callen review the myths, legends, and history of dolphins as well as current research, showing how close contact with these graceful mammals can trigger our inherent healing powers.



The Healthy Pet Manual

A Guide to the Prevention and Treatment of Cancer

Deborah Straw
Foreword by Gary Kowalski, author of *The Souls of Animals*

ISBN-13: 978-1-59477-057-9
ISBN-10: 1-59477-057-3
\$14.95 (CAN \$20.95) pb
288 pages, 6 x 9

This revised and expanded edition of *Why Is Cancer Killing Our Pets?* includes the most up-to-date information on the factors that may cause cancer in pets, and preventive measures that can be taken. The full spectrum of conventional and alternative treatments is presented in this essential resource for the care and protection of our beloved pets.

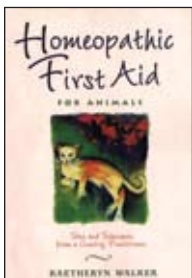


The Heart That Is Loved Never Forgets

Recovering from Loss: When Humans and Animals Lose Their Companions
Kaetheryn Walker

ISBN-13: 978-0-89281-702-3
ISBN-10: 0-89281-702-X
\$14.95 (CAN \$23.95) pb
160 pages, 6 x 9
10 b&w illustrations

This collection of stories addresses the grieving process of humans and animals who have lost their companions and gives advice on how best to help yourself, your surviving animals, and others recover.

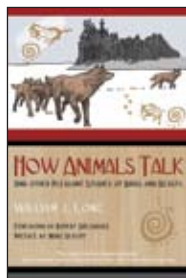


Homeopathic First Aid for Animals

Tales and Techniques from a Country Practitioner
Kaetheryn Walker

ISBN-13: 978-0-89281-737-5
ISBN-10: 0-89281-737-2
\$14.95 (CAN \$21.95) pb
240 pages, 6 x 9
62 b&w illustrations

The gentle and effective qualities that have made homeopathy such a popular remedy for humans make it the perfect treatment method for animals as well. This reader-friendly guide is an A-to-Z reference for treating almost any emergency that may befall our beloved animal companions. The perfect guide for those who want to give animals the natural care they need.



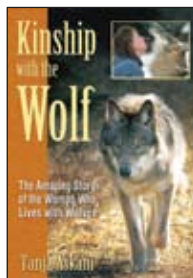
How Animals Talk

And Other Pleasant Studies of Birds and Beasts
William J. Long

Foreword by Rupert Sheldrake
Preface by Marc Bekoff

ISBN-13: 978-1-59143-056-8
ISBN-10: 1-59143-056-9
\$18.00 (CAN \$24.95) pb
312 pages, 6 x 9
Includes 8-page color insert and 34 b&w illustrations

Exploring animal telepathy and communication, William J. Long theorizes that animals are much more intelligent, emotional, and moral than we have thought, and share with us an innate ability to sense the presence of other living beings. Long's findings on the impact of our presence on animal life—and the cost incurred in separating ourselves from them—is more relevant today than ever before.

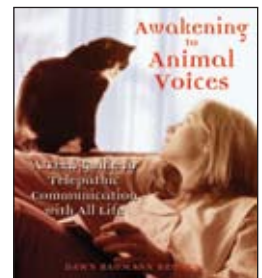


Kinship with the Wolf

The Amazing Story of the Woman Who Lives with Wolves
Tanja Askani

ISBN-13: 978-1-59477-130-9
ISBN-10: 1-59477-130-8
\$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.

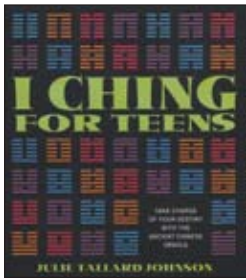


Awakening to Animal Voices

A Teen Guide to Telepathic Communication with All Life
Dawn Baumann Brunke

ISBN-13: 978-0-89281-136-6
ISBN-10: 0-89281-136-6
\$14.95 (CAN \$21.95) pb
272 pages, 8 x 9
47 b&w photographs

Awakening to Animal Voices helps teens use their natural ability to communicate with the animal kingdom, and open more profoundly to life and other human beings. Using games and exercises, teens will discover their personal animal guide and use the spiritual tools of shamanism to communicate more effectively with others, while expressing a more conscious and alive self in the world.

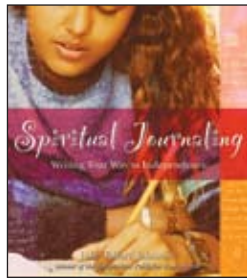


I Ching for Teens

Take Charge of Your Destiny with the Ancient Chinese Oracle

Julie Tallard Johnson
 ISBN-13: 978-0-89281-860-0
 ISBN-10: 0-89281-860-3
 \$14.95 (CAN \$23.95) pb
 232 pages, 8 x 9

Whether used as a meaningful tool for self-discovery or as a fun game with friends, the *I Ching for Teens* can help answer the questions that are important to you. This fresh new translation of the ancient text helps you gain insight into topics from getting along with parents and friends to finding direction for the future.

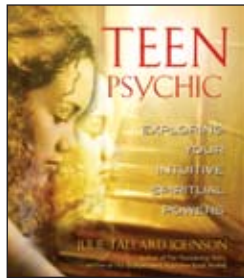


Spiritual Journaling

Writing Your Way to Independence

Julie Tallard Johnson
 ISBN-13: 978-1-59477-056-2
 ISBN-10: 1-59477-056-5
 \$14.95 (CAN \$19.95) pb
 272 pages, 8 x 9
 10 b&w illustrations

In *Spiritual Journaling*, Julie Tallard Johnson shows that journaling is an informative and supportive outlet for those making the transition toward their own independent ideas and lives—and a powerful tool for awakening creative potential. Johnson encourages young people to discover their own unique voices by offering guidance on writing and other forms of self-expression and on learning how to listen to inner wisdom.

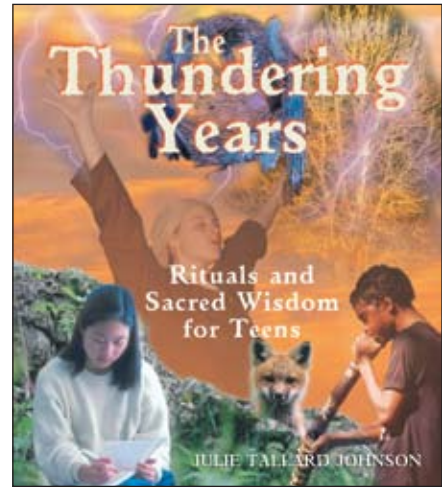


Teen Psychic

Exploring Your Intuitive Spiritual Powers

Julie Tallard Johnson
 ISBN-13: 978-0-89281-094-9
 ISBN-10: 0-89281-094-7
 \$14.95 (CAN \$21.95) pb
 256 pages, 8 x 9

Teen Psychic offers teens a connection to something greater than themselves and something within themselves. Drawing from a diverse group of wisdom-keepers—including Caroline Myss, Black Elk, Myron Eshowsky, and Chogyam Trungpa—Julie Tallard Johnson invites teens to walk a sacred path by accessing their intuitive powers and developing their psychic selves.



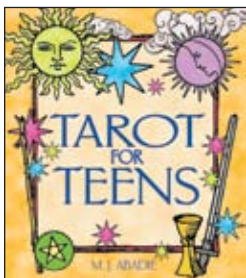
The Thundering Years

Rituals and Sacred Wisdom for Teens

Julie Tallard Johnson

ISBN-13: 978-0-89281-880-8
 ISBN-10: 0-89281-880-8
 \$14.95 (CAN \$21.95) pb
 256 pages, 8 x 9

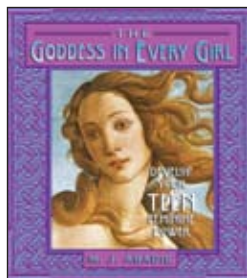
In Native American tradition, the Thundering Years are a time on the way to adulthood when we need to listen to our intense feelings, dreams, desires, and goals. Drawing on wisdom from cultures around the world, the author offers ideas for teens to creatively harness the powerful emotions and energy of the teen years. Here are exercises, rituals, and resources that show how to steer a successful course through this time of life without heading toward self-destructive behaviors.



Tarot for Teens

M. J. Abadie
 ISBN-13: 978-0-89281-917-1
 ISBN-10: 0-89281-917-0
 \$14.95 (CAN \$21.95) pb
 256 pages, 8 x 9
 100 b&w illustrations

Tarot for Teens uses examples common to the teen experience to teach how to interpret the cards and apply the oracle to life's timeless themes and challenges: the quest for love, issues of work and career, and the search for spiritual insight and personal growth.

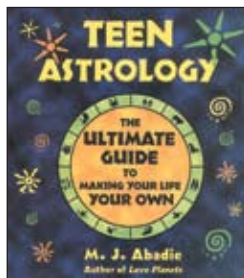


The Goddess in Every Girl

Develop Your Teen Feminine Power

M. J. Abadie
 ISBN-13: 978-0-89281-909-6
 ISBN-10: 0-89281-909-X
 \$14.95 (CAN \$21.95) pb
 272 pages, 8 x 9
 b&w illustrations throughout

M. J. Abadie teaches teens to get in touch with their own personal Goddess energy and allies. This book helps the young woman seeking external inspiration for her journey of self-definition, to gain a “big-picture” perspective from the feminine divine. Complete astrological tables for Sun, Moon, Venus, and Mars let girls look up their own personal goddess allies in the areas of life purpose, emotions and body awareness, love nature, and energy and passion.

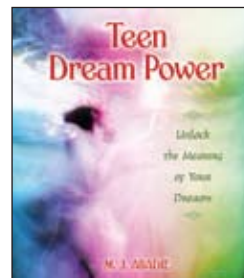


Teen Astrology

The Ultimate Guide to Making Your Life Your Own

M. J. Abadie
 ISBN-13: 978-0-89281-823-5
 ISBN-10: 0-89281-823-9
 \$14.95 (CAN \$21.95) pb
 320 pages, 8 x 9
 b&w illustrations throughout

This book of astrology, addressed specifically to teens, provides a useful tool for helping you gain insight into yourself and your relationships with others. Absolutely no previous knowledge of astrology is needed to use this book—it provides full explanations of all astrological influences and all the necessary tables for locating planetary placements of yourself, friends, and family.

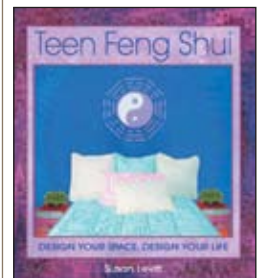


Teen Dream Power

Unlock the Meaning of Your Dreams

M. J. Abadie
 ISBN-13: 978-0-89281-086-4
 ISBN-10: 0-89281-086-6
 \$14.95 (CAN \$21.95) pb
 224 pages, 8 x 9
 b&w illustrations throughout

Teen Dream Power explores the dream wisdom of earlier societies and what it means for teens today. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, explore inner changes, enhance learning skills, and increase their creativity.



Teen Feng Shui

Design Your Space, Design Your Life

Susan Levitt
 ISBN-13: 978-0-89281-916-4
 ISBN-10: 0-89281-916-2
 \$14.95 (CAN \$21.95) pb
 232 pages, 8 x 9
 50 b&w illustrations

Susan Levitt has provided a resource geared specifically toward the needs and realities of the teenage experience, addressing how young adults can design their living spaces to transform their lives.

Children's Books



The Ancient Celtic Festivals

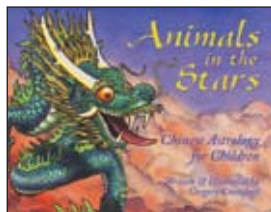
and How We Celebrate Them Today

Clare Walker Leslie and Frank E. Gerace

ISBN-13: 978-1-59477-256-6
ISBN-10: 1-59477-256-8
\$12.95 (CAN \$14.75) pb
64 pages, 11 x 8.5

Full-color illustrations throughout
Children ages 9–12 will delight in this charmingly illustrated book that explores the ancient Celtic roots of many of our modern holidays. Hands-on activities suggest projects for observing the natural cycle of the seasons and new ways to enjoy traditional celebrations.

New in paperback



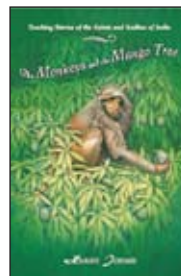
Animals in the Stars

Chinese Astrology for Children

Written and Illustrated by Gregory Crawford

ISBN-13: 978-1-59143-000-1
ISBN-10: 1-59143-000-3
\$15.95 (CAN \$24.95) hardcover
32 pages, 11 x 8.5
Full-color illustrations throughout

This wonderful introduction to the foundations of Chinese astrology is a perfect resource for the child seeking to know more about Chinese culture, zodiac animal characteristics, relationship dynamics, or esoteric traditions, as well as those seeking the simple fun inherent in the combination of astrology and animals. For children ages 8–12.



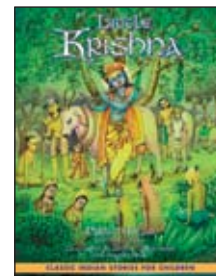
The Monkeys and the Mango Tree

Teaching Stories of the Saints and Sadhus of India

Harish Johari

ISBN-13: 978-0-89281-564-7
ISBN-10: 0-89281-564-7
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9
50 b&w illustrations

These twenty-five beautifully illustrated tales capture the mystery, the enchantment, and the profound spiritual learning that is India. Drawn from the great Indian epics the Puranas, the Upanishads, and the Mahabharata, these tales put ageless Indian wisdom into the form of stories to delight young and old alike.



Little Krishna

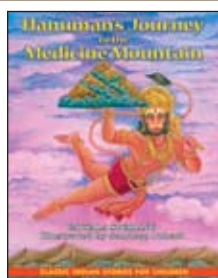
Harish Johari with Sapna and Suresh Johari

Illustrated by Pieter Weltevrede

ISBN-13: 978-1-59143-001-8
ISBN-10: 1-59143-001-1
\$16.95 (CAN \$24.95) hardcover
48 pages, 8.5 x 11
Full-color illustrations throughout

With a host of characters drawn from the rich breadth of Indian lore, *Little Krishna* will show children the value of kindness, the importance of preserving what you create, and the boundless nature of wisdom. For children ages 6–9.

Classic Indian Stories for Children



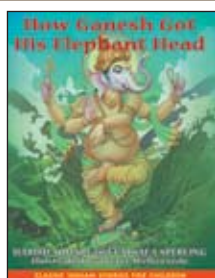
Hanuman's Journey to the Medicine Mountain

Vatsala Sperling

Illustrated by Sandeep Johari

ISBN-13: 978-1-59143-063-6
ISBN-10: 1-59143-063-1
\$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.



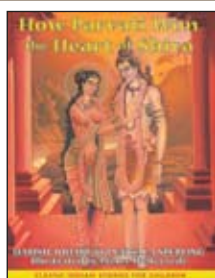
How Ganesh Got His Elephant Head

Harish Johari and Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN-13: 978-1-59143-021-6
ISBN-10: 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.



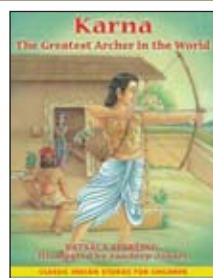
How Parvati Won the Heart of Shiva

Harish Johari and Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN-13: 978-1-59143-042-1
ISBN-10: 1-59143-042-9
\$15.95 (CAN \$22.95) hardcover
32 pages, 8.5 x 11
Full color throughout

Adishakti comes to Earth as the mountain princess Parvati, and repeats her beloved's name until he opens his heart and asks for her hand in marriage. Accompanied by rich, color illustrations, *How Parvati Won the Heart of Shiva* teaches children that with enough love and perseverance even the seemingly impossible can be achieved. For children ages 6–9.



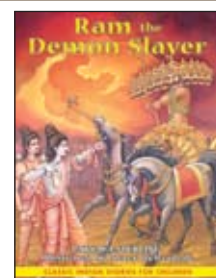
New-Available Karna

The Greatest Archer in the World

Illustrated by Sandeep Johari

ISBN-13: 978-1-59143-073-5
ISBN-10: 1-59143-073-9
\$15.95 (CAN \$17.95) 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. This book speaks especially to the questions that arise for adoptive children and their parents. For children ages 6–9.



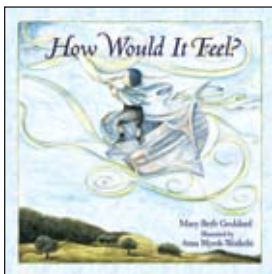
Ram the Demon Slayer

Vatsala Sperling

Illustrated by Pieter Weltevrede

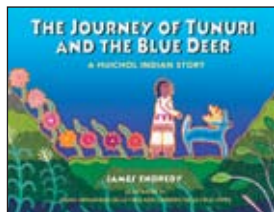
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ISBN-10: 1-59143-057-7
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In *Ram the Demon Slayer*, readers follow Ram from his conception and birth through his training with sages and first successful demon battles to his marriage to the beautiful princess Sita and his final triumphant victory over the demon king. This beautifully illustrated retelling of the Ramayana makes accessible to Western children ages 6 to 9, and their parents, one of the favorite heroes of the Hindu tradition.



How Would It Feel?

Mary Beth Goddard
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 Anna Mycek-Wodecki
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 ISBN-10: 1-59143-050-X
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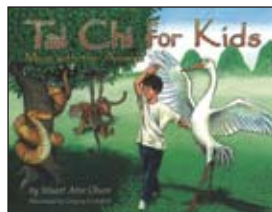
The Journey of Tunuri and the Blue Deer

A Huichol Indian Story
 Janet Endredy
 Illustrated by
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 and Casimiro de la Cruz López
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 ISBN-10: 1-59143-016-X
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The Journey of Tunuri and the Blue Deer is a modern adaptation of a traditional story of the Huichol Indians of western Mexico. While lost in the woods young tunuri meets a magical Blue Deer, who introduces Tunuri to Father Sun and Mother Earth. Through this lovely tale and the traditional Huichol yarn drawings, children can learn about their place in the sacred web of life. For children ages 6–9.



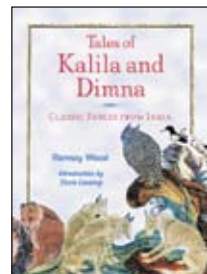
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 Mary Chloe Schoolcraft Saunders
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Tai Chi for Kids

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Tales of Kalila and Dimna

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 Ramsay Wood
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 The tales of Kalila and Dimna originated almost 2000 years ago in a Sanskrit collection of animal stories called the Panchatantra, and have influenced modern fables from *The Arabian Nights* to *The Canterbury Tales*. Graced with Margaret Kilrenny's beautiful illustrations, the first two books of the Panchatantra's five are brilliantly rendered here by Ramsay Wood.



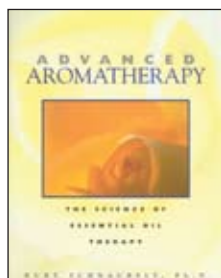
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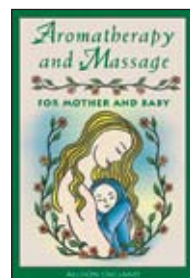
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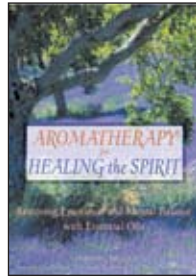
Aromatherapy for Women

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Maggie Tisserand

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This easy-to-use guide focuses on women's needs, and includes aromatherapy for health and beauty, massage, and use during pregnancy and childbirth. Instructions for preparing personal care products are also included.



