



INNER TRADITIONS  
BEAR & COMPANY



# NEW TITLES & BESTSELLERS

FALL · WINTER 2008



December 2008

Destiny Books

ISBN: 978-1-59477-266-5

\$16.95 (CAN \$18.95) Paper

160 pages, 6 x 9

Includes 100 color and black-and-white illustrations

Rights: World

History/Secret Societies

Dan Brown's long-awaited next novel is expected to take place within the secretive and shadowy world of the Freemasons. The action in the novel is thought likely to be located in Washington, D.C. This book can be used as a walking guide to the esoteric and mysterious sites in the U.S. Capital.

# The Secrets of Masonic Washington

A Guidebook to Signs, Symbols, and Ceremonies at the Origin of America's Capital

JAMES WASSERMAN

A fully illustrated guide to the Masonic origins and present-day Masonic sites of Washington, D.C.

- Provides a walking tour of the Masonic sites and symbols of the city
- Explores the critical role of Freemasonry in the founding of the United States
- By the author of *The Templars and Assassins* (40,000 copies sold)

In this guide to the Masonic underpinnings of America's capital, James Wasserman reveals the esoteric symbols and the spiritual and visionary ideas that lie hidden in the buildings, monuments, and physical layout of Washington, D.C. His walking tour of these Masonic sites includes both the expected and unexpected—from the Lincoln Memorial and the Capitol Building to the Federal Reserve complex, National Academy of Sciences, and the Library of Congress. Each location includes descriptions, interpretations, and explanations of the Masonic symbols and ritualistic meanings hidden within its structure, all illustrated with contemporary color and historic black-and-white photographs.

Wasserman explains the purpose behind putting these symbols and Masonic designs into the capital and how all these monuments fit into the spiritual vision held by the founding fathers. He reveals the prominent role that Freemasonry played in the 18th-century Enlightenment movement and shows how in the New World of America, free of monarchy and aristocracy, the ideas of the Enlightenment were able to flourish. This illustrated guidebook to the Masonic secrets of Washington, D.C., provides valuable insights on the founding of America. It will be welcomed by students of esoteric art and symbolism, admirers of American history, and devotees of Dan Brown novels and *National Treasure* movies.

James Wasserman is the author of the bestselling *The Templars and Assassins: The Militia of Heaven*, *The Mystery Traditions*, *An Illustrated History of the Knights Templar*, and *The Slaves Shall Serve: Meditations on Liberty*. A longtime student of the occult sciences and a member of the secret society Ordo Templi Orientis since 1976, he lives in New York City.

## Also by James Wasserman



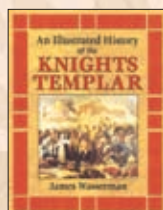
### The Templars and the Assassins

James Wasserman

ISBN: 978-0-89281-859-4

\$16.95 (CAN \$24.95) pb

40,000 copies sold



### An Illustrated History of the Knights Templar

James Wasserman

ISBN: 978-1-59477-117-0

\$19.95 (CAN \$24.95) pb

10,000 copies sold



### Founding Fathers, Secret Societies

Robert Hieronimus, Ph.D.,

with Laura Cortner

ISBN: 978-1-59477-087-6

\$16.95 (CAN \$22.95) pb

30,000 copies sold

## Of Related Interest

# The Mystery of the Crystal Skulls

Unlocking the Secrets of the Past, Present, and Future

CHRIS MORTON and CERI LOUISE THOMAS

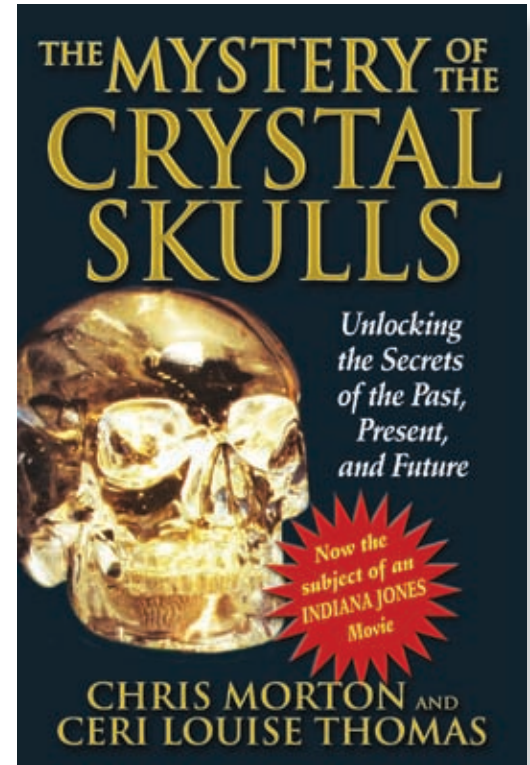
The action movie *Indiana Jones and the Kingdom of the Crystal Skull* has based its plot on the real crystal skulls, the story of which is documented in this book

- Investigates the Mayan and Native American legends that tell of thirteen crystal skulls said to hold vital information about coming Earth changes
- By independent filmmakers Chris Morton and Ceri Louise Thomas, whose A&E documentary on the crystal skulls won high acclaim in the United States and abroad
- Over 100,000 copies sold worldwide

Native American legend tells of thirteen life-size crystal skulls said to contain crucial information about humankind's true purpose and destiny. The legend prophesied that one day, at a time of great crisis for humanity, all thirteen crystal skulls would be rediscovered and brought together to reveal information vital to the very survival of the human race. To date several skulls have been discovered.

This book is the definitive guide to the facts and legends that inspired the May 2008 movie *Indiana Jones and the Kingdom of the Crystal Skull*. It explores what these mysterious crystal skulls are, where they came from, and what they may have to offer. The book follows Chris Morton and Ceri Louise Thomas on their journey of discovery from the ancient temples of the Maya to the British Museum, the Smithsonian, and to the crystal laboratories of Hewlett-Packard, where scientific tests on one of the skulls—made from the same quartz crystal used in today's computers—lead to the conclusion, "This skull shouldn't even exist." Their journey also leads to Native shamans and elders who reveal the sacred knowledge and vital information that these skulls hold about coming Earth changes and humanity's imminent destiny.

Chris Morton and Ceri Louise Thomas will be sharing their expertise in a 2-hour documentary on the crystal skulls, to be aired mid-May 2008 on the SCI FI Channel on NBC/Universal. Morton and Thomas's A&E documentary on the crystal skulls received high acclaim in the United States and abroad. Independent filmmakers, they now live in Britain, having spent several years in Mexico.



## Available Now

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ISBN: 978-1-879181-80-9

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424 pages, 6 x 9

Includes a 16-page color insert, 8-page black-and-white insert, and 26 black-and-white illustrations

Rights: U.S. and Canada

Ancient Mysteries

*"Reads like an Indiana Jones-style adventure tale. Seldom has a recounting of archaeological research resulted in such a fascinating, fun, but ultimately terrifying read. This well-written book entertains as it educates."*

Janet Brennan, *Fate* magazine

## Of Related Interest



### Return of the Children of Light

Judith Bluestone Polich  
ISBN: 978-1-879181-69-4  
\$14.00 (CAN \$20.50) pb  
16,000 copies sold



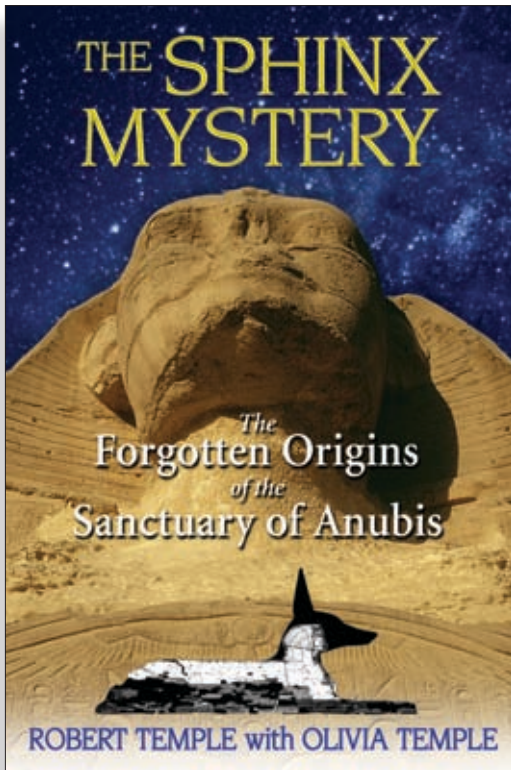
### Secrets of Mayan Science/Religion

Hunbatz Men  
ISBN: 978-0-939680-63-4  
\$12.95 (CAN \$18.50) pb  
17,000 copies sold



### The Mayan Oracle

Ariel Spilisbury and Michael Bryner  
Illustrated by Donna Kiddie  
ISBN: 978-0-939680-86-3  
\$35.00 (CAN \$50.00) Boxed set  
40,000 copies sold



February 2009

Inner Traditions

ISBN: 978-1-59477-271-9

\$24.95 (CAN \$27.95) Paper

576 pages, 6 x 9

350 color and black-and-white illustrations

Rights: World English

Ancient Mysteries/Egypt

## The Sphinx Mystery

The Forgotten Origins of the Sanctuary of Anubis

ROBERT TEMPLE with OLIVIA TEMPLE

A book that verifies the existence of secret underground chambers beneath the Sphinx and demonstrates its origins as the Egyptian god of the dead, Anubis

- Includes an anthology of eyewitness accounts from early travelers who explored the secret chambers before they were sealed in 1926
- Reveals that the Sphinx was originally carved as a monumental crouching Anubis, the Egyptian jackal god of the necropolis

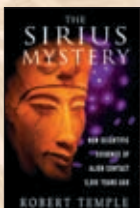
Shrouded in mystery for centuries, the Sphinx of Giza has frustrated many who have attempted to discover its original purpose. Accounts exist of the Sphinx as an oracle, as a king's burial chamber, and as a temple for initiation into the Hermetic Mysteries. Egyptologists have argued for decades about whether there are secret chambers underneath the Sphinx, why the head-to-body ratio is out of proportion, and whose face adorns it.

