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Cover illustration by Rabbett Strickland



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NEW—AVAILABLE

Forbidden Science

*From Ancient Technologies
to Free Energy*

Edited by J. Douglas Kenyon

ISBN: 978-1-59143-082-7

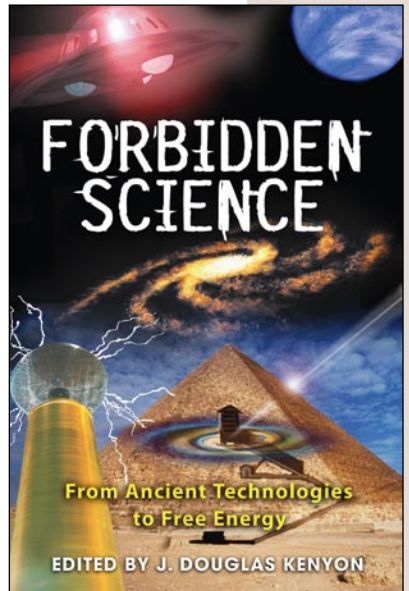
\$18.00 (CAN \$20.50) pb

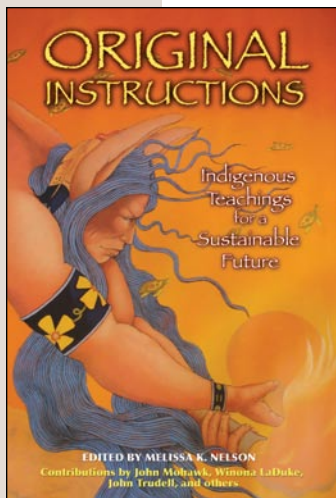
336 pages, 6 x 9

Includes 16-page color insert and 81 b&w illustrations

In this new book *Atlantis Rising* publisher J. Douglas Kenyon presents essays exploring scientific research that challenges the status quo and is hence suppressed by the mainstream scientific community. Covering such topics as the true function of the Great Pyramid, the availability of free energy from space, cold fusion, research into telepathy and ESP, his book explains the reasons for the rift between materialistic science and anything that might be considered unorthodox, spiritual or metaphysical. This work shows how the skepticism of the scientific establishment is based on funding concerns rather than a true interest in scientific inquiry.

For other books by J. Douglas Kenyon, see p. 26





NEW—AVAILABLE

Original Instructions

Indigenous Teachings for a Sustainable Future

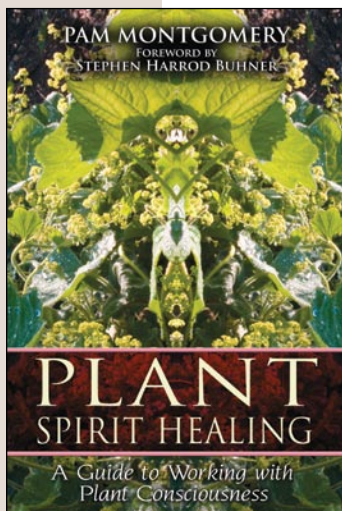
Edited by Melissa K. Nelson

ISBN: 978-1-59143-079-7

\$18.00 (CAN \$20.50) pb

384 pages, 6 x 9

Original Instructions evokes the rich indigenous storytelling tradition in this collection of presentations gathered from the annual Bioneers conference. It depicts how the world's native leaders and scholars are safeguarding the original instructions, reminding us about gratitude, kinship, and a reverence for community and creation. Included are more than 20 contemporary indigenous leaders such as Chief Oren Lyons, John Mohawk, Winona LaDuke, and John Trudell. These beautiful, wise voices remind us where hope lies and how we may live in peace—both with the earth and with one another.



NEW—AVAILABLE

Plant Spirit Healing

A Guide to Working with Plant Consciousness

Pam Montgomery

Foreword by Stephen Harrod Buhner

ISBN: 978-1-59143-077-3

\$16.00 (CAN \$17.95) pb

248 pages, 6 x 9

Includes 8-page color insert and 10 b&w illustrations

Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. In *Plant Spirit Healing*, herbalist Pam Montgomery illuminates the matrix where plant intelligence and human intelligence join together in promoting a healing that moves beyond mere symptomatic treatment into aligning us with the vast web of nature. The author's triple spiral path—working through the heart to connect with the soul and gain access to the spirit—is a hands-on approach that reveals partnering with plants to be an evolutionary imperative not only for healing ourselves but for healing the earth.



NEW—AVAILABLE

Weather Shamanism

Harmonizing Our Connection with the Elements

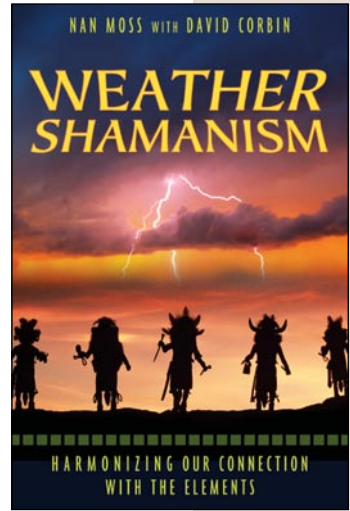
Nan Moss with David Corbin

ISBN: 978-1-59143-074-2

\$16.00 (CAN \$17.95) pb

272 pages, 6 x 9

Weather Shamanism shows how we can develop an expanded worldview to create a working partnership with weather spirits and restore harmony to the Earth. Moss and Corbin explain how humans and weather have always affected each other. Increasingly violent weather is a manifestation of global warming and the damage done to the Earth by our disconnection from the elements. Teachings from the spirits of weather show how thoughts and emotions affect weather energetics. They explain shamanic techniques for working with the spiritual nature of weather and the ceremonial, therapeutic aspects of weather dancing—a practice used to communicate with weather spirits.



NEW—JUNE 2008

The Last Pagan

Julian the Apostate and the Death of the Ancient World

Adrian Murdoch

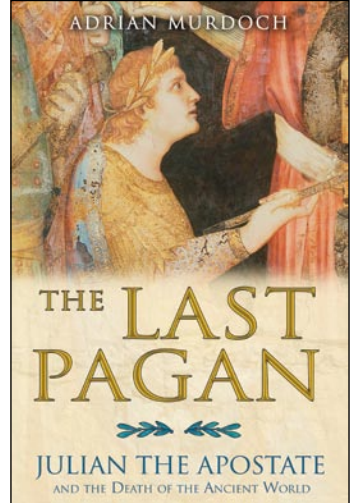
ISBN: 978-1-59477-226-9

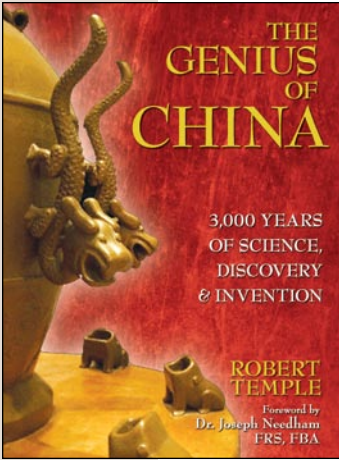
\$16.95 (CAN \$18.95) pb

280 pages, 6 x 9

Includes 8-page b&w insert and 3 b&w maps

The Last Pagan details the history of Julian, grandson of Constantine, and his journey from an aristocratic Christian childhood to his initiation into pagan cults and his attempts to establish paganism as the dominant faith of the Roman world. Vilified throughout history as the "Apostate," the Emperor Julian, a young philosopher-warrior, was the last and most potent threat to Christianity. His death, two years into his reign, initiated a culture-wide suppression by the Church of all things pagan. Only in the late twentieth century, with the weakening of the Church's influence and the resurgence of paganism, have the effects of that suppression begun to wane.





The Genius of China

3,000 Years of Science, Discovery, and Invention

Robert Temple

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

ISBN: 978-1-59477-217-7

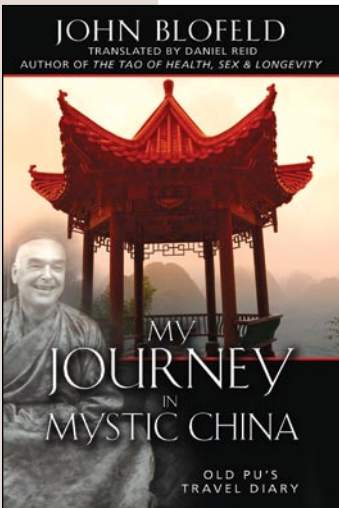
\$29.95 pb

288 pages, 7.63 x 10.25

Full color throughout

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

Also by Robert Temple, *The Sirius Mystery*, p. 35



NEW—MAY 2008

My Journey in Mystic China

Old Pu's Travel Diary

John Blofeld

Translated by Daniel Reid

Foreword by Chungliang Ai Huang

ISBN: 978-1-59477-157-6

\$24.95 (CAN \$27.95) **hardcover**

296 pages, 6 x 9

Includes 8-page b&w insert

The travel diaries of John Blofeld cover every aspect of his life in China—from visits to opium dens and sing-song houses to sojourns in the Buddhist monasteries and Taoist hermitages of China's sacred mountains. Here is a vivid glimpse of "old" China as it existed in elegance and grace for three thousand years before China's Communist Revolution. Originally written in Chinese for a Chinese audience, Blofeld's travel diary reveals a rare, uncensored view of pre-communist China to which few westerners have been exposed.



The Yoga of Truth

Jnana: The Ancient Path of Silent Knowledge

Peter Marchand

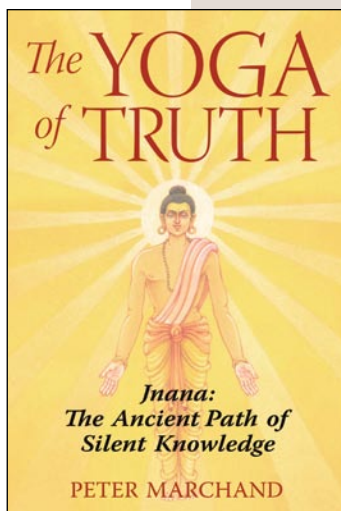
ISBN: 978-1-59477-165-1

\$14.95 (CAN \$18.95) pb

160 pages, 6 x 9

9 b&w illustrations

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



The Yoga of the Nine Emotions

The Tantric Practice of Rasa Sadhana

Peter Marchand

Based on the teachings of Harish Johari

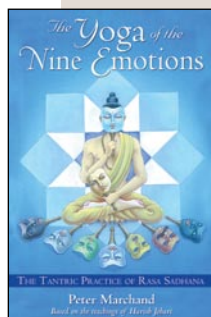
ISBN: 978-1-59477-094-4

\$16.95 (CAN \$21.95) pb

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.



The Yoga of Snakes and Arrows

The Leela of Self-Knowledge

Harish Johari

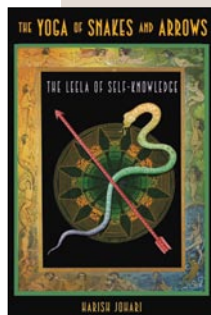
ISBN: 978-1-59477-178-1 • \$16.95 (CAN \$21.50) pb

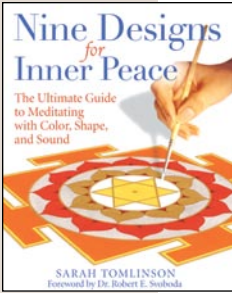
144 pages, 6 x 9 • 8 b&w illustrations

Includes foldout color game board

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

For other books by Harish Johari, see pp. 8 & 74





Nine Designs for Inner Peace

The Ultimate Guide to Meditating with Color, Shape, and Sound

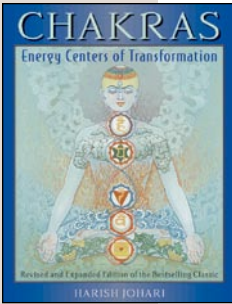
Sarah Tomlinson

Foreword by Dr. Robert E. Svoboda

ISBN: 978-1-59477-194-1 • \$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.



Chakras

Energy Centers of Transformation

Harish Johari

ISBN: 978-0-89281-760-3 • \$19.95 (CAN \$28.95) pb

176 pages, 8.5 x 11 • 8 color plates • 29 b&w illustrations

Also available in Spanish:

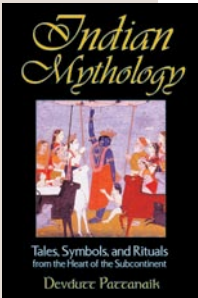
Los chakras

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

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



For other books by Harish Johari, see pp. 7 & 74



Indian Mythology

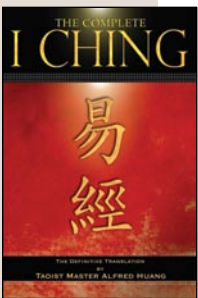
Tales, Symbols, and Rituals from the Heart of the Subcontinent

Devdutt Pattanaik

ISBN: 978-0-89281-870-9 • \$20.00 (CAN \$28.95) pb

256 pages, 6 x 9 • Includes two 16-page color inserts

Compares and contrasts Indian mythology with the stories of the Bible, ancient Egypt, Greece, Scandinavia, and Mesopotamia, while exploring the rich tapestry within 99 classic myths. The author unlocks the mysteries of the narratives, rituals, and artwork of ancient India to reveal the rich mythic traditions that have empowered millions of human beings for centuries.



The Complete I Ching

The Definitive Translation by the Taoist Master Alfred Huang

Taoist Master Alfred Huang

ISBN: 978-0-89281-145-8 • \$19.95 (CAN \$28.95) pb • 576 pages, 6 x 9 • 64 ideograms

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

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



The Spiritual Practices of the Ninja

Mastering the Four Gates to Freedom

Ross Heaven

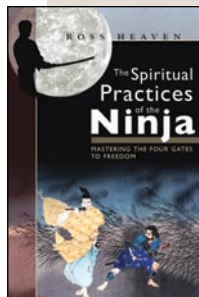
ISBN: 978-1-59477-107-1

\$14.95 (CAN \$19.50) pb

224 pages, 6 x 9 • 1 b&w illustration

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

Also by Ross Heaven, *Plant Spirit Shamanism*, p. 46



Qigong Teachings of a Taoist Immortal

The Eight Essential Exercises of Master Li Ching-yun

Stuart Alve Olson

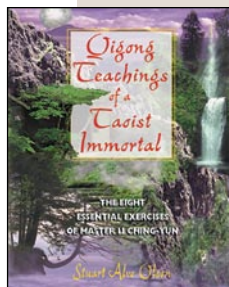
ISBN: 978-0-89281-945-4

\$19.95 (CAN \$28.95) pb

192 pages, 8 x 10

85 b&w illustrations

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



Nei Kung

The Secret Teachings of the Warrior Sages

Kosta Danaos

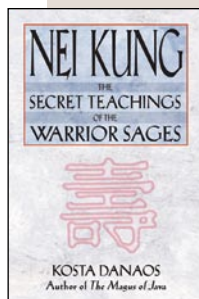
ISBN: 978-0-89281-907-2

\$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 Martial Arts of Ancient Greece

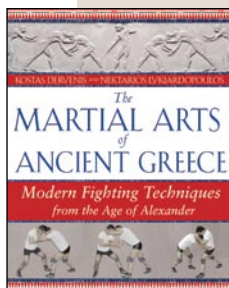
Modern Fighting Techniques from the Age of Alexander

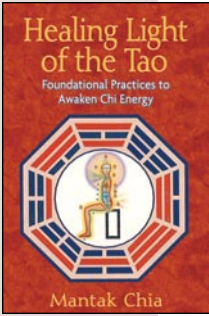
Kostas Dervenis and Nektarios Lykiardopoulos

ISBN: 978-1-59477-192-7 • \$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.





NEW—MAY 2008

New Edition of *Awaken Healing Light of the Tao*

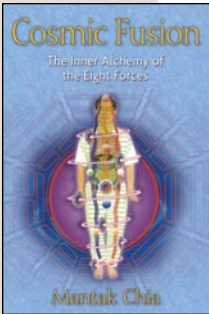
Healing Light of the Tao

Foundational Practices to Awaken Chi Energy

Mantak Chia

ISBN: 978-1-59477-113-2 • \$22.95 (CAN \$25.95) pb
576 pages, 6 x 9 • 374 b&w illustrations

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.



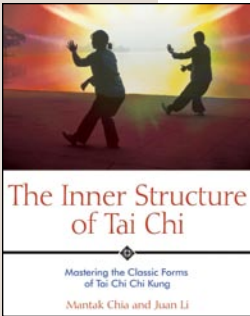
Cosmic Fusion

The Inner Alchemy of the Eight Forces

Mantak Chia

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

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



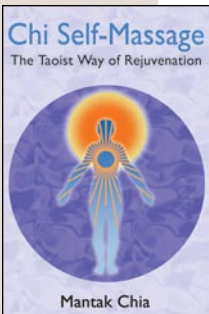
The Inner Structure of Tai Chi

Mastering the Classic Forms of Tai Chi Chi Kung

Mantak Chia and Juan Li

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

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



Chi Self-Massage

The Taoist Way of Rejuvenation

Mantak Chia

ISBN: 978-1-59477-110-1 • \$12.95 (CAN \$16.95) pb
128 pages, 6 x 9 • 105 b&w illustrations

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

For other books by Mantak Chia, see pp. 11 & 52



NEW—JULY 2008

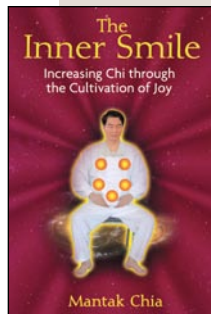
The Inner Smile

Increasing Chi through the Cultivation of Joy

Mantak Chia

ISBN: 978-1-59477-155-2 • \$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.



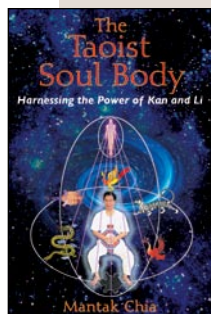
The Taoist Soul Body

Harnessing the Power of Kan and Li

Mantak Chia

ISBN: 978-1-59477-137-8 • \$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.



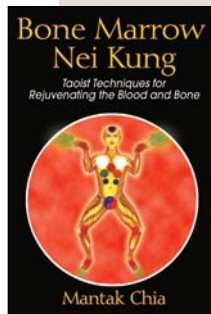
Bone Marrow Nei Kung

Taoist Techniques for Rejuvenating the Blood and Bone

Mantak Chia

ISBN: 978-1-59477-112-5
\$16.95 (CAN \$21.50) pb
272 pages, 6 x 9
185 b&w illustrations

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



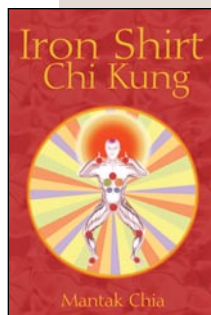
Iron Shirt Chi Kung

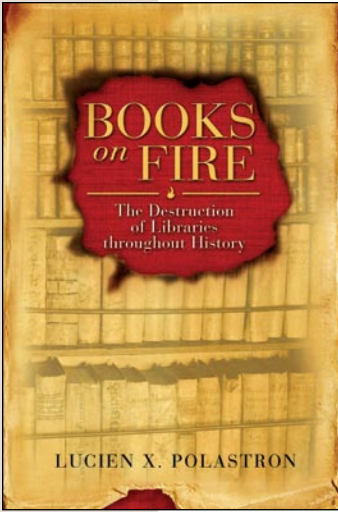
Mantak Chia

ISBN: 978-1-59477-104-0 • \$16.95 (CAN \$21.95) pb
288 pages, 6 x 9 • 300 b&w illustrations

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

For other books by Mantak Chia, see pp. 10 & 52





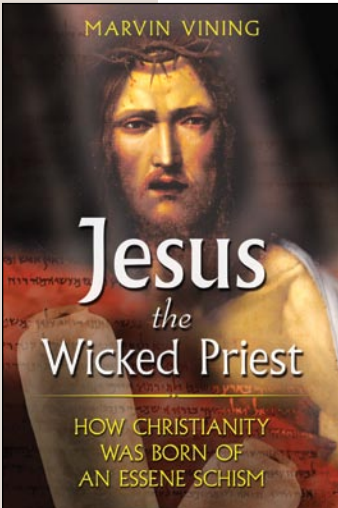
Books on Fire

The Destruction of Libraries throughout History

Lucien X. Polastron

ISBN: 978-1-59477-167-5
\$24.95 (CAN \$29.95) **hardcover**
384 pages, 6 x 9

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



NEW—AVAILABLE

Jesus the Wicked Priest

How Christianity Was Born of an Essene Schism

Marvin Vining

ISBN: 978-1-59143-081-0
\$16.00 (CAN \$17.95) pb
256 pages, 6 x 9

The Dead Sea Scrolls are said to have been written by the Essenes before Jesus lived. Marvin Vining reveals that Jesus lived when the scrolls were written and that they reveal the origins of Christianity which arose out of a schism between the Essenes and the views of Jesus. The Dead Sea Scrolls are written in a secret language called *pesher* in which Jesus emerges as the “Wicked Priest,” antagonist to the Essenes’ leader, the Teacher of Righteousness. *Jesus the Wicked Priest* explains the lost Christian doctrine of reincarnation and the role of Gabriel in the Virgin Birth.