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Gabriel Mojay

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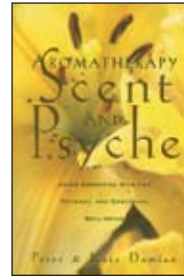


Aromatherapy Handbook for Beauty, Hair, and Skin Care

Erich Keller

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This complete guide to aromatherapy for hair and skin care explains how to create cosmetics that are custom-made, natural, vibrant, and healthy—and that avoid the preservatives and additives of commercial products. More than 100 recipes provide an endless variety of formulas and fragrances to choose from.



Aromatherapy: Scent and Psyche

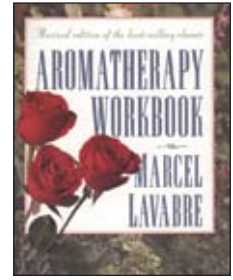
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Peter & Kate Damian

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The authors—professional aromatherapists—delve into the physiology and psychology of scent, citing research and clinical studies. They profile 44 essential oils, and give instructions for creating your own blends.



Aromatherapy Workbook

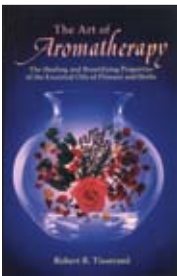
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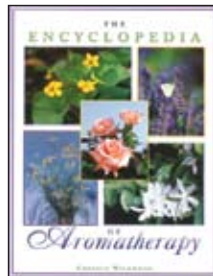
The Art of Aromatherapy

The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs

Robert B. Tisserand

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Often called the father of modern aromatherapy, Tisserand introduced the use of essential oils in healing in this seminal bestseller. Includes a glossary and therapeutic index.

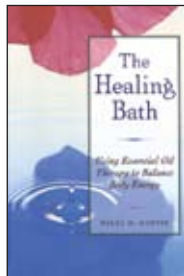


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Chrissie Wildwood

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ISBN-10: 0-89281-638-4
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The Encyclopedia of Aromatherapy explores the many aspects of this healing art in a single, up-to-date, full-color volume. This comprehensive reference is an invaluable addition to the library of anyone interested in aromatherapy, whether beginner or professional.



The Healing Bath

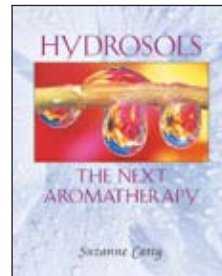
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Milli D. Austin

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This book focuses on the use of essential oils for deep healing, suggesting ways to cleanse the energy field surrounding the physical body.



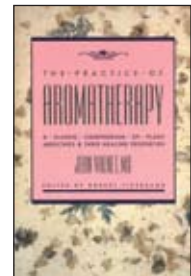
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The Practice of Aromatherapy

A Classic Compendium of Plant Medicines and Their Healing Properties

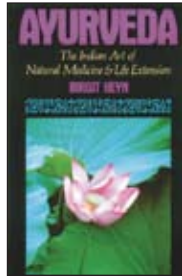
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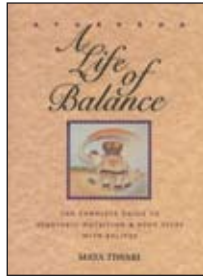
Healing Arts Press— Ayurveda



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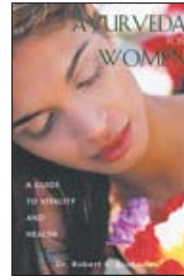
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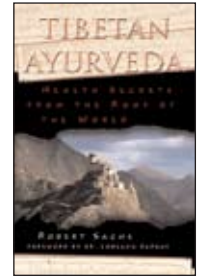
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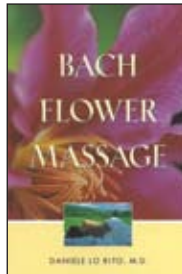
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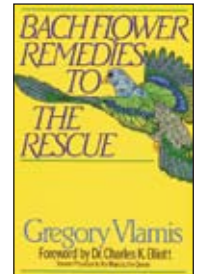
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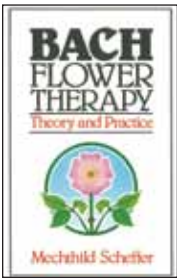
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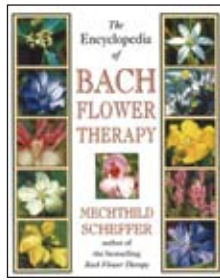
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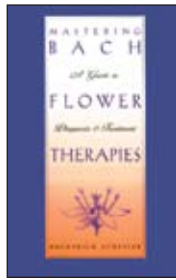


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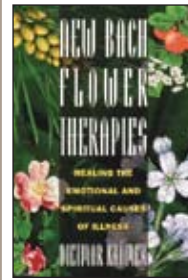
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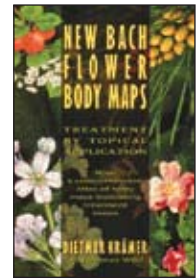
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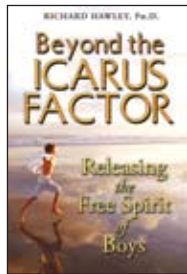
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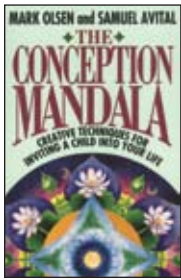
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Heidi Britz-Crecelius

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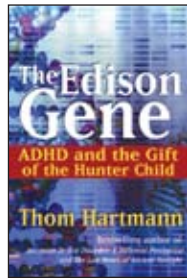


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Thom Hartmann, creator of the "hunter/farmer hypothesis" of ADHD, argues that children who possess the Edison gene are adapted to give them brilliant success as innovators, inventors, explorers, and entrepreneurs, while these same qualities often cause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

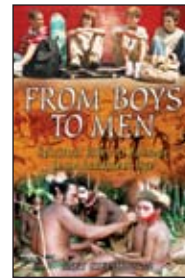


Enhancing Fertility Naturally

Holistic Therapies for a Successful Pregnancy

Nicky Wesson
 ISBN-13: 978-0-89281-832-7
 ISBN-10: 0-89281-832-8
 \$14.95 (CAN \$21.95) pb
 192 pages, 5.38 x 8.25

This guide to safe and inexpensive natural alternatives to conventional medical treatments for infertility outlines ways to improve fertility through alternative therapies, diet, exercise, and relaxation techniques.

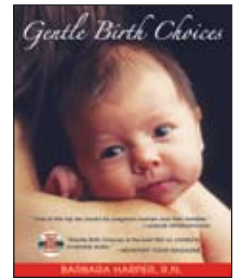


From Boys to Men

Spiritual Rites of Passage in an Indulgent Age

Bret Stephenson
 ISBN-13: 978-1-59477-140-8
 ISBN-10: 1-59477-140-5
 \$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.



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
 ISBN-10: 1-59477-067-0
 \$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.

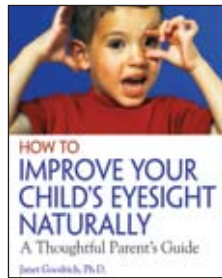


The Child of Your Dreams

Approaching Conception and Pregnancy with Inner Peace and Reverence for Life

Laura Archera Huxley and Piero Ferrucci
 ISBN 089281-365-2
 EAN 978-0-89281-365-0
 \$16.95 (CAN \$26.95) pb
 112 pages, 6.75 x 8.5
 6 color plates

By exploring the myriad, but all too frequently neglected, psychological and spiritual dimensions of conception, childbirth, and parenthood, you can positively influence the mental and emotional development of your unborn child, creating the greatest possible potential for his or her future.



How to Improve Your Child's Eyesight Naturally

A Thoughtful Parent's Guide

Janet Goodrich, Ph.D.
 ISBN-13: 978-0-89281-130-4
 ISBN-10: 0-89281-130-7
 \$19.95 (CAN \$28.95) pb
 272 pages, 8 x 10
 191 b&w illustrations

This is a staple reference book for parents who wish to preserve and improve their child's eyesight. Filled with practical and imaginative exercises, this comprehensive resource includes detailed instructions for reversing eyesight blur, tips for adjusting living environments to support healthy vision, and hints for dealing proactively with doctors. The 90 scientifically based vision games and songs are fun, age-appropriate, and reinforce good vision habits.

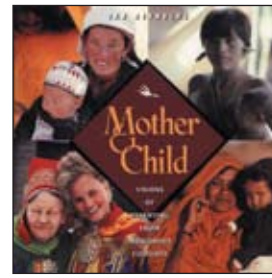


Labor Pain

A Natural Approach to Easing Delivery

Nicky Wesson
 ISBN-13: 978-0-89281-895-2
 ISBN-10: 0-89281-895-6
 \$12.95 (CAN \$18.95) pb
 160 pages, 5.25 x 8.5

Fortunately, there are alternative ways to relieve the pain of childbirth, and Wesson offers many options for effective natural pain relief, including acupressure and acupuncture, hydrotherapy, herbal remedies, aromatherapy and massage, relaxation techniques, homeopathy, and reflexology.

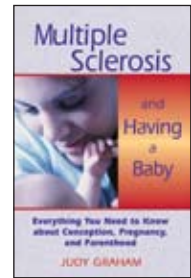


Mother and Child

Visions of Parenting from Indigenous Cultures

Jan Reynolds
 ISBN-13: 978-0-89281-637-8
 ISBN-10: 0-89281-637-6
 \$19.95 (CAN \$31.95) pb
 112 pages, 7 x 7
 81 color photographs

In personal stories and intimate portraits of mothers and children, this beautifully illustrated book reveals the wisdom of mothering in indigenous cultures from the Arctic to the Amazon, from the Himalayas to the Sahara.

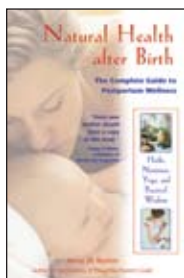


Multiple Sclerosis and Having a Baby

Everything You Need to Know about Conception, Pregnancy, and Parenthood

Judy Graham
 ISBN-13: 978-0-89281-788-7
 ISBN-10: 0-89281-788-7
 \$12.95 (CAN \$20.95) pb
 160 pages, 5.38 x 8.25

By the author of the bestselling *Multiple Sclerosis*, here is an essential resource for anyone with MS who is considering having a child.



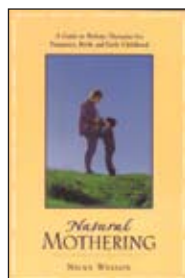
Natural Health after Birth

The Complete Guide to Postpartum Wellness
Aviva Jill Romm

ISBN-13: 978-0-89281-930-0
ISBN-10: 0-89281-930-8
\$16.95 (CAN \$24.95) pb
272 pages, 6 x 9

Also available in Spanish (see page 111)

Natural Health after Birth addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who are stay-at-home moms and those who must return to their jobs soon after the birth.

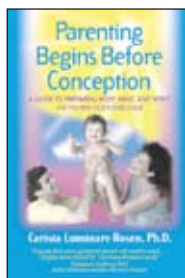


Natural Mothering

A Guide to Holistic Therapies for Pregnancy, Birth, and Early Childhood
Nicky Wesson

ISBN-13: 978-0-89281-733-7
ISBN-10: 0-89281-733-X
\$14.95 pb
240 pages, 6 x 9
21 b&w illustrations

The author, a mother of six and a childbirth teacher, offers expert advice on the use of natural therapies in every stage of mothering—from conception to care of the newborn and toddler.



Parenting Begins Before Conception

A Guide to Preparing Body, Mind, and Spirit For You and Your Future Child
Carista Luminare-Rosen, Ph.D.

ISBN-13: 978-0-89281-827-3
ISBN-10: 0-89281-827-1
\$16.95 (CAN \$25.95) pb
352 pages, 6 x 9
9 b&w photographs

In this inspiring and groundbreaking text, Dr. Luminare-Rosen explores the universal forces underlying birth and shows parents how they can optimize their children's physical, emotional, and spiritual health by considering a host of important issues before a child is conceived and born.

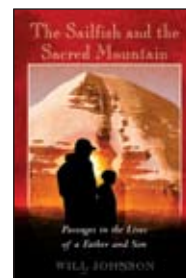


Reclaiming the Spirituality of Birth

Healing for Mothers and Babies
Benig Mauger

ISBN-13: 978-0-89281-896-9
ISBN-10: 0-89281-896-4
\$14.95 (CAN \$22.95) pb
216 pages, 5.38 x 8.5

A therapist and childbirth educator shows expectant mothers how to reconnect with the natural and spiritual worlds to make the birth experience unique and to build a spiritual connection with their children.



The Sailfish and the Sacred Mountain

Passages in the Lives of a Father and Son
Will Johnson

ISBN-13: 978-0-89281-193-9
ISBN-10: 0-89281-193-5
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224 pages, 6 x 9

The Sailfish and the Sacred Mountain presents a unique view into how we can create the circumstances that invite profound spiritual awakenings to occur in our lives. Part spiritual travelogue, part personal memoir, Will Johnson reflects on his own life passages, and tells the story of the remarkable journey with his son to Mount Kailas—a journey that proves to be a moment of passage for both father and son.



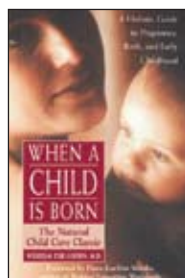
Vaccinations: A Thoughtful Parent's Guide

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

ISBN-13: 978-0-89281-931-7
ISBN-10: 0-89281-931-6
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304 pages, 6 x 9

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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.

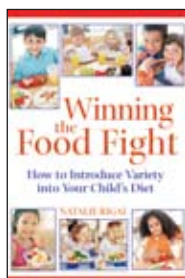


When a Child Is Born

The Natural Child Care Classic
Wilhelm zur Linden, M.D.

ISBN-13: 978-0-89281-751-1
ISBN-10: 0-89281-751-8
\$12.95 (CAN \$20.95) pb
224 pages, 5.25 x 8.25

This new edition of the classic guide for pregnancy and child rearing discusses every aspect of pregnancy and nurturing, from diet and health habits for the expectant mother to nursing processes and advice for treating common childhood ailments.

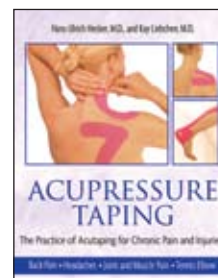


Winning the Food Fight

How to Introduce Variety into Your Child's Diet
Natalie Rigal

ISBN-13: 978-1-59477-097-5
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Natalie Rigal, a child psychologist, explores the often complex attitudes children bring with them to the dinner table, and offers parents creative ways to get children to approach eating with the same curiosity and enthusiasm they display toward other activities.



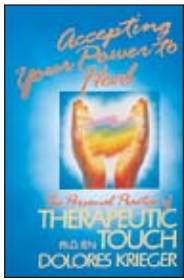
Acupressure Taping

The Practice of Acutaping for Chronic Pain and Injuries

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

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Combining elements of Chinese medicine with osteopathy, acutaping can treat ailments ranging from back pain and tennis elbow to menstrual pain and migraines. In acutaping, Kinesio elastic tape is placed over the afflicted area's corresponding acupuncture points. 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.



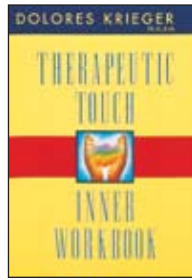
Accepting Your Power to Heal

The Personal Practice of Therapeutic Touch

Dolores Krieger, Ph.D., R.N.

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The co-developer of Therapeutic Touch encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach the basic techniques of this widely used healing modality.

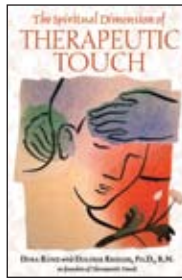


Therapeutic Touch Inner Workbook

Dolores Krieger, Ph.D., R.N.

ISBN-13: 978-1-879181-39-7
ISBN-10: 1-879181-39-8
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This work by the co-developer of Therapeutic Touch goes beyond technique to explore the transpersonal nature of the process, and demonstrates how the inner work engaged through the act of healing deeply affects and transforms the philosophy of both the healer and the client.



The Spiritual Dimension of Therapeutic Touch

Dora Kunz with Dolores Krieger, Ph.D., R.N. co-founders of Therapeutic Touch

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ISBN-10: 1-59143-025-9
\$16.00 (CAN \$23.50) pb
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Since 1972 Therapeutic Touch has been taught to tens of thousands of health care professionals. *The Spiritual Dimension of Therapeutic Touch* teaches how to rebalance the body's energy through touch and visualization and provides an intimate glimpse into the work of Dolores Krieger and her mentor, Dora Kunz (1904-1999). Included are previously unpublished lectures by Dora Kunz, with commentary from Dolores Krieger.

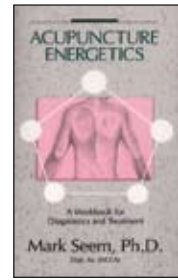


Acupressure Techniques

A Self-Help Guide
Julian Kenyon, M.D.

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This guide to the effective use of acupressure can treat a wide range of conditions, from migraines and carpal tunnel syndrome to tennis elbow and tendonitis. Designed for individuals seeking to alleviate their own physical ailments, these easily mastered methods use deep finger and thumb pressure over acupuncture points to enhance the natural energy flow of the body.



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Mark Seem, Ph.D.

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A leading practitioner offers a new approach to acupuncture that integrates Eight-Principle and Five-Phase diagnosis. Includes case histories and a workbook for treatment strategies.



Acupuncture for Everyone

What It Is, Why It Works, and How It Can Help You

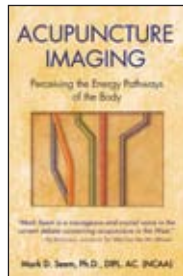
Dr. Ruth Kidson

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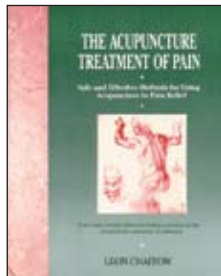
Acupuncture Imaging

Perceiving the Energy Pathways of the Body

Mark D. Seem, Ph.D., DIPL. AC. (NCAA)

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A pioneer in the field of body energetics, Mark Seem explains how to understand physical and psychological problems in terms of disrupted energy flow. *Acupuncture Imaging* will be of great help to students, teachers, practitioners, and patients of energetic and meridian therapies, particularly shiatsu and acupressure, as well as psychotherapists and those interested in Eastern concepts of medicine.



The Acupuncture Treatment of Pain

Safe and Effective Methods for Using Acupuncture in Pain Relief

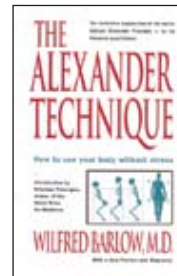
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"Tears away much of the mystique of acupuncture to present a simple approach to pain relief."