In *The Sphinx Mystery*, Robert Temple addresses the many mysteries of the Sphinx. He presents eyewitness accounts, published over a period of 281 years, of people who saw the secret chambers and even went inside them before they were sealed in 1926—accounts that had been forgotten until the author rediscovered them. He also describes his own exploration of a tunnel at the rear of the Sphinx, perhaps used for obtaining sacred divinatory dreams.

Robert Temple reveals that the Sphinx was originally a monumental Anubis, the Egyptian jackal god, and that its face is that of a Middle Kingdom Pharaoh, Amenemhet II, which was a later re-carving. In addition, he provides photographic evidence of ancient sluice gate traces to demonstrate that, during the Old Kingdom, the Sphinx as Anubis sat surrounded by a moat filled with water—called Jackal Lake in the ancient Pyramid Texts—where religious ceremonies were held. He also provides evidence that the exact size and position of the Sphinx were geometrically determined in relation to the pyramids of Cheops and Chephren and that it was part of a pharaonic resurrection cult.

Robert Temple is visiting professor of the history and philosophy of science at Tsinghua University in Beijing, a fellow of the Royal Astronomical Society, and member of the Egypt Exploration Society, Royal Historical Society, Institute of Classical Studies, and the Society for the Promotion of Hellenic Studies. He is the author of 12 books, including *The Sirius Mystery*, *Oracles of the Dead*, and *The Genius of China*. He and his wife, Olivia, also translated *Aesop: The Complete Fables*. They live in England.

### Also by Robert Temple



**The Sirius Mystery**

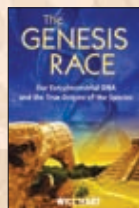
Robert Temple

ISBN: 978-0-89281-750-4

\$19.95 (CAN \$28.95) pb

63,000 copies sold

### Of Related Interest



**The Genesis Race**

Will Hart

ISBN: 978-1-59143-018-6

\$18.00 (CAN \$25.95) pb

12,000 copies sold



**Before the Pharaohs**

Edward F. Malkowski

ISBN: 978-1-59143-048-3

\$18.00 (CAN \$24.95) pb

# 2012 and the Galactic Center

The Return of the Great Mother

CHRISTINE R. PAGE, M.D.

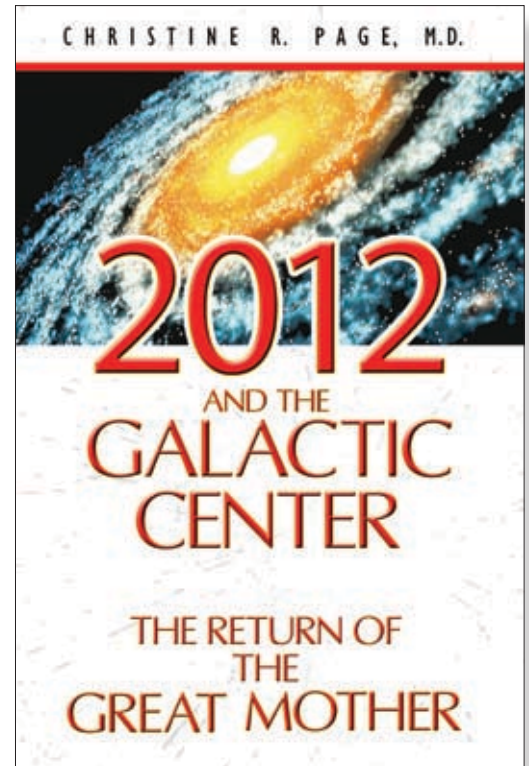
A guide to the expansion of consciousness possible during the Galactic Alignment of 2012

- Reveals the new era that will be ushered in as the current perception of time collapses and spiritual perception expands
- Explains the psycho-spiritual preparations necessary to transition into this new era
- Shows how the alignment of the sun with the Galactic Center will allow humans to experience awareness normally reserved for shamans, pharaohs, and sages

This is an extraordinary time in the planet's history. In 2012, for the first time in almost 26,000 years, our sun will be most closely aligned to the Galactic Center. This Galactic Alignment, which began with the Harmonic Convergence in 1987 and will conclude in 2023, presents a thirty-six-year window of opportunity for humanity to participate in the creation of a new era of expanded consciousness.

Christine Page explains that, as the source of all creation, our galaxy is the Great Mother and its center, her heart. Auspiciously aligning Earth with the heart of the Great Mother, the Galactic Alignment heralds a rebirth of the divine feminine qualities of the Triple Goddess—intuition, emotional creativity, and renewal. Drawing on alchemy and mythology, Page details how to connect with and use the sacred spiritual tools unlocked during the alignment to merge with the Great Mother, a spiritual transformation that allows us to expand our awareness and experience ourselves as eternal beings.

Christine R. Page, M.D., began her medical practice in London in 1978 and combined it with homeopathy in 1989. She is an international seminar leader on subtle energy and energy medicine, having created a three-level training program to enhance the power of intuition for health care professionals. She is the author of *Frontiers of Health: How to Heal the Whole Person* and *Spiritual Alchemy*. She now lives in California.



October 2008

Bear & Company

ISBN: 978-1-59143-086-5

\$15.00 (CAN \$16.95) Paper

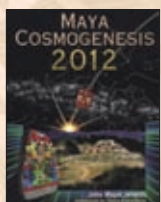
224 pages, 6 x 9

77 black-and-white illustrations

Rights: World

New Age/Spirituality

## Of Related Interest



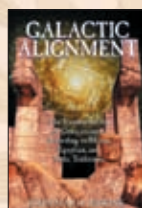
**Maya Cosmogenesis 2012**

John Major Jenkins

ISBN: 978-1-879181-48-9

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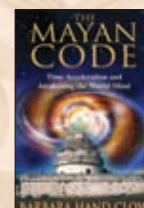
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John Major Jenkins

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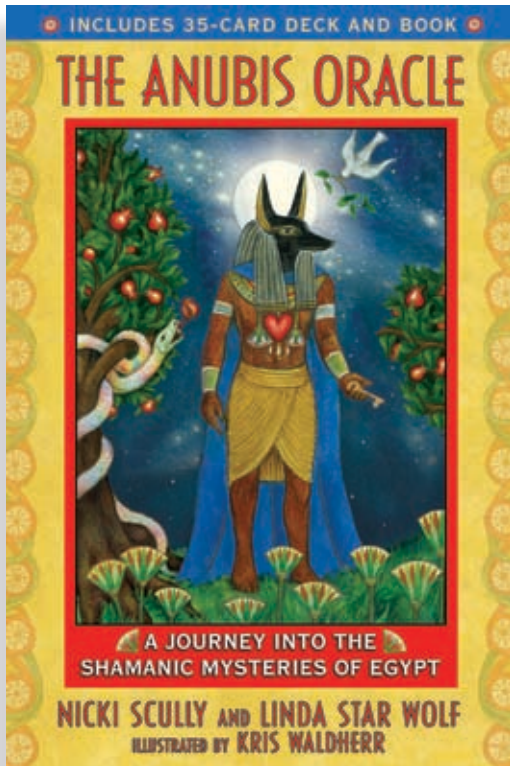
**The Mayan Code**

Barbara Hand Clow

ISBN: 978-1-59143-070-4

\$18.00 (CAN \$22.75) pb

28,000 copies sold



# The Anubis Oracle

A Journey into the Shamanic Mysteries of Egypt

NICKI SCULLY and LINDA STAR WOLF

Illustrated by Kris Waldherr

A divination tool to connect with guides from the Egyptian pantheon

- A 35-card deck with original artwork by award-winning illustrator Kris Waldherr
- Guidebook includes detailed card interpretations and 8 divinatory spreads
- By the authors of *Shamanic Mysteries of Egypt: Awakening the Healing Power of the Heart*

*The Anubis Oracle* is a shamanic guide to inner Egypt, a place of mystery, ancestral wisdom, and abiding love that resides within each of us. It is a place where the *neteru*—the archetypal deities and elemental spirits from the Egyptian pantheon—lead us on our journey of transformation, a journey designed to open our hearts and teach us the inner workings of the soul.