Jesus after the Crucifixion

From Jerusalem to Rennes-le-Château

Graham Simmans

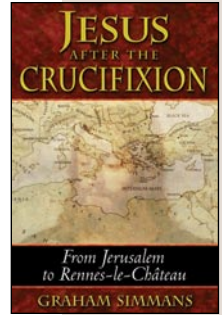
ISBN: 978-1-59143-071-1

\$18.00 (CAN \$22.75) pb

328 pages, 6 x 9

Includes 8-page color insert

Jesus did not die on the cross. He survived and went to southern France with his wife, Mary. 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 Discovery of the Nag Hammadi Texts

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

Jean Doresse

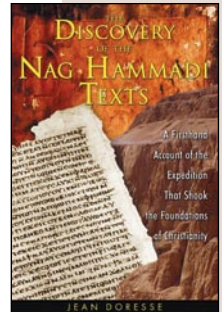
ISBN: 978-1-59477-045-6

\$19.95 (CAN \$27.95) pb

384 pages, 6 x 9

12 b&w illustrations

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



Mysteries of the Bridechamber

The Initiation of Jesus and the Temple of Solomon

Victoria LePage

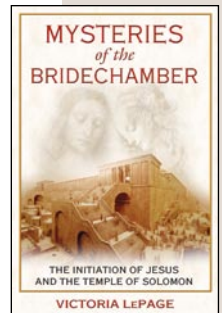
ISBN: 978-1-59477-193-4

\$19.95 (CAN \$22.50) pb

448 pages, 6 x 9

14 b&w illustrations

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 Woman with the Alabaster Jar

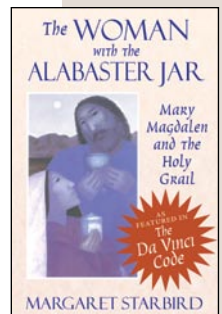
Mary Magdalen and the Holy Grail

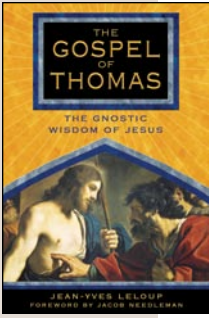
Margaret Starbird

ISBN: 978-1-879181-03-8 • \$16.95 (CAN \$24.95) pb

240 pages, 6 x 9 • Includes 16-page color insert

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





The Gospel of Thomas

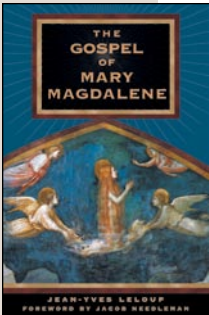
The Gnostic Wisdom of Jesus

Jean-Yves Leloup

Foreword by Jacob Needleman

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

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



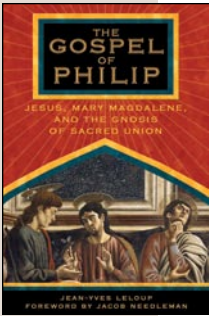
The Gospel of Mary Magdalene

Jean-Yves Leloup

Foreword by Jacob Needleman

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

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



The Gospel of Philip

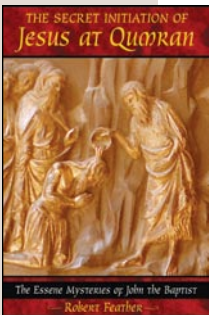
Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup

Foreword by Jacob Needleman

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

Theologian Jean-Yves Leloup's translation from the Coptic and his analysis of the Gospel of Philip 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 Secret Initiation of Jesus at Qumran

The Essene Mysteries of John the Baptist

Robert Feather

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

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



Gnostic Secrets of the Naassenes

The Initiatory Teachings of the Last Supper

Mark H. Gaffney

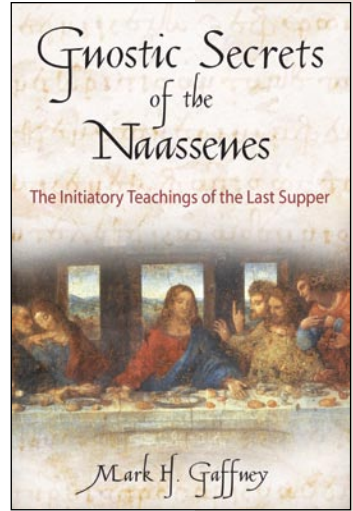
ISBN: 978-0-89281-697-2

\$18.95 (CAN \$27.95) pb

304 pages, 6 x 9

12 b&w illustrations

Contrary to Church attacks, the Naassenes were not a heretical derivative of Christianity but the authentic foundation and purveyor of Christ's message. The message recorded in the Naassene Sermon was intended for an inner circle of disciples preparing for advanced initiation into Jesus' wisdom teachings. These included a recounting of Jesus' actual teachings at the Last Supper and involved practices aimed at restoring the soul's lost connection with God. Immanence, in the true sense intended by Jesus, allows 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 Gnostic Faustus

The Secret Teachings behind the Classic Text

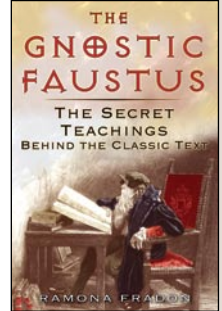
Ramona Fradon

ISBN: 978-1-59477-204-7

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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

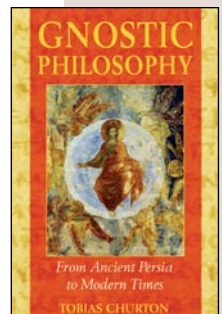
Tobias Churton

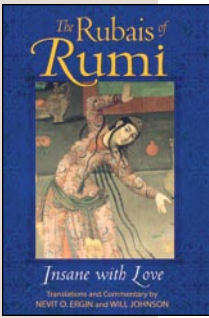
ISBN: 978-1-59477-035-7

\$18.95 (CAN \$25.95) pb

480 pages, 6 x 9

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





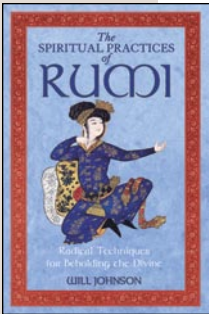
The Rubais of Rumi

Insane with Love

Translations and Commentary
by Nevit O. Ergin and Will Johnson

ISBN: 978-1-59477-183-5
\$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.



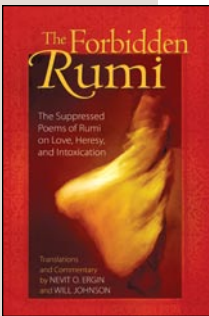
The Spiritual Practices of Rumi

Radical Techniques for Beholding the Divine

Will Johnson

ISBN: 978-1-59477-200-9
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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.



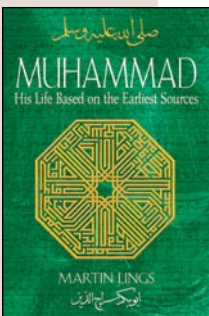
The Forbidden Rumi

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

Translations and Commentary by Nevit O. Ergin
and Will Johnson

ISBN: 978-1-59477-115-6
\$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.



Muhammad

His Life Based on the Earliest Sources

Martin Lings

ISBN: 978-1-59477-153-8
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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.



NEW—JUNE 2008

First U.S. Edition of *Why Mrs. Blake Cried*

William Blake's Sexual Path to Spiritual Vision

Marsha Keith Schuchard

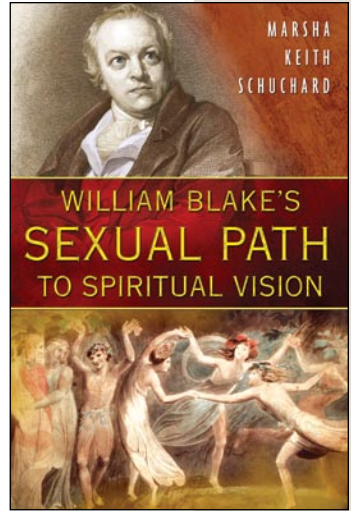
ISBN: 978-1-59477-211-5

\$19.95 pb

416 pages, 6 x 9

53 b&w illustrations

William Blake is treasured as an artist and poet whose work was born out of authentic spiritual vision. Marsha Keith Schuchard's investigation into the radical psychosexual spiritual practices of William Blake includes new archival discoveries of Blake family documents which reveal that Moravian and Swedenborgian erotic and visionary experimentation fueled much of Blake's creative and spiritual life. The author shows that Blake and his wife, Catherine, were influenced by secret kabbalistic and tantric rituals designed to transcend the bonds of social convention. Her research provides a new context for understanding Blake's most radical beliefs about sexualized spirituality and its relation to visionary art.



NEW—JULY 2008

The Hermetic Code in DNA

The Sacred Principles in the Ordering of the Universe

Michael Hayes

Foreword by Colin Wilson

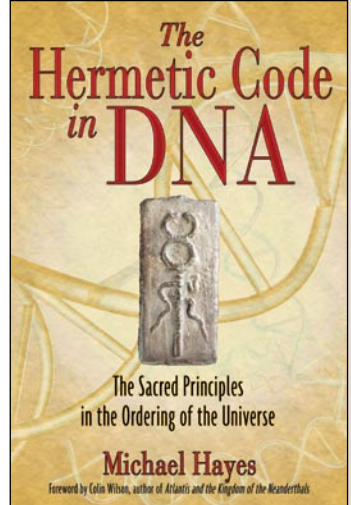
ISBN: 978-1-59477-218-4

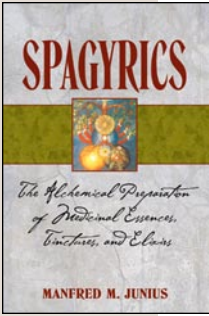
\$18.95 (CAN \$21.50) pb

288 pages, 6 x 9

12 b&w illustrations

The Hermetic Code reveals how distinct numerical patterns are present in the structure of the universe, ancient philosophies and even in the helical structure of DNA. Michael Hayes explains how this code, which is embedded in religions from all over the world is a primary ordering principle of the universe that has apparently been lost over time. Intriguingly the code is reflected in the harmonic ratios of music, and our notions of what is harmonious arise not just from abstract aesthetics but from a fundamental intuition of cosmic harmony.





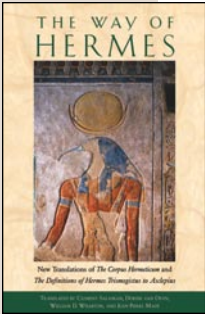
Spagyrics

The Alchemical Preparation of Medicinal Essences, Tinctures, and Elixirs

Manfred M. Junius

ISBN: 978-1-59477-179-8 • \$18.95 (CAN \$23.95) pb
288 pages, 6 x 9 • 47 b&w illustrations

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



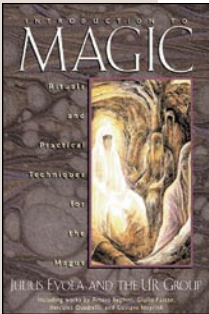
The Way of Hermes

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

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

ISBN: 978-0-89281-186-1 • \$12.95 (CAN \$18.95) pb
132 pages, 5.38 x 8.25 • Includes 4-page b&w insert

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



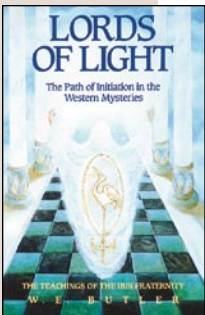
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Rituals and Practical Techniques for the Magus

Julius Evola and the UR Group

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



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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.

Also by W. E. Butler, *How to Read the Aura*, p. 58

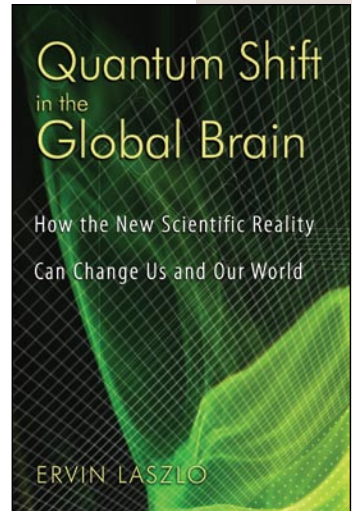


NEW—AVAILABLE**Quantum Shift in the
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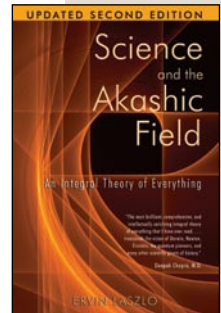
Humanity is at a crossroads. We can follow the archaic path of the one-dimensional worldview, or chose the path to a new multi-layered and infinitely variable reality. This shift from scientific materialism to a multidimensional worldview is in harmony with the world's great spiritual traditions and is detailed in *Quantum Shift in the Global Brain*. Science is expanding its definitions of reality and is studying intuition and interconnected realities with rigor and urgency. Lazlo offers a guide for navigating those changes on a personal level, to prepare for the global changes that are already underway.

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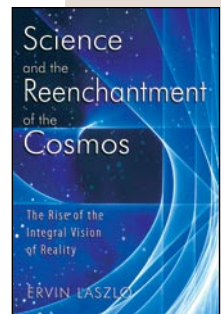
Recent discoveries in vacuum physics show that at the roots of reality there exists an interconnecting cosmic field that conserves and conveys all information. This field, the Akashic record, is the constant and enduring memory of the universe, holding the record of all that has happened in the cosmos and reflecting all that is yet to come.

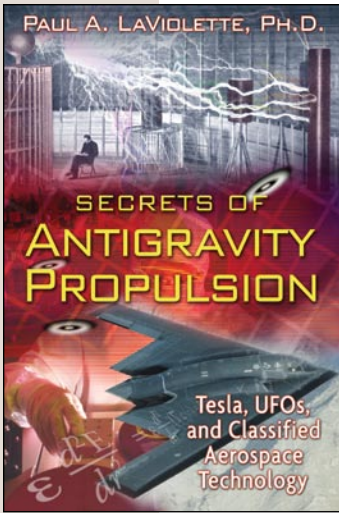
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Scientists working at the outermost frontiers of every field are finding a cosmos that is connected, coherent, and bears a profound resemblance to the visions held in the earliest spiritual traditions in which the physical world and spiritual experience were both aspects of the same reality and man and the universe were one.





NEW—MAY 2008

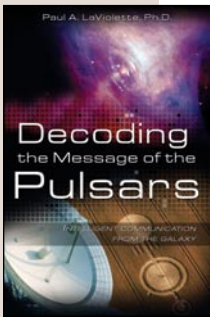
Secrets of Antigravity Propulsion *Tesla, UFOs, and Classified Aerospace Technology*



Paul A. LaViolette, Ph.D.

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In *Secrets of Antigravity Propulsion*, physicist Paul LaViolette explains the secret history of antigravity experimentation, including gravity-control technologies capable of revolutionizing air travel and energy production. He reveals classified projects to develop an aerospace propulsion system using beams of microwave energy similar to those used by the craft flying over Area 51. Using subquantum kinetics—the science behind antigravity technology—LaViolette reviews field-propulsion devices and technologies with thrust-to-power ratios thousands of times greater than jet engines and whose effects are unexplained by conventional physics and relativity theory. He includes controversial evidence about the NASA cover-up of these advanced technologies.



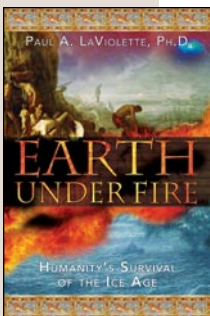
Decoding the Message of the Pulsars *Intelligent Communication from the Galaxy*



Paul A. LaViolette, Ph.D.

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Humanity's Survival of the Ice Age



Paul A. LaViolette, Ph.D.

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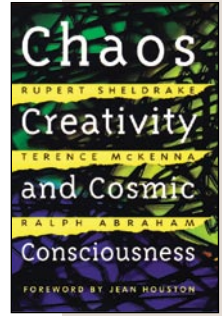
In *Earth Under Fire*, Paul LaViolette investigates the connection between ancient world catastrophe myths and modern scientific evidence of a galactic destruction cycle, demonstrating how past civilizations accurately recorded the causes of these cataclysmic events, knowledge of which may be crucial for the human race to survive the next catastrophic superwave cycle.

Chaos, Creativity, and Cosmic Consciousness

Rupert Sheldrake, Terence McKenna, and Ralph Abraham
Foreword by Jean Houston

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



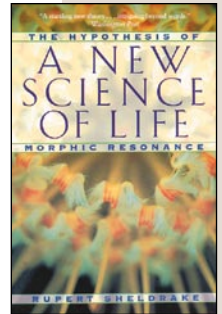
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The Hypothesis of Morphic Resonance

Rupert Sheldrake

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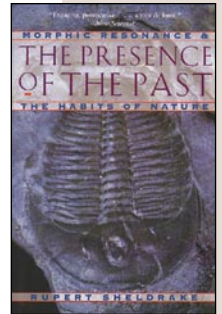
The Presence of the Past

Morphic Resonance and the Habits of Nature

Rupert Sheldrake

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



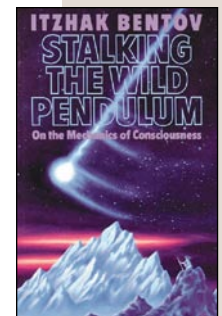
Stalking the Wild Pendulum

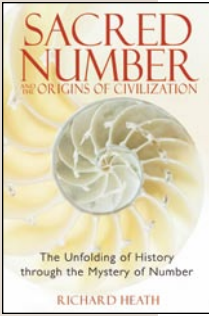
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Itzhak Bentov

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





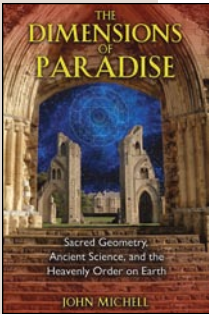
Sacred Number and the Origins of Civilization

The Unfolding of History through the Mystery of Number

Richard Heath

ISBN: 978-1-59477-131-6 • \$16.95 (CAN \$21.50) pb
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Sacred numbers and ratios can be found throughout history, influencing everything from art and architecture to the development of religion and secret societies. From Solomon's Key to the Templar design for Washington D.C. as New Jerusalem, Richard Heath reveals the origins, influences, and deeper meaning of these synchronous numerical occurrences.



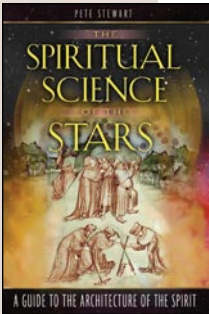
The Dimensions of Paradise

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

John Michell

ISBN: 978-1-59477-198-9 • \$16.95 (CAN \$18.95) pb
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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.



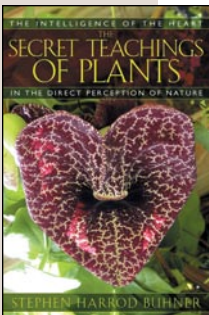
The Spiritual Science of the Stars

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Pete Stewart

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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 Secret Teachings of Plants

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Stephen Harrod Buhner

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For other books by Stephen Harrod Buhner, see pp. 46 & 82



The Mayan Code

Time Acceleration and Awakening the World Mind

Barbara Hand Clow

Foreword by Carl Johan Calleman, Ph.D.

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304 pages, 6 x 9 • 43 b&w illustrations

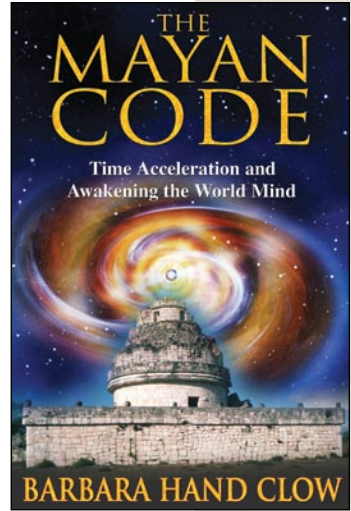
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ISBN: 978-1-59477-238-2 • \$18.00 (CAN \$20.95) pb

The Mayan Calendar is a bridge to galactic wisdom that fosters personal growth and human evolution. As we approach the end of the Mayan Calendar, time and consciousness are accelerating. Working with Carl Johan Calleman's time-acceleration theory, Barbara Hand Clow shows how the cycles of time marked by the calendar match important periods in the evolutionary data banks of Earth and the Milky Way Galaxy and that the calendar describes the evolutionary stage to come. She explores how our own personal healing is the most important factor as we prepare to make this critical leap in human evolution—now referred to as the awakening of the World Mind.