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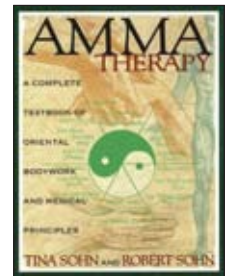
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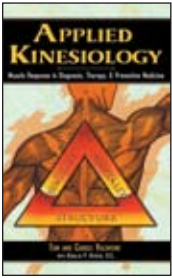
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A Complete Textbook of Oriental Bodywork and Medical Principles

Tina Sohn and Robert Sohn

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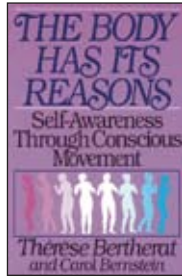
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Muscle Response in Diagnosis, Therapy, and Preventive Medicine

Tom and Carole Valentine with Douglas P. Hetrick, D.C.

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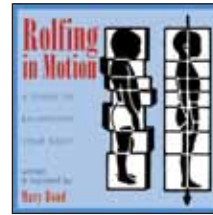
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A Self-Help Approach to Roling Movement

Mary Bond

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Mary Bond presents a unique self-help approach to Roling Movement and body transformation. By learning to recognize and respond appropriately to our body’s internal messages, we can discover a new freedom of expression in our bodies, leading to a marked increase in health and vitality. Practical structural awareness exercises are included.



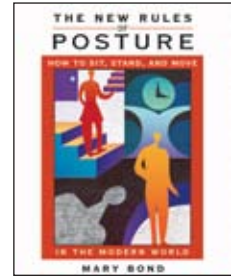
Roling in Motion

A Guide to Balancing Your Body

Mary Bond

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This CD presents 38 structural awareness exercises featured in the book, *Balancing Your Body*. Following an exploration of your habitual standing and walking patterns, a variety of exercises are offered that will help you in standing, sitting, and walking with fluidity and ease, creating new freedom in your physical expression and improving your well-being and overall vitality.



The New Rules of Posture

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

Mary Bond

ISBN-13: 978-1-59477-124-8
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 240 pages, 8 x 10
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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. She identifies the key anatomical features that impact alignment, and, proposing six zones that help create postural changes, she offers self-help exercises that enable healthy function in each zone.



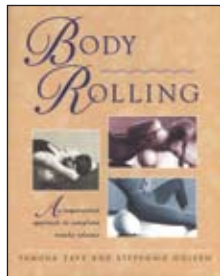
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Creating New Pathways for Sensory Awareness and Fluid Movement

Thomas Hanna

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This classic work on bodywork education builds on Moshe Feldenkrais’s theories of functional integration to improve coordination and range of movement.



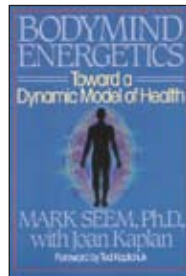
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An Experiential Approach to Complete Muscle Release

Yamuna Zake and Stephanie Golden

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Body Rolling is a revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system while freeing restrictions in the body, increasing blood flow, and promoting health. Detailed chapters focus on treating specific conditions such as lower back pain, neck problems, and the effects of aging.



Bodymind Energetics

Toward a Dynamic Model of Health

Mark Seem, Ph.D. with Joan Kaplan

ISBN-13: 978-0-89281-246-2
 ISBN-10: 0-89281-246-X
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 272 pages, 6 x 9

Dr. Seem proposes an integration of traditional Chinese medicine and psychosomatics in this model of health care that acknowledges the connection of body and mind.



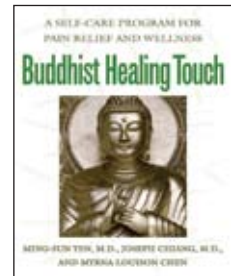
BodyWork Shiatsu

Bringing the Art of Finger Pressure to the Massage Table

Carl Dubitsky

ISBN-13: 978-0-89281-526-5
 ISBN-10: 0-89281-526-4
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 275 b&w illustrations

The director of Healthsprings Clinic in Boulder, Colorado presents his innovative method of integrating the energetic concepts and techniques of shiatsu with Western osteopathic and therapeutic massage.



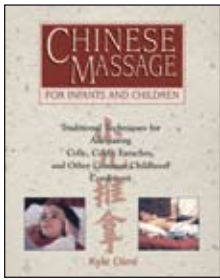
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A Self-Care Program for Pain Relief and Wellness

Ming-Sun Yen, M.D., Joseph Chiang, M.D., and Myrna Louison Chen

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Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.

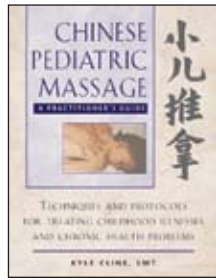


Chinese Massage for Infants and Children

Traditional Techniques for Alleviating Colic, Colds, Earaches, and Other Common Childhood Conditions
 Kyle Cline, L.M.T.

ISBN-13: 978-0-89281-797-9
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 180 b&w illustrations

A leading practitioner of Chinese medicine provides a parents' handbook of simple massage plans that can alleviate most common childhood ailments, from coughs and chicken pox to bedwetting.

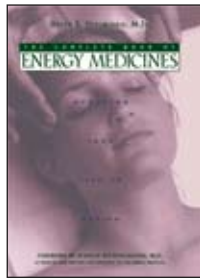


Chinese Pediatric Massage

A Practitioner's Guide
 Kyle Cline, L.M.T.

ISBN-13: 978-0-89281-842-6
 ISBN-10: 0-89281-842-5
 \$45.00 (CAN \$72.00) hardcover
 304 pages, 8.5 x 11
 181 b&w illustrations

This clearly illustrated guide enables health practitioners to successfully use Chinese pediatric massage in treating children from birth through preadolescence. It shows how a child's energetic framework differs from an adult's and how to adjust treatments accordingly.



The Complete Book of Energy Medicines

Choosing Your Path to Health

Helen E. Dziemidko, M.D.

ISBN-13: 978-0-89281-845-7
 ISBN-10: 0-89281-845-X
 \$18.00 (CAN \$27.95) pb
 192 pages, 6.5 x 9.25
 60 color photographs

In this clear, accessible guide, a medical doctor guides you through more than 50 energy medicine therapies, from acupuncture to yoga.



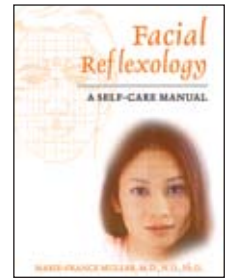
Decoding the Human Body-Field

The New Science of Information as Medicine

Peter H. Fraser and Harry Massey with Joan Parisi Wilcox

ISBN-13: 978-1-59477-225-2
 ISBN-10: 1-59477-225-8
 \$18.95 (CAN \$21.50) pb
 416 pages, 6 x 9
 14 b&w illustrations

In this revolutionary look at the energetic physiology of the human body, Peter Fraser and Harry Massey explain the link between traditional Chinese medicine and quantum wave theory, showing how energy blockages cause illness and disease. This book details how Infoceuticals promote self-healing in the body's energy-field.

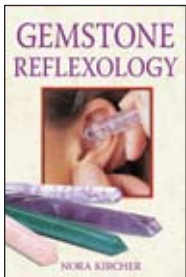


Facial Reflexology

A Self-Care Manual
 Marie-France Muller, M.D., N.D., Ph.D.

ISBN-13: 978-1-59477-013-5
 ISBN-10: 1-59477-013-1
 \$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.

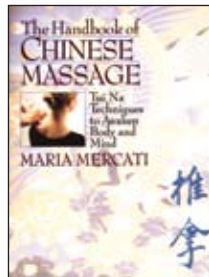


Gemstone Reflexology

Nora Kircher

ISBN-13: 978-1-59477-121-7
 ISBN-10: 1-59477-121-9
 \$14.95 (CAN \$19.50) pb
 112 pages, 6 x 9
 92 four-color illustrations

Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The energies of the crystal combine with those released by the pressure on the reflexology point to produce a powerful force for healing.



The Handbook of Chinese Massage

Tui Na Techniques to Awaken Body and Mind
 Maria Mercati

ISBN-13: 978-0-89281-745-0
 ISBN-10: 0-89281-745-3
 \$19.95 (CAN \$31.95) pb
 144 pages, 7.5 x 9.63
 140 color photographs

Britain's leading authority on Oriental massage integrates classic tui na techniques into a new, whole-body treatment never before seen in East or West.



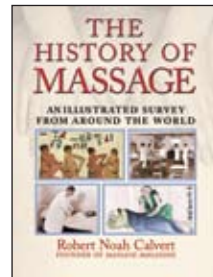
Hands-on Healing

A Practical Guide to Channeling Your Healing Energies

Jack Angelo

ISBN-13: 978-0-89281-734-4
 ISBN-10: 0-89281-734-8
 \$16.95 (CAN \$24.95) pb
 256 pages, 7.25 x 9.25
 53 b&w illustrations

An illustrated, step-by-step guide that makes it easy for anyone to awaken and develop their own healing gift. *Hands-on Healing* allows the reader to both understand the body's energies and to practice healing exercises. Chapters focus on such topics as healing touch, chakras, the wisdom of the body, visualization, and meditation.



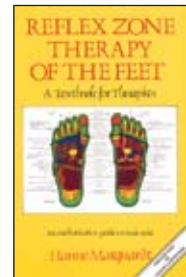
The History of Massage

An Illustrated Survey from around the World

Robert Noah Calvert

ISBN-13: 978-0-89281-881-5
 ISBN-10: 0-89281-881-6
 \$24.95 (CAN \$36.50) pb
 288 pages, 8.5 x 11
 200 b&w illustrations

Robert Noah Calvert offers a comprehensive history of massage that spans the globe. Starting with the healing art's ancient foundations, *The History of Massage* leads us through Greek temples and Middle Eastern bathhouses, Chinese martial arts traditions and Native American sweat lodges, to discover the significant role of touch therapy in the life of the world's people.

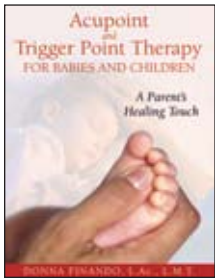


Reflex Zone Therapy of the Feet

A Textbook for Therapists
 Hanne Marquardt

ISBN-13: 978-0-89281-234-9
 ISBN-10: 0-89281-234-6
 \$18.95 (CAN \$29.95) pb
 160 pages, 5.38 x 8.25
 36 color and b&w illustrations

The author explains the relationship between the reflex points on the feet and the internal organs, and shows how reflexology can be used in the diagnosis and treatment of illness.

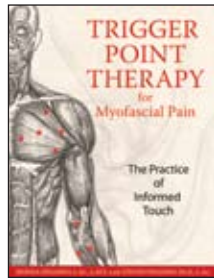


New-Available
Acupoint and Trigger Point Therapy for Babies and Children

A Parent's Healing Touch
 Donna Finando, L.Ac., L.M.T.

ISBN-13: 978-1-59477-189-7
 ISBN-10: 1-59477-189-8
 \$19.95 (CAN \$22.95) pb
 240 pages, 8.5 x 11
 Two-color illustrations throughout

Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely, activating the body's remarkable healing abilities. Author Donna Finando reveals the importance of touch in both childhood development and healing, and details acupoint and trigger point therapy techniques for most common childhood ailments, including asthma.



Trigger Point Therapy for Myofascial Pain

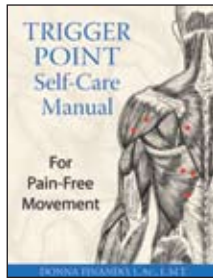
The Practice of Informed Touch
 Donna Finando, L.Ac., L.M.T., and Steven Finando, Ph.D., L.Ac.

ISBN-13: 978-1-59477-054-8
 ISBN-10: 1-59477-054-9
 \$19.95 (CAN \$26.95) pb
 256 pages, 8.5 x 11
 147 two-color illustrations

Also available in hardcover: Informed Touch

ISBN-13: 978-0-89281-740-5
 ISBN-10: 0-89281-740-2
 \$30.00 (CAN \$43.50)

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. Detailed information on each muscle enables clinicians to locate specific areas quickly and accurately.



Trigger Point Self-Care Manual

For Pain-Free Movement
 Donna Finando, L.Ac., L.M.T.

ISBN-13: 978-1-59477-080-7
 ISBN-10: 1-59477-080-8
 \$18.95 (CAN \$25.95) pb
 208 pages, 8.5 x 11
 228 two-color illustrations

Donna Finando presents at-home 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. The pain associated with trigger points in each muscle of the body is identified and instructions are provided for palpating, treating, and stretching the muscle in order to release it.

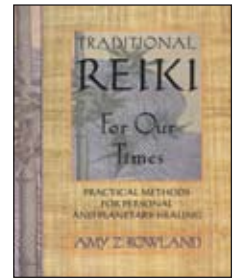


Intuitive Reiki for Our Times

Essential Techniques for Enhancing Your Practice
 Amy Z. Rowland

ISBN-13: 978-1-59477-099-9
 ISBN-10: 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.

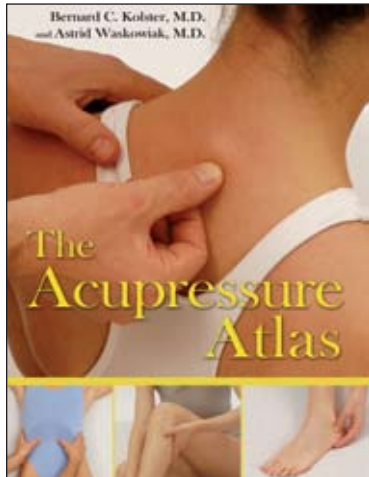


Traditional Reiki for Our Times

Practical Methods for Personal and Planetary Healing
 Amy Z. Rowland

ISBN-13: 978-0-89281-777-1
 ISBN-10: 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.

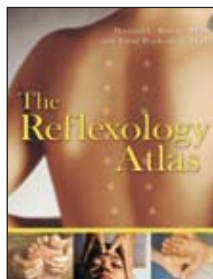


New-Available
The Acupressure Atlas

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

ISBN-13: 978-1-59477-207-8
 ISBN-10: 1-59477-207-X
 \$24.95 (CAN \$27.95) pb
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 ISBN-13: 978-1-59477-175-0
 ISBN-10: 1-59477-175-8
 \$39.95 (CAN \$45.00) hardcover

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.



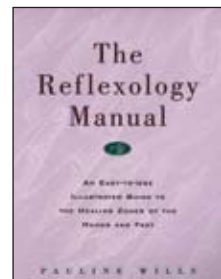
The Reflexology Atlas

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

ISBN-13: 978-1-59477-091-3
 ISBN-10: 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
 ISBN-10: 1-59477-066-2
 \$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

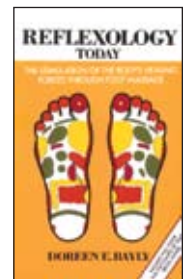
An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet

Pauline Wills

ISBN-13: 978-0-89281-547-0
 ISBN-10: 0-89281-547-7
 \$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

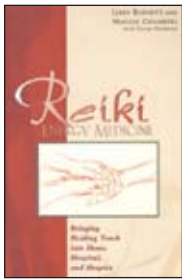


Reflexology Today

The Stimulation of the Body's Healing Forces through Foot Massage
 Doreen E. Bayly

ISBN-13: 978-0-89281-284-4
 ISBN-10: 0-89281-284-2
 \$12.95 (CAN \$17.95) pb
 68 pages, 5.25 x 8.5
 17 photographs and illustrations

Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system, and can do much to retard the ageing process. Ailments that respond to reflexology, include glaucoma, migraine, liver disease, cataracts, asthma, neuritis, shingles (herpes zoster), arthritis, and sinus trouble.



Reiki Energy Medicine

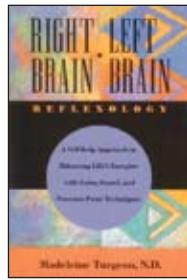
Bringing Healing Touch into Home, Hospital, and Hospice

Libby Barnett and Maggie Chambers with Susan Davidson

ISBN-13: 978-0-89281-633-0
ISBN-10: 0-89281-633-3
\$12.95 (CAN \$18.95) pb
144 pages, 6 x 9
25 b&w illustrations

Also available in Spanish (see page 111)

As our health-care system challenges institutions to offer high-quality but cost-effective service, Reiki can be an important tool that can help maximize patient care and minimize recovery time. This is the first book to show how this ancient art of touch therapy can work within our mainstream health care system.

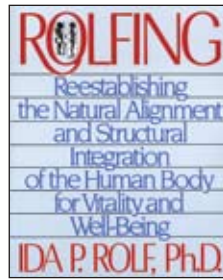


Right Brain/Left Brain Reflexology

Madeleine Turgeon, N.D.

ISBN-13: 978-0-89281-432-9
ISBN-10: 0-89281-432-2
\$14.95 (CAN \$23.95) pb
224 pages, 6 x 9

This self-help guide assists you in identifying right- or left-brain dominance, and suggests color, sound, and pressure point techniques to bring both hemispheres into balance.



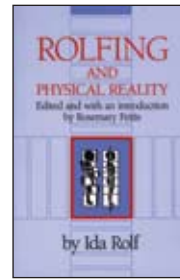
Rolfing

Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being

Ida P. Rolf, Ph.D.

ISBN-13: 978-0-89281-335-3
ISBN-10: 0-89281-335-0
\$24.95 (CAN \$36.50) pb
304 pages, 8 x 10
600 b&w illustrations and photographs

Rolfing has helped thousands of people to look better, move with greater ease, and enjoy vitality and well-being. This classic text, with more than 600 illustrations and photographs, continues to be the most important reference for Rolfers around the world, and will also appeal to other professional bodyworkers and the layperson.

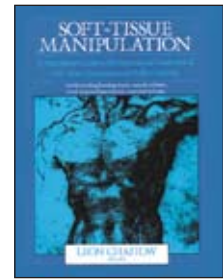


Rolfing and Physical Reality

Ida P. Rolf, Ph.D.

ISBN-13: 978-0-89281-380-3
ISBN-10: 0-89281-380-6
\$14.95 (CAN \$21.95) pb
224 pages, 5.38 x 8.25

A self-portrait of the warm, wise woman who created the therapy that bears her name. Here, Ida Rolf tells of her life and the wonder of the human body, and explains her technique of manipulating muscle tissue to induce correct alignment in the body.



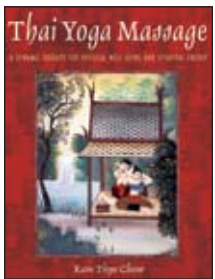
Soft-Tissue Manipulation

A Practitioner's Guide to the Diagnosis and Treatment of Soft-Tissue Dysfunction and Reflex Activity

Leon Chaitow, D.O., N.D.

ISBN-13: 978-0-89281-276-9
ISBN-10: 0-89281-276-1
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272 pages, 7.38 x 9.75
70 two-color illustrations

As techniques of physiotherapy have evolved and distinctions between methodologies have blurred, greater emphasis has been placed on Soft-Tissue Manipulation. Dr. Chaitow provides practitioners and students with up-to-date and complete information on the varieties of diagnostic and therapeutic techniques. Revised and expanded, this is a complete and indispensable textbook for students and therapists of all schools.



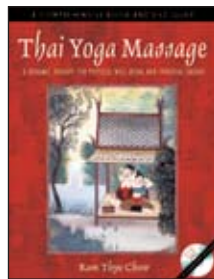
Thai Yoga Massage

A Dynamic Therapy for Physical Well-Being and Spiritual Energy

Kam Thyé Chow

ISBN-13: 978-0-89281-937-9
ISBN-10: 0-89281-937-5
\$29.95 (CAN \$43.95) hardcover
160 pages, 8.5 x 11
144 b&w photographs and 49 b&w illustrations

In this comprehensive guide for practitioners, Kam Thyé Chow leads readers through every aspect of this unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy, from its history and philosophy to an illustrated presentation of a complete Thai yoga massage session. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition.