The full-color deck contains a Key Card, a card for each of the 22 deities and 4 elements, and 8 composite cards that portray several deities together. These composites represent 8 major portals of initiation and complex archetypal relationships. The accompanying book provides detailed interpretations for each card and instructions for 8 divinatory spreads that include entering into the mystery, achieving higher love and wisdom, and identifying our sacred purpose. By divining with the *neteru*, the shaman within awakens. This allows the *neteru* to reveal the answers we seek in our personal lives and in our interactions with the world by connecting us with the wisdom, guidance, and shamanic mysteries of Egypt that live within us.

Nicki Scully, who has taught Egyptian mysteries since 1983, lectures worldwide and specializes in spiritual tours to sacred sites. The author of *Power Animal Meditations* and *Alchemical Healing*, she lives in Oregon. Linda Star Wolf, founder of Venus Rising Institute for Shamanic Healing Arts, has led transformational workshops worldwide since 1984. She lives in North Carolina. Scully and Star Wolf are co-authors of *Shamanic Mysteries of Egypt*. Kris Waldherr is an illustrator, author, and creator of several oracle sets, including *The Goddess Tarot*, *The Lover's Path Tarot*, and *The Goddess Inspiration Oracle*. She lives in New York.

October 2008

Bear & Company

ISBN: 978-1-59143-090-2

\$30.00 (CAN \$33.95)

Boxed set, 6 x 9

Includes 160-page book with 43 black-and-white illustrations and 35 full-color cards

Rights: World

Divination/Egypt

Also by Nicki Scully & Linda Star Wolf



**Shamanic Mysteries of Egypt**

Nicki Scully and

Linda Star Wolf

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Nicki Scully

Illustrated by Angela Werneke

ISBN: 978-1-879181-71-7

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24,000 copies sold



**Alchemical Healing**

Nicki Scully

ISBN: 978-1-59143-015-5

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# Sacred Geometry Cards for the Visionary Path

FRANCENE HART

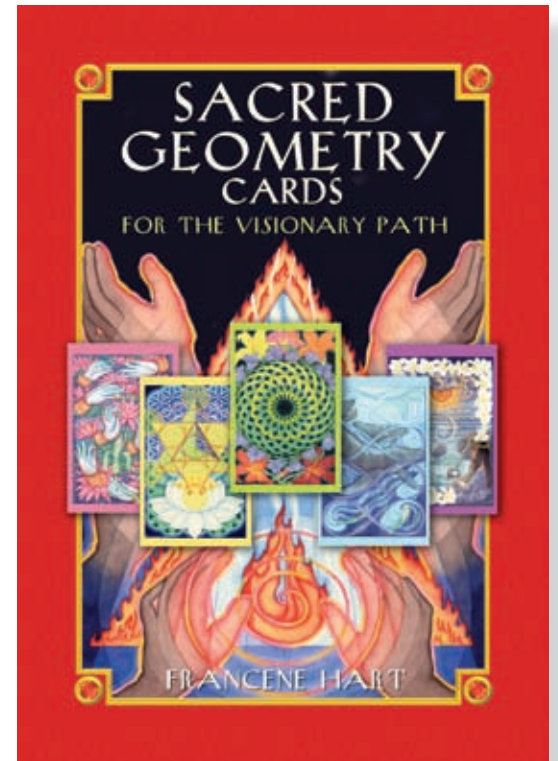
A boxed set of cards and book, the sequel to  
*Sacred Geometry Oracle Deck*

- Contains 64 full-color cards created from original paintings by artist Francene Hart
- Includes a 160-page guide with wisdom readings for each card and 6 oracle spreads for personal and group readings
- By the creator of *Sacred Geometry Oracle Deck* (15,000 copies sold)

*Sacred Geometry Cards for the Visionary Path* provides encouragement and guidance to those on the path of conscious evolution. A natural continuation of and complement to the *Sacred Geometry Oracle Deck*, this divination set by artist Francene Hart contains 64 original full-color images that portray the sacred geometrical proportions in the natural forms of animals, oceans, and celestial bodies. The accompanying guidebook contains detailed interpretations of each card and 6 divination spreads for both personal and group readings.

Integrating math, science, and spirituality, these cards convey the wisdom of ancient cultures in which art, science, and religion were seen not as separate systems but as different facets of the same truth. Working with these cards incorporates this inclusive view into our own lives to bring balance to our energy fields and allow us to access higher levels of consciousness. The wisdom they reveal provides insight into life's challenges and helps restore us to a state of harmony with the natural rhythms of life.

Francene Hart is an internationally recognized visionary artist who has been working with sacred shapes since the 1970s. She conducts workshops on mandalas, creativity, and sacred geometry and is the creator of the *Sacred Geometry Oracle Deck*. She lives in Hawaii.



September 2008

Bear & Company

ISBN: 978-1-59143-092-6

\$35.00 (CAN \$39.50)

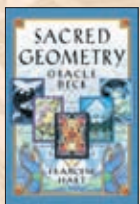
Boxed set, 6 x 9

Includes 160-page book with  
115 black-and-white illustrations  
and 64 full-color cards

Rights: World

Divination/Tarot

## Also by Francene Hart



**Sacred Geometry Oracle Deck**  
Francene Hart  
ISBN: 978-1-879181-73-1  
\$35.00 (CAN \$50.00) Boxed set  
15,000 copies sold

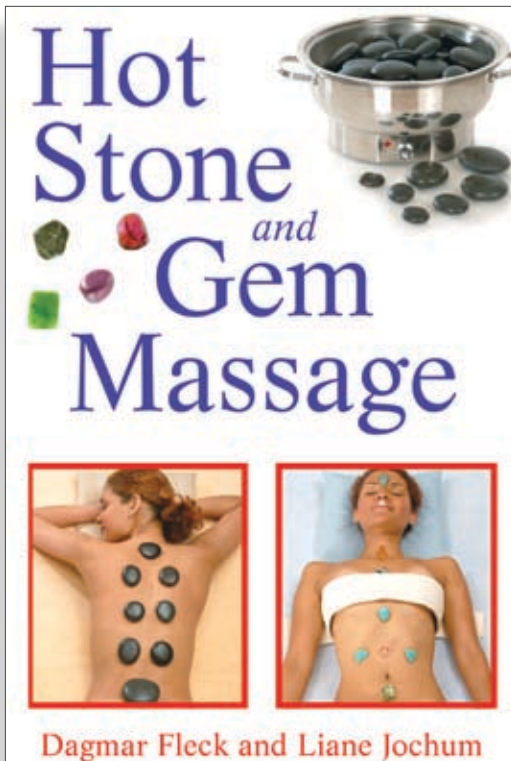
## Of Related Interest



**Inner Child Cards**  
Isha Lerner and Mark Lerner  
Illustrated by Christopher Guilloil  
ISBN: 978-1-879181-82-3  
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92,000 copies sold



**Sacred Places**  
James Swan  
ISBN: 978-0-939680-66-5  
\$16.95 (CAN \$26.50) pb  
20,000 copies sold



## Hot Stone and Gem Massage

DAGMAR FLECK and LIANE JOCHUM

A fully illustrated guide to the ancient Hawaiian art of massage with hot stones

- Includes illustrated instructions for each area of the body
- Explains how to combine hot stone massage with gemstone chakra treatment, detailing the specific healing powers of 54 gemstones
- Recommends which base oils and essential oils enhance the effects of hot stone massage

Since ancient times, the people of Hawaii have used hot stones for both physical and spiritual healing. Using basalt stones—fine-grained, high-density volcanic rocks with an exceptional ability to store heat—hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The treatment causes blood vessels to dilate, leading to improved circulation and consequently improved oxygen, nutrient, antibody, and protective cell supply to the area of the body under the stones and is extremely effective for joint problems, back pain, and sore muscles. Beyond the strictly physical benefits, the massage also stimulates the meridians and chakras, gently dissipating energetic blockages.

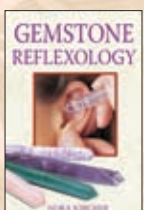
This book provides step-by-step, fully illustrated instructions for treatments for each area of the body. The authors then include details on the specific healing powers of 54 gemstones, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. For instance, in facial massage, working with amethyst can alleviate headaches and help heal skin blemishes. They also describe the therapeutic benefits of several base and essential oils and recommend specific combinations for hot stone massage. The power of the stones, the warmth of the treatment, and the massage itself unite in this holistic therapy to provide deep relaxation and calm that recharges the body and soul.

Dagmar Fleck is a gem consultant, founding member of the Gem Healing Society in Germany, and cofounder and director of the Cairn Elen Life Schools, which connect ancient natural healing techniques with modern discoveries. Liane Jochum is a certified massage therapist and founder/director of Academia Balance, a school for natural cosmetics, ayurveda, and wellness in Germany. Both authors live in Germany.

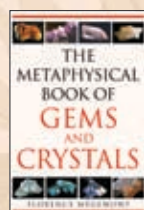
December 2008

Healing Arts Press  
 ISBN: 978-1-59477-246-7  
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 160 pages, 6 x 9  
 Full color throughout  
 Rights: World English  
 Health/Bodywork

### Of Related Interest



**Gemstone Reflexology**  
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**The Metaphysical Book of Gems and Crystals**  
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**Pendulum Power**  
 Greg Nielsen and Joseph Polansky  
 ISBN: 978-0-89281-157-1  
 \$8.95 (CAN \$12.95) pb  
 60,000 copies sold



# Total Reflexology

The Reflex Points for Physical, Emotional, and Psychological Healing

MARTINE FAURE-ALDERSON, D.O.