For other books by Barbara Hand Clow, see pp. 53 & 61



The Mayan Calendar and the Transformation of Consciousness

Carl Johan Calleman, Ph.D.

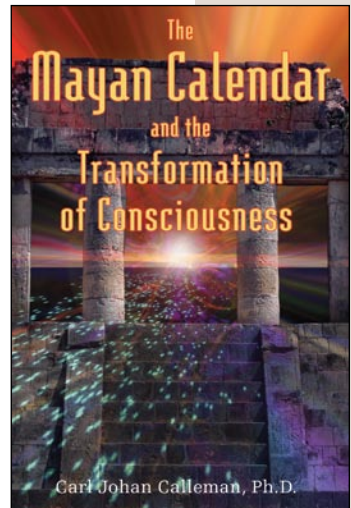
ISBN: 978-1-59143-028-5
\$18.00 (CAN \$25.95) pb
320 pages, 6 x 9
93 b&w illustrations

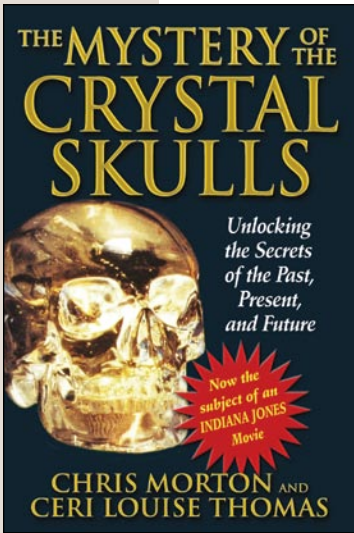
Also available in Spanish:

El Calendario Maya y la Transformación de la Consciencia

ISBN: 978-1-59477-038-8 • \$18.00 (CAN \$22.95) pb

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. The calendar is associated with nine creation cycles representing nine levels of consciousness, or Underworlds on the Mayan cosmic pyramid. Author Carl Johan Calleman reveals that the Mayan calendar is a spiritual device that enables a greater understanding of the nature of conscious evolution throughout human history and the concrete steps we can take to align ourselves with this growth toward enlightenment.





The Mystery of the Crystal Skulls

Unlocking the Secrets of the Past, Present, and Future

Chris Morton and Ceri Louise Thomas

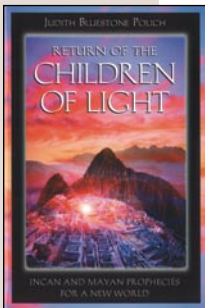
ISBN: 978-1-879181-80-9

\$20.00 (CAN \$22.50) pb

424 pages, 6 x 9

31 color and 20 b&w plates

Native American legend tells of 13 life-size crystal skulls containing information crucial to humankind's true purpose and destiny. One such skull is referenced in the adventure film, *Indiana Jones and the Kingdom of the Crystal Skull*. According to legend, at a time of great crisis for humanity, all 13 skulls will be rediscovered and reunited to reveal information vital to the survival of the human race. The authors journey from ancient Mayan temples to the British Museum, the Smithsonian, and to the crystal laboratories of Hewlett-Packard. On their quest they encounter Native shamans and elders who reveal the sacred knowledge of the skulls.



Return of the Children of Light

Incan and Mayan Prophecies for a New World

Judith Bluestone Polich

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

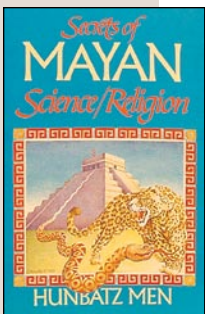
Also available in Spanish:

El regreso de los niños de la luz

ISBN: 978-1-59477-216-0 • \$14.00 (CAN \$16.95) pb

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: 978-0-939680-63-4 • \$12.95 (CAN \$18.50) pb • 156 pages, 6 x 9

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



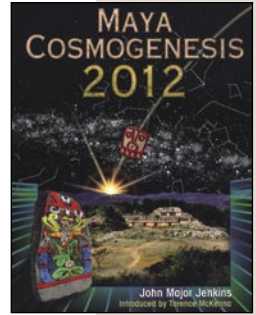
Maya Cosmogenesis 2012

The True Meaning of the Maya Calendar End-Date

John Major Jenkins

ISBN: 978-1-879181-48-9 • \$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.



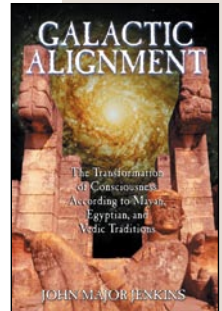
Galactic Alignment

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

John Major Jenkins

ISBN: 978-1-879181-84-7 • \$18.00 (CAN \$25.95) pb
312 pages, 6 x 9 • 107 b&w illustrations

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



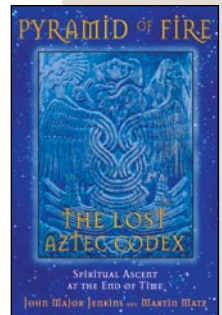
Pyramid of Fire: The Lost Aztec Codex

Spiritual Ascent at the End of Time

John Major Jenkins and Martin Matz

ISBN: 978-1-59143-032-2
\$14.00 (CAN \$20.95) pb
192 pages, 6 x 9 • 18 b&w illustrations

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



The Mayan Factor

Path Beyond Technology

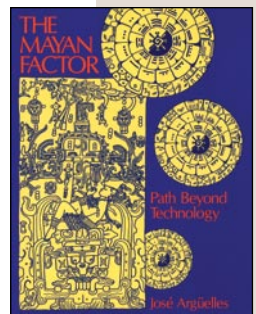
José Argüelles

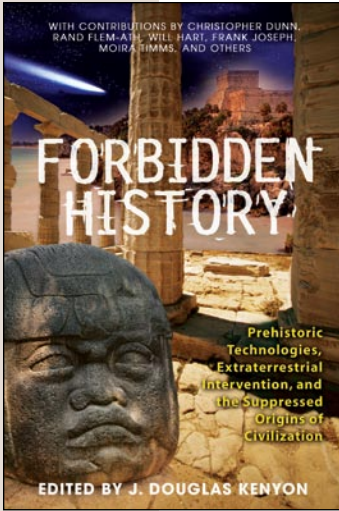
ISBN: 978-0-939680-38-2 • \$16.00 (CAN \$23.50) pb • 224 pages, 7 x 9

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

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

Barbara Hand Clow, author of *The Pleiadian Agenda*





Forbidden History

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

Edited by J. Douglas Kenyon

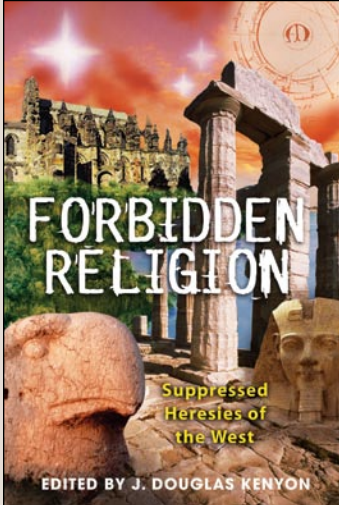
ISBN: 978-1-59143-045-2

\$18.00 (CAN \$23.95) pb

344 pages, 6 x 9

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

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



Forbidden Religion

Suppressed Heresies of the West

Edited by J. Douglas Kenyon

ISBN: 978-1-59143-067-4

\$18.00 (CAN \$22.95) pb

336 pages, 6 x 9

Includes 16-page color insert and 100 b&w illustrations

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

Also by J. Douglas Kenyon, *Forbidden Science*, p. 3



Sacred Symbols of the Dogon

*The Key to Advanced Science
in the Ancient Egyptian Hieroglyphs*

Laird Scranton

Foreword by John Anthony West

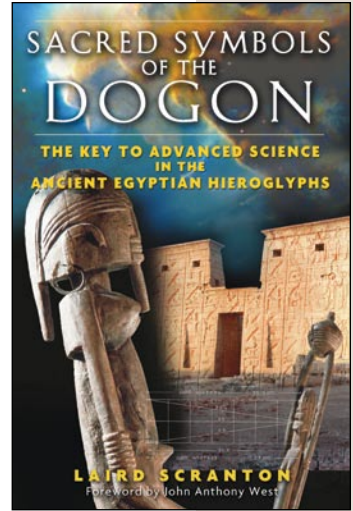
ISBN: 978-1-59477-134-7

\$18.95 (CAN \$21.50) pb

272 pages, 6 x 9

5 b&w illustrations

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



The Science of the Dogon

Decoding the African Mystery Tradition

Laird Scranton

Foreword by John Anthony West

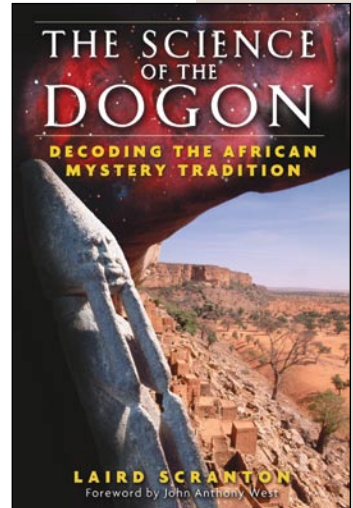
ISBN: 978-1-59477-133-0

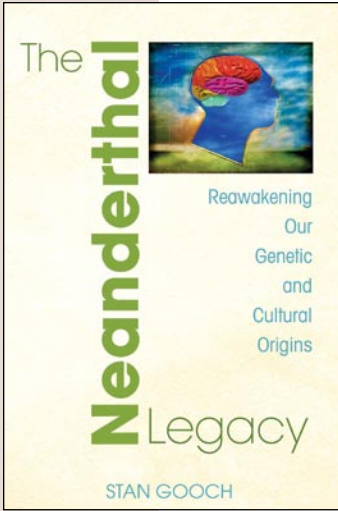
\$16.95 (CAN \$21.50) pb

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





NEW—JUNE 2008

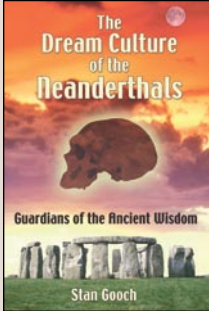
The Neanderthal Legacy

Reawakening Our Genetic and Cultural Origins

Stan Gooch

ISBN: 978-1-59477-185-9
\$14.95 (CAN \$16.95) pb
192 pages, 6 x 9
14 b&w illustrations

In *The Neanderthal Legacy*, Stan Gooch explains how crossbreeding between Neanderthals and Cro-Magnons created the dichotomous nature of modern man. He reveals how the Neanderthal cerebellum was a source of deep connection to the psychic and dream worlds which manifest in modern man as paranormal phenomena that modern science can neither explain, nor ignore. The “hybrid vigor” of this crossbreeding is what gives modern man paranormal perceptive abilities. Understanding our Neanderthal ancestors, Gooch explains, can help us rediscover virtues which are sorely needed in today’s world.



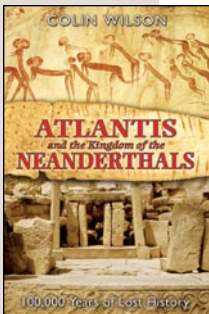
The Dream Culture of the Neanderthals

Guardians of the Ancient Wisdom

Stan Gooch

ISBN: 978-1-59477-093-7 • \$16.95 (CAN \$21.95) pb
272 pages, 6 x 9 • 27 b&w illustrations

Author Stan Gooch presents evidence that direct descendents of the moon-worshipping, dream-cultivating Neanderthal race are still living in Central Asia today. While their physical descendants may be almost extinct, the influence of Neanderthal occult wisdom remains strong and can be found throughout history among witches, kabbalists, the Knights Templar, Rosicrucians, and even in Christianity.



Atlantis and the Kingdom of the Neanderthals

100,000 Years of Lost History

Colin Wilson

ISBN: 978-1-59143-059-9
\$20.00 (CAN \$25.95) pb
336 pages, 6 x 9
25 b&w illustrations

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



NEW—AVAILABLE

Lucifer's Court*A Heretic's Journey in Search of the Light Bringers*

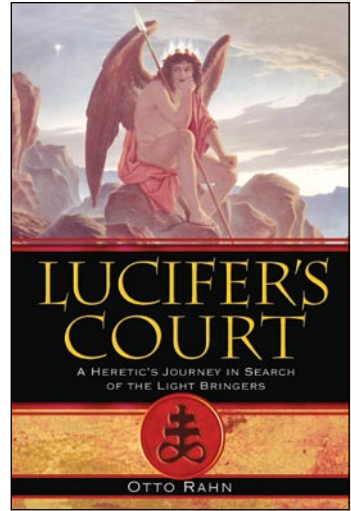
Otto Rahn

ISBN: 978-1-59477-197-2

\$16.95 (CAN \$18.95) pb

256 pages, 6 x 9

Lucifer's Court presents Otto Rahn's diaries as he traveled through Europe in the mid-1930's pursuing the Grail and other mysteries, including the role of Lucifer as the Light Bringer, god of heretics. Recruited by Himmler as the Nazi chief occult investigator, his journeys included researching an alleged entrance to Hollow Earth in Iceland and seeking for the true mission of Lucifer in the caves of southern France. This book reveals his search for ghosts of pagans and heretics whose beliefs so closely mirrored his own that he began calling himself a Cathar and nurtured plans to restore that faith which was destroyed by the Inquisition.

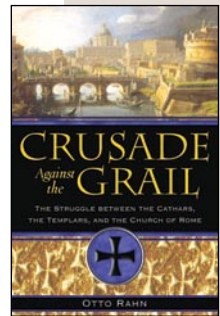
**Crusade Against the Grail***The Struggle between the Cathars, the Templars, and the Church of Rome*

Otto Rahn

ISBN: 978-1-59477-135-4 • \$16.95 (CAN \$21.50) pb

256 pages, 6 x 9

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

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

Gerry Kennedy and Rob Churchill

ISBN: 978-1-59477-129-3

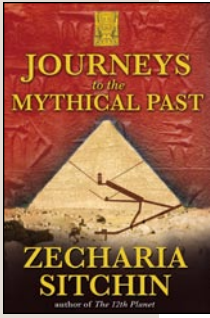
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328 pages, 6 x 9

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

Since its discovery 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.





Journeys to the Mythical Past

Zecharia Sitchin

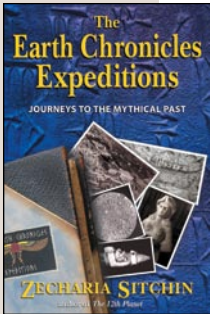
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Renowned researcher of antiquity Zecharia Sitchin tells his own story, revealing for the first time how his life was at risk inside the Great Pyramid and documenting the existence of a secret chamber. Sitchin's firsthand accounts take the reader into the inner workings of the Vatican, and report on the Iceman of the Alps and the Antikythera computer.



The Earth Chronicles Expeditions

Zecharia Sitchin

ISBN: 978-1-59143-076-6

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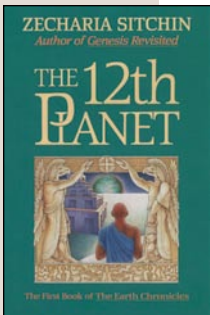
288 pages, 6 x 9

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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.



The 12th Planet (Book I)

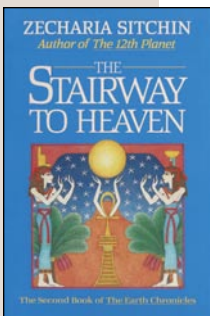
Zecharia Sitchin

ISBN: 978-0-939680-88-7

\$24.00 (CAN \$34.95) **hardcover**

384 pages, 6 x 9

The 12th Planet, the first book of *The Earth Chronicles* series, brings to life the Sumerian civilization and presents millennia-old evidence of the existence of Nibiru, the home planet of the Anunnaki, and the landings of the Anunnaki on Earth every 3,600 years.



The Stairway to Heaven (Book II)

Zecharia Sitchin

ISBN: 978-0-939680-89-4

\$24.00 (CAN \$34.95) **hardcover**

336 pages, 6 x 9

The Stairway to Heaven, the second book, incorporates ancient Egyptian evidence to show that the gateway between the mortal and the divine was a spaceport in the Sinai Peninsula, with the Giza pyramids and the Sphinx serving as beacons for the landings.

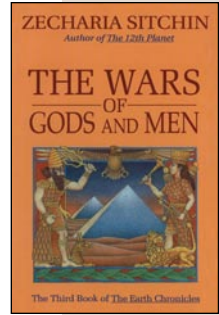


The Wars of Gods and Men (Book III)

Zecharia Sitchin

ISBN: 978-0-939680-90-0
\$24.00 (CAN \$37.95) **hardcover**
384 pages, 6 x 9

The Wars of Gods and Men, the third book, additionally embraces Canaanite, Hittite, and Hindu sources to include in these investigations the incidents of the Tower of Babel and the upheaval of Sodom and Gomorrah, concluding that nuclear weapons were used on Earth 4,000 years ago.

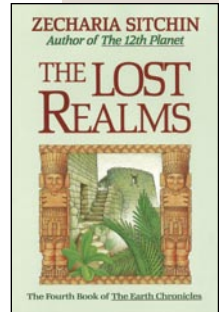


The Lost Realms (Book IV)

Zecharia Sitchin

ISBN: 978-0-939680-84-9
\$24.00 (CAN \$34.95) **hardcover**
304 pages, 6 x 9

The Lost Realms, the fourth book, transports readers to the pre-Columbian civilizations and ancient empires of the Americas, revealing hitherto unrecognized golden links between ancient Near Eastern civilizations and the "cities of the gods" of the Olmecs, Mayas, Aztecs and Incas.

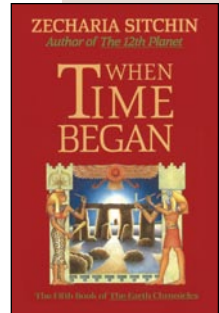


When Time Began (Book V)

Zecharia Sitchin

ISBN: 978-1-879181-16-8
\$24.00 (CAN \$37.95) **hardcover**
416 pages, 6 x 9

When Time Began, the fifth book, explores ancient knowledge of Heaven and Earth and the interwoven cycles that gave rise to astronomy, the zodiac and astrology, and stone calendars such as Stonehenge, revealing the secret of New Ages past and future.

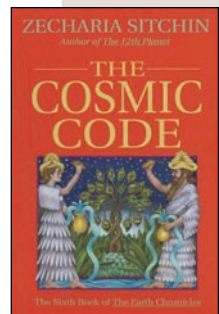


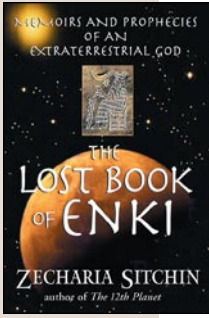
The Cosmic Code (Book VI)

Zecharia Sitchin

ISBN: 978-1-879181-87-8
\$24.00 (CAN \$37.95) **hardcover**
304 pages, 6 x 9
93 b&w illustrations

The Cosmic Code, the sixth book in the series, explains how the secrets of humankind's celestial teachers were encoded in the Bible and other sacred and hidden "books"—a Cosmic Code that links Earthlings to their cosmic roots.





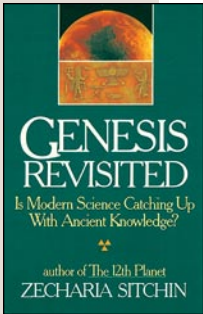
The Lost Book of Enki

MEMOIRS AND PROPHECIES OF AN EXTRATERRESTRIAL GOD
Zecharia Sitchin

ISBN: 978-1-59143-037-7 • \$16.00 (CAN \$23.95) **pb**
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ISBN: 978-1-879181-83-0 • \$24.00 (CAN \$32.95) **hardcover**

This book is based on the perspectives of the Anunnaki. What motives propelled them to settle on Earth and what drove them from their new home? Through meticulous research of every available primary source, Sitchin has re-created the memoirs of Enki, the leader of these ancient astronauts. An epic tale of gods and men unfolds that challenges every assumption we hold about our ancient history, our culture, and our future.



Genesis Revisited

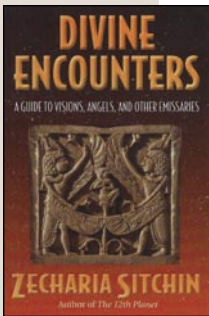
Is Modern Science Catching Up With Ancient Knowledge?