Thai Yoga Massage

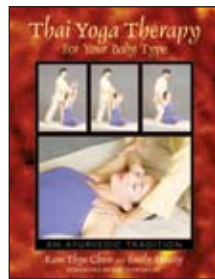
A Dynamic Therapy for Physical Well-Being and Spiritual Energy

Book & DVD Set

Kam Thyé Chow

ISBN-13: 978-0-89281-146-5
ISBN-10: 0-89281-146-3
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160 pages, 8.5 x 11
144 b&w photographs and 49 b&w illustrations
Includes 45-minute DVD

In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. In this paperback edition of *Thai Yoga Massage*, Kam Thyé Chow leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed photographs, and he also demonstrates the techniques in the accompanying DVD.



Thai Yoga Therapy for Your Body Type

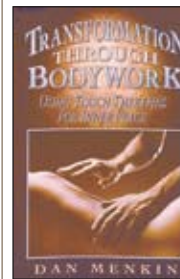
An Ayurvedic Tradition

Kam Thyé Chow and Emily Moody

Foreword by David Frawley

ISBN-13: 978-0-89281-184-7
ISBN-10: 0-89281-184-6
\$19.95 (CAN \$25.95) pb
240 pages, 8.5 x 11
152 b&w illustrations

Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips.



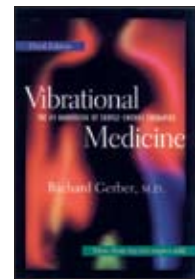
Transformation through Bodywork

Using Touch Therapies for Inner Peace

Dan Menkin

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Dan Menkin has facilitated thousands of sessions integrating spiritual and personal counseling with transformation-oriented bodywork. Here he asks us to discover inner peace through spiritually sensitive bodywork.



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The #1 Handbook of Subtle-Energy Therapies

Richard Gerber, M.D.

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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.

Healing Arts Press— Health & Healing



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Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs

Brigitte Mars

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Addiction-Free—Naturally offers information on gentle but effective ways to ease cravings and nourish the body, as well as on cleansing the body of accumulated toxins and using natural remedies for stress relief.



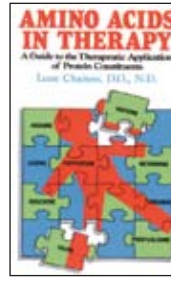
Alternative Health Care for Women

A Woman's Guide to Self-Help Treatments and Natural Therapies

Patsy Westcott and Leyardia Black, N.D.

ISBN-13: 978-0-89281-245-5
ISBN-10: 0-89281-245-1
\$12.95 (CAN \$20.95) pb
192 pages, 6.25 x 8.5

This overview discusses homeopathy, reflexology, herbalism, yoga, and other therapies especially suited to women's health needs.



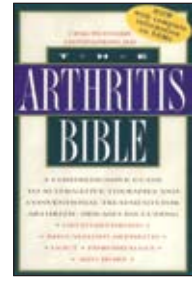
Amino Acids in Therapy

A Guide to the Therapeutic Application of Protein Constituents

Leon Chaitow, D.O., N.D.

ISBN-13: 978-0-89281-287-5
ISBN-10: 0-89281-287-7
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112 pages, 5.38 x 8.5

Directed primarily to the health professional, this book covers all aspects of amino acid therapy and discusses conditions that respond particularly well to this treatment.



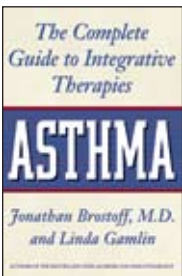
The Arthritis Bible

A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases Including Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and More

Craig Weatherby and Leonid Gordina, M.D.

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A specialist in functional medicine provides the most up-to-date information on a variety of treatments, including drugs, exercise, diet, vitamins, herbs, nutraceuticals, and homeopathy.



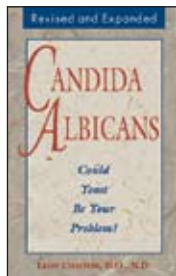
Asthma

The Complete Guide to Integrative Therapies

Jonathan Brostoff, M.D. and Linda Gamlin

ISBN-13: 978-0-89281-932-4
ISBN-10: 0-89281-932-4
\$19.95 (CAN \$30.95) pb
512 pages, 6 x 9
30 b&w illustrations

Almost everyone with asthma could be feeling better and using fewer drugs; this book shows you how. The authors provide a comprehensive step-by-step program to help you identify your personal asthma triggers and make changes in your environment, diet, and lifestyle that can reduce your exposure to allergens and your need for drugs.



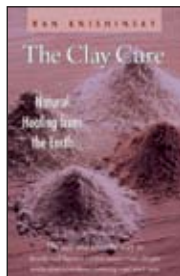
Revised and Expanded Candida Albicans

Could Yeast Be Your Problem?

Leon Chaitow, D.O., N.D.

ISBN-13: 978-0-89281-795-5
ISBN-10: 0-89281-795-X
\$10.95 (CAN \$17.50) pb
160 pages, 5 x 7.75

This revised, expanded, and updated guide to the health problems caused by yeast infection shows how to determine if yeast is your problem and, if so, how to control it.



The Clay Cure

Natural Healing from the Earth

Ran Knishinsky

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ISBN-10: 0-89281-775-5
\$10.95 (CAN \$15.95) pb
112 pages, 5 x 7.75

Eating clay can treat ailments affecting digestion, circulation, menstruation, and the liver, skin, and prostate. *The Clay Cure* contains complete information on choosing the appropriate type of clay, how and when to take it for your specific complaint, the science and history of ingesting clay, and the value of minerals contained in the many varieties of clay.



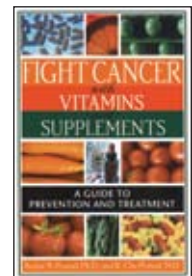
The Cox-2 Connection

Natural Breakthrough Treatment for Arthritis, Alzheimers & Cancer

James B. LaValle, R.Ph., N.M.D., C.C.N.

ISBN-13: 978-0-89281-984-3
ISBN-10: 0-89281-984-7
\$12.95 (CAN \$18.95) pb
176 pages, 6 x 9

In this innovative text, James LaValle clearly explains what can cause joint and muscle inflammation, then sets forward multiple treatments, with step-by-step instructions on how to use these treatments most effectively. Furthermore, he writes about exciting new studies that indicate the possible effectiveness of Cox-2 inhibitors in treating diseases such as cancer and Alzheimer's.



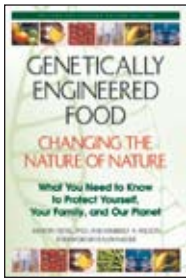
Fight Cancer with Vitamins and Supplements

A Guide to Prevention and Treatment

Kedar N. Prasad, Ph.D., and K. Che Prasad, M.D.

ISBN-13: 978-0-89281-949-2
ISBN-10: 0-89281-949-9
\$12.95 (CAN \$20.95) pb
192 pages, 5.38 x 8.25

The authors explain the latest studies in this cutting-edge field, give you a simple nutritional program to follow, and separate the facts from the myths on the most promising anticancer compounds, including the antioxidants coenzyme-Q10 and lipoic acid and herbs such as green tea and garlic.



Genetically Engineered Food: Changing the Nature of Nature

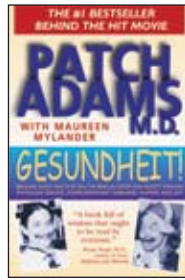
What You Need to Know to Protect Yourself, Your Family, and Our Planet

Martin Teitel, Ph.D., and Kimberly A. Wilson

ISBN-13: 978-0-89281-948-5
ISBN-10: 0-89281-948-0
\$16.95 pb (CAN \$22.95)
208 pages, 6 x 9

Also available in Spanish (see page 108)

This revised and updated second edition is both an exposé and educational primer on this controversial technology that is already a part of every American's diet.



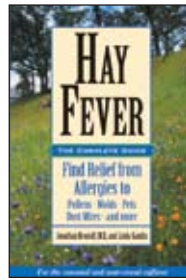
Gesundheit!

Bringing Good Health to You, the Medical System, and Society through Physician Service, Complementary Therapies, Humor, and Joy

Patch Adams, M.D., with Maureen Mylander

ISBN-13: 978-0-89281-781-8
ISBN-10: 0-89281-781-X
\$14.95 (CAN \$21.95) pb
248 pages, 6 x 9
17 b&w photographs

Today's high-tech medicine has become too costly, impersonal, and grim. In his frequent lectures to colleges, churches, community groups, medical schools, and conferences, Patch Adams shows how healing can be a loving, creative, humorous human exchange—not a business transaction. Here is his true story, popularized in the hit movie starring Robin Williams.



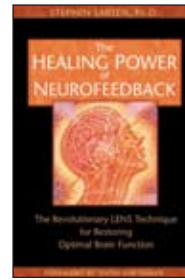
Hay Fever: The Complete Guide

Find Relief from Allergies to Pollens, Molds, Pets, Dust Mites, and more

Dr. Jonathan Brostoff and Linda Gamlin

ISBN-13: 978-0-89281-988-1
ISBN-10: 0-89281-988-X
\$16.95 (CAN \$24.95) pb
360 pages, 6 x 9
20 b&w line drawings

The authors explore all the issues of respiratory allergies, including the links between asthma and hay fever and suggest ways to prevent the development of allergies in children. They also discuss the role of food allergies and allergens and review the common myths surrounding them.



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
ISBN-10: 1-59477-084-0
\$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.

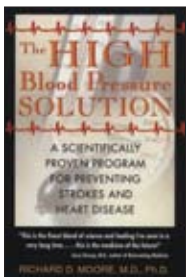


Healing Springs
The Ultimate Guide to Taking the Waters

Nathaniel Altman

ISBN-13: 978-0-89281-836-5
ISBN-10: 0-89281-836-0
\$18.95 (CAN \$29.95) pb
336 pages, 6 x 9
95 color photographs and 26 b&w illustrations

Healing Springs is the first book to present medical evidence that mineral springs can prevent and cure disease—and to tell you which spas are most effective. The author guides us through more than 200 of the best hot springs and mineral springs in the world.



Second Edition
The High Blood Pressure Solution

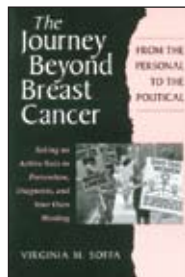
A Scientifically Proven Program for Preventing Strokes and Heart Disease

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

ISBN-13: 978-0-89281-975-1
ISBN-10: 0-89281-975-8
\$16.95 (CAN \$24.95) pb
400 pages, 6 x 9
20 b&w illustrations

First edition also available in Spanish (see page 112)

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.



The Journey Beyond Breast Cancer

From the Personal to the Political—Taking an Active Role in Prevention, Diagnosis, and Your Own Healing

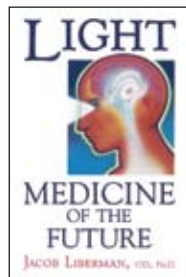
Virginia M. Soffa

ISBN-13: 978-0-89281-448-0
ISBN-10: 0-89281-448-9
\$14.95 (CAN \$23.95) pb
272 pages, 6 x 9
21 b&w photographs

Virginia Soffa outlines a strategy to help women make informed choices about prevention, treatment, and rehabilitation.

"Informative and provocative. What distinguishes Soffa's book is her insider's view of the breast cancer grass-roots movement and its political issues. The Journey Beyond Breast Cancer sends a sobering message."

Natural Health



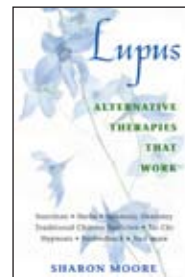
Light: Medicine of the Future

How We Can Use It to Heal Ourselves NOW

Jacob Liberman, O.D., Ph.D.

ISBN-13: 978-1-879181-01-4
ISBN-10: 1-879181-01-0
\$16.95 (CAN \$24.95) pb
288 pages, 6 x 9

Light: Medicine of the Future ushers in a new era in medicine: the science of light, the core of the new "energy medicine." Dr. Jacob Liberman discusses the use of light in the treatment of cancer, depression, sexual dysfunction, learning disabilities, and the immune system and offers a foundation for a new paradigm in healing.



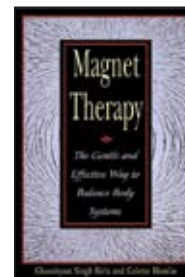
Lupus

Alternative Therapies That Work

Sharon Moore

ISBN-13: 978-0-89281-889-1
ISBN-10: 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.



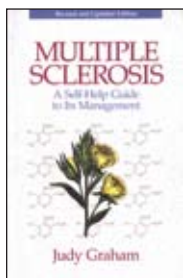
Magnet Therapy

The Gentle and Effective Way to Balance Body Systems

Ghanshyam Singh Birla with Colette Hemlin

ISBN-13: 978-0-89281-841-9
ISBN-10: 0-89281-841-7
\$12.95 (CAN \$18.95) pb
160 pages, 6 x 9
37 b&w illustrations

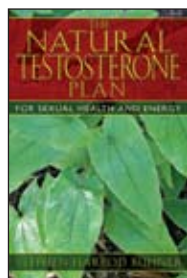
Based on their years of work using magnets within the ancient Ayurvedic healing tradition, the authors present the history and science of this increasingly popular treatment.



Multiple Sclerosis
A Self-Help Guide to Its Management

Judy Graham
ISBN-13: 978-0-89281-242-4
ISBN-10: 0-89281-242-7
\$12.95 (CAN \$18.95) pb
272 pages, 5.38 x 8.25

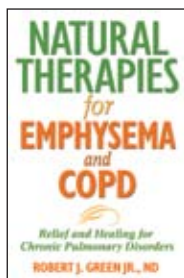
For people diagnosed as having MS, and for their caregivers, from an author who has been coping with the disease for more than twenty years. Includes information on promising natural treatments, diet, exercise, and more.



The Natural Testosterone Plan
For Sexual Health and Energy

Stephen Harrod Buhner
ISBN-13: 978-1-59477-168-2
ISBN-10: 1-59477-168-5
\$14.95 (CAN \$18.95) pb
192 pages, 6 x 9

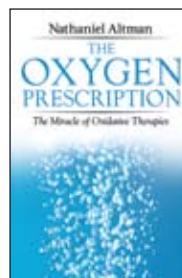
Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens—plant medicines that contain male hormones—can remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.



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
ISBN-10: 1-59477-163-4
\$14.95 (CAN \$18.95) pb
208 pages, 6 x 9
8 b&w illustrations

The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach. Robert Green shows that holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. He also details how to stop smoking and includes resources for alternative health practitioners.

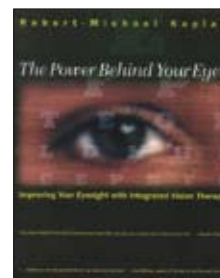


The Oxygen Prescription
The Miracle of Oxidative Therapies

Nathaniel Altman
ISBN-13: 978-1-59477-177-4
ISBN-10: 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 (see page 112)

This is the only book to place oxidative therapies in the context of holistic health. It presents treatments that stimulate the body's own ability to produce ozone to fight cancer, osteoporosis, and hepatitis, and treat heart disease, herpes, HIV, and diabetes.

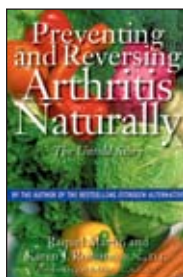


The Power Behind Your Eyes
Improving Your Eyesight with Integrated Vision Therapy

Robert-Michael Kaplan, O.D.
ISBN-13: 978-0-89281-536-4
ISBN-10: 0-89281-536-1
\$16.95 (CAN \$24.95) pb
192 pages, 8 x 10
23 b&w illustrations

Also available in Spanish (see page 111)

Dr. Kaplan addresses eyesight problems from a holistic and psychospiritual perspective, empowering readers to begin a self-healing journey.



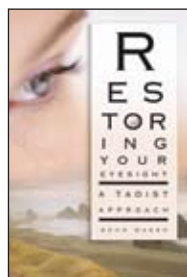
Preventing and Reversing Arthritis Naturally
The Untold Story

Raquel Martin and Karen J. Romano, R.N., D.C.
ISBN-13: 978-0-89281-891-4
ISBN-10: 0-89281-891-3
\$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."

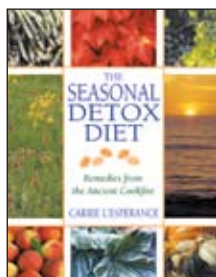
Ralph C. Lee, M.D.



Restoring Your Eyesight
A Taoist Approach

Doug Marsh
ISBN-13: 978-1-59477-150-7
ISBN-10: 1-59477-150-2
\$14.95 (CAN \$18.95) pb
240 pages, 6 x 9

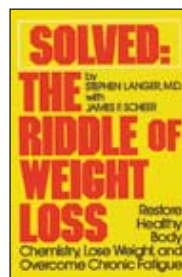
Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.



The Seasonal Detox Diet
Remedies from the Ancient Cookfire

Carrie L'Esperance
ISBN-13: 978-0-89281-982-9
ISBN-10: 0-89281-982-0
\$14.95 (CAN \$21.95) pb
280 pages, 7 x 9

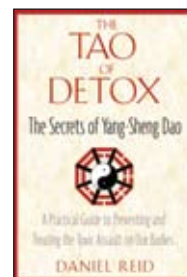
Unlike modern notions of fasting, the concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain.



Solved: The Riddle of Weight Loss
Restore Healthy Body Chemistry, Lose Weight, and Overcome Chronic Fatigue

Stephen Langer, M.D., with James F. Scheer
ISBN-13: 978-0-89281-296-7
ISBN-10: 0-89281-296-6
\$12.95 (CAN \$20.95) pb
256 pages, 5.38 x 8.25

A doctor's nutritional and medical breakthrough reveals common, unsuspected reasons for chronic overweight conditions and shows how these can be corrected.



The Tao of Detox
The Secrets of Yang-Sheng Dao

Daniel Reid
ISBN-13: 978-1-59477-142-2
ISBN-10: 1-59477-142-1
\$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.

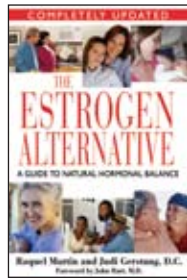


The Traveler's Natural Medicine Kit

Easy and Effective Remedies for Staying Healthy on the Road

Pamela Hirsch
 ISBN-13: 978-0-89281-947-8
 ISBN-10: 0-89281-947-2
 \$12.00 (CAN \$17.50) pb
 176 pages, 5 x 7.75

In this pocket guide, Pamela Hirsch shares her hard-won secrets for getting through your business or pleasure trips with an easy stomach and a calm mind. Using herbs, aromatherapy, homeopathy, and supplements, the author shows you how to prepare a lightweight travel kit of remedies especially suited to your trip and your body's individual needs.