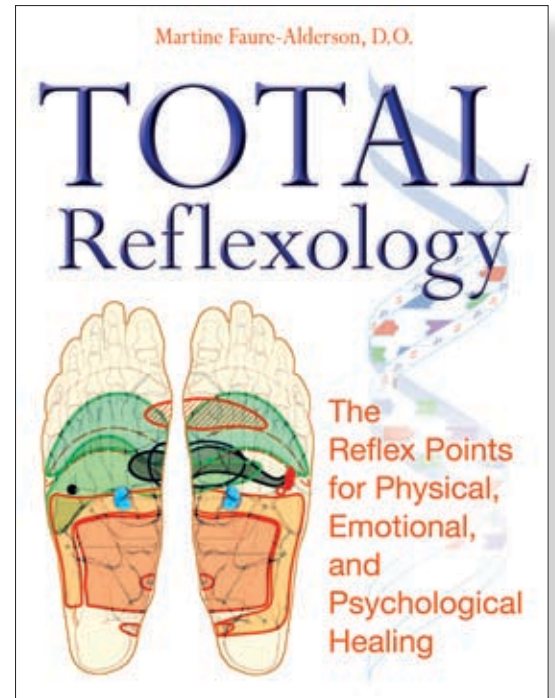
The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system

- Remaps the entire foot to fine-tune the pressure points
- Explains how to work with the emotional reactions that may be released when physical conditions are treated
- Full-color detailed diagrams provide precise illustrations of pressure points

In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health.

*Total Reflexology* presents each of the major body systems in turn—from the digestive system to the human energetic system—using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

Martine Faure-Alderson, D.O., had integrated naturopathy, acupuncture, and homeopathy into her medical practice for 25 years before she began her training in reflexology in the 1960s. She combines all these complementary holistic disciplines in her treatment and diagnoses of patients and in her research and teaching at her Total Reflexology Therapy school in Paris. She also gives seminars throughout the United States, Canada, Australia, New Zealand, England, and Europe. She lives in England.



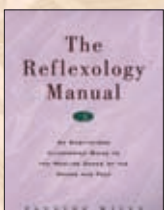
November 2008

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ISBN: 978-1-59477-261-0  
\$29.95 (CAN \$33.95) Hardcover

176 pages, 8½ x 11  
Full color throughout  
Rights: World English  
Health/Bodywork

## Of Related Interest



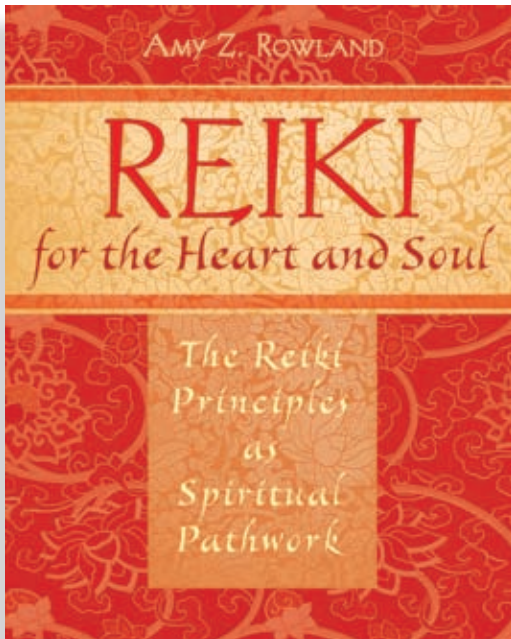
**The Reflexology Manual**  
Pauline Wills  
ISBN: 978-0-89281-547-0  
\$19.95 (CAN \$28.95) pb  
100,000 copies sold



**Sexual Reflexology**  
Mantak Chia and  
William U. Wei  
ISBN: 978-0-89281-088-8  
\$18.00 (CAN \$25.95) pb  
40,000 copies sold



**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  
25,000 copies sold



December 2008

Healing Arts Press

ISBN: 978-1-59477-252-8

\$19.95 (CAN \$22.50) Paper

272 pages, 8 x 10

Includes 32 black-and-white photographs

Rights: World

Health/Healing

# Reiki for the Heart and Soul

The Reiki Principles as Spiritual Pathwork

AMY Z. ROWLAND

How the principles of Reiki can be used not just for healing but also for spiritual growth

- Explores how to practice the Reiki values of peace, serenity, gratitude, integrity, and kindness in everyday life, despite the challenges of constant change and frequent crises
- Provides tools for spiritual growth for practitioners of all levels and lineages
- Includes exercises and meditations to deepen the practice of Reiki using the five Reiki precepts: do not anger; do not worry; be grateful; do an honest day's work; be kind

Reiki practitioners and teachers recognize Reiki as a gentle and powerful healing method. The path to becoming a Reiki practitioner, however, is more than just a commitment to energy healing. It is also a commitment to personal growth. In *Reiki for the Heart and Soul*, Amy Rowland details how reflection on the five core Reiki principles presented in both the Western and Japanese traditions—do not anger; do not worry; be grateful; do an honest day's work; be kind—can be used by practitioners of all levels and lineages as powerful tools for personal and spiritual growth.

Living the five core principles reinforces Reiki's subtle energy healing: it heals wounded self-esteem and builds healthy self-respect; it demonstrates the creative power of a positive attitude; and it presents a way to peace. Rowland discusses various translations of the Reiki principles, demonstrating how to integrate their practical value through stories and interviews. She also offers specific techniques and exercises for healing anger and fear as well as living with gratitude, integrity, and compassion. These techniques will help maturing practitioners discover a healthy, happy way of being in the world and to see the way forward on their spiritual path with a sense of clear guidance and grace.

Amy Z. Rowland is a certified Usui Reiki Master with 20 years of experience. She has taught Usui Shiki Ryoho (traditional Western Reiki) since 1994 and also teaches workshops on Reiki and intuition and the Reiki principles. The author of *Traditional Reiki for Our Times* and *Intuitive Reiki for Our Times*, she lives in Pennsylvania.

## Also by Amy Z. Rowland



**Traditional Reiki for Our Times**

Amy Z. Rowland

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## Of Related Interest



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# The Therapeutic Yoga Kit

Sixteen Postures for Self-Healing  
through Quiet Yin Awareness

CHERI CLAMPETT and BIFF MITHOEFER



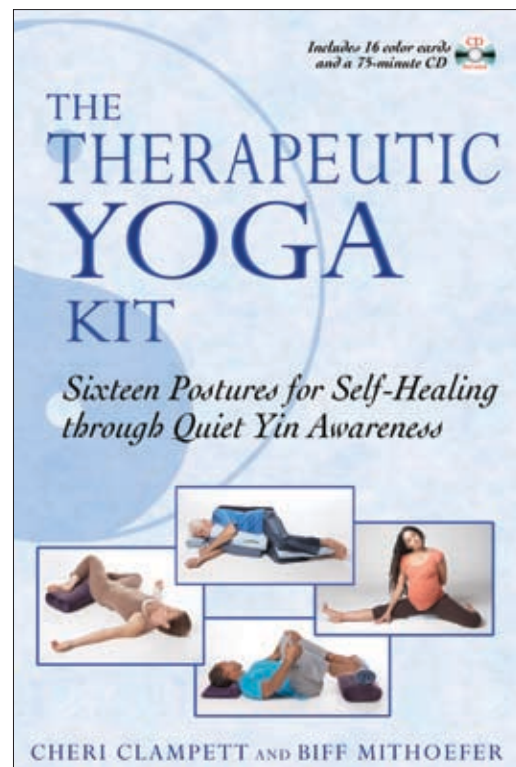
A therapeutic yin practice that activates the body's self-healing potential through total relaxation and stillness

- Presents gentle, adapted postures to promote recovery from injury and illness and relief from stress and fatigue
- Includes transitional yoga movements and stretches to perform between the postures to release stiffness and lubricate the muscles
- Contains a deck of 16 posture cards and a 75-minute audio CD of guided practice

In *The Therapeutic Yoga Kit*, Cheri Clampett and Biff Mithoefer combine the gentle healing of Therapeutic Yoga and the quiet awareness of a yin practice to present 16 gentle postures that relieve stress and fatigue and promote recovery from injury and illness. Therapeutic Yoga is a blend of Restorative Yoga, gentle yoga, breathwork, and meditation that releases the body from the fight-or-flight response caused by traumatic events and life's everyday stresses. A yin practice encourages the attitude of acceptance and helps us leave behind our yang need for constant striving and action.

Each pose represents a gentle, adapted posture that is held for 10 minutes or more in a fully supported state. The authors also include transitional yoga movements and stretches to perform during the routine to release stiffness, rejuvenate the muscles, and lubricate the joints. The 16 posture cards and 75-minute audio CD of guided routines and meditations that accompany the text facilitate the creation of a personalized practice. The authors emphasize achieving total relaxation in the specific postures to activate the body's self-healing abilities. It is in this place of comfort and stillness where true healing begins.

Cheri Clampett is the creator of Therapeutic Yoga and the founder/director of the Therapeutic Yoga Training Program. She teaches at yoga and wellness centers throughout the United States, including the Cancer Center of Santa Barbara, and lives in California. Biff Mithoefer leads Yin Yoga workshops at Omega Institute, Nosara Institute in Costa Rica, and throughout the United States. The author of *The Yin Yoga Kit*, he lives in Vermont.