Zecharia Sitchin

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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.



Divine Encounters

A Guide to Visions, Angels, and Other Emissaries

Zecharia Sitchin

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400 pages, 6 x 9
115 b&w illustrations

Divine Encounters draws on basic Judeo-Christian texts to analyze the creation myths, paralleling Biblical stories to the myths of Sumer and Mesopotamia, in order to show that humanity did not evolve without assistance.



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The Lure of Sirens and Mermaids

Meri Lao

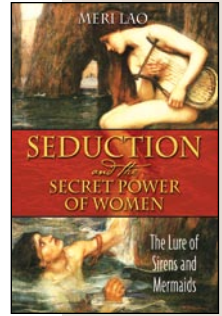
ISBN: 978-1-59477-201-6

\$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.



The Triumph of the Sea Gods

The War against the Goddess Hidden in Homer's Tales

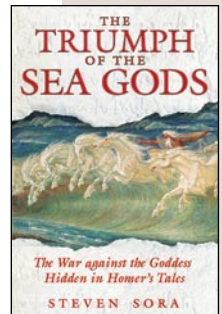
Steven Sora

ISBN: 978-1-59477-143-9 • \$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.

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



From the Ashes of Angels

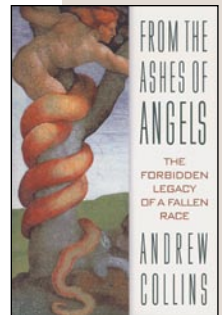
The Forbidden Legacy of a Fallen Race

Andrew Collins

ISBN: 978-1-879181-72-4 • \$20.00 (CAN \$28.95) pb

464 pages, 6 x 9 • 20 line drawings

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



The Genesis Race

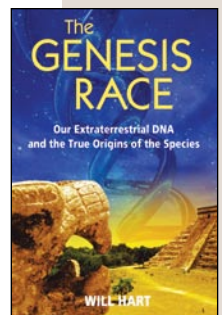
Our Extraterrestrial DNA and the True Origins of the Species

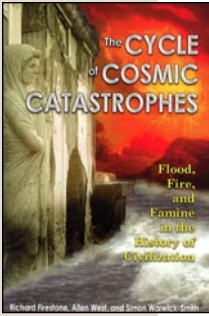
Will Hart

ISBN: 978-1-59143-018-6 • \$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.





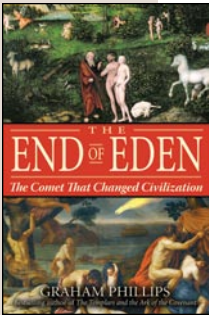
The Cycle of Cosmic Catastrophes

Flood, Fire, and Famine in the History of Civilization

Richard Firestone, Allen West, and Simon Warwick-Smith

ISBN: 978-1-59143-061-2
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Here is new scientific evidence about a series of prehistoric cataclysmic events that not only validates the ubiquitous legends and myths of natural disasters passed down by our ancestors, but shows how these events suggest that we are entering a thousand-year cycle of increasing danger and possibly a new cycle of extinctions.



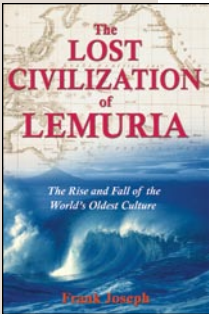
The End of Eden

The Comet That Changed Civilization

Graham Phillips

ISBN: 978-1-59143-069-8 • \$16.00 (CAN \$20.00) pb
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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.



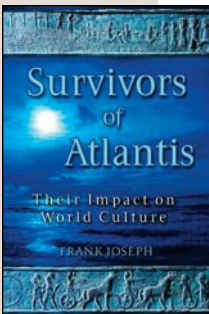
The Lost Civilization of Lemuria

The Rise and Fall of the World's Oldest Culture

Frank Joseph

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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: 978-1-59143-040-7
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Archaeologists have long puzzled over evidence suggesting sophisticated copper mining activities in the Great Lakes area some 5,000 years ago. Menomonie Indian tradition speaks of fair skinned mariners from the past who came to "dig out the shiny bones" of the Earth Mother. In this sequel to *The Destruction of Atlantis*, Frank Joseph contends that the mariners described by the North American Menomonie Indians were Atlanteans.



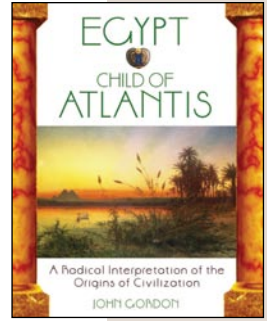
Egypt: Child of Atlantis

A Radical Interpretation of the Origins of Civilization

John Gordon

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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.



The Sirius Mystery

New Scientific Evidence of Alien Contact 5,000 Years Ago

Robert Temple

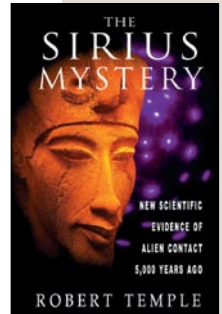
ISBN: 978-0-89281-750-4 • \$19.95 (CAN \$28.95) pb
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An awe-inspiring work that calls for a reappraisal of our role in the universe, this book provides convincing evidence that the Egyptian, Sumerian, and Dogon civilizations were founded by aliens from the Sirius star system and are now ready to return.

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

Time Magazine

Also by Robert Temple, *The Genius of China*, p. 6

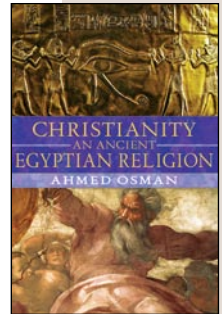


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Ahmed Osman

ISBN: 978-1-59143-046-9 • \$18.00 (CAN \$ 24.95) pb
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Author Ahmed Osman contends that the roots of Christian belief spring not from Judaea but from Egypt. Comparing the Old Testament with ancient Egyptian records, he shows that major characters of the Hebrew scriptures and major tenets of Christianity—the One God and the Trinity—are Egyptian in origin.



Moses and Akhenaten

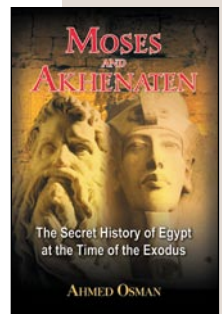
The Secret History of Egypt at the Time of the Exodus

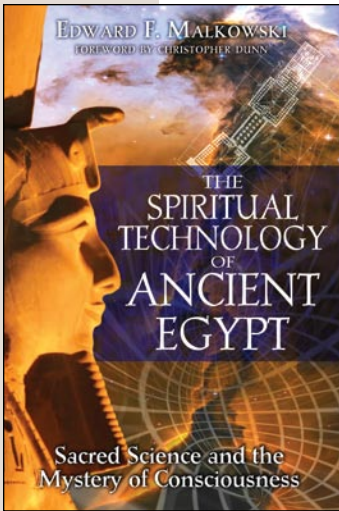
Ahmed Osman

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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.





The Spiritual Technology of Ancient Egypt

Sacred Science and the Mystery of Consciousness

Edward F. Malkowski

Foreword by Christopher Dunn

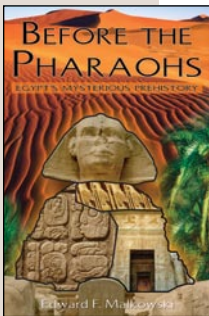
ISBN: 978-1-59477-186-6

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33 b&w illustrations

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



Before the Pharaohs

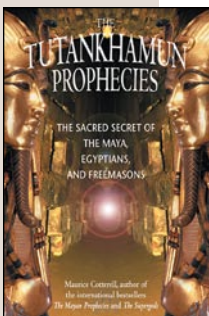
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Using hard scientific evidence from the fields of archaeology, genetics, engineering, and geology, as well as sacred and religious texts, Malkowski shows that a highly sophisticated civilization existed prior to those of Egypt and Sumer. Tying its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



The Tutankhamun Prophecies

The Sacred Secret of the Maya, Egyptians, and Freemasons

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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.



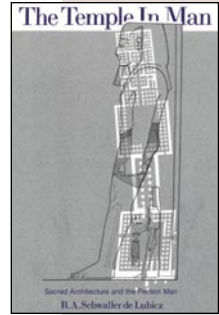
The Temple in Man

Sacred Architecture and the Perfect Man

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 Illustrated by Lucie Lamy

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This book contains the first published results of Schwaller's 12 years of research at the temple of Luxor and its implications for interpreting the symbolic and mathematical processes of the Egyptians through their sacred architecture.



The Temple of Man

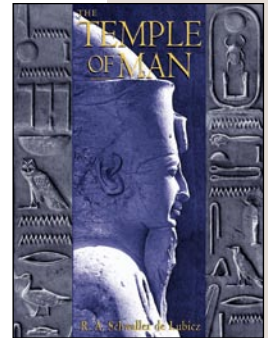
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"This astonishing and monumental book helps us understand not only the greatness of Egypt, but the depths of the human soul as well. The work of Schwaller de Lubicz stands in our time as an unsurpassed blending of objective scholarship and philosophical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

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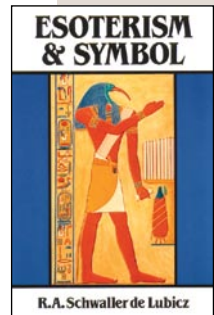


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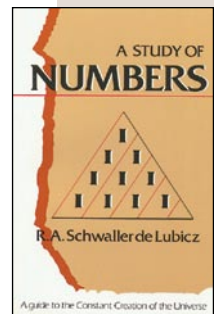
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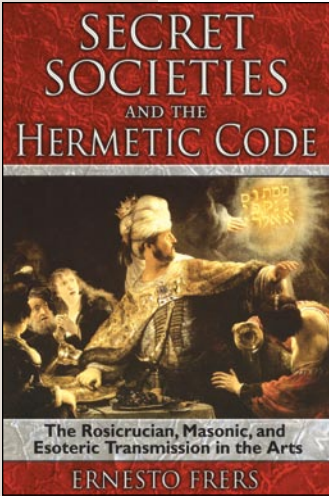
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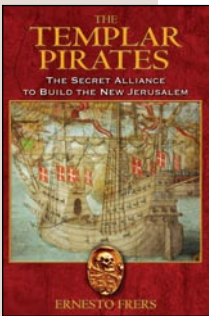


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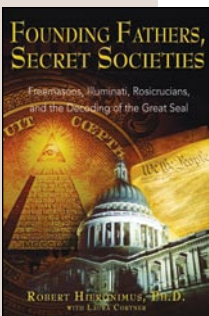


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Founding Fathers, Secret Societies
Freemasons, Illuminati, Rosicrucians, and the Decoding of the Great Seal



Robert Hieronimus, Ph.D. with Laura Cortner

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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.

Christopher Columbus, the Last Templar

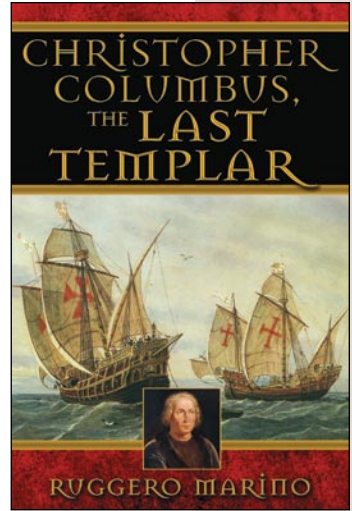
Ruggero Marino

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



The Templars and the Assassins

The Militia of Heaven

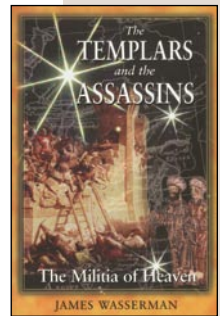
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This book provides compelling evidence that the interaction of the Knights Templar and the Assassins in the Holy Land transformed the Templars into a true occult society, from which they would sow the seeds of the Renaissance and the Western Mystery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



An Illustrated History of the Knights Templar

James Wasserman

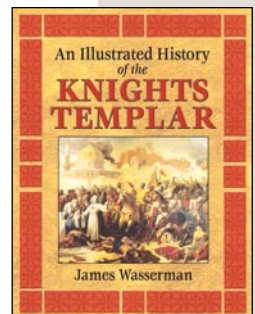
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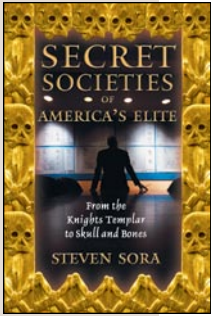
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With period illustrations and manuscripts from the Crusades, interpretive romantic paintings from the 18th and 19th centuries, and contemporary photos by Steven Brooke and others of former Templar strongholds in Europe and Jerusalem, James Wasserman provides a fascinating history of the Order and the many mysteries and legends that surround it.





Secret Societies of America's Elite

From the Knights Templar to Skull and Bones

Steven Sora

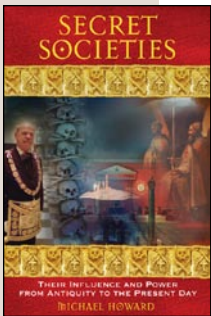
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Secret societies have played critical roles in building the fortunes of America's elite. They continue to wield power even today as organizations such as Yale's Skull & Bones unite America's modern ruling families as strongly as Masonic Lodges once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

Also by Steven Sora, *The Triumph of the Sea Gods*, p. 33



Secret Societies

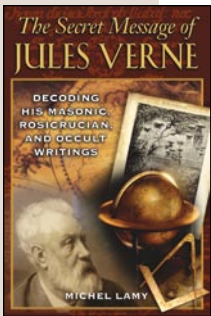
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Michael Howard

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



The Secret Message of Jules Verne

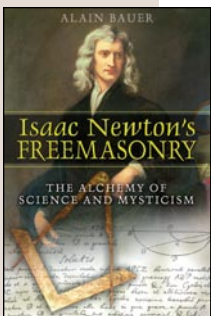
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Lamy investigates Jules Verne's connections to the prominent secret societies of his time—Freemasons, Golden Dawn, Angelic Society, and Rosicrucians—and explains how Verne used his writings to encrypt the secrets and sacred symbolism of these orders.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



Isaac Newton's Freemasonry

The Alchemy of Science and Mysticism

Alain Bauer

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

Isaac Newton was a key figure in the "invention" of Freemasonry, a fraternal order of scientists and philosophers that sought to move England beyond the civil war 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.



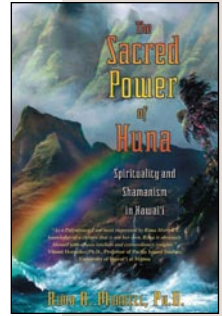
The Sacred Power of Huna

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Rima A. Morrell, Ph.D.

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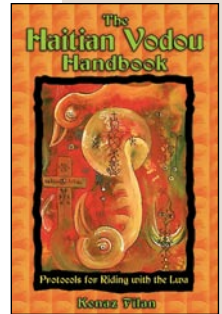
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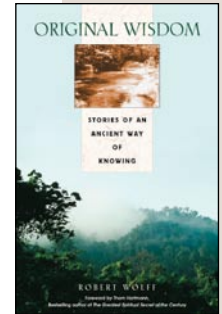
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Deep in the mountainous jungle of Malaysia, the aboriginal Sng'oi exist on the edge of extinction. Psychologist Robert Wolff lived with the Sng'oi, and came to love and admire these people. They respect silence, trust time to reveal and heal, and live 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.



Chosen by the Spirits

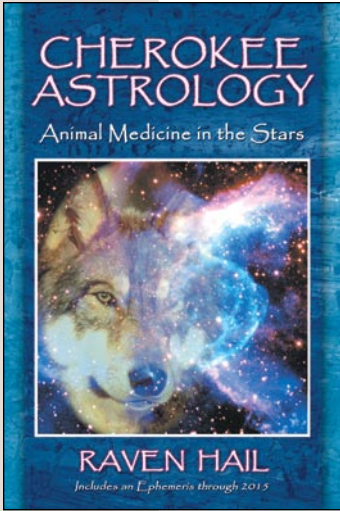
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Mongolian shamanic tradition maintains that all true shamans are called by the spirits. *Chosen by the Spirits* provides the serious student with practical advice and hands-on techniques for recognizing and acknowledging a shamanic calling, welcoming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





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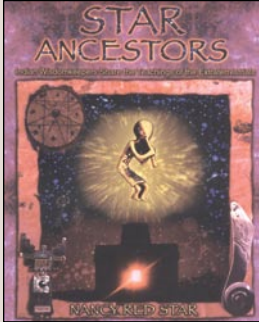


Cherokee Astrology
Animal Medicine in the Stars

Raven Hail

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The Cherokee religion holds that everything on Earth is the reflection of a star, hence astrology is fundamental to the Cherokee tradition. Cherokee astrology is based on a 260-day Venus calendar, which includes 20 individual day signs and 13 numbers. The day sign explains strengths and weaknesses; the number explains an individual's role in the great cosmic scheme. Cherokee nation elder Raven Hail describes each of the twenty signs and gives the meanings of the thirteen numbers. She has translated the traditional Cherokee ephemeris into an easy-to-use format so readers can determine which sign rules the day of their birth and which number influences it.



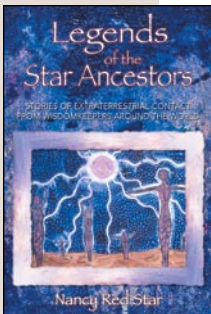
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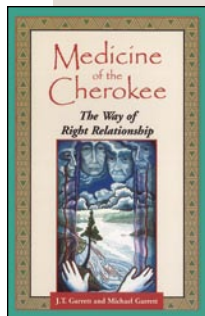
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"The truth, beauty, and simplicity of this book are almost overwhelming. The Garretts have captured the essence of mind, body, soul, and spirit healing through harmony and balance."

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



The Cherokee Full Circle

A Practical Guide to Ceremonies and Traditions

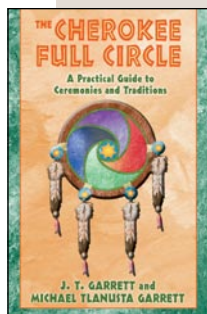
J. T. Garrett and Michael Tlanusta Garrett

ISBN: 978-1-879181-95-3

\$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

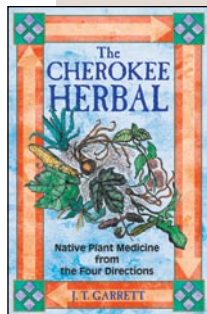
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Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. This is a practical guide to the medicinal uses of over 450 plants and herbs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



Walking on the Wind

Cherokee Teachings for Harmony and Balance

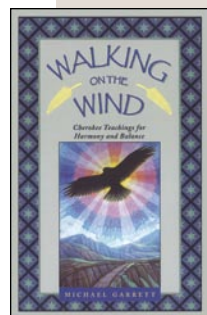
Michael Garrett

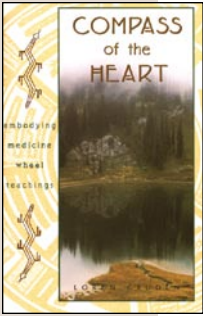
ISBN: 978-1-879181-49-6

\$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.





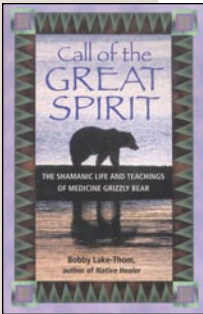
Compass of the Heart

Embodying Medicine Wheel Teachings

Loren Cruden

ISBN: 978-0-89281-600-2
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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*.



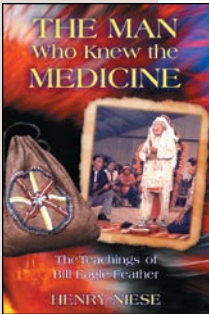
Call of the Great Spirit

The Shamanic Life and Teachings of Medicine Grizzly Bear

Bobby Lake-Thom

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



The Man Who Knew the Medicine

The Teachings of Bill Eagle Feather

Henry Niese

ISBN: 978-1-879181-98-4
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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.



Gift of Power

The Life and Teachings of a Lakota Medicine Man

Archie Fire Lame Deer and Richard Erdoes

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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.