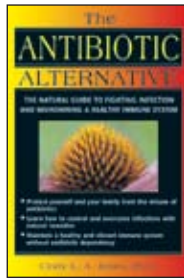
Fourth Edition
The Estrogen Alternative

A Guide to Natural Hormonal Balance

Raquel Martin and Judi Gerstung, D.C.
 Foreword by John Hart, M.D.
 ISBN-13: 978-1-59477-033-3
 ISBN-10: 1-59477-033-6
 \$16.95 (CAN \$21.95) pb
 352 pages, 6 x 9

Second Edition also available in Spanish (see page 108)

Despite increasing awareness, confusion about the risks of conventional hormone replacement therapy remains widespread. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural Hormone Replacement Therapy (HRT), can provide safe, natural relief.



The Antibiotic Alternative

The Natural Guide to Fighting Infection and Maintaining a Healthy Immune System

Cindy L. A. Jones, Ph.D.
 ISBN-13: 978-0-89281-877-8
 ISBN-10: 0-89281-877-8
 \$14.95 (CAN \$21.95) pb
 248 pages, 6 x 9

While antibiotics have their place in treating acute life-threatening conditions, *The Antibiotic Alternative* shows how the best defense against infectious disease is to strengthen your own immune system. With advice on stress management and diet and complete monographs of a dozen readily available herbs, Dr. Jones shows you how to ward off infectious disease naturally without antibiotic overdependence.



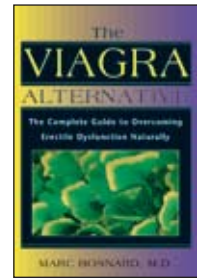
The Prozac Alternative

Natural Relief from Depression with St. John's Wort, Kava, Ginkgo, 5-HTP, Homeopathy, and Other Alternative Therapies

Ran Knishinsky
 ISBN-13: 978-0-89281-791-7
 ISBN-10: 0-89281-791-7
 \$12.95 (CAN \$20.95) pb
 160 pages, 6 x 9

Also available in Spanish (see page 108)

The Prozac Alternative offers a comprehensive look at St. John's wort, including its history in herbalism, current clinical uses, and safety and side effects, as well as how it compares with other natural alternatives such as Kava, Melatonin, and 5-HTP. It also discusses other uses of these natural substances.

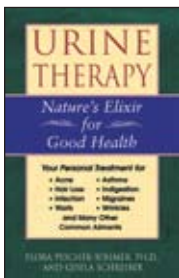


The Viagra Alternative

The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, M.D.
 ISBN-13: 978-0-89281-789-4
 ISBN-10: 0-89281-789-5
 \$14.95 (CAN \$22.95) pb
 232 pages, 6 x 9

Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques.

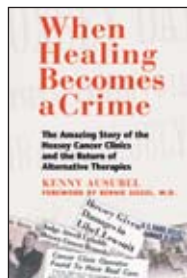


Urine Therapy

Nature's Elixir for Good Health

Flora Peschek-Böhmer, Ph.D., and Gisela Schreiber
 ISBN-13: 978-0-89281-799-3
 ISBN-10: 0-89281-799-2
 \$9.95 (CAN \$15.95) pb
 160 pages, 5 x 7.75

This introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments.

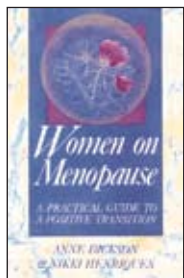


When Healing Becomes a Crime

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

Kenny Ausubel
 ISBN-13: 978-0-89281-925-6
 ISBN-10: 0-89281-925-1
 \$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.

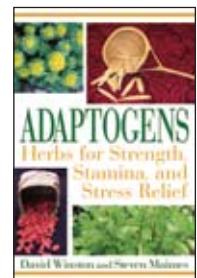


Women on Menopause

A Practical Guide to a Positive Transition

Anne Dickson and Nikki Henriques
 ISBN-13: 978-0-89281-237-0
 ISBN-10: 0-89281-237-0
 \$9.95 (CAN \$15.95) pb
 120 pages, 5.38 x 8.25

Interviews with women, including medical specialists, offer helpful guidance for women entering menopause, their families, and those in the health care professions.



Adaptogens

Herbs for Strength, Stamina, and Stress Relief

David Winston and Steven Maimes
 ISBN-13: 978-1-59477-158-3
 ISBN-10: 1-59477-158-8
 \$18.95 (CAN \$23.95) pb
 336 pages, 6 x 9
 24 b&w illustrations

Adaptogens help the body to "adapt" to the many health challenges it encounters—particularly stress. They increase stamina and counter the effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness.



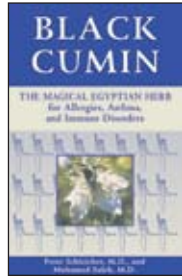
Aloe Vera

Nature's Soothing Healer
Diane Gage

ISBN-13: 978-0-89281-627-9
ISBN-10: 0-89281-627-9
\$9.95 (CAN \$15.95) pb
128 pages, 5 x 7.75

Also available in Spanish
(see page 111)

The author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by cultures as diverse as the ancient Egyptian and Native American. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to its best advantage for a wide variety of problems.



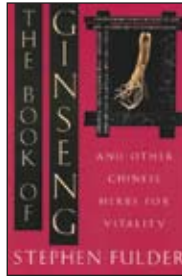
Black Cumin

The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

Peter Schleicher, M.D., and Mohamed Saleh, M.D.

ISBN-13: 978-0-89281-843-3
ISBN-10: 0-89281-843-3
\$10.95 (CAN \$17.50) pb
96 pages, 5 x 7.75
10 b&w photographs

Written by leading experts on black cumin, this is the first book to fully explore the amazing effectiveness of this herb against immune-system disorders, allergies, asthma, and skin problems.

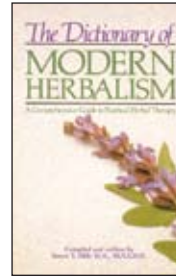


The Book of Ginseng

And Other Chinese Herbs for Vitality
Stephen Fulder, Ph.D.

ISBN-13: 978-0-89281-491-6
ISBN-10: 0-89281-491-8
\$14.95 (CAN \$23.95) pb
328 pages, 6 x 9

A doctor of pharmacology examines the healing properties and immune-boosting power of vitalizing plant substances, including ginseng, that have been valued in Chinese medicine for thousands of years.



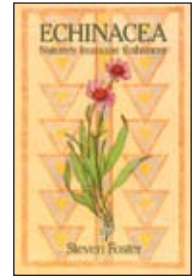
The Dictionary of Modern Herbalism

A Comprehensive Guide to Practical Herbal Therapy

Simon Mills

ISBN-13: 978-0-89281-238-7
ISBN-10: 0-89281-238-9
\$14.95 (CAN \$23.95) pb
208 pages, 5.38 x 8.25

This clear and comprehensive reference on the full range of healing herbs is an indispensable guide to the herbal remedies most used in the Anglo-American and European traditions. Each remedy is defined in terms of its main pharmacological actions and its therapeutic application to modern health problems.

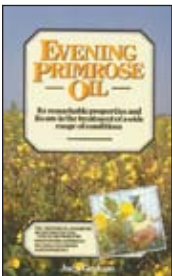


Echinacea

Nature's Immune Enhancer
Steven Foster

ISBN-13: 978-0-89281-386-5
ISBN-10: 0-89281-386-5
\$8.95 (CAN \$13.95) pb
160 pages, 5 x 7.75

Echinacea provides both a contemporary and historical view of this important herb and its healing properties. Known as a non-specific stimulant to the immune system, it was highly valued in Native American medicine and was used more frequently than any other plant. Today, research shows clear scientific reasons for its effectiveness.

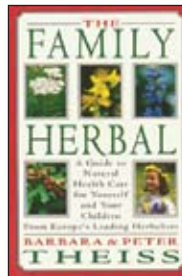


Evening Primrose Oil

Judy Graham

ISBN-13: 978-0-89281-288-2
ISBN-10: 0-89281-288-5
\$8.95 (CAN \$13.95) pb
112 pages, 5.25 x 8.5

Here is the story of the remarkable evening primrose, and the uses to which the oil from its seeds can be put—one of the major ones being in the treatment of premenstrual tension. Unlike most natural products which are on the whole useful for one condition only, the oil of the evening primrose has properties which make it useful for a wide range of conditions, among them: MS, arthritis, vascular problems, and PMS.



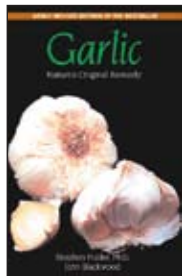
The Family Herbal

A Guide to Natural Health Care for Yourself and Your Children from Europe's Leading Herbalists

Barbara & Peter Theiss

ISBN-13: 978-0-89281-484-8
ISBN-10: 0-89281-484-5
\$19.95 (CAN \$28.95) pb
288 pages, 6 x 9
70 color plates

Barbara and Peter Theiss share their knowledge as parents and their professional experience in naturopathy, pharmacology, and herbalism to show how herbal medicine is the safest and most reliable method to care for most of your family's health needs. Includes chapters on healing herbs, emergency first aid, and growing your own herb garden.



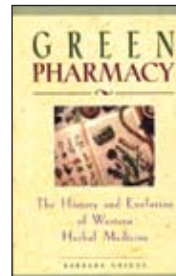
Garlic

Nature's Original Remedy
Stephen Fulder, Ph.D. and John Blackwood

ISBN-13: 978-0-89281-725-2
ISBN-10: 0-89281-725-9
\$8.95 (CAN \$13.95) pb
144 pages, 5 x 7.75

Also available in Spanish
(see page 108)

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the latest research, explaining how garlic works and how to get the most benefit from it. *Garlic* is the complete guide to this remarkable natural medicine.



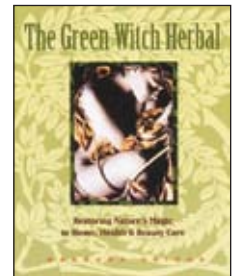
Green Pharmacy

The History and Evolution of Western Herbal Medicine

Barbara Griggs

ISBN-13: 978-0-89281-727-6
ISBN-10: 0-89281-727-5
\$19.95 (CAN \$31.95) pb
448 pages, 6 x 9

An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.



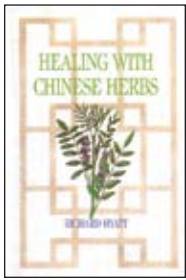
The Green Witch Herbal

Restoring Nature's Magic in Home, Health, and Beauty Care

Barbara Griggs

ISBN-13: 978-0-89281-496-1
ISBN-10: 0-89281-496-9
\$14.95 pb
168 pages, 8 x 10
30 b&w illustrations

Centuries ago, every woman was an herbal expert by necessity, and her garden supplied medicines, cosmetics, and soaps. Today, as we seek natural alternatives to synthetic products, researchers are discovering that herbal legends often turn out to encode hard medical fact. This modern compendium of herbal remedies shows how to tap the astonishing power of plants and herbs.

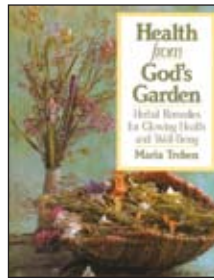


Healing with Chinese Herbs

Richard Hyatt

ISBN-13: 978-0-89281-277-6
 ISBN-10: 0-89281-277-X
 \$12.95 (CAN \$20.95) pb
 160 pages, 6 x 9

Recent evidence suggests that certain drugs taken in their unrefined state, and in accordance with the laws of traditional Chinese medicine, are vastly more effective than synthetic medicines used in the West. This guide to the Chinese herbal healing arts includes history, diagnosis, a pharmacopia, and methods of preparation.

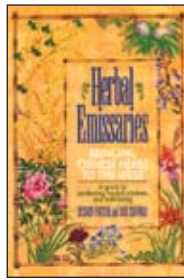


Health from God's Garden

Herbal Remedies for Glowing Health and Well-Being

Maria Treben
 ISBN-13: 978-0-89281-235-6
 ISBN-10: 0-89281-235-4
 \$16.95 (CAN \$23.95) pb
 128 pages, 8.5 x 11
 16 color plates

Herbalist Maria Treben reveals the herbal formulas—including Swedish Bitters—that made her famous in Europe, where millions have been healed using her herbal remedies.



Herbal Emissaries

Bringing Chinese Herbs to the West: A Guide to Gardening, Herbal Wisdom, and Well-Being

Steven Foster and Yue Chongxi
 ISBN-13: 978-0-89281-349-0
 ISBN-10: 0-89281-349-0
 \$19.95 (CAN \$27.95) pb
 368 pages, 6 x 9
 8 color plates

Herbal Emissaries is the first collaboration between a Chinese scientist and an American herbalist, blending traditional wisdom from both cultures with scientific verification of the effectiveness of forty-four medicinal plants. The authors supply specific techniques for cultivating these Chinese herbs and flowers in Western gardens and explain their medicinal use.



Herbal Teas for Health and Healing

Ceres

ISBN-13: 978-0-89281-646-0
 ISBN-10: 0-89281-646-5
 \$9.95 (CAN \$14.50) pb
 96 pages, 5 x 7.75

Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an "out-of-gear" system back to complete health. The author describes a wide range of tea-making herbs and gives instructions for their preparation and use.

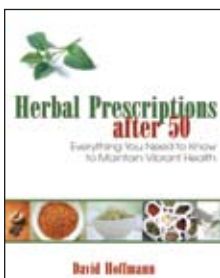


Herbs: Partners in Life

Healing, Gardening, and Cooking with Wild Plants

Adele G. Dawson
 ISBN-13: 978-0-89281-934-8
 ISBN-10: 0-89281-934-0
 \$16.95 (CAN \$25.95) pb
 296 pages, 6 x 9
 104 b&w illustrations

Vermont herbalist Dawson traces the human-plant relationship through the seasons, providing practical and enlightening information about every aspect of herbalism. Includes chapters on how to identify, collect, and preserve herbs as well as detailed illustrations of plants and their anatomy.



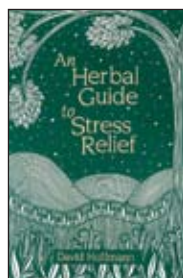
Revised Edition of *An Elders' Herbal*

Herbal Prescriptions after 50

Everything You Need to Know to Maintain Vibrant Health

David Hoffmann
 ISBN-13: 978-1-59477-180-4
 ISBN-10: 1-59477-180-4
 \$24.95 (CAN \$31.95) pb
 352 pages, 8 x 10

The natural healing properties of herbs provide a welcome alternative to the unpleasant and sometimes dangerous side effects that can be brought on by synthetic drugs. The remedies offered in *Herbal Prescriptions after 50* are designed to promote robust, lasting health and provide a way to age with grace.

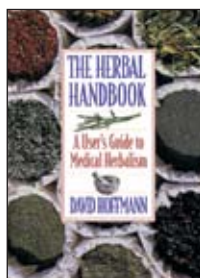


An Herbal Guide to Stress Relief

Gentle Remedies and Techniques for Healing and Calming the Nervous System

David Hoffmann
 ISBN-13: 978-0-89281-426-8
 ISBN-10: 0-89281-426-8
 \$12.95 (CAN \$20.95) pb
 192 pages, 5.38 x 8.25

David Hoffmann looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating and controlling the many physical and mental problems caused by the stress of modern living.

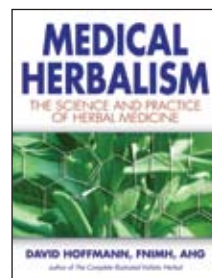


The Herbal Handbook

A User's Guide to Medical Herbalism

David Hoffmann
 ISBN-13: 978-0-89281-782-5
 ISBN-10: 0-89281-782-8
 \$16.95 (CAN \$22.95) pb
 240 pages, 6.25 x 8.38

In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.



Medical Herbalism

The Science and Practice of Herbal Medicine

David Hoffmann, FNIMH, AHG
 ISBN-13: 978-0-89281-749-8
 ISBN-10: 0-89281-749-6
 \$60.00 (CAN \$90.00) hardcover
 672 pages, 8.5 x 11
 487 b&w illustrations

Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect. It also includes information on toxicology, contraindications, and dosages.



Medicine Grove

A Shamanic Herbal

Loren Cruden
 ISBN-13: 978-0-89281-647-7
 ISBN-10: 0-89281-647-3
 \$16.95 (CAN \$21.95) pb
 224 pages, 6 x 9

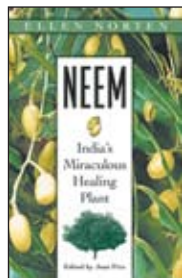
Medicine Grove includes listings for every common herb and many wild plants of North America, with descriptions of the part of the plant used, notes on preparation, lists of symptoms alleviated by the herb, and common effects. But Cruden goes further, offering guidelines for incorporating herbs into one's spiritual life, based on the author's lifetime of work with Native American practices.



Miracle Medicines of the Rainforest

A Doctor's Revolutionary Work with Cancer and AIDS Patients

Dr. Thomas David
 ISBN-13: 978-0-89281-746-7
 ISBN-10: 0-89281-746-1
 \$19.95 (CAN \$31.95) pb
 144 pages, 7.25 x 10.25
 83 color and 44 b&w photographs
 Dr. David's story is significant not only for its account of research that may herald a major breakthrough in curing diseases that have been the scourge of the modern world, but also for its emphasis on the vast and largely unrecognized pharmacopoeia of the rainforest that is in imminent danger of being lost forever.

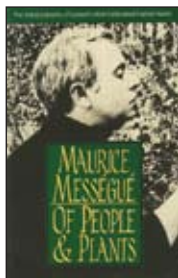


Neem

India's Miraculous Healing Plant

Ellen Norten
 Edited by Jean Pütz
 ISBN-13: 978-0-89281-837-2
 ISBN-10: 0-89281-837-9
 \$9.95 (CAN \$14.50) pb
 96 pages, 5 x 7.75
 16 b&w photographs

Used in India for more than 4,000 years, neem is a powerful blood purifier, anti-viral agent, and immune system enhancer.



Of People and Plants

The Autobiography of Europe's Most Celebrated Healer

Maurice Mességué
 ISBN-13: 978-0-89281-437-4
 ISBN-10: 0-89281-437-3
 \$12.95 (CAN \$20.95) pb
 336 pages, 5.38 x 8.25

This autobiography, flavored by Messeque's rich French heritage and the depth of his knowledge of native plant medicine, offers detailed information about the use of specific plants in treating a wide variety of ailments. Comprehensive appendices describe preparations for the principal chronic diseases and provide recommendations for seasonal and nutritional use of plants for optimal health.



Pau d'Arco

Immune Power from the Rain Forest

Kenneth Jones
 ISBN-13: 978-0-89281-497-8
 ISBN-10: 0-89281-497-7
 \$8.95 (CAN \$10.95)
 160 pages, 5 x 7.75
 Once again, the South American rain forest yields up a healing treasure—the bark of the pau d'arco tree. The author describes its value in treating allergies and immune system disorders, and gives directions for preparation and dosage.

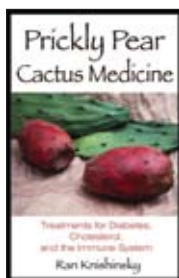


Planting the Future

Saving Our Medicinal Herbs
 Edited by Rosemary Gladstar and Pamela Hirsch

ISBN-13: 978-0-89281-894-5
 ISBN-10: 0-89281-894-8
 \$22.95 (CAN \$33.50) pb
 328 pages, 8 x 10
 37 color photographs

Planting the Future shows how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.