January 2009

Healing Arts Press

ISBN: 978-1-59477-251-1

\$24.95 (CAN \$27.95)

Boxed set, 6 x 9

Includes 160-page book with  
75 black-and-white illustrations,

16 color cards, and

a 75-minute CD

Rights: World

Yoga/Exercise

*"Cheri is a leading light in different kinds of yoga, which she teaches all over the world. Because of her vast experience and her constant openness to learning more, her book can certainly benefit yoga students as well as anyone interested in the healing arts in general."*

Laura Huxley

## Also by Biff Mithoefer



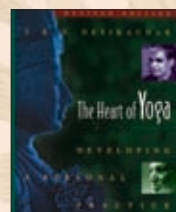
**The Yin Yoga Kit**  
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## Of Related Interest



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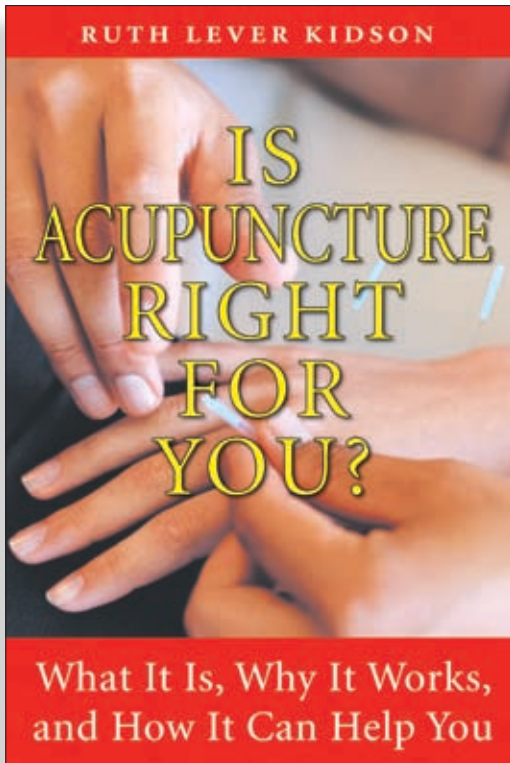
**Thai Yoga Massage**  
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Kam Thye Chow

ISBN: 978-0-89281-146-5

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September 2008

Healing Arts Press

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(Healing Arts Press)

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*"Acupuncturists—this is the book to have in your waiting room. My patients love it and many come early for their appointments in order to read a few pages. It covers all the basics of acupuncture in an engaging style rich with anecdotes and case histories. A joy to read!"*

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New Edition of *Acupuncture for Everyone*

## Is Acupuncture Right for You?

What It Is, Why It Works, and How It Can Help You

RUTH LEVER KIDSON

A concise and easy-to-understand introduction to the principles, process, and benefits of acupuncture

- Explains the principles of traditional Chinese medicine that underlie acupuncture
- Describes the methods of diagnosis and treatment through numerous case histories
- Details how to find a good practitioner

*Is Acupuncture Right for You?* is regarded by many practitioners as the most concise and useful book to introduce prospective patients to the principles, processes, and benefits of acupuncture. One of the oldest healing therapies known, acupuncture has now become a popular and recognized alternative to Western medicine, particularly for the treatment of chronically painful conditions. While Western medicine manages conditions primarily with drugs and/or surgery, acupuncture focuses on treatment of the person as a whole by identifying and relieving energetic imbalances and blockages throughout the body. Addressing these disruptions in the energy flow, or vital force, of the body treats not only the physical symptoms but also the underlying cause of the ailments.

Ruth Lever Kidson explains the fundamental principles of traditional Chinese medicine that underlie acupuncture and how practitioners use this information to make their diagnoses and select treatment options. Using case histories of acupuncture patients, she shows what to expect from a consultation and treatment session and also offers advice on how to find a good practitioner. Anyone considering acupuncture for treatment of a health condition will find their questions answered and their concerns allayed by this invaluable book.

Ruth Lever Kidson qualified as a doctor from St. Mary's Hospital Medical School in London and has studied a wide range of complementary therapies. She is the author of *Hypnotherapy for Everyone* and *A Guide to Common Illnesses* and lives in England with her husband, who is a homeopath.

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New Edition of *The Energetics of Food*

# Food Energetics

The Spiritual, Emotional, and Nutritional  
Power of What We Eat

STEVE GAGNÉ

Explains how food imparts a living wisdom that is separate  
from the science of nutrient values

- Offers an approach to diet from the perspective of ancient peoples, who understood how the energetic qualities of food affect both physical and spiritual health
- Includes a comprehensive catalog of the energetic properties of myriad foods—from chicken, beef, and potatoes to garlic, avocados, zucchini, and grapefruit

Food is more than simply fuel. It imparts a living wisdom that is beyond the science and mechanics of calories, grams, and nutrient values. Ancient peoples, through their relationships with the plants and animals providing their food, understood that their food conveyed the unique energetic qualities of its source, such as swiftness from wild deer and groundedness from root vegetables. With the rise of agribusiness and industrial food production, people have become disconnected from the sources of their food and are no longer able to register the subtle rhythms, harmony, and energies that food can convey. This separation has thrown the basic human–food relationship out of balance—to the detriment of human consciousness.

In *Food Energetics*, Steve Gagné shows how to revitalize our connection to food and remedy our physical and psychic imbalances with the wisdom of food energetics. He provides a comprehensive catalog of foods and their corresponding energetic properties and explains how each food affects us at the deepest spiritual level. By demonstrating how to plan meals that incorporate both dominant and compliant foods, he shows how to provide truly healthy cuisine that nourishes the body and the soul.

Steve Gagné is a natural health and nutrition counselor who began researching and teaching food energetics in 1972. He teaches throughout the United States and Europe and continues to study traditional cultures and their dietary practices in remote parts of the world. He lives in Colorado.

# FOOD Energetics



The Spiritual, Emotional,  
and Nutritional Power  
of What We Eat

Steve Gagné

December 2008

Healing Arts Press

ISBN: 978-1-59477-242-9

\$24.95 (CAN \$27.95) Paper

Replaces previous edition: ISBN: 978-0-977954-61-2

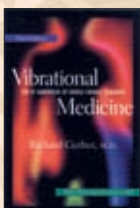
(Spiral Sciences)

576 pages, 6 x 9

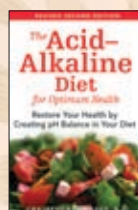
Rights: World

Nutrition/Energy Medicine

## Of Related Interest



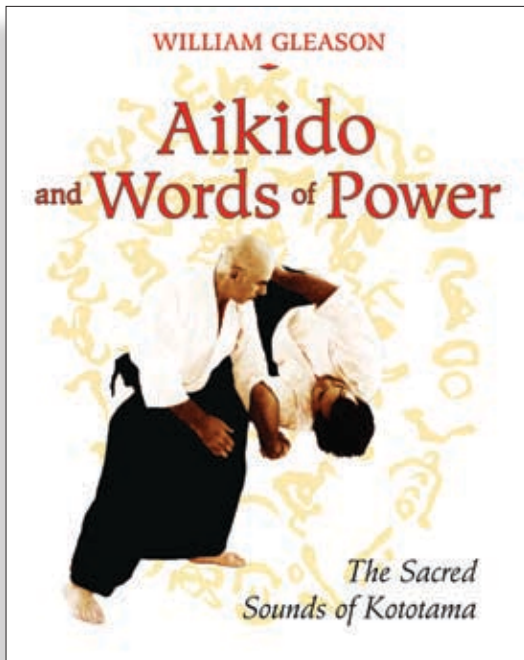
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February 2009

Destiny Books  
 ISBN: 978-1-59477-245-0  
 \$19.95 (CAN \$22.50) Paper  
 256 pages, 8 x 10  
 398 black-and-white illustrations  
 Rights: World  
 Martial Arts/Aikido

# Aikido and Words of Power

The Sacred Sounds of Kototama

WILLIAM GLEASON

For the first time in English, the secrets of the sacred sounds that unlock the principles and spiritual strength of aikido

- Explains the nature of the five vowels that govern the physical manifestations of universal consciousness
- Uses more than 300 photographs to demonstrate a unique approach to aikido techniques that supports advanced spiritual practice
- Author is a 6th dan aikido instructor

Aikido founder Ueshiba Morihei described the discipline as one spirit, four souls, three origins, and eight powers. One spirit and four souls are the five vowel dimensions of infinite space, the source of the sacred sounds of Kototama. Now, for the first time in English, William Gleason explains how to use the sounds of Kototama in the practice of aikido.

Aikido is often approached as a purely physical discipline, but it is a truly profound spiritual vehicle for those who approach it with sincerity of purpose. The five vowels represent various dimensions and stages of awareness, whose different powers are revealed through aikido practice. Using more than 300 photographs, Gleason sensei presents physical routines that provide an introduction into the Kanagi, Sugaso, and Futonorito levels of spiritual development.

Understanding the sacred sounds related to each of these dimensions, the adept gains not only the ability to realize the stages inherent in spiritual mastery but also the ability to maintain health and balance in his or her own life. "When fish move through water, there is no end to the water; when birds fly, there is no end to the sky." Similarly, humans swim and fly in an ocean of sounds. Understanding Kototama allows human beings to view the world without distortion and allows the creative powers of the mind to flourish.