Toltec Dreaming

Don Juan's Teachings on the Energy Body

Ken Eagle Feather

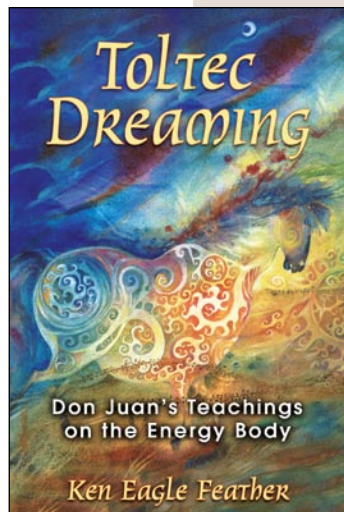
ISBN: 978-1-59143-072-8

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9 b&w illustrations

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



10th Anniversary Edition of *A Toltec Path*

On the Toltec Path

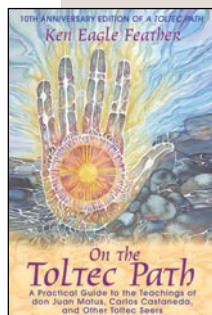
A Practical Guide to the Teachings of don Juan Matus, Carlos Castaneda, and Other Toltec Seers

Ken Eagle Feather

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



Twilight Language of the Nagual

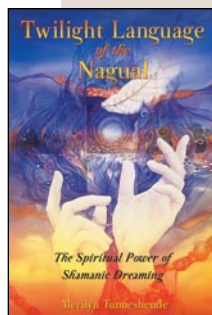
The Spiritual Power of Shamanic Dreaming

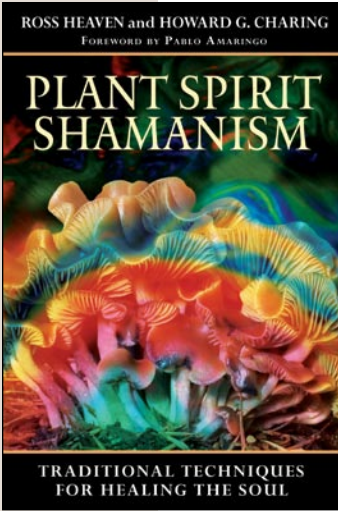
Merilyn Tunneshende

ISBN: 978-1-59143-041-4 • \$15.00 (CAN \$21.95) pb • 192 pages, 5.38 x 8.25

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

Also by Merilyn Tunneshende, *Don Juan and the Art of Sexual Energy*, p. 53





Plant Spirit Shamanism

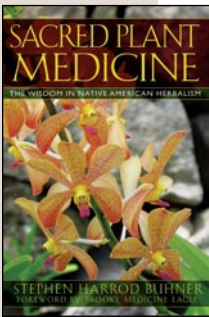
Traditional Techniques for Healing the Soul

Ross Heaven and Howard G. Charing
Foreword by Pablo Amaringo

ISBN: 978-1-59477-118-7
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280 pages, 6 x 9
Includes 8-page color insert

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

Also by Ross Heaven, *The Spiritual Practices of the Ninja*, p. 9



Sacred Plant Medicine

The Wisdom in Native American Herbalism

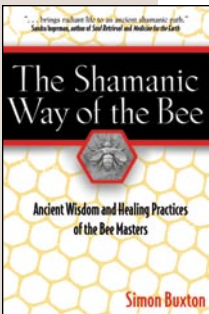
Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle

ISBN: 978-1-59143-058-2 • \$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.

For other books by Stephen Harrod Buhner, see pp. 22 & 82



The Shamanic Way of the Bee

Ancient Wisdom and Healing Practices of the Bee Masters

Simon Buxton

ISBN: 978-1-59477-119-4 • \$14.95 (CAN \$19.50) pb • 224 pages, 6 x 9
ISBN: 978-0-89281-148-9 • \$20.00 (CAN \$29.95) **hardcover**

Bee shamanism may be the most ancient and enigmatic branch of shamanism, and it is found throughout the world wherever the honeybee exists. 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.



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.

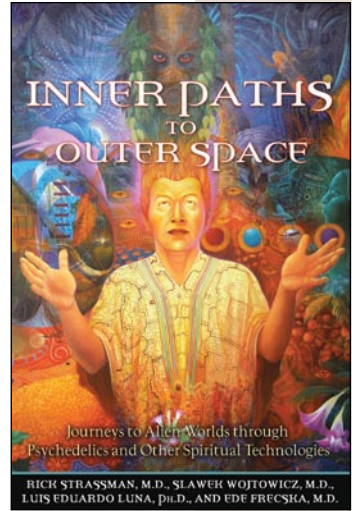
ISBN: 978-1-59477-224-5

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376 pages, 6 x 9

Includes three 8-page color inserts and 11 b&w illustrations

Voyagers of inner space have long returned from inner travels reporting encounters with alien intelligences. *Inner Paths to Outer Space* examines how we can reach other dimensions and contact otherworldly beings. The authors reveal how psychoactive substances such as DMT allow the brain to bypass the five basic senses, unlocking a multidimensional realm of existence where otherworldly communication occurs. The alien worlds of visionary science fiction mirror the inner space world of our minds. The worlds encountered through altered states, either through the use of psychedelics or other methods, possess a sense of reality as great as, or greater than our ordinary perceived awareness.



DMT: The Spirit Molecule

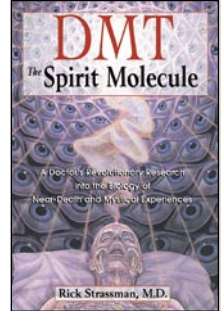
A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences

Rick Strassman, M.D.

ISBN: 978-0-89281-927-0 • \$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.



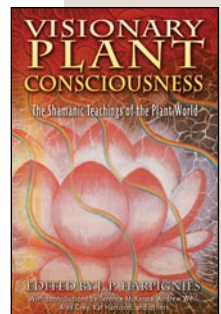
Visionary Plant Consciousness

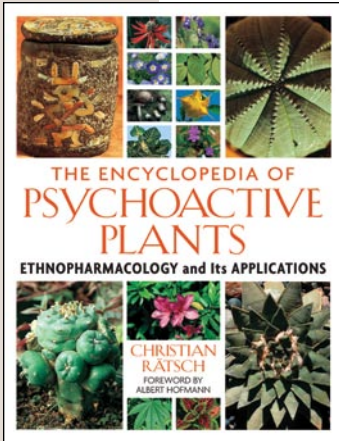
The Shamanic Teachings of the Plant World

Edited by J. P. Harpignies

ISBN: 978-1-59477-147-7 • \$16.95 (CAN \$21.50) pb • 224 pages, 6 x 9

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.





The Encyclopedia of Psychoactive Plants

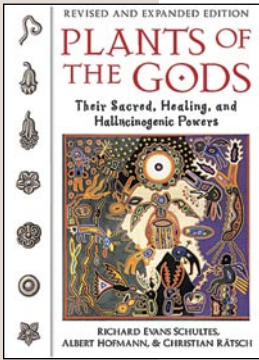
Ethnopharmacology and Its Applications

Christian Rätsch

Foreword by Albert Hofmann

ISBN: 978-0-89281-978-2 • \$125.00 (CAN \$175.00) **hardcover**
944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations

In the traditions of every culture, psychoactive plants—those known to transport the human mind into other dimensions of consciousness—have been regarded as sacred. In *The Encyclopedia of Psychoactive Plants*, Christian Rätsch details the history, botany, and the use of more than 400 psychoactive plants. Beginning with 168 of the most well-known psychoactives, such as cannabis, datura, and papaver, he then presents 133 lesser known plants, additional plants known as “legal highs,” and plant products that include substances such as ayahuasca, incense, and soma. The text is lavishly illustrated with 797 color photographs—many from the author’s extensive fieldwork showing the people, ceremonies, and art related to the ritual use of the world’s sacred psychoactive plants.



Plants of the Gods

Their Sacred, Healing, and Hallucinogenic Powers

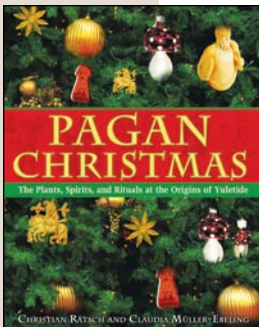
Richard Evans Schultes, Albert Hofmann, and Christian Rätsch

ISBN: 978-0-89281-979-9 • \$29.95 (CAN \$43.50) **pb**
208 pages, 7.75 x 10.5 • 400 color and b&w illustrations

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

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

Dr. Mark Plotkin, Smithsonian Institution



Pagan Christmas

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

Christian Rätsch and Claudia Müller-Ebeling

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

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

Also by Christian Rätsch and Claudia Müller-Ebeling, *Witchcraft Medicine*, p. 56



Ayahuasca

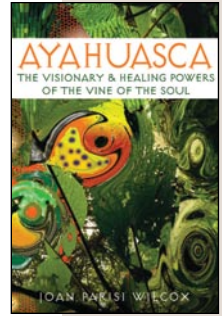
The Visionary and Healing Powers of the Vine of the Soul

Joan Parisi Wilcox

ISBN: 978-0-89281-131-1 • \$16.95 (CAN \$24.95) pb • 240 pages, 6 x 9

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

Also by Joan Parisi Wilcox, *Decoding the Human Body-Field*, p. 75

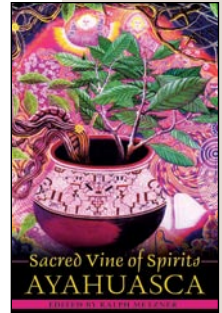


Sacred Vine of Spirits: Ayahuasca

Edited by Ralph Metzner

ISBN: 978-1-59477-053-1 • 16.95 (CAN \$22.95) pb
272 pages, 6 x 9 • 3 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.



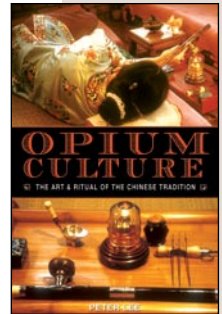
Opium Culture

The Art and Ritual of the Chinese Tradition

Peter Lee

ISBN: 978-1-59477-075-3 • \$16.95 (CAN \$22.95) pb
256 pages, 6 x 9 • Includes 16-page color insert and 19 b&w illustrations

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



Drugs of the Dreaming

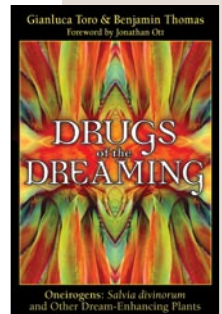
Oνειροgens: Salvia divinorum and Other Dream-Enhancing Plants

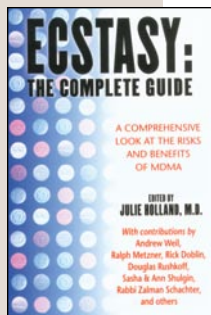
Gianluca Toro and Benjamin Thomas

Foreword by Jonathan Ott

ISBN: 978-1-59477-174-3
\$12.95 (CAN \$16.50) pb
160 pages, 6 x 9

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





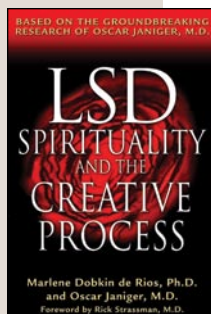
Ecstasy: The Complete Guide

A Comprehensive Look at the Risks and Benefits of MDMA

Edited by Julie Holland, M.D.

ISBN: 978-0-89281-857-0 • \$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.



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.

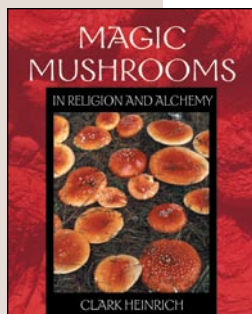
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Between 1954 and 1962 Dr. Oscar Janiger administered LSD to more than 950 people from all walks of life. The data collected from those trials, and from follow-up studies 40 years later, is now available for the first time.



Magic Mushrooms in Religion and Alchemy

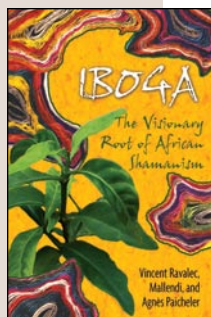
Clark Heinrich

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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.



Iboga

The Visionary Root of African Shamanism

Vincent Ravalec, Mallendi, and Agnès Paicheler

ISBN: 978-1-59477-176-7

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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—AVAILABLE

**The Secret History
of Western Sexual Mysticism**

Sacred Practices and Spiritual Marriage

Arthur Versluis

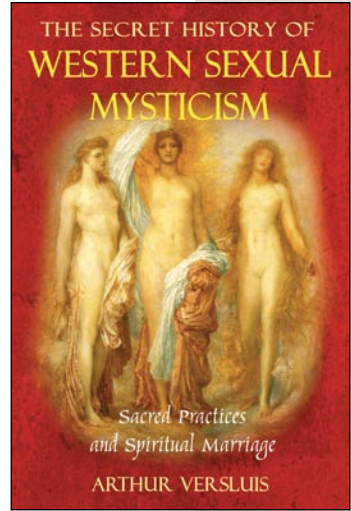
ISBN: 978-1-59477-212-2

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176 pages, 6 x 9

18 b&w illustrations

Arthur Versluis uncovers the secret tradition of Western sexual mysticism that, like the Tantra of the East, seeks transcendence or union with God through sexual practices. Sexuality has always played an important, and often hidden, role in religion. In the Mystery tradition of sacred marriage and the Gnostic tradition of spiritual marriage, Versluis shows the possibility of Divine Union in which sexual union is the principal symbol. An archetypal union of above and below (intermingling of the revelatory divine world with the mundane earthly one) is a fundamental part of this practice.



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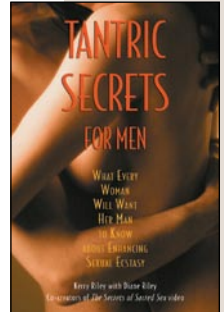
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From the expert teachings of a committed couple practicing ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman in body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process.



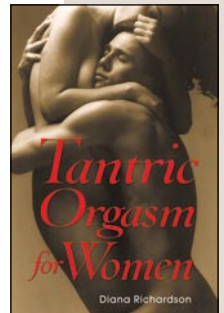
Tantric Orgasm for Women

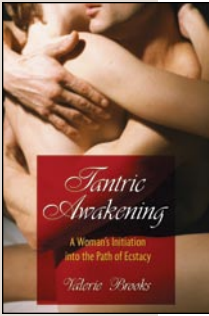
Diana Richardson

ISBN: 978-0-89281-133-5 • \$14.95 (CAN \$21.95) pb

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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 Awakening

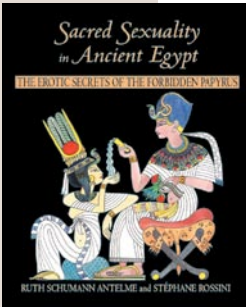
A Woman's Initiation into the Path of Ecstasy

Valerie Brooks

ISBN: 978-0-89281-906-5 • \$14.95 (CAN \$21.95) pb

176 pages, 6 x 9

This is the story of a 19-year-old 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.



Sacred Sexuality in Ancient Egypt

The Erotic Secrets of the Forbidden Papyrus

Ruth Schumann Antelme and Stéphane Rossini

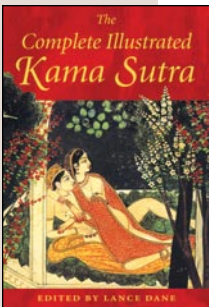
ISBN: 978-0-89281-863-1

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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.



The Complete Illustrated Kama Sutra

Edited by Lance Dane

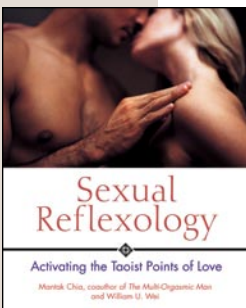
ISBN: 978-0-89281-138-0

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

320 pages, 6.5 x 9.25

269 color illustrations

Written almost 2,000 years ago, the *Kama Sutra* deals with all aspects of sexual life, 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.



Sexual Reflexology

Activating the Taoist Points of Love

Mantak Chia and Willam U. Wei

ISBN: 978-0-89281-088-8

\$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.

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



The Sexual Teachings of the White Tigress

Secrets of the Female Taoist Masters

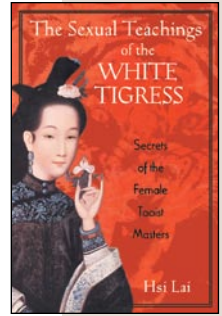
Hsi Lai

ISBN: 978-0-89281-868-6

\$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.



The Sexual Teachings of the Jade Dragon

Taoist Methods for Male Sexual Revitalization

Hsi Lai

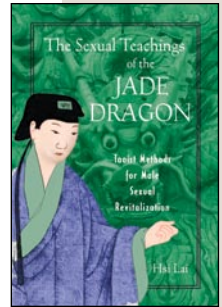
ISBN: 978-0-89281-963-8

\$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.



Liquid Light of Sex

Kundalini, Astrology, and the Key Life Transitions

Barbara Hand Clow

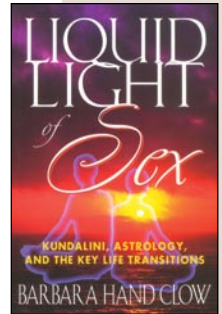
ISBN: 978-1-879181-74-8

\$16.00 (CAN \$23.50) pb

320 pages, 6 x 9

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

For other books by Barbara Hand Clow, see pp. 23 & 61



Don Juan and the Art of Sexual Energy

The Rainbow Serpent of the Toltecs

Merilyn Tunneshende

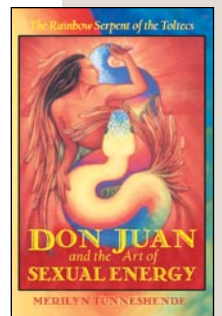
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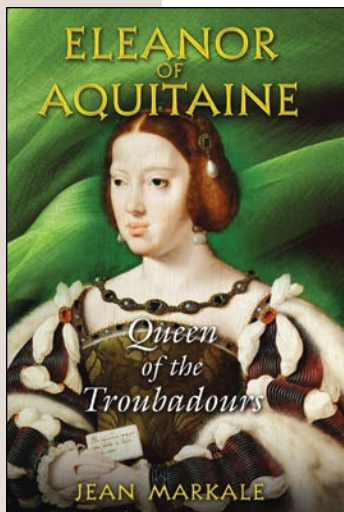
\$15.00 (CAN \$21.95) pb

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 essential lessons for empowering sexual energy, enhancing orgasm, balancing polarities, and healing past wounds.

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





Eleanor of Aquitaine

Queen of the Troubadours

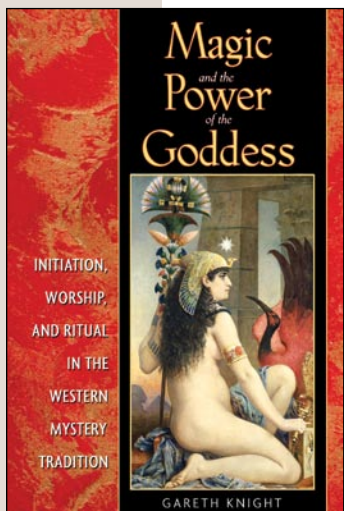
Jean Markale

ISBN: 978-1-59477-195-8

\$16.95 (CAN \$18.95) pb

272 pages, 6 x 9

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



NEW—AVAILABLE

New Edition of *Evoking the Goddess*

Magic and the Power of the Goddess

Initiation, Worship, and Ritual in the Western Mystery Tradition

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224 pages, 6 x 9

9 b&w illustrations

In this book about magic and ritual, Gareth Knight shows how the Goddess has been invoked throughout Western history, from Greek myth to the Mysteries of Isis, the cult of the Blessed Virgin and in seventeenth-century Rosicrucian spiritual alchemy. The Goddess has revealed herself repeatedly and Knight explains when and where. He offers meditations for tapping into the healing energy of the Divine Feminine, along with rituals, exercises, and tools for integrating Western magic with Goddess worship. He explains the harmful effect of repressing the feminine principle and how recognizing the power of the Goddess within will improve our health and that of the planet.



NEW—MAY 2008

A Druid's Herbal of Sacred Tree Medicine

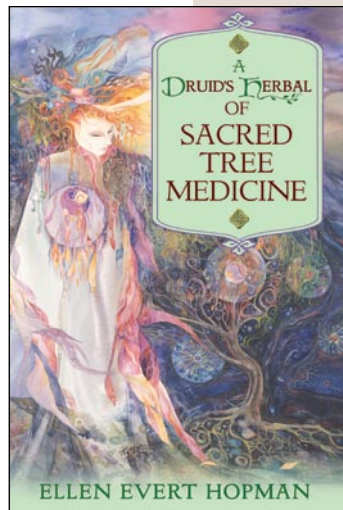
Ellen Evert Hopman

ISBN: 978-1-59477-230-6

\$14.95 (CAN \$16.95) pb

224 pages, 6 x 9

The Druids used the Ogham Tree Alphabet to work magic and honor the dead. Poets and bards created a secret sign language to describe this alphabet, which was transmitted orally for centuries to protect its secrets. In this in-depth look at the history and spiritual aspects of the sacred trees of this ancient alphabet, Ellen Evert Hopman examines the therapeutic and magical virtues of the 20 trees of the alphabet and reveals their traditional uses in Native American medicine. She explains Forest Druid practices associated with each tree as well as Druidic spiritual practices, herbal healing remedies, and plant lore for each tree in the alphabet.