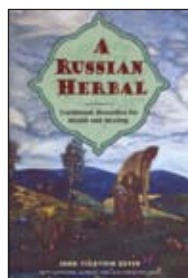


Prickly Pear Cactus Medicine

Treatments for Diabetes, Cholesterol, and the Immune System

Ran Knishinsky
 ISBN-13: 978-0-89281-149-6
 ISBN-10: 0-89281-149-8
 \$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.

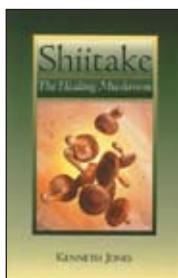


A Russian Herbal

Traditional Remedies for Health and Healing

Igor Vilevich Zevin with Nathaniel Altman and Lilia Vasilevna Zevin
 ISBN-13: 978-0-89281-549-4
 ISBN-10: 0-89281-549-3
 \$14.95 (CAN \$23.95) pb
 240 pages, 6 x 9
 79 b&w illustrations

Russia's rich folk heritage of herbal healing is detailed by a native son who shares his grandmother's knowledge of many healing herbs widely available in North America.

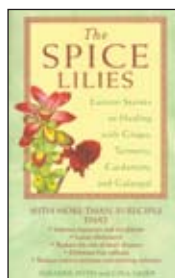


Shiitake

The Healing Mushroom
 Kenneth Jones

ISBN-13: 978-0-89281-499-2
 ISBN-10: 0-89281-499-3
 \$12.95 (CAN \$17.95) pb
 128 pages, 5 x 7.75

Discover the healing properties of this gourmet delicacy, from folk remedies to the latest research on its benefits in lowering blood cholesterol, prevention of heart disease, and in immunotherapy.

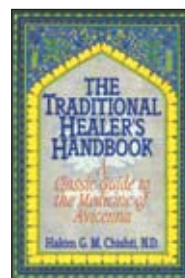


The Spice Lilies

Eastern Secrets to Healing with Ginger, Turmeric, Cardamom, and Galangal

Susanne Poth and Gina Sauer
 ISBN-13: 978-0-89281-890-7
 ISBN-10: 0-89281-890-5
 \$9.95 (CAN \$15.50) pb
 136 pages, 5 x 7.75

From Thai soups to piquant chutneys, the recipes provided here offer more than good taste. Learn how people throughout history have used the spice lilies for their healing properties.



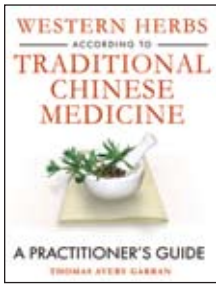
The Traditional Healer's Handbook

A Classic Guide to the Medicine of Avicenna
 Hakim G. M. Chishti, N.D.

ISBN-13: 978-0-89281-438-1
 ISBN-10: 0-89281-438-1
 \$22.95 (CAN \$31.95) pb
 416 pages, 6 x 9
 25 b&w illustrations

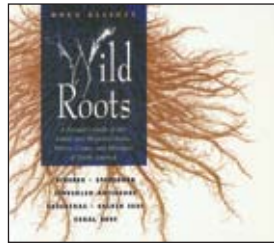
This comprehensive guide to healing synthesizes the principles and practices of Hippocratic, Chinese, Ayurvedic, and Persian medicine, and includes the first English translation of one of the handbooks of Avicenna.

"A serviceable history of classical herbal medicine . . . still used by over half the world's population . . . a practical manual."
 Los Angeles Times



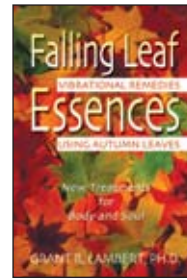
New-Available
Western Herbs according to Traditional Chinese Medicine

A Practitioner's Guide
 Thomas Avery Garran
 ISBN-13: 978-1-59477-191-0
 ISBN-10: 1-59477-191-X
 \$50.00 (CAN \$56.95) hardcover
 272 pages, 8.5 x 11
 Full color throughout
 This is the first book to guide practitioners of Chinese medicine in the use of Western herbs. Including 58 monographs of common Western healing herbs, and detailing how each plant is used clinically, it explains how to combine and modify the standard TCM formulas to non-Chinese herbs suitable for Western practitioners.



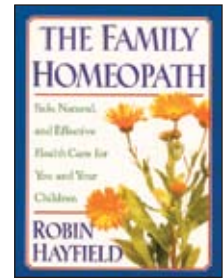
Wild Roots
A Forager's Guide to the Edible and Medicinal Roots, Tubers, Corms, and Rhizomes of North America

Written and illustrated by Doug Elliott
 ISBN-13: 978-0-89281-538-8
 ISBN-10: 0-89281-538-8
 \$16.95 (CAN \$22.95) pb
 128 pages, 9 x 8
 66 b&w illustrations
 For more than two decades Doug Elliot has wandered the fields, forests, and marshlands of North America gathering roots and herbs, and plant lore. A labor of love, *Wild Roots* is filled with practical information, extraordinary drawings and lively commentary, and offers a wealth of information about the roots, rhizomes, and tubers of North America.



Falling Leaf Essences
Vibrational Remedies Using Autumn Leaves
 Grant R. Lambert, Ph.D.

ISBN-13: 978-0-89281-928-7
 ISBN-10: 0-89281-928-6
 \$14.95 (CAN \$23.95) pb
 224 pages, 6 x 9
 Essences prepared from autumn leaves demonstrate unique healing qualities that can relieve the physical, emotional, and spiritual ailments that are associated with the autumn experiences of our lives: separation, job changes, or the simple release of old patterns. This comprehensive guide contains descriptions of 160 essences and their individual healing properties.



The Family Homeopath
Safe, Natural, and Effective Health Care for You and Your Children
 Robin Hayfield

ISBN-13: 978-0-89281-532-6
 ISBN-10: 0-89281-532-9
 \$16.95 (CAN \$26.95) pb
 144 pages, 7.88 x 10.38
 62 color photographs and illustrations
 This handsomely illustrated, easy-to-use reference manual is filled with practical information for safe and effective family health care. It suggests homeopathic treatments for more than 50 common ailments.
"I think this is one of the clearest and most practical books on first aid and common ailments that I have come across."
 Sarah Byfield



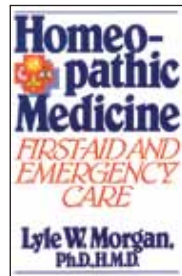
Homeopathic Medicine for Mental Health
 Trevor Smith, M.D.

ISBN-13: 978-0-89281-291-2
 ISBN-10: 0-89281-291-5
 \$14.95 (CAN \$21.95) pb
 264 pages, 5.38 x 8.25
 A physician and psychiatrist, Trevor Smith shows how homeopathy can be used effectively to treat a wide range of emotional and mental problems, including anxiety; depression and withdrawal; insecurity, shyness, and immaturity; fears and phobias; schizophrenia; and obsessional disorders.



Homeopathic Medicine for Women
An Alternative Approach to Gynecological Health Care
 Trevor Smith, M.D.

ISBN-13: 978-0-89281-236-3
 ISBN-10: 0-89281-236-2
 \$12.95 (CAN \$20.95) pb
 176 pages, 5.38 x 8.25
 Many women's health concerns can be effectively addressed with homeopathic remedies. Here, Dr. Smith discusses both homeopathic and conventional treatments for a variety of conditions.



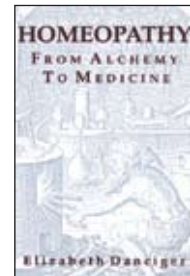
Homeopathic Medicine
First Aid and Emergency Care
 Lyle W. Morgan II, Ph.D., H.M.D.

ISBN-13: 978-0-89281-249-3
 ISBN-10: 0-89281-249-4
 \$12.95 (CAN \$20.95) pb
 144 pages, 5.38 x 8.25
 Discover how homeopathic remedies can be used as a gentle first aid treatment for a wide variety of illnesses and injuries.



Homeopathic Treatment of Sports Injuries
 Lyle W. Morgan II, Ph.D., H.M.D.

ISBN-13: 978-0-89281-227-1
 ISBN-10: 0-89281-227-3
 \$12.95 (CAN \$20.95) pb
 136 pages, 5.38 x 8.25
 Dr. Morgan details the homeopathic remedies that are most effective in treating injuries commonly encountered in sports.



Homeopathy
From Alchemy to Medicine
 Elizabeth Danciger

ISBN-13: 978-0-89281-290-5
 ISBN-10: 0-89281-290-7
 \$12.95 (CAN \$20.95) pb
 118 pages, 5.38 x 8.25
 The author traces the development of homeopathy, showing that Hahnemann's discoveries can only be understood in context of earlier developments, including the groundbreaking work of the great 16th century physician, Paracelsus.



Homeopathy and Your Child

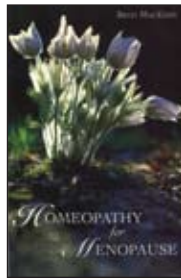
A Parent's Guide to Homeopathic Treatment from Infancy Through Adolescence

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN-13: 978-0-89281-330-8
 ISBN-10: 0-89281-330-X
 \$12.95 (CAN \$20.95) pb
 128 pages, 5.38 x 8.25

Also available in Spanish (see page 110)

Dr. Morgan discusses a wide range of homeopathic remedies for childhood disorders and examines alternatives to controversial immunization and antibiotic treatments.

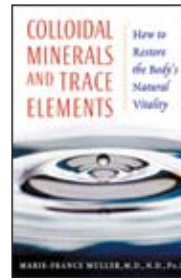


Homeopathy for Menopause

Beth MacEoin

ISBN-13: 978-0-89281-648-4
 ISBN-10: 0-89281-648-1
 \$14.95 pb
 256 pages, 5.38 x 8.25

This positive, holistic approach to menopause shows how to safely treat its symptoms with gentle, all-natural homeopathic remedies. Common discomforts that may arise before, during, or after menopause, and that can be treated homeopathically include: menstrual irregularities, hot flashes, night sweats, depression, low self-esteem, weight gain, sleep disturbances, and aching joints.



Colloidal Minerals and Trace Elements

How to Restore the Body's Natural Vitality

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

ISBN-13: 978-1-59477-023-4
 ISBN-10: 1-59477-023-9
 \$14.95 (CAN \$20.95) pb
 224 pages, 6 x 9

Colloidal mineral supplements allow 98 percent of the supplement to be absorbed by the body, as opposed to the 3 to 5 percent absorption of standard mineral supplements. *Colloidal Minerals and Trace Elements* details 55 trace elements, their beneficial effects, and the ideal combinations of colloid supplements to use based on your health concerns.

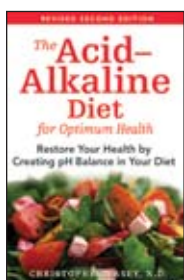


Cooking with Sea Vegetables

Peter and Montse Bradford

ISBN-13: 978-0-89281-283-7
 ISBN-10: 0-89281-283-4
 \$10.95 (CAN \$17.50) pb
 144 pages, 5.25 x 8.5

High in minerals and protein and low in calories, sea vegetables have always been valued for their rejuvenating and purifying properties. They can be combined with other foods to form the basis of a balanced diet free from meat, dairy products and additives. This book is a comprehensive guide to this traditional food of the future.



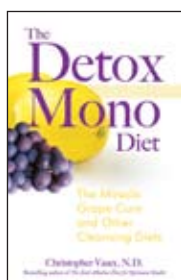
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-154-5
 ISBN-10: 1-59477-154-5
 \$12.95 (CAN \$16.50) pb
 208 pages, 5.38 x 8.25

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.

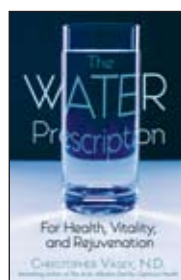


The Detox Mono Diet

The Miracle Grape Cure and Other Cleansing Diets

Christopher Vasey, N.D.
 ISBN-13: 978-1-59477-126-2
 ISBN-10: 1-59477-126-X
 \$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.



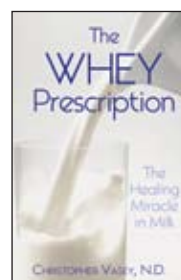
The Water Prescription

For Health, Vitality, and Rejuvenation

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-095-1
 ISBN-10: 1-59477-095-6
 \$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.



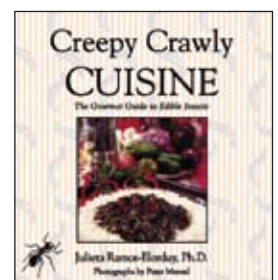
The Whey Prescription

The Healing Miracle in Milk

Christopher Vasey, N.D.

ISBN-13: 978-1-59477-127-9
 ISBN-10: 1-59477-127-8
 \$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.



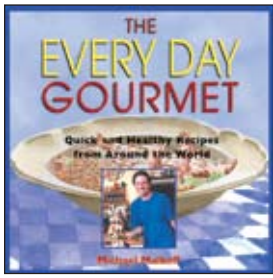
Creepy Crawly Cuisine

The Gourmet Guide to Edible Insects

Julieta Ramos-Elorduy, Ph.D.

ISBN-13: 978-0-89281-747-4
 ISBN-10: 0-89281-747-X
 \$16.00 (CAN \$23.50) pb
 160 pages, 8 x 8
 16 color and 10 b&w photographs

This book tells you everything you need to know to make insects a part of your diet. It includes an overview of the use of edible insects by indigenous cultures, information on where to obtain insects and how to store and prepare them, and over 60 gourmet recipes, complete with stunning color photographs.



The Every Day Gourmet

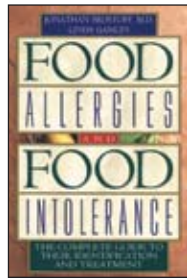
Quick and Healthy Recipes from Around the World
Michael Malkoff

ISBN-13: 978-0-89281-785-6
ISBN-10: 0-89281-785-2
\$16.00 (CAN \$25.50) pb
160 pages, 8 x 8

Here is a collection of more than 100 healthy and easy-to-make recipes for exotic dishes that use delicious, natural, whole foods. Included are tips on the shortcuts many professionals use to make shopping, cooking, and cleanup easier.

"In his search for the perfect meal, Michael Malkoff introduces us to a world of smart cooking tips and great recipes."

Chris Kilham, author of *The Whole Food Bible*

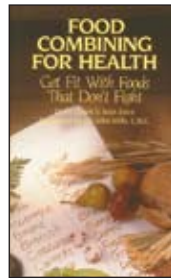


Food Allergies and Food Intolerance

The Complete Guide to Their Identification and Treatment
Jonathan Brostoff, M.D., and Linda Gamlin

ISBN-13: 978-0-89281-875-4
ISBN-10: 0-89281-875-1
\$19.95 pb
480 pages, 6 x 9
11 line illustrations

Food sensitivity is behind many chronic and misdiagnosed ailments. The authors show how to systematically identify and eliminate problem foods to achieve dramatic improvements and lasting health.



Food Combining for Health

Get Fit with Foods that Don't Fight
Doris Grant and Jean Joice

ISBN-13: 978-0-89281-348-3
ISBN-10: 0-89281-348-2
\$12.95 (CAN \$18.95) pb
248 pages, 5.25 x 8.5

Based on the Hay system of separating incompatible foods, this program shows you how to alleviate symptoms of gastric disturbance and food allergies, and enhance well-being.

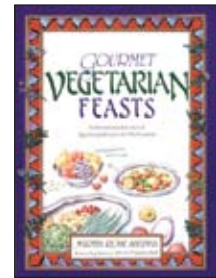


Fruit-Sweet and Sugar-Free

Prize-Winning Pies, Cakes, Pastries, Muffins, and Breads from the Ranch Kitchen Bakery
Janice Feuer

ISBN-13: 978-0-89281-449-7
ISBN-10: 0-89281-449-7
\$18.95 (CAN \$27.50) pb
216 pages, 8 x 10
8 color plates

b&w illustrations throughout
A Cordon Bleu-trained pastry chef transforms traditional bakery favorites into lighter, healthier alternatives.



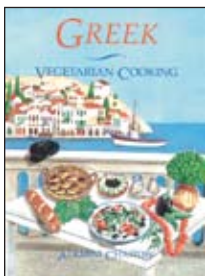
Gourmet Vegetarian Feasts

An International Selection of Appetizing Recipes for All Occasions
Martha Rose Shulman

ISBN-13: 978-0-89281-389-6
ISBN-10: 0-89281-389-X
\$14.95 (CAN \$23.95) pb
192 pages, 6.25 x 8.38

Former food editor of *Cosmopolitan* and winner of the Tastemaker Award, Shulman presents a tempting variety of vegetarian recipes, from appetizers to desserts.

"Eating right keeps getting easier, and more fun. Just ask this eclectic food writer."
American Health

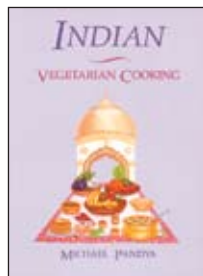


Greek Vegetarian Cooking

Alkmini Chaitow

ISBN-13: 978-0-89281-340-7
ISBN-10: 0-89281-340-7
\$10.95 (CAN \$17.50) pb
128 pages, 6.25 x 8.5

The author, herself a native of Greece, offers ideas for gluten- and dairy-free cooking with 110 colorful dishes from the eastern shores of the Mediterranean as well as tips for the proper presentation and balance of Greek cuisine. Dips, soups, raw and cooked salads, main courses, and desserts are all easily achieved with readily available ingredients.

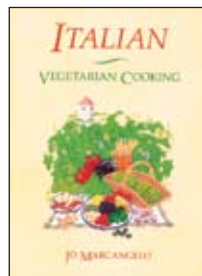


Indian Vegetarian Cooking

Michael Pandya

ISBN-13: 978-0-89281-342-1
ISBN-10: 0-89281-342-3
\$12.95 (CAN \$20.95) pb
208 pages, 6.25 x 8.5

Vegetarian cooking has been an important part of the Indian way of life for more than 4,000 years. Here, the author has assembled a definitive collection of vegetarian and whole food dishes, both traditional and original.

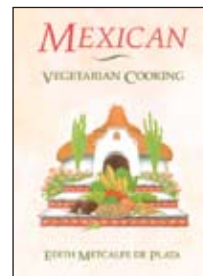


Italian Vegetarian Cooking

Jo Marcangelo

ISBN-13: 978-0-89281-343-8
ISBN-10: 0-89281-343-1
\$9.95 (CAN \$15.95) pb
160 pages, 6.25 x 8.5

This wide and varied range of vegetarian fare features the finest of Italy's regional recipes, passed down through many generations of Italian family cooking. The 115 distinctively delicious recipes are accompanied by an introduction to the cheeses, herbs, and other essential ingredients that make Italian cuisine unique throughout the world.

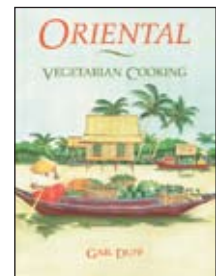


Mexican Vegetarian Cooking

Edith Metcalfe de Plata

ISBN-13: 978-0-89281-341-4
ISBN-10: 0-89281-341-5
\$10.95 (CAN \$17.50) pb
128 pages, 6.25 x 8.5

The author compiled this fascinating and accessible cookbook from first-hand experience as manager of a vegetarian restaurant in Guadalajara, Mexico. More than 100 authentic national dishes are represented in these distinctive and delicious recipes. Exotic and spicy, de Plata's Mexican cuisine adds a new and welcome dimension to vegetarian dining.