William Gleason has studied aikido and Japanese medicine and philosophy since 1969, including 10 years of study in Japan. The director of Shobu Aikido in Boston and a 6th dan instructor, he is the author of *The Spiritual Foundations of Aikido* and translator of Mitsugi Saotome's *Principles of Aikido*.

## Also by William Gleason



**The Spiritual Foundations of Aikido**  
 William Gleason  
 ISBN: 978-0-89281-508-1  
 \$19.95 (CAN \$31.95) pb  
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## Of Related Interest



**The Spiritual Practices of the Ninja**  
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# Shaolin Qi Gong

Energy in Motion

SHI XINGGUI



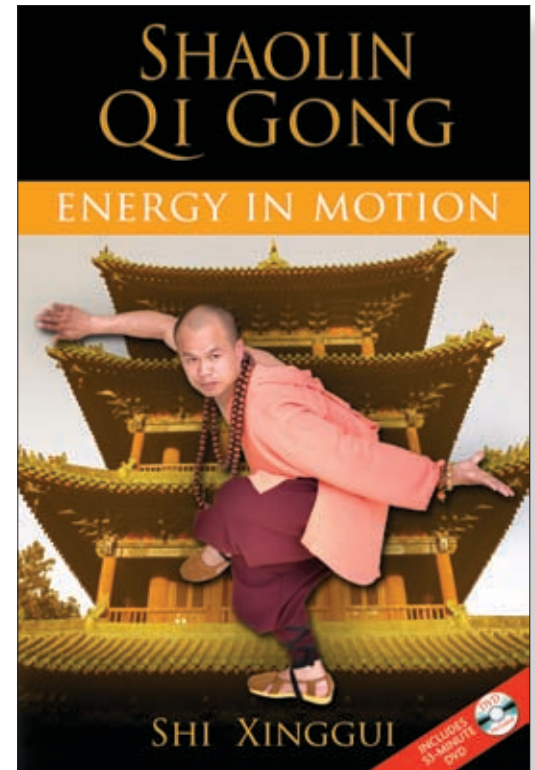
Authentic qi gong as practiced in the Shaolin Temple where this discipline originated centuries ago

- Reveals the fundamental spiritual principles and includes both a short and long form of the daily exercises
- Explains the benefits of mastering energy in the body, such as organ strengthening
- Includes a 53-minute DVD of exercises performed by the author, a Shaolin monk

The great teacher Bodhidharma is credited with the creation of Shaolin Temple qi gong and kung fu in the 6th century CE. Motivated by the terrible physical condition of the monks who spent all their time meditating or copying scrolls, his two-part system promoted physical as well as spiritual fitness and became the basis for all the martial and meditative arts taught in the Shaolin Temple. These ancient practices increase physical health and vitality, enhance creativity, and can be practiced well into old age.

Author Shi Xinggui, a Shaolin monk, explains the fundamental principle of qi gong—the art of mastering energy (qi) and moving it through the body—and provides clear demonstrations of all the positions and movements. In order to develop qi attentively, it is necessary to cultivate the art of slowness in both movement and breathwork. Shi Xinggui provides both a short form and a long form of the daily exercises, with lessons on heart centering, organ strengthening, and balancing the energy using the three dantians—the three energy centers of the body. A 53-minute DVD of the exercises performed by the author is also included.

Shi Xinggui became a student at the Shaolin Monastery at the age of eight. His teachers there included Masters Shi De Shin, Shi Xu Xi, Shi De Su, and Shi De Duzan. In 1988 the author won the National Championship title for kung fu (70 kg class) in Shaolin and again in 1993 and 1994 in Zheng Zou. He received his Shaolin diploma in 1989 from Master Shi De Yuan. He now lives and teaches in Goldegg, Austria.



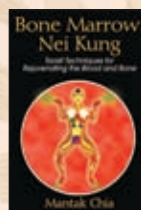
November 2008

Destiny Books  
 ISBN: 978-1-59477-264-1  
 \$19.95 (CAN \$22.50) Paper  
 160 pages, 6 x 9  
 82 color illustrations  
 Includes a 53-minute DVD  
 Rights: World English  
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## Of Related Interest



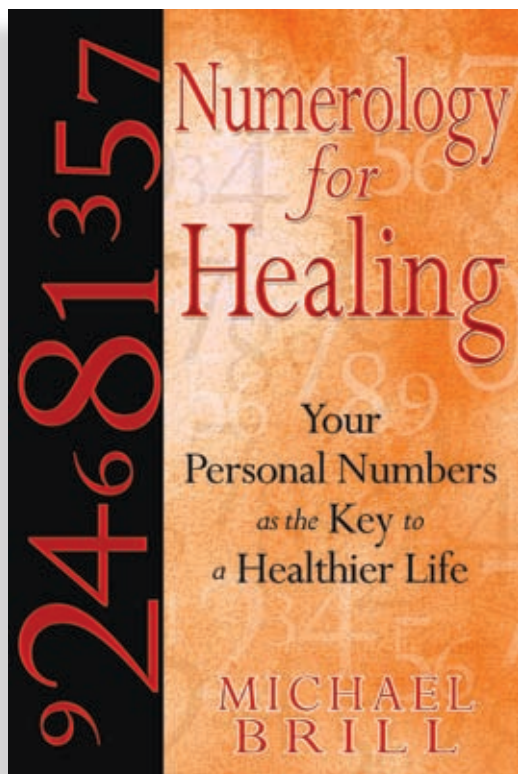
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**Chi Kung**  
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 ISBN: 978-0-89281-639-2  
 \$16.95 (CAN \$26.95) pb  
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January 2009

Destiny Books  
 ISBN: 978-1-59477-236-8  
 \$14.95 (CAN \$16.95) Paper  
 160 pages, 6 x 9  
 Rights: World  
 New Age/Personal Growth

*"Michael Brill takes numerology to a place it has never been before."*

Louise Hay, author of  
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*"Michael Brill's Numerology for Healing has become a welcome addition to my practice, giving me a fresh and unique perspective on the relationship between behavior and health issues, and my patients have been the beneficiaries."*

Robert S. Stein, Doctor of Chiropractic

## Numerology for Healing

Your Personal Numbers as the Key to a Healthier Life

MICHAEL BRILL

A unique approach to using numerology to identify life challenges and karmic lessons to heal emotional and physical problems

- Provides a clear method for identifying challenges specific to your birthday and name
- Details 185 health conditions and how to address the causes using numerology—from addictions and Alzheimer's disease to thyroid problems, heart failure, and cancer
- Offers guidance in understanding universal abandonment issues and how these affect our behavior

In *Numerology for Healing*, Michael Brill combines numerology with psychology, quantum physics, and the concepts of gematria and reincarnation to create a unique approach to healing emotional and physical problems based on life challenges and karmic lessons. Humans suffer from a profound sense of abandonment when the soul is decanted from the Universal Oneness into the confines of a personality. Brill explains how this sense of abandonment manifests itself in two principal types of behavior: people work to be loved and appreciated for who they are, or they try to control and micromanage their lives and relationships so that nothing goes wrong. Both of these behavior patterns are exhausting physically, emotionally, and mentally and are clear catalysts for illness.

Brill details 185 physical and mental health conditions and shows how to identify and treat the causes—from addictions and Alzheimer's disease to thyroid problems, heart failure, and cancer. For instance, he reveals that, in general, illnesses beginning with the letter "A" (acne and alcoholism) have issues of self-esteem as one of the basic causes, whereas illnesses beginning with letter "G" (gallstones and glaucoma) are associated with a need to be in control, in relationships or at work. By using the numerology of your birth date and name, *Numerology for Healing* makes it easy to identify your positive and negative tendencies and characteristics and to use them as the key to achieving a healthier life.

Michael Brill, a numerologist since 1985, has worked with schools, businesses, and government, including ten years with the aerospace industry and two years with NASA. The author of *Know Your Numbers*, *Know Your Self*, he has appeared on FOX television and 450 radio programs in the United States, Canada, Australia, New Zealand, and the Cayman Islands. He lives in Santa Fe, New Mexico.