A Druid's Herbal for the Sacred Earth Year

Ellen Evert Hopman

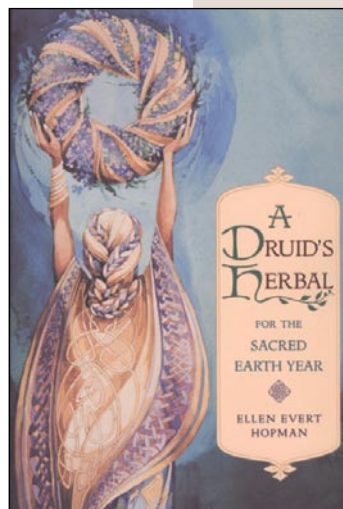
ISBN: 978-0-89281-501-2

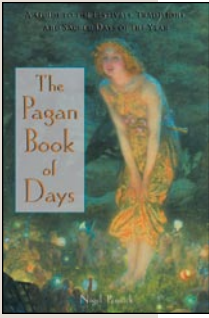
\$12.95 (CAN \$18.95) pb

228 pages, 6 x 9

For the ancient Druids, the healing and magical properties of herbs were inseparable from the larger cycles of the seasons, the movements of the planets, and the progression of a human life.

Ellen Evert Hopman explores the history and folklore surrounding the eight major Celtic festivals and offers complete instructions on the medicinal and magical uses of the herbs associated with each celebration. Included are chapters on how to prepare herbal tinctures, salves, and poultices; herbs used by the Druids; herbal alchemy and the planets; and the relationships between herbs and sacred places.





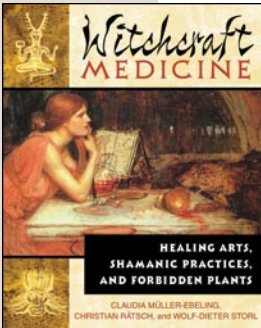
The Pagan Book of Days

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

Nigel Pennick

ISBN: 978-0-89281-867-9 • \$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.



Witchcraft Medicine

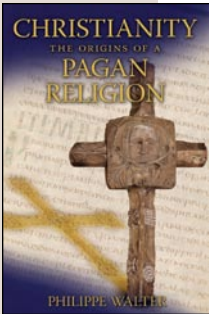
Healing Arts, Shamanic Practices, and Forbidden Plants

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

ISBN: 978-0-89281-971-3 • \$24.95 (CAN \$36.50) pb • 272 pages, 8 x 10
Includes three 8-page color inserts and 170 b&w illustrations

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

For other books by Christian Rättsch and Claudia Müller-Ebeling, see p. 48

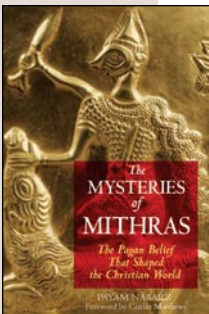


Christianity: The Origins of a Pagan Religion

Philippe Walter

ISBN: 978-1-59477-096-8 • \$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.



The Mysteries of Mithras

The Pagan Belief That Shaped the Christian World

Payam Nabarz

Foreword by Caitlin Matthews

ISBN: 978-1-59477-027-2 • \$14.95 (CAN \$20.95) pb
240 pages, 6 x 9 • 34 b&w illustrations

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



NEW—JULY 2008

The Spiritual Journey of Alejandro Jodorowsky

The Creator of El Topo

Alejandro Jodorowsky

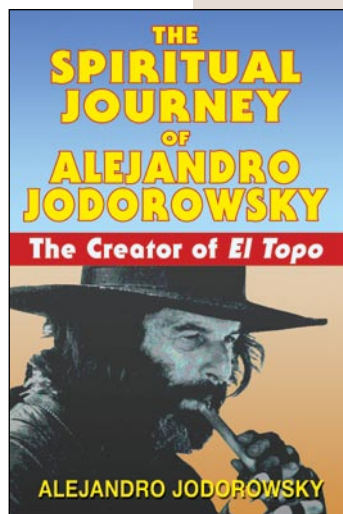
ISBN: 978-1-59477-173-6

\$18.95 (CAN \$21.50) pb

264 pages, 6 x 9

Includes 8-page b&w insert

Alejandro Jodorowsky's 1970 counterculture movie, *El Topo* made public a spiritual journey that began with Japanese master Ejo Takata, who introduced him to meditation, Zen Buddhism, the wisdom of the koans, and the study of painter Leonora Carrington. Starting with Carrington, Jodorowsky undertook a spiritual journey guided by wisewomen such as Doña Magdalena, who taught him spiritual massage; the Mexican actress known as La Tigresa (the "tigress"); Reyna D'Assia, daughter of G. I. Gurdjieff; María Sabina, priestess of the sacred mushrooms; the healer Pachita; and the Chilean singer Violeta Parra.



Victor Hugo's Conversations with the Spirit World

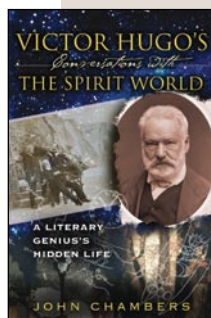
A Literary Genius's Hidden Life

John Chambers

ISBN: 978-1-59477-182-8 • \$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.



Seeing the Dead, Talking with Spirits

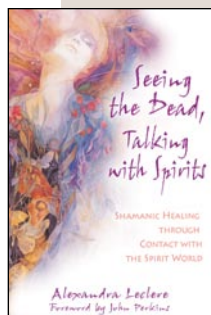
Shamanic Healing through Contact with the Spirit World

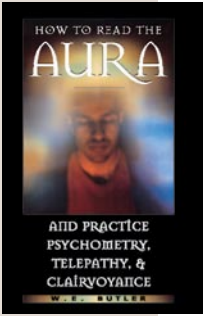
Alexandra Leclere

Foreword by John Perkins, *The New York Times*
bestselling author of *Confessions of an Economic Hit Man*

ISBN: 978-1-59477-083-8 • \$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.





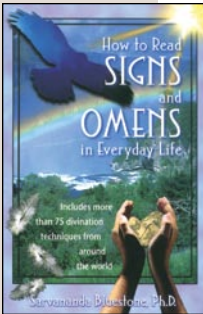
How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance

W. E. Butler

ISBN: 978-0-89281-705-4 • \$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.

Also by W. E. Butler, *Lords of Light*, p. 18

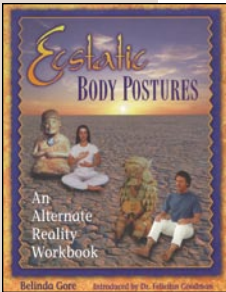


How to Read Signs and Omens in Everyday Life

Sarvananda Bluestone, Ph.D.

ISBN: 978-0-89281-901-0 • \$14.95 (CAN \$21.95) pb
240 pages, 5.88 x 9 • 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.



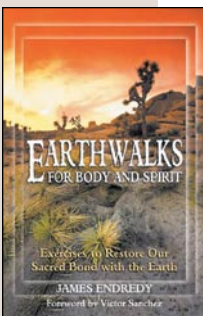
Ecstatic Body Postures

An Alternate Reality Workbook

Belinda Gore

ISBN: 978-1-879181-22-9
\$20.00 (CAN \$28.95) pb
304 pages, 7 x 9

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.



Earthwalks for Body and Spirit

Exercises to Restore Our Sacred Bond with the Earth

James Endredy

Foreword by Victor Sanchez

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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.



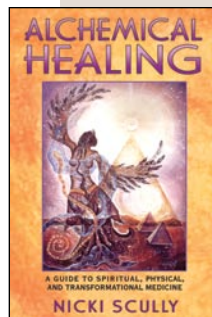
Alchemical Healing

A Guide to Spiritual, Physical, and Transformational Medicine

Nicki Scully

ISBN: 978-1-59143-015-5 • \$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

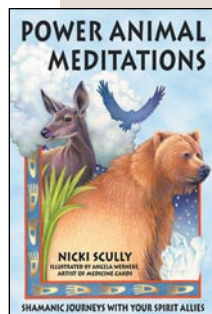
Nicki Scully

Illustrated by Angela Werneke

ISBN: 978-1-879181-71-7 • \$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*.

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



Animal Voices

Telepathic Communication in the Web of Life

Dawn Baumann Brunke

ISBN: 978-1-879181-91-5 • \$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.



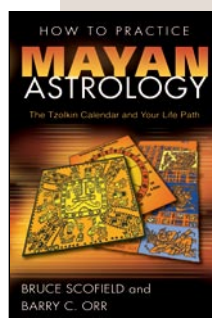
How to Practice Mayan Astrology

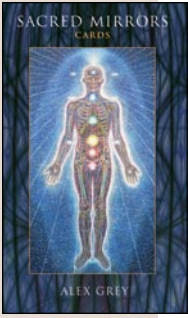
The Tzolkin Calendar and Your Life Path

Bruce Scofield and Barry C. Orr

ISBN: 978-1-59143-064-3 • \$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.





Sacred Mirrors Cards

Alex Grey

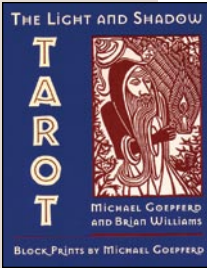
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Featuring reproductions of all twenty-one of Alex Grey's Sacred Mirrors paintings plus two additional images, this deck leads the viewer through the process of theosis—that is, coming closer to God—through contemplation of iconic archetypes and seeing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



The Light and Shadow Tarot

Michael Goepferd and Brian Williams

Illustrated by Michael Goepferd

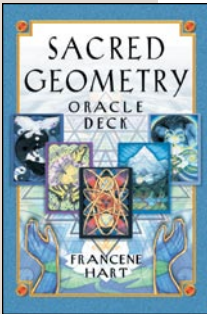
ISBN: 978-0-89281-503-6

\$19.95 (CAN \$28.95)

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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.



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Francene Hart

ISBN: 978-1-879181-73-1

\$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

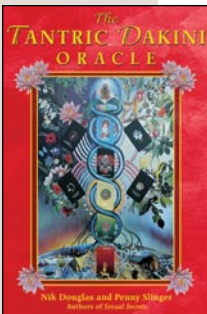
ISBN: 978-0-89281-137-3

\$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.



Catastrophobia

The Truth Behind Earth Changes

Barbara Hand Clow

ISBN: 978-1-879181-62-5

\$16.00 (CAN \$23.50) pb

320 pages, 6 x 9

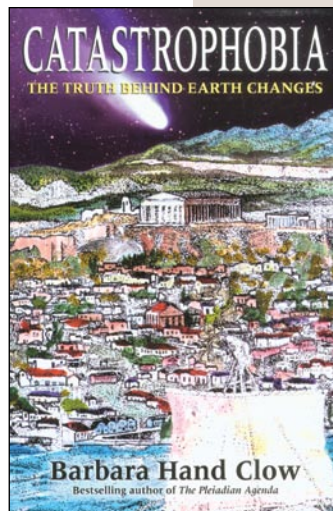
76 b&w illustrations

Also available in Spanish:

Catastrofobia

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

There is evidence that 'mythic' catastrophes such as the fall of Atlantis and the Biblical Flood were actual events caused by massive disturbances in the Earth's crust 11,500 years ago. These and other disasters have left humanity scarred and scared, and unprocessed fear, passed from generation to generation, is responsible for our expectations of apocalypse. But now the earth is shifting in its 26,000 year precessional cycle, and the changes in consciousness over the last 30 years mark the beginning of collective healing, heralding a new age where 'Catastrophobia' will end and extraordinary creativity will begin.



A Revised Single-Volume Edition of *The Mind Chronicles Trilogy*

The Mind Chronicles

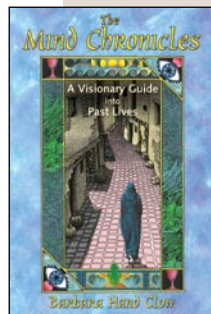
A Visionary Guide into Past Lives

Barbara Hand Clow

ISBN: 978-1-59143-066-7 • \$22.00 (CAN \$27.95) pb

464 pages, 6 x 9 • 36 b&w illustrations

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.



The Pleiadian Agenda

A New Cosmology for the Age of Light

Barbara Hand Clow

ISBN: 978-1-879181-30-4

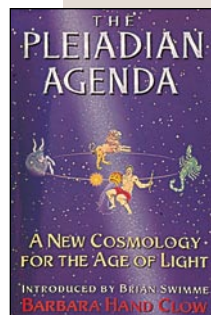
\$15.00 (CAN \$21.95) pb

334 pages, 6 x 9

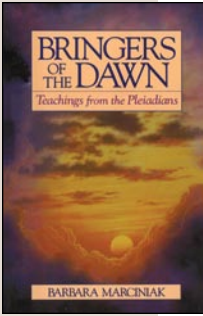
Astrologer and spiritual teacher Barbara Hand Clow reveals the timing of the critical leap in evolution at the end of the Mayan Calendar.

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

Perceptions Magazine



For other books by Barbara Hand Clow, see pp. 23 & 53



Bringers of the Dawn

Teachings from the Pleiadians

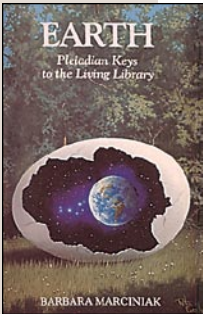
Barbara Marciniak

ISBN: 978-0-939680-98-6

\$14.00 (CAN \$20.50) pb

288 pages, 5.5 x 8.5

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

Pleiadian Keys to the Living Library

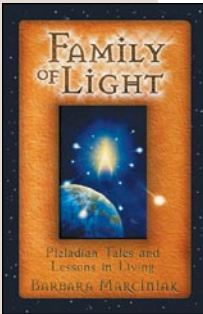
Barbara Marciniak

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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.



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“There is a spiritual revolution sweeping the Earth that is going to eclipse the industrial and information revolutions, and this book heralds its coming.”

Magical Blend



Pendulum Power

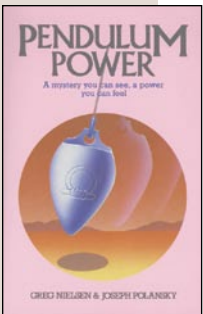
A Mystery You Can See, A Power You Can Feel

Greg Nielsen and Joseph Polansky

ISBN: 978-0-89281-157-1 • \$8.95 (CAN \$12.95) pb • 128 pages, 5 x 7.5

The power of the pendulum has been valued since ancient times for its ability to discover treasure, advise in love, locate the lost, and divine the new. *Pendulum Power* teaches how to make and use pendulums for finding success in career and relationships, for healing, for development of intuition and increased mind power, as well as a host of other applications.

A modern popular classic, *Pendulum Power* was featured on the nationally syndicated television show “In Search Of.”



Affinity

Reclaiming the Divine Flow of Creation

Amorah Quan Yin

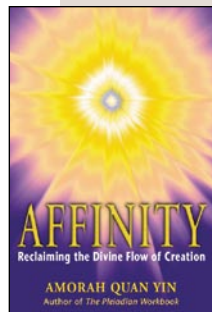
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320 pages, 6 x 9

This extensive collection of teachings offers specific exercises and techniques to align us with our divine selves.

Drawing on the wisdom of Goddess Antares and the gentle support of the Dolphin Star Temple Higher Council, Quan Yin explains how to retune our bodies, minds, emotions, and spirits to the divine flow of the universe. Mother Mary teaches us how to remove ourselves from negative astral planes. From Elohim we learn how to work with our cellular structure on a spiritual plane.



The Pleiadian Workbook

Awakening Your Divine Ka

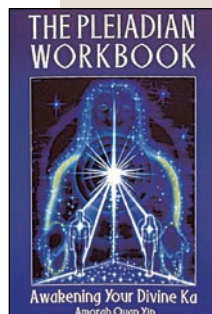
Amorah Quan Yin

ISBN: 978-1-879181-31-1

\$16.00 (CAN \$23.50) pb

352 pages, 6 x 9

The Pleiadian Workbook is a direct transmission from the Pleiadian Emissaries of Light. Through Amorah 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.



The Pleiadian Tantric Workbook

Awakening Your Divine Ba

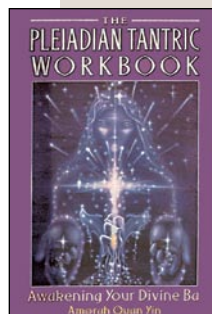
Amorah Quan Yin

ISBN: 978-1-879181-45-8

\$16.00 (CAN \$23.50) pb

320 pages, 6 x 9

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.



Pleiadian Perspectives on Human Evolution

Amorah Quan Yin

ISBN: 978-1-879181-33-5

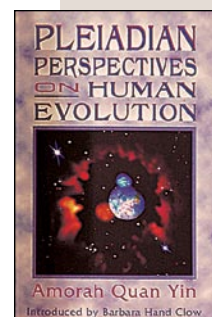
\$15.00 (CAN \$21.95) pb

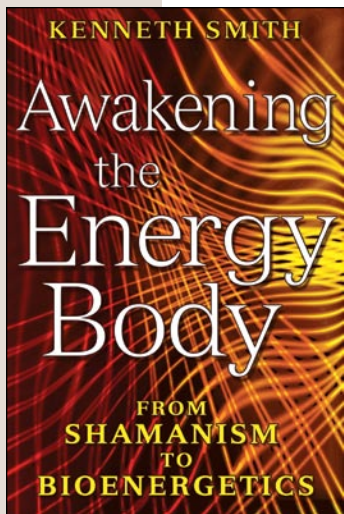
304 pages, 5.5 x 8.5

This chronicle uncovers the long-forgotten histories of our solar system.

"This book provides a fascinating look at the evolution of the human soul from an interplanetary vantage point."

Gail Vivino, astrologer





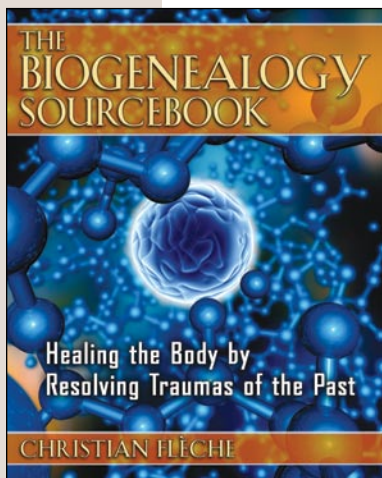
NEW—JULY 2008

Awakening the Energy Body
From Shamanism to Bioenergetics

Kenneth Smith

ISBN: 978-1-59143-084-1 • \$15.00 (CAN \$16.95) pb
224 pages, 6 x 9 • 12 b&w illustrations

Each of us inhabits an energy body whose interactions determine what we see, feel, think and perceive. In *Awakening the Energy Body*, Kenneth Smith combines the wisdom of the 5,000 year-old Toltec tradition with the emerging science of Bioenergetics, which studies the flow and exchange of energy. Smith shows that conscious awareness of the complete energy body not only enhances functionality in daily life, but can also quicken personal evolution and even enable us to create our own reality. This book is a practical guide to managing and integrating all the levels of the energy body, and includes a consideration of ethical questions that arise as one's higher consciousness develops.



NEW—JULY 2008

The Biogenealogy
Sourcebook

Healing the Body by Resolving
Traumata of the Past

Christian Flèche

ISBN: 978-1-59477-206-1
\$19.95 (CAN \$22.50) pb
192 pages, 8 x 10
28 b&w illustrations

Biogenealogy offers an exciting and comprehensive vision of health that takes the mind-body connection to a new level. *The Biogenealogy Sourcebook* explains how emotional trauma and shock manifest in the body as physical disorders. Physical illnesses have emotional origins and the symptoms of illness are allies that provide valuable insight into curing physical disease and resolving the emotional imbalance that caused it. Christian Flèche explains that unresolved trauma affects the body at the cellular level and can lead to chronic conditions. Flèche details the major organ systems and specifies which emotional shocks will result in what types of illnesses in the body.