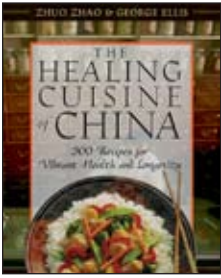


Oriental Vegetarian Cooking

Gail Duff

ISBN-13: 978-0-89281-344-5
ISBN-10: 0-89281-344-X
\$12.95 (CAN \$20.95) pb
208 pages, 6.25 x 8.5

Blending adventurous, exotic ingredients with familiar whole foods, fruits, and vegetables, one of Europe's leading natural-cooking writers brings together the flavors and culinary techniques of the Orient. Contains 160 recipes.



The Healing Cuisine of China

300 Recipes for Vibrant Health and Longevity

Zhuo Zhao and George Ellis

ISBN-13: 978-0-89281-778-8

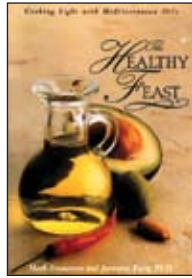
ISBN-10: 0-89281-778-X

\$19.95 (CAN \$28.95) pb

288 pages, 8.5 x 11

14 b&w photographs

This collection not only offers more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality, but also explains the theories behind traditional Chinese beliefs about health and diet and reconciles these with contemporary Western medical knowledge.



The Healthy Feast

Cooking Light with Mediterranean Oils

Mark Emmerson and Jeannette Ewin, Ph.D.

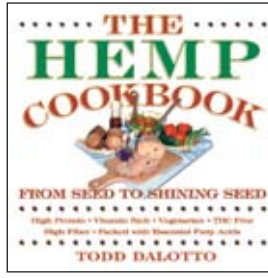
ISBN-13: 978-0-89281-742-9

ISBN-10: 0-89281-742-9

\$12.95 (CAN \$20.95) pb

160 pages, 6.25 x 9

A restaurant chef and a nutritionist team up to bring you more than 50 recipes using healthful oils in incredibly flavorful, satisfying dishes that eliminate saturated fat from your diet.



The Hemp Cookbook

From Seed to Shining Seed

Todd Dalotto

ISBN-13: 978-0-89281-787-0

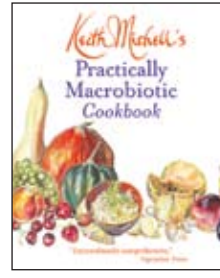
ISBN-10: 0-89281-787-9

\$14.95 (CAN \$22.95) pb

192 pages, 8 x 8

9 b&w photographs

With chapters providing complete nutritional information on hemp seed, a culinary history of cannabis around the world, a listing of sources for hemp foods, and instructions for creating your own hemp oils, flours, milks, and butters, *The Hemp Cookbook* is the first and last word on cannabis cuisine.



Keith Michell's Practically Macrobiotic Cookbook

Keith Michell

ISBN-13: 978-0-89281-848-8

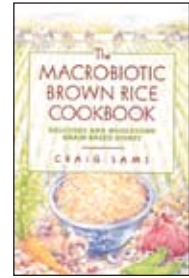
ISBN-10: 0-89281-848-4

\$25.00 (CAN \$36.50) pb

256 pages, 7.25 x 9.75

38 color and 21 b&w illustrations

International stage and screen actor Keith Michell tells how to benefit from a "practically macrobiotic" lifestyle. More than 200 delicious recipes, illustrated in full color by the author.



The Macrobiotic Brown Rice Cookbook

Craig Sams

ISBN-13: 978-0-89281-447-3

ISBN-10: 0-89281-447-0

\$12.95 (CAN \$17.50) pb

128 pages, 5.38 x 8.25

Craig Sams' collection of recipes features brown rice in delicious macrobiotic dishes, including soups, salads, main courses, and desserts. The authors offer tasty recipes for sauces as well as other information and advice for making this nutritious grain a delectable part of your diet.



Meals That Heal

A Nutraceutical Approach to Diet and Health

Lisa Turner

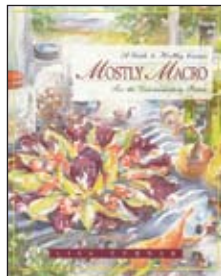
ISBN-13: 978-0-89281-625-5

ISBN-10: 0-89281-625-2

\$19.95 (CAN \$31.95) pb

224 pages, 8 x 10

Presents a compilation of the most recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases. More than 100 recipes by a macrobiotic chef for creating healthy and delicious meals. Here is the perfect guide to eating well and living well.



Mostly Macro

A Guide to Healthy Cuisine for the Discriminating Palate

Lisa Turner

ISBN-13: 978-0-89281-534-0

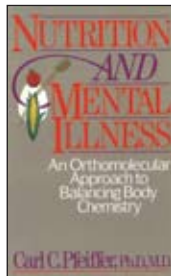
ISBN-10: 0-89281-534-5

\$18.95 (CAN \$26.95) pb

232 pages, 8 x 10

19 b&w illustrations

More than thirty years ago George Ohsawa introduced the principles of macrobiotics, a diet based on whole grains, vegetables, and fresh foods. Now, Lisa Turner summarizes these principles and provides practical information on how to use natural ingredients to plan healthy meals. One hundred twenty palate-pleasing dishes use the best macrobiotic principles adapted to our Western lifestyle and taste.



Nutrition and Mental Illness

An Orthomolecular Approach to Balancing Body Chemistry

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

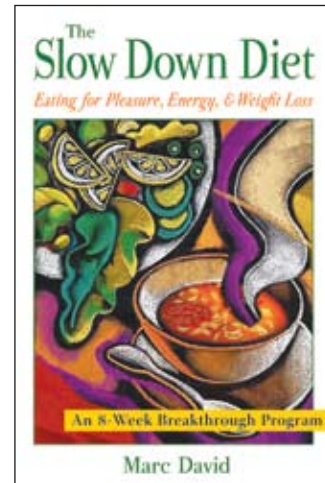
ISBN-13: 978-0-89281-226-4

ISBN-10: 0-89281-226-5

\$12.95 (CAN \$18.95) pb

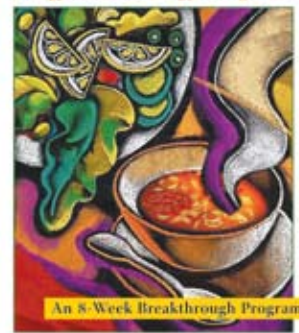
128 pages, 5.25 x 8.5

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.



The Slow Down Diet

Eating for Pleasure, Energy, & Weight Loss



An 8-Week Breakthrough Program

Marc David

The Slow Down Diet

Eating for Pleasure, Energy and Weight Loss

Marc David

ISBN-13: 978-1-59477-060-9

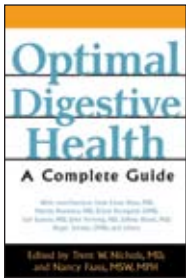
ISBN-10: 1-59477-060-3

\$14.95 (CAN \$19.95) pb

208 pages, 6 x 9

Also available in Spanish (see page 110)

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. The author reveals the shortcomings of quick-fix fad diets, and offers the practical tools that will yield life-transforming, sustainable results.

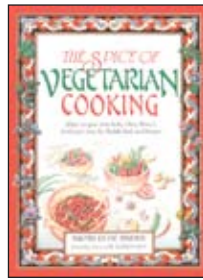


Optimal Digestive Health: A Complete Guide

Edited by Trent W. Nichols, M.D., and Nancy Faass, MSW, MPH

ISBN-13: 978-1-59477-036-4
 ISBN-10: 1-59477-036-0
 \$19.95 (CAN \$28.95) pb
 608 pages, 6 x 9
 12 b&w illustrations

Drawing on the expertise of 25 practitioners, *Optimal Digestive Health* explores the symptoms, causes, and effective treatments for 30 digestive disorders. The best of mainstream medicine and complementary therapies are paired with intelligent self-care in this integrated approach to health and healing.

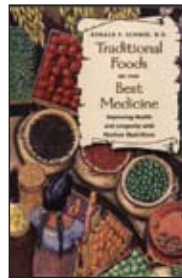


The Spice of Vegetarian Cooking

Ethnic Recipes from India, China, Mexico, Southeast Asia, the Middle East, and Europe

Martha Rose Shulman
 ISBN-13: 978-0-89281-399-5
 ISBN-10: 0-89281-399-7
 \$10.95 (CAN \$17.50) pb
 208 pages, 6.25 x 8.5

Martha Rose Shulman—former food editor with *Cosmopolitan* and winner of the Tastemaker Award—brings her expertise to this inspired selection of vegetarian recipes from India, China, Mexico, Southeast Asia, the Middle East, Europe, and the United States. Each dish is characterized by its unique combination of spices—the ingredients that have for centuries given ethnic food its distinctive allure.

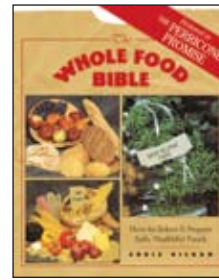


Traditional Foods Are Your Best Medicine

Improving Health and Longevity with Native Nutrition

Ronald F. Schmid, N.D.
 ISBN-13: 978-0-89281-735-1
 ISBN-10: 0-89281-735-6
 \$14.95 (CAN \$21.95) pb
 288 pages, 6 x 9
 20 b&w photographs

Traditional Foods Are Your Best Medicine traces the cause of many chronic health problems to our modern diet and shows how a return to traditional foods can improve one's well-being. Ronald F. Schmid, N.D., explains how a return to a traditional diet can increase your life-expectancy and help you reduce your risk of heart attack by 50 percent.

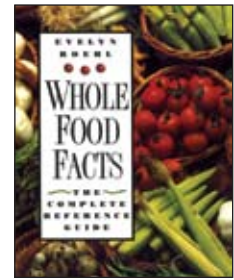


The Whole Food Bible

How to Select & Prepare Safe, Healthful Foods

Chris Kilham
 ISBN-13: 978-0-89281-626-2
 ISBN-10: 0-89281-626-0
 \$19.95 (CAN \$31.95) pb
 304 pages, 8 x 10

Recipes and nutrition information; the latest findings on food additives, irradiation, pesticide residues and how to avoid them; information on selecting and preparing safe, healthful foods—it's all here in one big volume. This book was featured in the bestseller *The Perricone Promise*.

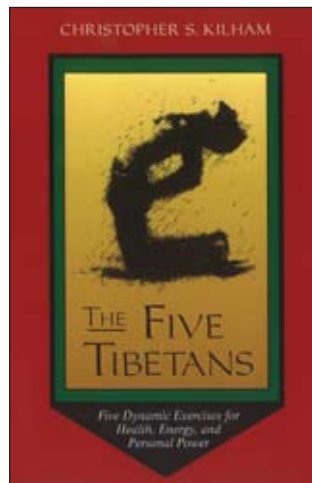


Whole Food Facts

The Complete Reference Guide

Evelyn Roehl
 ISBN-13: 978-0-89281-635-4
 ISBN-10: 0-89281-635-X
 \$19.95 (CAN \$28.95) pb
 296 pages, 8 x 10
 20 b&w illustrations

No kitchen should be without this A-Z reference guide to natural foods. From amazake to shitake, it offers up-to-date information on selecting and preparing all kinds of whole foods. Includes detailed nutritional charts.



The Five Tibetans

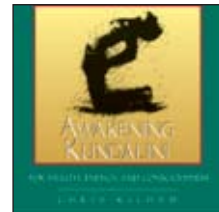
Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham

ISBN-13: 978-0-89281-450-3
 ISBN-10: 0-89281-450-0
 \$9.95 (CAN \$14.50) pb
 96 pages, 5.38 x 8.25
 18 b&w photographs

Also available in Spanish (see page 109)

The Five Tibetans is a yogic system of simple yet highly energizing exercises that originated in the Himalayas. With a minimum of daily time and effort these exercises can dramatically increase physical strength and suppleness as well as mental acuity. Regular practice can be a powerful vehicle not only for enlivening the senses but for generating and harnessing vital energy for self-transformation.

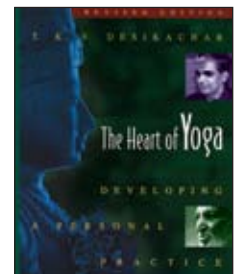


Awakening Kundalini for Health, Energy, and Consciousness

Chris Kilham

ISBN-13: 978-1-59477-004-3
 ISBN-10: 1-59477-004-2
 \$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 Heart of Yoga

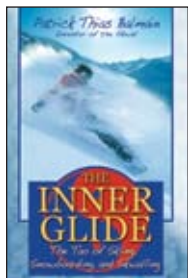
Developing a Personal Practice

T. K. V. Desikachar

ISBN-13: 978-0-89281-764-1
 ISBN-10: 0-89281-764-X
 \$19.95 (CAN \$28.95) pb
 272 pages, 8 x 10
 100 b&w photographs and 200 b&w illustrations

Also available in Spanish (see page 109)

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



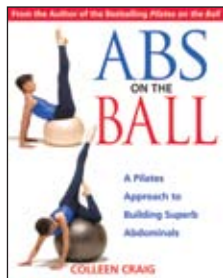
New-Available
The Inner Glide

The Tao of Skiing, Snowboarding, and Skwalling

Patrick Thias Balmain

ISBN-13: 978-1-59477-160-6
ISBN-10: 1-59477-160-X
\$14.95 (CAN \$19.50) pb
160 pages, 6 x 9
53 b&w illustrations

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—itsself a source of imbalance—to a more subtle and harmonious practice based on internal centering.



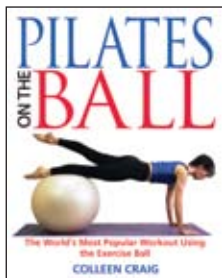
Abs on the Ball

A Pilates Approach to Building Superb Abdominals
Colleen Craig

ISBN-13: 978-0-89281-098-7
ISBN-10: 0-89281-098-X
\$18.00 (CAN \$25.95) pb
200 pages, 8 x 10
262 b&w photographs and illustrations

Also available in Spanish
(see page 108)

Colleen Craig shows how traditional sit-ups and “ab” machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles. Includes a 10- and 20-minute workout.



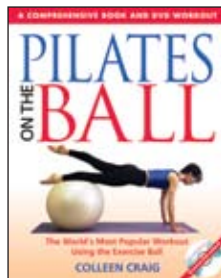
Pilates on the Ball

The World's Most Popular Workout Using the Exercise Ball

Colleen Craig
ISBN-13: 978-0-89281-981-2
ISBN-10: 0-89281-981-2
\$18.95 (CAN \$27.50) pb
192 pages, 8 x 10
182 b&w photographs and illustrations
No DVD included

Also available in Spanish
(see page 111)

In a first-of-its-kind fusion, *Pilates on the Ball* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball, used by Olympic coaches, dancers, and athletes to fine-tune body awareness and enhance physical performance.

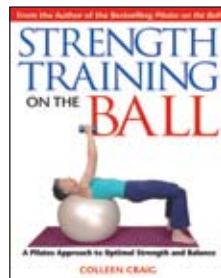


Pilates on the Ball

A Comprehensive Book and DVD Workout
Colleen Craig

ISBN-13: 978-0-89281-095-6
ISBN-10: 0-89281-095-5
\$24.95 (CAN \$34.95) pb
192 pages, 8 x 10
182 b&w photographs and illustrations
Includes 45-minute DVD

In her bestselling book *Pilates on the Ball*, certified Pilates trainer Colleen Craig combines the effectiveness of the Pilates workout with the unique capabilities of the Swiss exercise ball, providing an innovative and low-impact way to stay fit. The accompanying DVD allows readers to see the body in motion and follow along as if in a class setting.

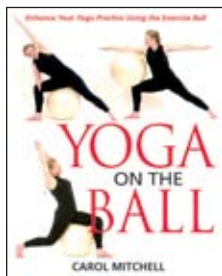


Strength Training on the Ball

A Pilates Approach to Optimal Strength and Balance

Colleen Craig
ISBN-13: 978-1-59477-011-1
ISBN-10: 1-59477-011-5
\$18.00 (CAN \$23.95) pb
272 pages, 8 x 10
140 b&w photographs

Strength Training on the Ball offers step-by-step photographs for each exercise, realistic yet motivating goals, and teaching tips for physical educators. Three specialized workouts are included: a therapeutic workout for recovery from injuries, a basic beginner's workout, and a challenging workout for athletes and gym enthusiasts. Safe for beginners, children, teenagers and seniors, with new challenges for the seasoned athlete.



Yoga on the Ball

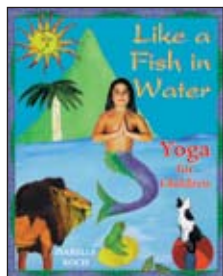
Enhance Your Yoga Practice Using the Exercise Ball

Carol Mitchell

ISBN-13: 978-0-89281-999-7
ISBN-10: 0-89281-999-5
\$18.00 (CAN \$25.95) pb
192 pages, 8 x 10
240 b&w photographs and illustrations

Also available in Spanish
(see page 112)

Moving through yoga postures while using the exercise ball is meditation in motion. The exercise ball provides a cushioning base for the strong stretches and graceful movements of the yoga exercises, and with only a slight roll of the ball, the deep stretches can be altered to target different areas of the muscles.

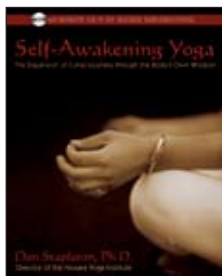


Like a Fish in Water

Yoga for Children
Isabelle Koch

ISBN-13: 978-0-89281-773-3
ISBN-10: 0-89281-773-9
\$12.95 (CAN \$18.95) pb
56 pages, 7.63 x 9.5
Full-color art throughout

Here is a playful introduction to the practice of yoga that children and parents can do together. With more than 20 postures, colorful step-by-step instructions, and poetic narrative, children will learn the basics of breathing and a variety of relaxation exercises to get them started on a healthy daily practice. For children ages 4–8.

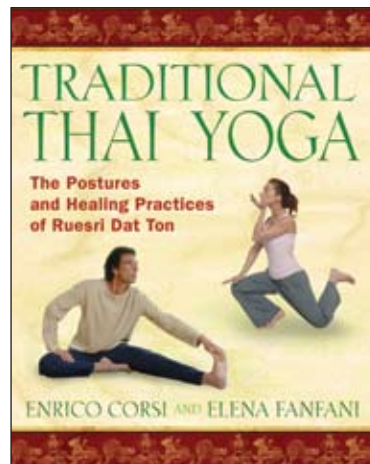


Self-Awakening Yoga

The Expansion of Consciousness through the Body's Own Wisdom
Don Stapleton, Ph.D.

ISBN-13: 978-0-89281-183-0
ISBN-10: 0-89281-183-8
\$22.95 (CAN \$32.95) pb
320 pages, 8 x 10
617 b&w photographs
Includes 60-minute CD-V

After 30 years of extensive yoga training, an accident left artist and professor Don Stapleton with a severe spinal injury. Faced with this challenge, he drew on his knowledge of yoga to create exercises that allowed him to recover freedom of movement and unleash his spiritual and physical potential. More than a technique for health and fitness, *Self-Awakening Yoga* draws on the roots of yoga as a creative learning process and an expansion of consciousness.