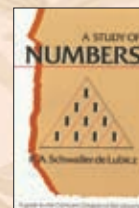
### Of Related Interest



**Numerology**  
 Harish Johari  
 ISBN: 978-0-89281-258-5  
 \$12.95 (CAN \$18.95) pb  
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New Edition of *Peaceful Sleep*

# A Good Night's Sleep

A Drug-Free Solution

JAN SADLER



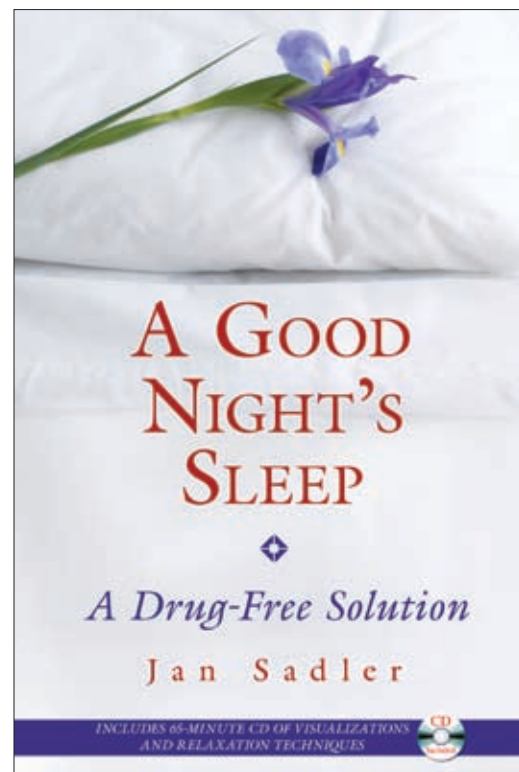
How to overcome insomnia with visualization, breathwork, and meditation

- Presents mental and physical exercises to quiet mental chatter, visualizations to prepare for sleep, and deep breathing and mindfulness meditation techniques
- Explains how to establish and analyze a sleep diary and how to retrain the body to sleep solidly
- Includes a 65-minute audio CD of guided visualizations and relaxation techniques

In *A Good Night's Sleep*, Jan Sadler teaches the skills needed to break the patterns and frustration of insomnia. She explains how to overcome stress and restlessness through meditation and deep diaphragmatic breathing, how to prepare for sleep through positive visualization, and how to quiet mental chatter with awareness and physical techniques such as the "Stop/Cancel/Change" and "Shakeout" exercises.

Sadler addresses how to reduce dependence on sleeping pills, determine the amount of sleep you truly need, and, most important, how to retrain yourself to sleep soundly. She provides a two-week sleep diary and shows step-by-step how to identify and analyze any underlying daytime and pre-bedtime habits that can disturb sleep. In addition, the accompanying 65-minute audio CD presents six relaxation and visualization techniques, including Sadler's "Peaceful Sleep Bedtime Routine," a 20-minute guided relaxation practice designed to ease one into a deep and peaceful sleep. By revealing the keys to quality, drug-free sleep, *A Good Night's Sleep* enables you to reclaim control of your sleep cycle and your life.

Jan Sadler is author and coordinator of the highly successful PainSupport website ([www.painsupport.co.uk](http://www.painsupport.co.uk)) and the author of *Pain Relief without Drugs* and *The Five Feel-Good Factors*. Her pain, sleep, and stress-reduction programs have been adopted by hospitals and support groups throughout the world. She lives in England.



October 2008

Healing Arts Press

ISBN: 978-1-59477-234-4

\$16.95 (CAN \$18.95) Paper

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(Gateway Books)

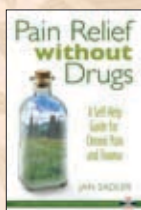
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Includes a 65-minute CD

Rights: World

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## Also by Jan Sadler



**Pain Relief without Drugs**  
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Jan Sadler

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## Of Related Interest



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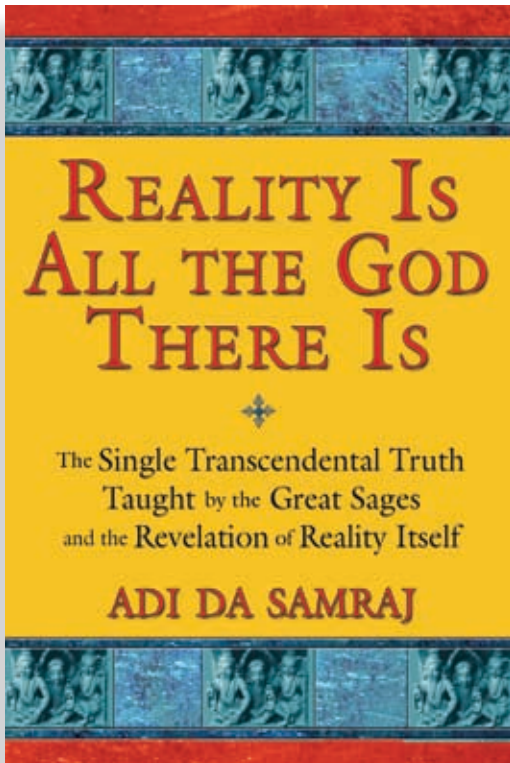
**Aromatherapy for Healing the Spirit**

Gabriel Mojay

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September 2008

Inner Traditions  
 ISBN: 978-1-59477-257-3  
 \$16.95 (CAN \$18.95) Paper  
 256 pages, 6 x 9  
 Rights: World  
 Religion/Philosophy

## Reality Is All the God There Is

The Single Transcendental Truth Taught by the Great Sages and the Revelation of Reality Itself

ADI DA SAMRAJ

Contemporary renderings of the dharma of the great sages of Advaita Vedanta and Buddhism from the Realized Spiritual Master Adi Da Samraj

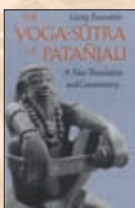
- Includes transmissions of wisdom teachings of the great sages Gotama Sakyamuni, Nagarjuna, Shankara, and Ribhu
- Presents classic texts of spiritual realization from the perspective of a Realized Teacher
- Provides insight into the ultimate realization possible when dualistic consciousness has been transcended

In this book Adi Da Samraj offers his unique renderings of the dharma of the great sages of Advaita Vedanta and Buddhism, including Gotama Sakyamuni, Nagarjuna, Shankara, and Ribhu. Rather than simply translate their teachings from available source texts, Adi Da, himself a Realized Master, speaks them as one who has personally realized their truth, revealing that the Buddhist “Nirvana” and the Advaitic “Brahman” point to the same transcendental condition. Adi Da’s transmissions restore to these texts the profound communication intended by the spiritual masters who created them.

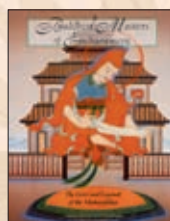
The ego nurtures the illusion of separation, an illusion that cannot be removed by the ego’s own efforts. It is only the spiritual master who makes possible the realization of egoless consciousness. The great sages proclaimed a state of spiritual realization that exceeded both worldly dualism and mystical seeking. They had awakened to a reality that spoke of abiding in a state of consciousness only. Adi Da brings these remarkable declarations back to life and then concludes with his own unique description of a realization that transcends even these extraordinary utterances—the realization of Reality As It Is, free of all forms of the ego’s search.

Adi Da Samraj was born on Long Island, New York, in 1939. After a period of intense spiritual endeavor, in 1970 he spontaneously became reestablished in the continuous state of illumination that was his unique condition at birth. After his reawakening, Adi Da Samraj began to teach. To date, his philosophical, practical, and literary writings consist of more than 70 published books. His students have established Adidam centers around the world.

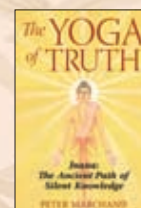
### Of Related Interest



**The Yoga-Sutra of Patanjali**  
 Georg Feuerstein, Ph.D.  
 ISBN: 978-0-89281-262-2  
 \$14.95 (CAN \$21.95) pb  
 20,000 copies sold



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 11,000 copies sold



**The Yoga of Truth**  
 Peter Marchand  
 ISBN: 978-1-59477-165-1  
 \$14.95 (CAN \$18.95) pb

# The Complete Yoga of Emotional-Sexual Life

The Way Beyond Ego-Based Sexuality

ADI DA SAMRAJ

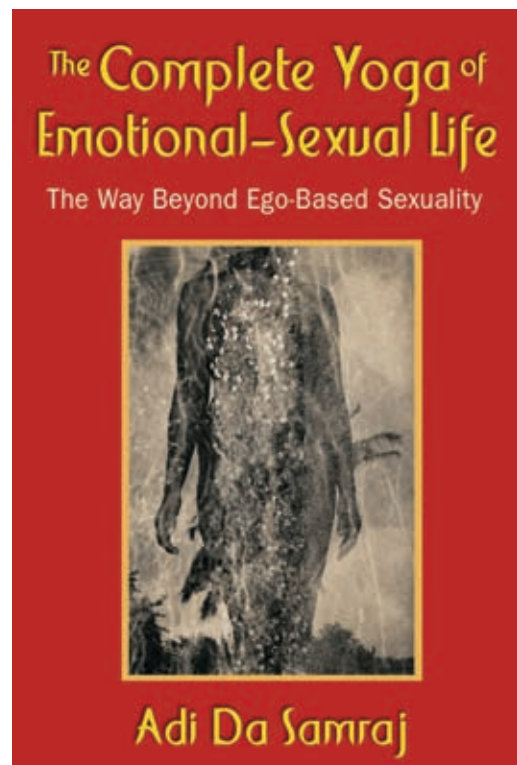
The core practices of the emotionally and sexually balanced teachings on love, intimacy, and sexual relationships from the Realized Master Adi Da Samraj

- Teaches how to overcome the emotional patterning that hinders healthy sexual relationships
- Presents a solitary yogic discipline to restore the bipolar integrity of the individual
- Shows how to entirely transcend emotional-sexual patterns

In all the domains of human life, we now understand the need for an integration of body, mind, and spirit. But despite this comprehension of the holistic nature of existence, much of the teaching offered on sexuality—even sacred sexuality—concentrates on the physical practice, to the detriment of emotional intimacy. Adi Da Samraj explains that our emotional-sexual life can only be made right through the process of restoring the bipolar balance of the body, and by transcending the ego, the illusory sense of separate existence.