NEW—JUNE 2008

Creating the Soul Body*The Sacred Science of Immortality*

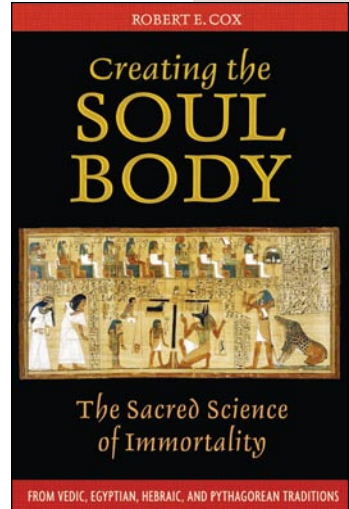
Robert E. Cox

ISBN: 978-1-59477-221-4

\$18.95 (CAN \$21.50) pb

288 pages, 6 x 9

Ancient people throughout the world understood that individual consciousness is rooted in a universal field of consciousness which survives the passing of the physical body. Ancients in the Vedic, Hebraic and Pythagorean traditions understood how to create a soul body capable of carrying consciousness beyond physical death. They practiced a kind of alchemy where base elements were discarded as higher levels of consciousness were achieved. Practitioners followed a step-by-step path of ascent, rising up the divine ladder until their consciousness met the infinite and they became "immortal." This sacred practice encompasses reincarnation as well as advanced theories of modern science, such as wave, particle and unified field theory.



NEW—JUNE 2008

Past Life Dreamwork*Healing the Soul through Understanding Karmic Patterns*

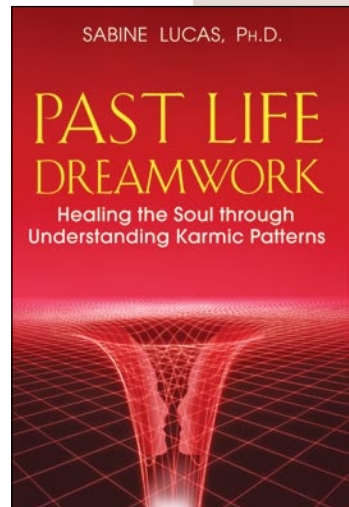
Sabine Lucas, Ph.D.

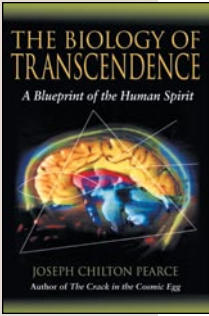
ISBN: 978-1-59143-075-9

\$16.00 (CAN \$17.95) pb

272 pages, 6 x 9

In *Past Life Dreamwork*, Sabine Lucas examines "soul bloodlines"—character traits, talents, and life issues that show up in successive past lives. Threaded through dreams, these bloodlines reveal the forces that manifest in this life, and shape individuality and destiny within the reincarnation cycle. Though past-life related material regularly surfaces in dreams, until now dreamwork has been largely ignored as a therapy for integrating past-life experiences. Past-life memories help us work out karma on the macro level and trauma on a micro level. Lucas distinguishes three types of past-life dreams—classic, informatory, and hybrid—and demonstrates how to distinguish these from other dreams.





The Biology of Transcendence

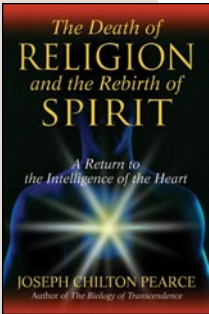
A Blueprint of the Human Spirit

Joseph Chilton Pearce

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

ISBN: 978-0-89281-990-4
\$22.00 (CAN \$29.95) **hardcover**

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



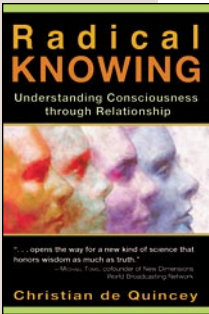
The Death of Religion and the Rebirth of Spirit

A Return to the Intelligence of the Heart

Joseph Chilton Pearce

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

Pearce explains that beneath our awareness, culture imprints a negative force-field that blocks the natural rise of the spirit toward its innate nature of love and altruism. He 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.



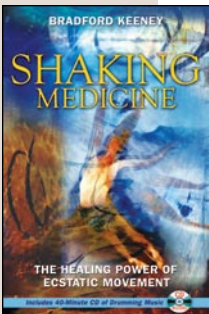
Radical Knowing

Understanding Consciousness through Relationship

Christian de Quincey

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

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



Shaking Medicine

The Healing Power of Ecstatic Movement

Bradford Keeney

ISBN: 978-1-59477-149-1 • \$19.95 (CAN \$24.95) **pb**
288 pages, 6 x 9 • Includes 40-minute CD

Bradford Keeney reintroduces the oldest medicine on earth—the ecstatic shaking of the human body, 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.



Energy Vampires

A Practical Guide for Psychic Self-protection

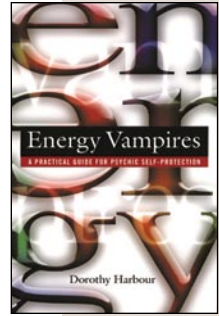
Dorothy Harbour

ISBN: 978-0-89281-910-2

\$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

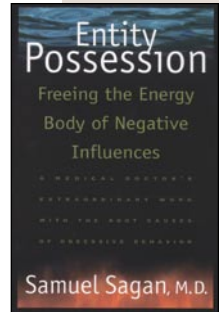
Samuel Sagan, M.D.

ISBN: 978-0-89281-612-5

\$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.



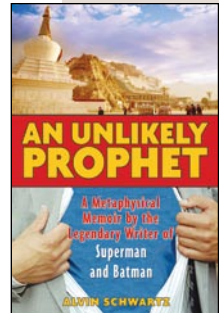
An Unlikely Prophet

A Metaphysical Memoir by the Legendary Writer of Superman and Batman

Alvin Schwartz

ISBN: 978-1-59477-108-8 • \$16.95 (CAN \$21.95) pb • 224 pages, 6 x 9

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



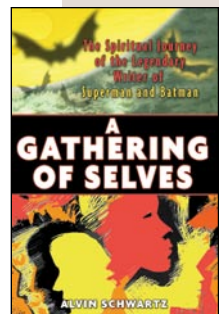
A Gathering of Selves

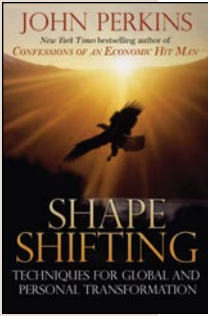
The Spiritual Journey of the Legendary Writer of Superman and Batman

Alvin Schwartz

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

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





Shapeshifting

Techniques for Global and Personal Transformation

John Perkins

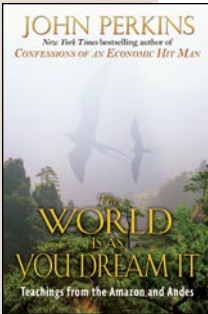
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The ancient shamanic practice of shapeshifting allows an individual to transform themselves on a deep level and to achieve a true unity with all things by “becoming the other.” John Perkins reveals the mental techniques that enable an individual not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



The World Is As You Dream It

Teachings from the Amazon and Andes

John Perkins

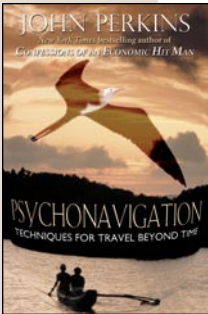
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El mundo es como uno lo sueña

ISBN: 978-0-89281-465-7 • \$10.95 (CAN \$17.50) pb

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



Psychonavigation

Techniques for Travel Beyond Time

John Perkins

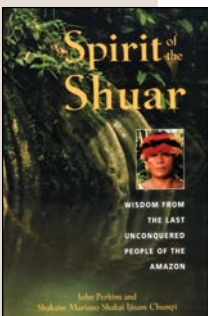
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Psiconavegación

ISBN: 978-0-89281-461-9 • \$10.95 (CAN \$17.50) pb

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



Spirit of the Shuar

Wisdom from the Last Unconquered People of the Amazon

John Perkins and Shakaim Mariano Shakai Ijisam Chumpi

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

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



The Metaphysical Book of Gems and Crystals

Florence Mégemont

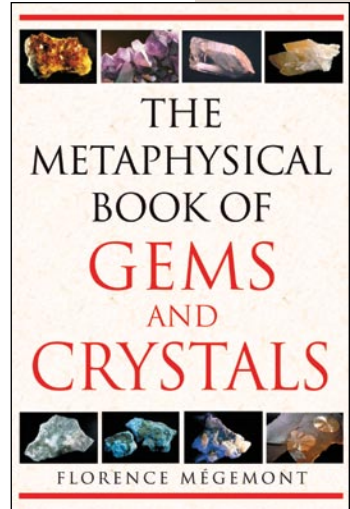
ISBN: 978-1-59477-214-6

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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. Alternative medicines have given prominence to the therapeutic character of certain minerals, but the use of gemstones in expanding awareness or establishing a holistic connection with the stone itself have scarcely been brought forward. In reclaiming this ancient wisdom, Florence Mégemont explores the many beneficial dimensions of the mineral world.



The Science of Getting Rich

*Attracting Financial Success
through Creative Thought*

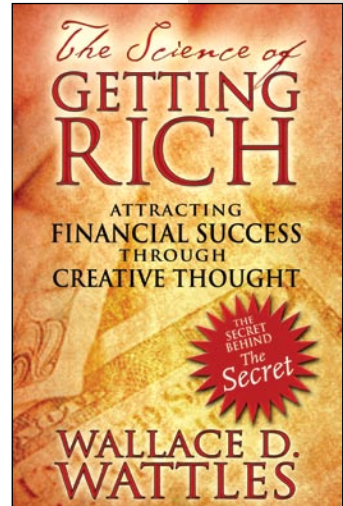
Wallace D. Wattles

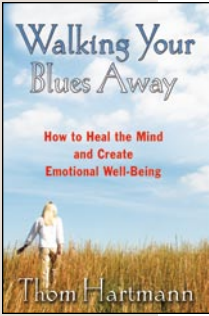
ISBN: 978-1-59477-209-2

\$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, while maintaining a loving and harmonious relationship with all of life. The author emphasizes the critical importance of attitude: by aligning ourselves *only* with the positive forces of natural law we can gain unlimited access to the creative mind and its abundant rewards. 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.



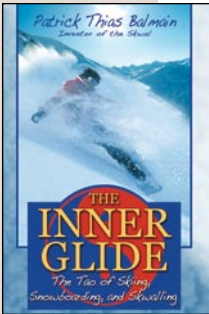


Walking Your Blues Away
How to Heal the Mind and Create Emotional Well-Being
Thom Hartmann

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

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

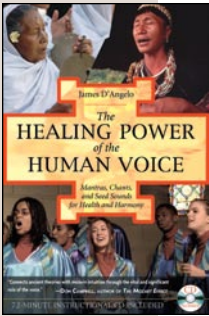
Also by Thom Hartmann, *The Edison Gene*, p. 73



The Inner Glide
The Tao of Skiing, Snowboarding, and Skwalling
Patrick Thias Balman

ISBN: 978-1-59477-160-6 • \$14.95 (CAN \$19.50) pb
160 pages, 6 x 9 • 53 b&w illustrations

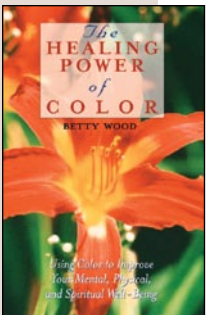
The Inner Glide presents a unique and original practice that will challenge ski enthusiasts, snowboarders, or skwallers, whether experts or beginners, to make the transition from the raw quest for sensation—itsself a source of imbalance—to a more subtle and harmonious practice based on internal centering.



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

ISBN: 978-1-59477-050-0 • \$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.



The Healing Power of Color
Using Color to Improve Your Mental, Physical, and Spiritual Well-Being
Betty Wood

ISBN: 978-0-89281-706-1
\$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.



The Chakras in Shamanic Practice

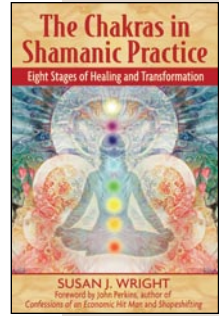
Eight Stages of Healing and Transformation

Susan J. Wright

Foreword by John Perkins

ISBN: 978-1-59477-184-2 • \$16.95 (CAN \$21.50) pb
274 pages, 6 x 9 • 1 color and 45 b&w illustrations

Susan Wright explains 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.



Shamanic Mysteries of Egypt

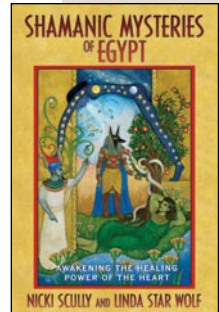
Awakening the Healing Power of the Heart

Nicki Scully and Linda Star Wolf

ISBN: 978-1-59143-068-1
\$16.00 (CAN \$20.00) pb
264 pages, 6 x 9 • Includes 8-page color insert

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

For other books by Nicki Scully, see p. 59



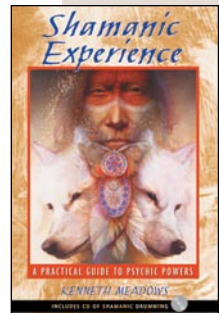
Shamanic Experience

A Practical Guide to Psychic Powers

Kenneth Meadows

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

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



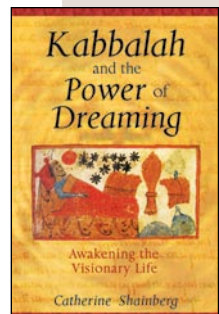
Kabbalah and the Power of Dreaming

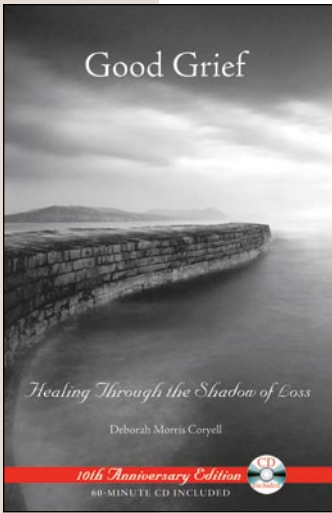
Awakening the Visionary Life

Catherine Shainberg

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

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





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: 978-1-59477-159-0

\$18.95 (CAN \$22.95) pb

160 pages, 5.38 x 8.25

Includes 60-minute CD

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



Beyond the Indigo Children

The New Children and the Coming of the Fifth World

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

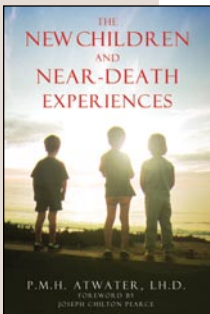
ISBN: 978-1-59143-051-3 • \$16.00 (CAN \$21.95) pb • 256 pages, 6 x 9

Also available in Spanish:

Más allá de los niños índigo

ISBN: 978-1-59477-215-3 • \$16.00 (CAN \$19.50) pb

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: 978-1-59143-020-9 • \$16.00 (CAN \$23.50) pb

304 pages, 6 x 9 • 20 b&w illustrations

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



NEW—AVAILABLE

Beyond the Icarus Factor

Releasing the Free Spirit of Boys

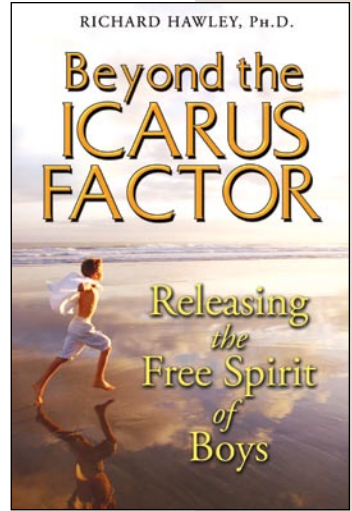
Richard Hawley, Ph.D.

ISBN: 978-1-59477-228-3

\$14.95 (CAN \$16.95) pb

176 pages, 6 x 9

The way we raise boys stifles their inborn vitality, daring and creativity. *Beyond the Icarus Factor* is a call to rediscover the unique, intrinsic and inalienable free-spirit nature of boys. Richard Hawley explains how parents, educators and community members suppress that free spirit as they strive to turn boys into men who fit a societal template. He argues that such “model men” may appear successful in their role, but may be unhappy in their life. Hawley goes to the roots of Western theology and philosophy to identify what has gone wrong and how these consequences might be addressed.



From Boys to Men

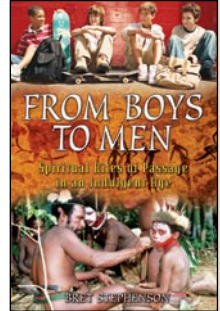
Spiritual Rites of Passage in an Indulgent Age

Bret Stephenson

ISBN: 978-1-59477-140-8 • \$18.95 (CAN \$23.95) pb

304 pages, 6 x 9 • 15 b&w illustrations

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



The Edison Gene

ADHD and the Gift of the Hunter Child

Thom Hartmann

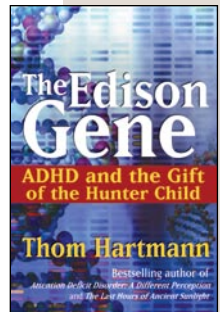
ISBN: 978-1-59477-049-4 • \$16.95 (CAN \$22.95) pb

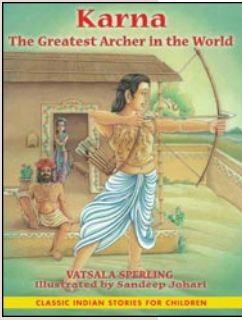
280 pages, 6 x 9

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

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

Also by Thom Hartmann, *Walking Your Blues Away*, p. 70

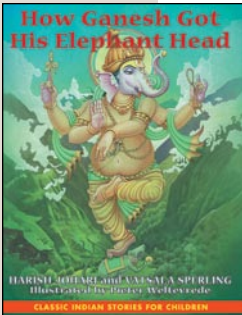




Karna
The Greatest Archer in the World

Vatsala Sperling
Illustrated by Sandeep Johari
ISBN: 978-1-59143-073-5 • \$15.95 (CAN \$17.95) **hardcover**
32 pages, 8.5 x 11 • Full color throughout

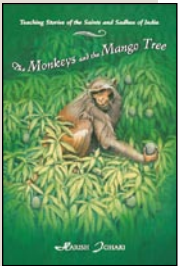
Karna: The Greatest Archer in the World introduces children to one of the most colorful characters of Hindu mythology, the heroic but humanly flawed character of Karna, who grapples with issues of right and wrong, truth and lies, loyalty and abandonment. This book speaks especially to the questions that arise for adoptive children and their parents. For children ages 6–9.



How Ganesh Got His Elephant Head
Harish Johari and Vatsala Sperling

Illustrated by Pieter Weltevrede
ISBN: 978-1-59143-021-6 • \$15.95 (CAN \$22.95) **hardcover**
32 pages, 8.5 x 11 • Full color throughout

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

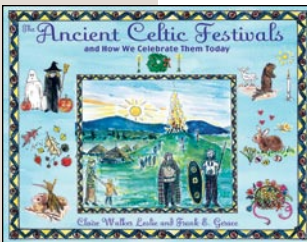


The Monkeys and the Mango Tree
Teaching Stories of the Saints and Sadhus of India

Harish Johari
ISBN: 978-0-89281-564-7 • \$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.

For other books by Harish Johari, see pp. 7 & 8



The Ancient Celtic Festivals
and How We Celebrate Them Today

Clare Walker Leslie and Frank E. Gerace
ISBN: 978-1-59477-256-6
\$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—AVAILABLE

Decoding the Human Body-Field

The New Science of Information as Medicine

Peter H. Fraser and Harry Massey
with Joan Parisi Wilcox

ISBN: 978-1-59477-225-2 • \$18.95 (CAN \$21.50) pb
416 pages, 6 x 9 • 14 b&w illustrations

Decoding the Human Body-Field reveals how the meridian system of traditional Chinese medicine is linked to quantum wave theory, clarifying the connection between the human body's biochemistry and bioenergetics. Proper health requires open flow and communication of information through twelve meridian-like channels within the body-field. Energy blockages in the body-field cause disease and illness.

Peter Fraser and Harry Massey describe their revolutionary Nutri-Energetics System, which uses Infoceuticals—liquids infused with organic colloidal minerals imprinted with corrective quantum electrodynamic information—to remedy distortions and blockages in the information flow of the body-field. Self-healing is induced by the imprinted information.

Also by Joan Parisi Wilcox, *Ayahuasca*, p. 49

Third Edition

Vibrational Medicine

The #1 Handbook of Subtle-Energy Therapies

Richard Gerber, M.D.