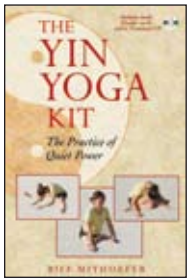


New-May 2008
Traditional Thai Yoga

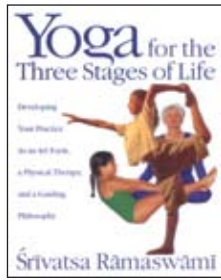
The Postures and Healing Practices of Ruesri Dat Ton
Enrico Corsi and Elena Fanfani

ISBN-13: 978-1-59477-205-4
ISBN-10: 1-59477-205-3
\$19.95 (CAN \$22.50) pb
192 pages, 8 x 10

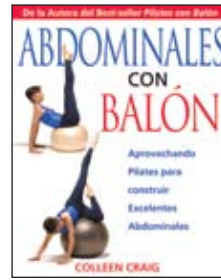
This is a complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga, which presents sixty postures for self-healing, energy rebalancing and enhanced well-being, using techniques developed by Buddha's physician Jivaka Kumar Baccha.



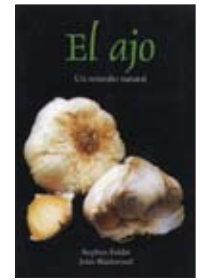
The Yin Yoga Kit
The Practice of Quiet Power
 Biff Mithoefer
 ISBN-13: 978-1-59477-116-3
 ISBN-10: 1-59477-116-2
 \$24.95 (CAN \$32.50)
 Boxed set, 6 x 9
 144-page book with
 70 b&w illustrations, 14 color cards
 and a 75-minute CD
 Yin Yoga, known as the quiet
 yoga, concentrates on the
 connective 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.



Yoga for the Three Stages of Life
Developing Your Practice As an Art Form, a Physical Therapy, and a Guiding Philosophy
 Srivatsa Ramaswami
 ISBN-13: 978-0-89281-820-4
 ISBN-10: 0-89281-820-4
 \$19.95 (CAN \$31.95) pb
 272 pages, 8 x 10
 100 b&w photographs
 After studying with the legendary
 T. Krishnamacharya for 33 years,
 the author developed his
 teaching into a program that
 focuses on adapting yoga to
 individual needs and different
 stages of life.



Abdominales con Balón
(Abs on the Ball)
Aprovechando Pilates para construir Excelentes Abdominales
 Colleen Craig
 De la Autora del Best-seller
Pilates con Balón
 ISBN-13: 978-1-59477-006-7
 ISBN-10: 1-59477-006-9
 \$18.00 (CAN \$25.95) pb
 200 pages, 8 x 10
 262 b&w photographs and illustrations
 Colleen Craig, author of
 the bestselling book *Pilates
 on the Ball*, demonstrates
 why the exercise ball is
 unmatched as a tool for
 building superb abdominal
 strength. *Abdominales
 con Balón* includes over
 100 innovative exercises for
 all ability levels designed to
 build the abdominal core and
 increase overall body strength,
 balance, and coordination.



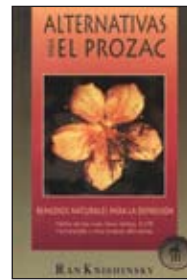
El ajo (Garlic)
Un remedio natural
 Stephen Fulder, Ph.D.,
 y John Blackwood
 ISBN-13: 978-0-89281-580-7
 ISBN-10: 0-89281-580-9
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 128 pages, 5.25 x 8.06
 Garlic has been renowned
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 food. Now current research
 is showing garlic to be an
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 cardiovascular disease, cancer,
 and bacterial and fungal
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 research, explaining how
 garlic works and how to get
 the most benefit from it. *El Ajo*
 is the complete guide to this
 remarkable natural medicine.



Alimentos Genéticamente Modificados: Cambiando la Naturaleza de la Naturaleza
(Genetically Engineered Food: Changing the Nature of Nature)
Qué necesita saber para proteger a usted mismo, a su familia y a nuestro planeta
 Martin Teitel, Ph.D.,
 y Kimberly A. Wilson
 Prólogo de Ralph Nader
 ISBN-13: 978-0-89281-143-4
 ISBN-10: 0-89281-143-9
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 202 pages, 6 x 9
 This book is both an exposé
 and educational primer on
 this controversial technology
 that is already a part of every
 American's diet.



Alternativa al uso del estrógeno (The Estrogen Alternative)
Terapia hormonal con progesterona natural
 Raquel Martín
 con Judi Gerstung
 ISBN-13: 978-0-89281-589-0
 ISBN-10: 0-89281-589-2
 \$14.95 (CAN \$23.95) pb
 248 pages, 6 x 9
 The authors sift through the
 many studies of controversial
 hormone replacement therapy
 and suggest natural alternatives.



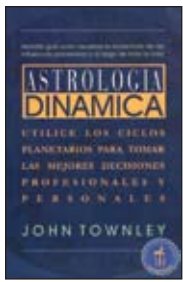
Alternativas para el Prozac (The Prozac Alternative)
Remedios naturales para la depresión
 Ran Knishinsky
 ISBN-13: 978-0-89281-591-3
 ISBN-10: 0-89281-591-4
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 160 pages, 6 x 9
The Prozac Alternative offers
 a comprehensive look at
 St. John's wort, including its
 history in herbalism, current
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 side effects, as well as how it
 compares with other natural
 alternatives such as Kava,
 Melatonin, and 5-HTP. It also
 discusses other uses of these
 natural substances.



Aromaterapia: El olor y la psique (Aromatherapy: Scent and Psyche)
Utilización de los aceites esenciales para el bienestar físico y emocional
 Peter y Kate Damian
 ISBN-13: 978-0-89281-473-2
 ISBN-10: 0-89281-473-X
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 264 pages, 6 x 9
 The authors—professional
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 of scent, citing research and
 clinical studies. They profile
 44 essential oils, and give
 instructions for creating your
 own blends.



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 Marcel Lavabre
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 "An accessible,
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 history, folklore, chemistry,
 and art of this ancient healing
 system. This is a fascinating
 introduction to the world
 of fragrances."
Yoga Journal



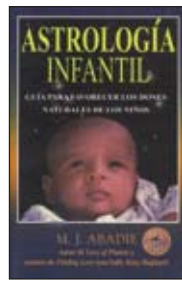
**Astrología dinámica
(Dynamic Astrology)**

Utilice los ciclos planetarios para tomar las mejores decisiones profesionales y personales

John Townley

ISBN-13: 978-0-89281-587-6
ISBN-10: 0-89281-587-6
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208 pages, 6 x 9
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Move beyond a static interpretation of your natal chart to an understanding of how planetary cycles affect such things as one's career, finances, and opportunities. John Townley discusses the principles of dynamic astrology and shows how the cycles of the planets and important degrees in your chart play a continuing role in your life.



**Astrología infantil
(Child Astrology)**

Guía para favorecer los dones naturales de los niños

M. J. Abadie

ISBN-13: 978-0-89281-962-1
ISBN-10: 0-89281-962-6
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272 pages, 6 x 9
11 astrological tables

Professional astrologer and psychotherapist M. J. Abadie offers a hands-on guide to the planets and their influence on your child's emotional, intellectual, physical, and spiritual development.



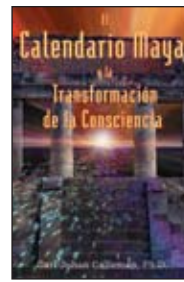
**El baño curativo
(The Healing Bath)**

Usos de la terapia de aceites esenciales para equilibrar la energía del cuerpo

Milli D. Austin

ISBN-13: 978-0-89281-582-1
ISBN-10: 0-89281-582-5
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20 b&w illustrations

This book focuses on the use of essential oils for deep healing, suggesting ways to cleanse the energy field surrounding the physical body.

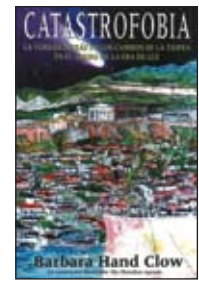


**El Calendario Maya y la Transformación de la Consciencia
(The Mayan Calendar and the Transformation of Consciousness)**

Carl Johan Calleman, Ph.D.

ISBN-13: 978-1-59477-038-8
ISBN-10: 1-59477-038-7
\$18.00 (CAN \$22.95) pb
320 pages, 6 x 9
93 b&w illustrations

The prophetic Mayan calendar is not keyed to the movement of planetary bodies. Instead, it functions as a metaphysical map of the evolution of consciousness and records how spiritual time flows—providing a new science of time. Author Carl Johan Calleman reveals concrete steps we can take to align ourselves with this growth toward enlightenment.



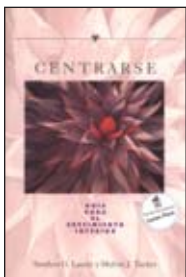
**Catastrofobia
(Catastrophobia)**

La verdad detrás de los cambios de la tierra en el arribo de la era de luz

Barbara Hand Clow

ISBN-13: 978-0-89281-140-3
ISBN-10: 0-89281-140-4
\$16.00 (CAN \$25.50) pb
320 pages, 6 x 9
76 b&w illustrations

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 there is every indication that the changes in consciousness over the last 30 years are the beginnings of a collective healing from these deep fears.



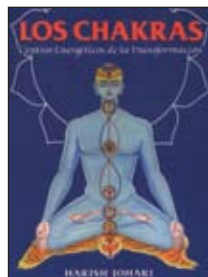
**Centrarse
(Centering)**

Guía para el crecimiento interior

Sanders G. Laurie y Melvin J. Tucker

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ISBN-10: 0-89281-579-5
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A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



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Centros energéticos de la transformación

Harish Johari

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ISBN-10: 0-89281-469-1
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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.



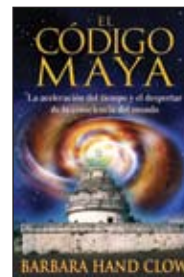
**Los Cinco Tibetanos
(The Five Tibetans)**

Cinco ejercicios dinámicos para lograr buena salud, energía, y poder personal

Christopher Kilham

ISBN-13: 978-0-89281-466-4
ISBN-10: 0-89281-466-7
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These highly energizing yoga exercises take a minimum of time and effort but offer dramatic results in increased strength, suppleness, and mental acuity. Regular practice relieves stress, benefits the cardiovascular system, and leads to well-being.



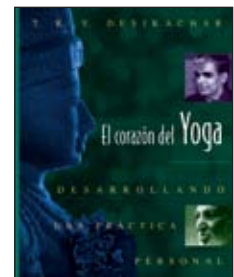
**New-July 2008
El código Maya
(The Mayan Code)**

La aceleración del tiempo y el despertar de la consciencia del mundo

Barbara Hand Clow

ISBN-13: 978-1-59477-238-2
ISBN-10: 1-59477-238-X
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304 pages, 6 x 9
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Barbara Hand Clow shows how the Mayan Calendar is a bridge to galactic wisdom that fosters personal growth and human evolution. The author draws on the work of biologist Carl Johan Calleman and many other New Paradigm researchers to unearth the deeper meaning behind the calendar and its message for modern civilization, especially during its final five years.



**El corazón del Yoga
(Heart of Yoga)**

Desarrollando una práctica personal

T. K. V. Desikachar

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ISBN-10: 0-89281-593-0
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272 pages, 8 x 10
100 b&w photographs and 200 b&w illustrations

Here is the first yoga text to outline a step-by-step sequence for developing a complete practice according to *viniyoga*—yoga adapted to the needs of the individual. The author is a world-renowned teacher and the son of Krishnamacharya, whose work was made popular by B. K. S. Iyengar. This expanded edition includes 32 poems by Krishnamacharya that capture the essence of his teachings.



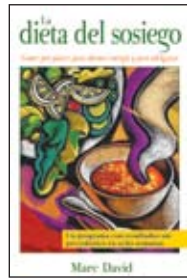
La Destrucción de la Atlántida
(The Destruction of Atlantis)

Convincente evidencia de la repentina caída de la legendaria civilización

Frank Joseph

ISBN-13: 978-0-89281-141-0
ISBN-10: 0-89281-141-2
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Includes 16-page color insert
All indigenous cultures share the myth of an ancient deluge. In *La Destrucción de la Atlántida*, author Frank Joseph links this worldwide cultural phenomenon to the story of the lost civilization of Atlantis.



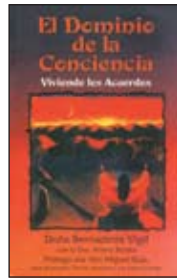
New-Available
La dieta del sosiego
(The Slow Down Diet)

Comer por placer, para obtener energía y para adelgazar

Marc David

ISBN-13: 978-1-59477-239-9
ISBN-10: 1-59477-239-8
\$14.95 (CAN \$17.50) pb
240 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. The author reveals the shortcomings of quick-fix fad diets, and offers the practical tools that will yield life-transforming, sustainable results.



El Dominio de la Conciencia
(Mastery of Awareness)

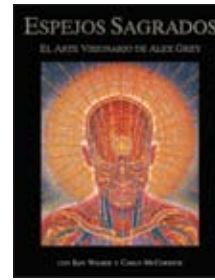
Viviendo los Acuerdos
Doña Bernadette Vigil con Arlene Broska, Ph.D.

Foreword by don Miguel Ruiz, author of the bestselling *The Four Agreements*

ISBN-13: 978-0-89281-695-8
ISBN-10: 0-89281-695-3
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176 pages, 5.38 x 8.25
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Drawing on the authentic tradition of the Toltec, doña Bernadette guides you toward the changes that will transform your life:

- Create new agreements with yourself
- Speak your truth and embrace true freedom
- Live life in each moment



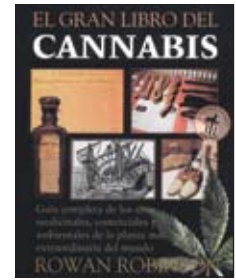
Espejos Sagrados
(Sacred Mirrors)

El arte visionario de Alex Grey

Alex Grey con Ken Wilber y Carlo McCormick

ISBN-13: 978-0-89281-462-6
ISBN-10: 0-89281-462-4
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Grey's art takes us through the physical, metaphysical, and spiritual anatomy of the self, revealing the core of human existence as he brings us face to face with ourselves.



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Guía completa de los usos medicinales, comerciales y ambientales de la planta más extraordinaria del mundo

Rowan Robinson

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ISBN-10: 0-89281-585-X
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256 pages, 8 x 10
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This handsomely illustrated and entertaining book is the most complete guide yet written on *cannabis sativa*. Here you will find history, current uses, organizations involved in legalization, product suppliers, bibliography, and much more.



La homeopatía y su hijo
(Homeopathy and Your Child)

Para niños desde la infancia hasta la adolescencia

Lyle W. Morgan, Ph.D.

ISBN-13: 978-0-89281-468-8
ISBN-10: 0-89281-468-3
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128 pages, 6 x 9

Dr. Morgan discusses a wide range of homeopathic remedies for childhood disorders and examines alternatives to controversial immunization and antibiotic treatments.



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(The Feng Shui Companion)

Guía práctica del antiguo arte de la ubicación

George Birdsall

ISBN-13: 978-0-89281-595-1
ISBN-10: 0-89281-595-7
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59 b&w illustrations

Discover how just a few simple changes in your personal environment can have amazing effects on your physical and financial well-being.



New-Available
Más allá de los niños índigo
(Beyond the Indigo Children)

Los nuevos niños y la llegada del quinto mundo
P. M. H. Atwater, L.H.D.

ISBN-13: 978-1-59477-215-3
ISBN-10: 1-59477-215-0
\$16.00 (CAN \$19.50) pb
288 pages, 6 x 9

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. P. M. H. Atwater connects the arrival of the "new children" with the fulfillment of the Fifth World of the Mayan Calendar and the worldwide ascension of energy now occurring, which will take humanity to the next level of development.

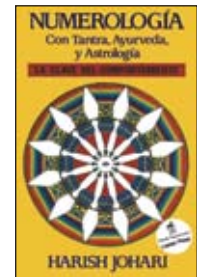


El mundo es como uno lo sueña
(The World Is As You Dream It)

Enseñanzas chamánicas del Amazonas y los Andes
John Perkins

ISBN-13: 978-0-89281-465-7
ISBN-10: 0-89281-465-9
\$10.95 (CAN \$17.50) pb
160 pages, 6 x 9

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.



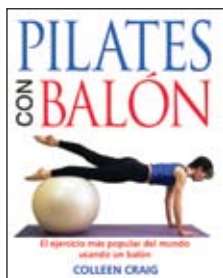
Numerología
(Numerology)

Con Tantra, Ayurveda, y Astrología

Harish Johari

ISBN-13: 978-0-89281-463-3
ISBN-10: 0-89281-463-2
\$14.95 (CAN \$18.95) pb
200 pages, 6 x 9

Numerology reveals fascinating characteristics about human personality. Johari's unique system combines numerical calculations, astrological data, and Ayurvedic principles.



**Pilates con Balón
(Pilates on the Ball)**

El ejercicio más popular del mundo usando un balón

Colleen Craig

ISBN-13: 978-0-89281-694-1
ISBN-10: 0-89281-694-5
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192 pages, 8 x 10
182 b&w photographs and illustrations
In a first-of-its-kind fusion, *Pilates con Balón* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball, used by Olympic coaches, dancers, and athletes to fine-tune body awareness and enhance physical performance.



**El poder curativo de la mente
(The Healing Power of the Mind)**

Técnicas prácticas para gozar de buena salud y aumentar el poder mental
Rolf Alexander, M.D.

ISBN-13: 978-0-89281-590-6
ISBN-10: 0-89281-590-6
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128 pages, 5.38 x 8.25

Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.



**El poder detrás de sus ojos
(The Power Behind Your Eyes)**

Mejore su vista mediante la Terapia de Visión Integral
Robert-Michael Kaplan

ISBN-13: 978-0-89281-576-0
ISBN-10: 0-89281-576-0
\$16.95 (CAN \$26.95) pb
192 pages, 6 x 9
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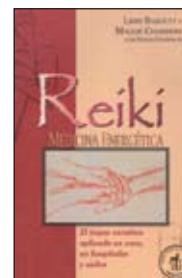
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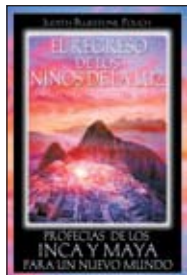
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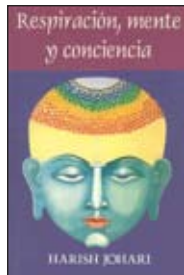


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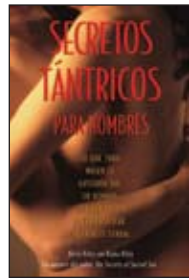
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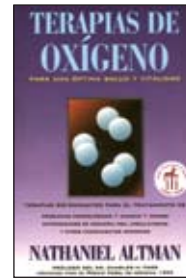
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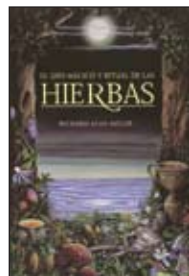
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