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

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

Reiki Energy Medicine

Bringing Healing Touch into Home, Hospital, and Hospice

Libby Barnett and Maggie Chambers with Susan Davidson

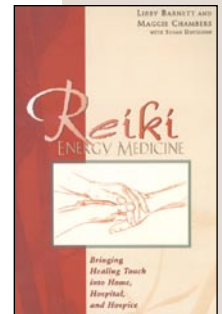
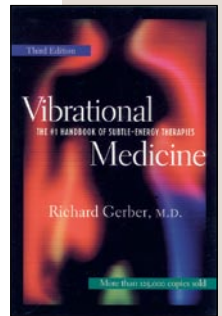
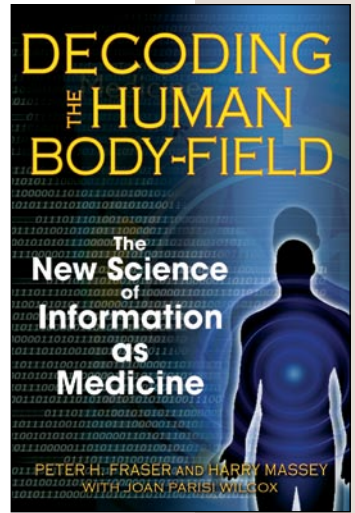
ISBN: 978-0-89281-633-0 • \$12.95 (CAN \$18.95) pb
144 pages, 6 x 9 • 25 b&w illustrations

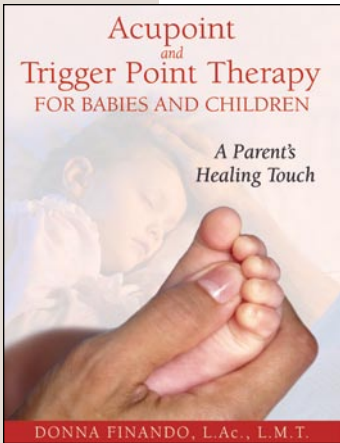
Also available in Spanish:

Reikí medicina energética

ISBN: 978-0-89281-594-4 • \$12.95 (CAN \$20.95) pb

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.





NEW—AVAILABLE
**Acupoint and Trigger Point
 Therapy for Babies
 and Children**

A Parent's Healing Touch

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

ISBN: 978-1-59477-189-7 • \$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. Colds, sore throats, ear infections, constipation, diarrhea, vomiting, and even asthma are some of the common conditions that can be relieved by touch therapy. Author Donna Finando presents an in-depth explanation of each condition, providing information on causative factors, dietary and behavior recommendations, point techniques that can offer relief, and when to seek medical help. The gentle techniques that form this healing practice also extend to other parent-child interactions, offering a comprehensive model for the care and nurturing of children.



Revised and Expanded Paperback Edition of
Informed Touch

**Trigger Point Therapy
 for Myofascial Pain**

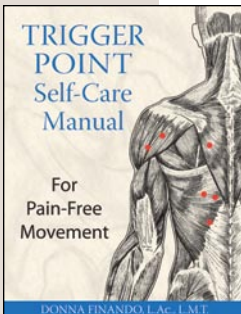
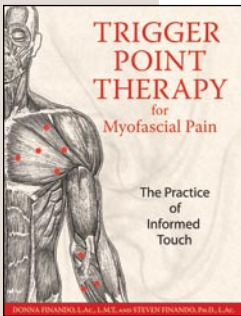
The Practice of Informed Touch

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

ISBN: 978-1-59477-054-8 • \$19.95 (CAN \$26.95) pb
 256 pages, 8.5 x 11 • 147 two-color illustrations

Also available in hardcover:
Informed Touch • ISBN: 978-089281-740-5 • \$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, including pain-pattern and trigger-point illustrations with specific palpation instructions, enable 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: 978-1-59477-080-7 • \$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.



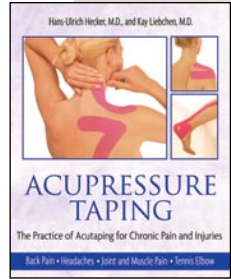
Acupressure Taping

The Practice of Acutaping for Chronic Pain and Injuries

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

ISBN: 978-1-59477-148-4 • \$16.95 (CAN \$21.50) pb
128 pages, 8 x 10 • 117 four-color illustrations

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.



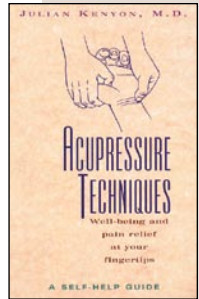
Acupressure Techniques

A Self-Help Guide

Julian Kenyon, M.D.

ISBN: 978-0-89281-641-5
\$12.95 (CAN \$18.95) pb
224 pages, 5.38 x 8.5

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.



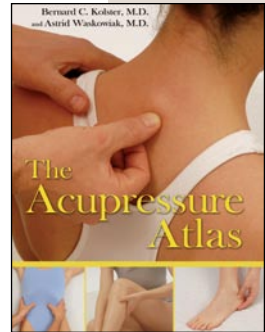
The Acupressure Atlas

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

ISBN: 978-1-59477-207-8
\$24.95 (CAN \$27.95) pb
240 pages, 10 x 13
Full color throughout

ISBN: 978-1-59477-175-0 • \$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.



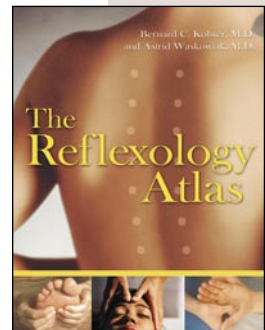
The Reflexology Atlas

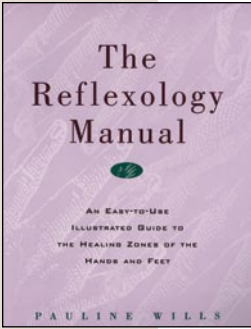
Bernard C. Kolster, M.D., and Astrid Waskowiak, M.D.

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

ISBN: 978-1-59477-066-1 • \$39.95 (CAN \$54.95) **hardcover**

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





The Reflexology Manual

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

Pauline Wills

ISBN: 978-0-89281-547-0

\$19.95 (CAN \$28.95) pb

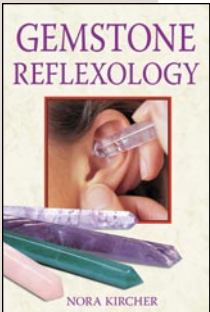
144 pages, 8.5 x 11

150 color photographs and illustrations

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

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

New Vision



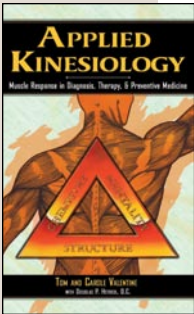
Gemstone Reflexology

Nora Kircher

ISBN: 978-1-59477-121-7 • \$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.



Applied Kinesiology

Muscle Response in Diagnosis, Therapy, and Preventive Medicine

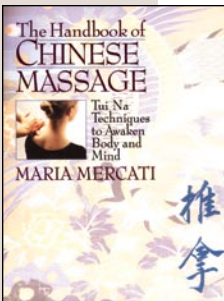
Tom and Carole Valentine with Douglas P. Hetrick, D.C.

ISBN: 978-0-89281-328-5

\$12.95 (CAN \$18.95) pb

160 pages, 5.38 x 8.25

Kinesiology is the study of the mechanics of bodily motion, especially muscle movements and their relationship to our body systems. This diagnostic method measures muscle response to specific stimulation in order to pinpoint the underlying causes of health problems. *Applied Kinesiology* demonstrates how this technique can be of practical use for everyone.



The Handbook of Chinese Massage

Tui Na Techniques to Awaken Body and Mind

Maria Mercati

ISBN: 978-0-89281-745-0 • \$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.



NEW—MAY 2008

Traditional Thai Yoga*The Postures and Healing Practices of Ruesri Dat Ton*

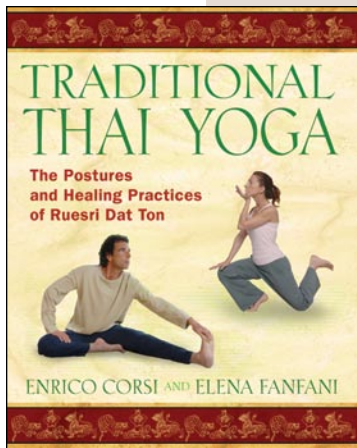
Enrico Corsi and Elena Fanfani

ISBN: 978-1-59477-205-4

\$19.95 (CAN \$22.50) pb

192 pages, 8 x 10

Traditional Thai yoga, or Ruesri Dat Ton, is rooted in the Ayurvedic tradition of Thai massage which originated with Buddha's physician Jivaka Kumar Baccha. In *Traditional Thai Yoga* Enrico Corsi and Elena Fanfani present 60 illustrated Thai yoga postures which stimulate self-healing by rebalancing the body's energy flow. They explain how each posture works within the *sen* energy system underlying Thai medicine. Once in the postures, practitioners concentrate their breath where the body is storing tension or dysfunction. Exhalation expels the negative energy, allowing restorative energy to take its place. These highly effective postures address many common ailments and offer exercises promoting weight loss, longevity, and improved well-being.

**The New Rules of Posture***How to Sit, Stand, and Move in the Modern World*

Mary Bond

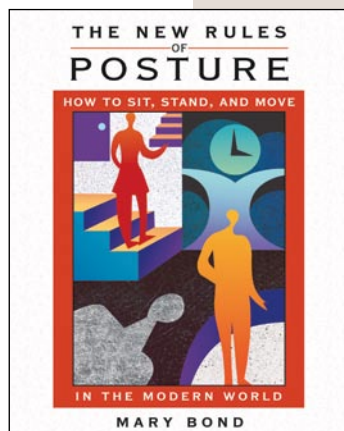
ISBN: 978-1-59477-124-8

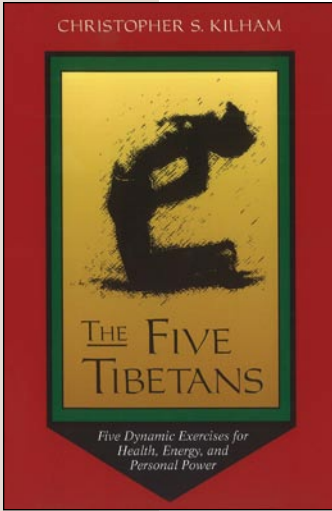
\$18.95 (CAN \$23.95) pb

240 pages, 8 x 10

41 b&w illustrations

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





The Five Tibetans

Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham

ISBN: 978-0-89281-450-3

\$9.95 (CAN \$14.50) pb

96 pages, 5.38 x 8.25

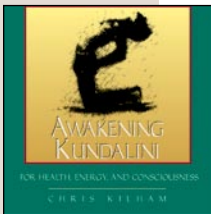
18 b&w photographs

Also available in Spanish:

Los Cinco Tibetanos

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

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



Awakening Kundalini for Health, Energy, and Consciousness

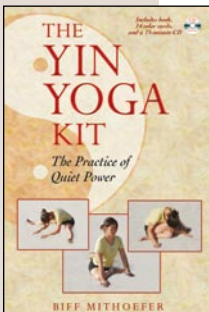
Chris Kilham

ISBN: 978-1-59477-004-3

\$12.95 (CAN \$18.95)

60-minute CD

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



The Yin Yoga Kit

The Practice of Quiet Power

Biff Mithoefer

ISBN: 978-1-59477-116-3

\$24.95 (CAN \$32.50)

Boxed set, 6 x 9

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

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



NEW—AVAILABLE

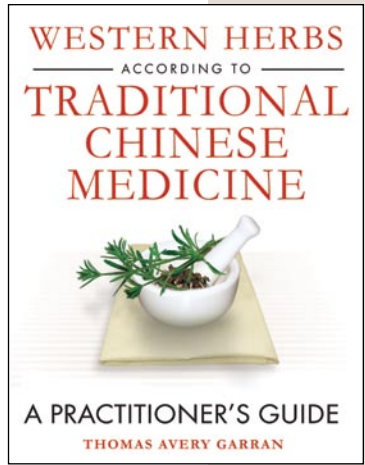
**Western Herbs according to
Traditional Chinese Medicine**

A Practitioner's Guide

Thomas Avery Garran

ISBN: 978-1-59477-191-0
\$50.00 (CAN \$56.95) **hardcover**
272 pages, 8.5 x 11
Full color throughout

This book addresses the increasing demand for knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical practices in the West. Written entirely according to the theory, diagnosis, and treatment paradigm of traditional Chinese medicine (TCM), 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.



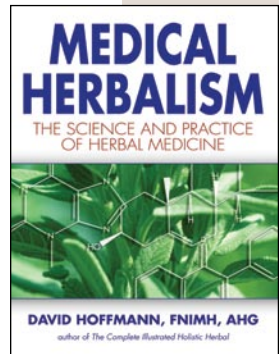
Medical Herbalism

*The Science and Practice
of Herbal Medicine*

David Hoffmann, FNIMH, AHG

ISBN: 978-0-89281-749-8 • \$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.



Revised Edition of *An Elders' Herbal*

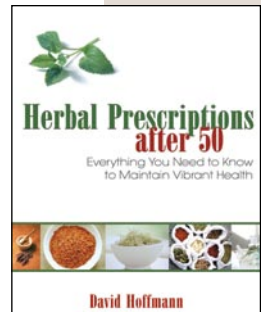
Herbal Prescriptions after 50

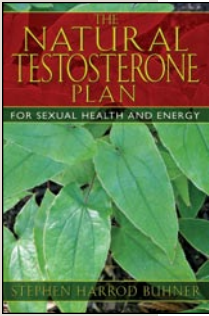
*Everything You Need to Know
to Maintain Vibrant Health*

David Hoffmann

ISBN: 978-1-59477-180-4
\$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.





The Natural Testosterone Plan

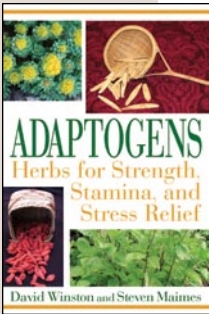
For Sexual Health and Energy

Stephen Harrod Buhner

ISBN: 978-1-59477-168-2 • \$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.

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



Adaptogens

Herbs for Strength, Stamina, and Stress Relief

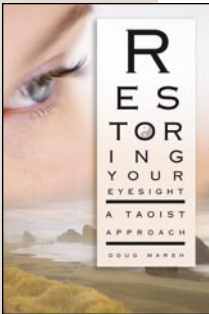
David Winston and Steven Maimes

ISBN: 978-1-59477-158-3

\$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.



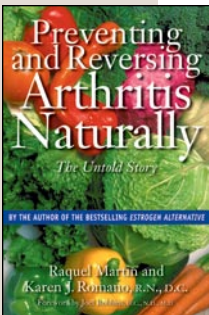
Restoring Your Eyesight

A Taoist Approach

Doug Marsh

ISBN: 978-1-59477-150-7 • \$14.95 (CAN \$18.95) pb • 240 pages, 6 x 9

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. 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.



Preventing and Reversing Arthritis Naturally

The Untold Story

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

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

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

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

Ralph C. Lee, M.D.



Revised Edition of *Emphysema and Chronic Obstructive Pulmonary Disease*

Natural Therapies for Emphysema and COPD

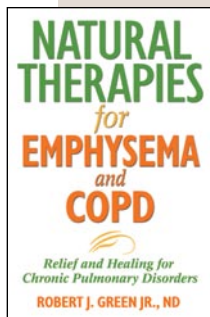
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Robert J. Green Jr., ND

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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.



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

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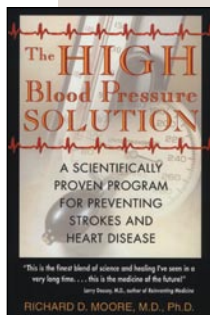
400 pages, 6 x 9 • 20 b&w illustrations

First edition also available in Spanish:

La solución para la hipertensión

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

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension.



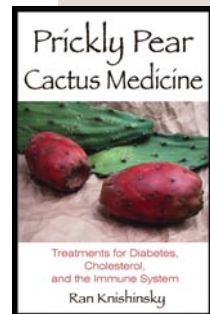
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The prickly pear cactus is destined to be the next big herbal superstar, following in the footsteps of St. John's wort and Echinacea, according to author Ran Knishinsky. Traditionally used as a panacea for over 100 ailments, it has also been the subject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



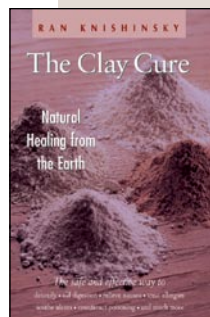
The Clay Cure

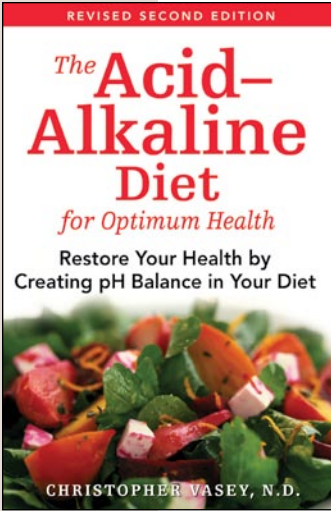
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Ran Knishinsky

ISBN: 978-0-89281-775-7 • \$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.





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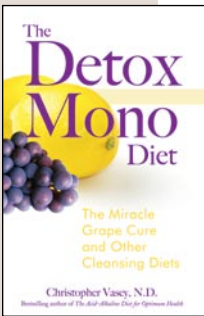
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Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

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



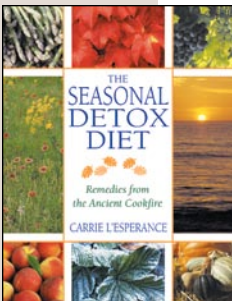
The Detox Mono Diet

The Miracle Grape Cure and Other Cleansing Diets

Christopher Vasey, N.D.

ISBN: 978-1-59477-126-2
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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 Seasonal Detox Diet

Remedies from the Ancient Cookfire

Carrie L'Esperance

ISBN: 978-0-89281-982-9
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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.



The Slow Down Diet

Eating for Pleasure, Energy and Weight Loss

Marc David

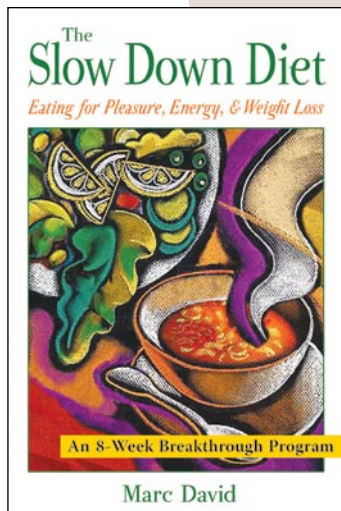
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The Slow Down Diet presents an eight-week program allowing readers to shed excess pounds, with the new understanding that fully enjoying each meal is an important part of optimal health. Marc David shows how to increase energy and enhance digestion,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



Revised and Expanded Third Edition of
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The Miracle of Oxidative Therapies

Nathaniel Altman

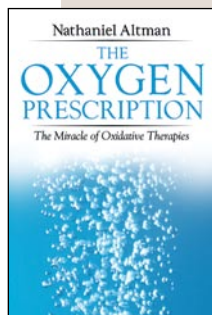
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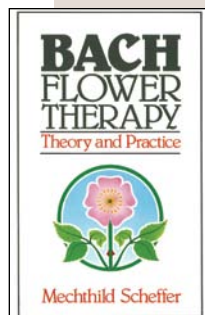
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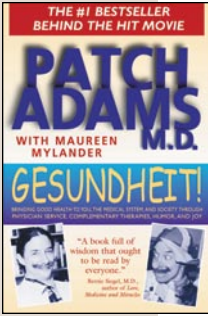
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Mechthild Scheffer

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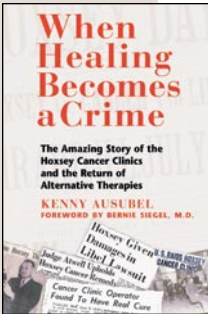
Gesundheit!

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

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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.



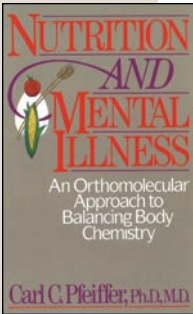
When Healing Becomes a Crime

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

Kenny Ausubel

ISBN: 978-0-89281-925-6 • \$19.95 (CAN \$30.95) pb
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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.



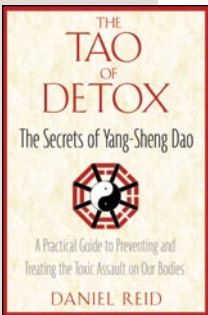
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An Orthomolecular Approach to Balancing Body Chemistry

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

ISBN: 978-0-89281-226-4 • \$12.95 (CAN \$18.95) pb • 128 pages, 5.25 x 8.5

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



The Tao of Detox

The Secrets of Yang-Sheng Dao

Daniel Reid

ISBN: 978-1-59477-142-2
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