He advocates that sexual practice initially become a solitary yogic discipline—an embracing and reclaiming of one's own body—to restore the bipolar integrity that is at the core of every human being. Once this bipolar integrity is established, he shows how a sexual practice of true intimacy—free of clinging attachment—is possible. He also teaches that an unconscious, early childhood reaction to the mother and father governs the emotional-sexual life, a reaction that must be understood and transcended. The emotional-sexual practices taught by Adi Da are centered in the understanding that love breaks the heart and show that learning how to have intimacy without ego-based attachment is where profound practice begins.

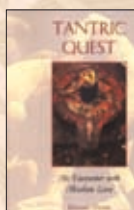
Adi Da Samraj was born on Long Island, New York, in 1939. After a period of intense spiritual endeavor, in 1970 he spontaneously became reestablished in the continuous state of illumination that was his unique condition at birth. After his reawakening, Adi Da Samraj began to teach. To date, his philosophical, practical, and literary writings consist of more than 70 published books. His students have established Adidam centers around the world.



December 2008

Inner Traditions  
ISBN: 978-1-59477-258-0  
\$14.95 (CAN \$16.95) Paper  
176 pages, 6 x 9  
Rights: World  
Sexuality/Religion

## Of Related Interest



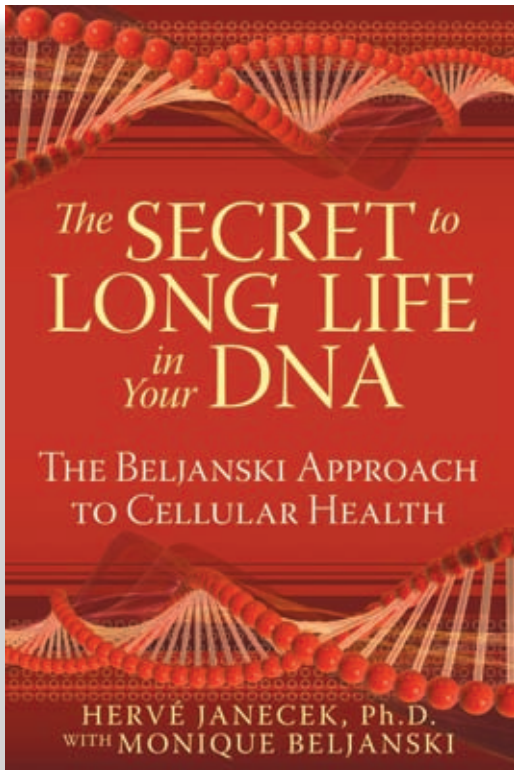
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Stuart Sovatsky, Ph.D.  
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February 2009

Healing Arts Press  
 ISBN: 978-1-59477-259-7  
 \$16.95 (CAN \$18.95) Paper  
 160 pages, 6 x 9  
 62 black-and-white illustrations  
 Rights: World English  
 Health/Alternative Medicine

# The Secret to Long Life in Your DNA

The Beljanski Approach to Cellular Health

HERVÉ JANECEK, Ph.D., with MONIQUE BELJANSKI

The first English presentation of the Beljanski method  
of fighting cancer from within the DNA

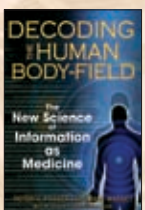
- Details initiatives for dealing with aging and cancer by understanding the immune system at a cellular level
- Explains how the DNA reacts to aging and the nutrients it needs to fight disease
- Includes information on Beljanski's plant-based compounds that target unhealthy DNA

*The Secret to Long Life in Your DNA* presents the work of Mirko Beljanski, a biologist-biochemist at the Pasteur Institute in France, whose innovative research on DNA led to the discovery of new treatments for cancer and other degenerative diseases. The Beljanski method fights disease by targeting damaged or destabilized DNA in the body, allowing cells with healthy DNA to thrive. Beljanski, with his wife Monique, went on to develop natural compounds that enhance the body's resistance not only to degenerative diseases but also to the effects of environmental toxicity and the ravages of aging. Beljanski's compounds are now being studied at Columbia University, and other centers, where early findings support his theories.

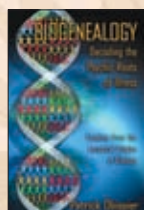
In this book, the authors build on Mirko Beljanski's work to demonstrate how physiological and environmental factors both weaken the body's immune system and alter DNA functioning. They explain how aging exacerbates these effects, leading to cancer and other diseases. The authors then present the innovative compounds Beljanski developed and how they are able to prevent dysfunctional cells from multiplying. They also detail how to integrate essential nutritional strategies for maximizing health and fighting aging at the cellular level.

Hervé Janecek, Ph.D., is the director of a biology laboratory and a clinician who specializes in nutrition, organotherapy, phytotherapy, and traditional Chinese medicine and how these therapeutic strategies can be applied to degenerative disorders and preventive medicine. He lives in France. Monique Beljanski, widow and collaborator of the late Mirko Beljanski (1923–1998), lives in New York City.

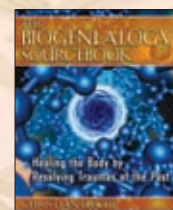
## Of Related Interest



**Decoding the Human Body-Field**  
 Peter H. Fraser and Harry Massey  
 with Joan Parisi Wilcox  
 ISBN: 978-1-59477-225-2  
 \$18.95 (CAN \$21.50) pb  
 April 2008 release



**Biogenealogy: Decoding the  
Psychic Roots of Illness**  
 Patrick Obissier  
 ISBN: 978-1-59477-089-0  
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**The Biogenealogy Sourcebook**  
 Christian Flèche  
 ISBN: 978-1-59477-206-1  
 \$19.95 (CAN \$22.50) pb  
 July 2008 release

# Consciousness from Zombies to Angels

The Shadow and the Light of Knowing Who You Are

CHRISTIAN de QUINCEY

A user-friendly, step-by-step guide to understanding the mind

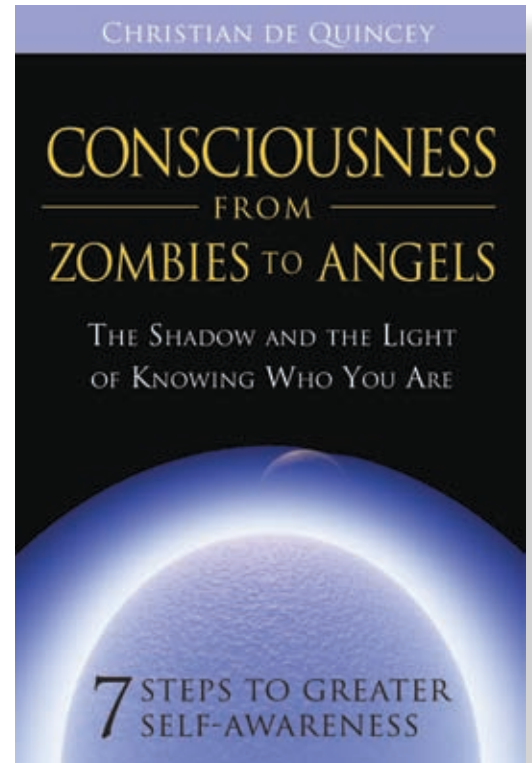
- Presents a practical journey into understanding consciousness—philosophy’s hardest problem, science’s final frontier, and spirituality’s deepest mystery
- Offers 7 steps to transform your life using the shadow and the light of consciousness

*Consciousness from Zombies to Angels* presents a practical, step-by-step “owner’s guide” for the mind that sorts out philosophy’s hardest problem, science’s final frontier, and spirituality’s deepest mystery—what consciousness is, how it works, and why it’s important. Christian de Quincey presents seven simple steps for understanding consciousness and how it can lead to spiritual awareness: observe your language, identify the problem, learn how to look, recognize your patterns, know yourself, embrace your shadow, and practice transformation.

All of us exhibit both shadow and light, aspects of ourselves we fear and deny (our inner Zombies) as well as qualities we admire and want to radiate (our inner Angels). The key to a creative and fulfilled life is to integrate both. De Quincey reveals that the way to transformation is to accept ourselves exactly as we are—a work in progress.

Readers will learn the difference between “energy talk” and “consciousness talk”; how the body affects the mind, and vice versa; and where to go for help to develop consciousness, heal emotions, or grow spiritually. De Quincey shows how to recognize and break habits and patterns that run your life, how to find out who you really are, and why facing up to your darkest fears will liberate your brightest light as you learn to embrace all of your humanity and experience the power of transformation.

Christian de Quincey, Ph.D., is a professor of philosophy and consciousness studies at John F. Kennedy University; academic director for Conscious Evolution at The Graduate Institute; founder of The Wisdom Academy, offering personal mentorships in consciousness and conscious evolution; and an international speaker on consciousness, cosmology, and spirituality. He is the author of the award-winning *Radical Nature* and *Radical Knowing*. He lives in Half Moon Bay, California.



January 2009

Park Street Press

ISBN: 978-1-59477-253-5

\$18.95 (CAN \$21.50) Paper

320 pages, 6 x 9

63 color and black-and-white illustrations

Rights: World

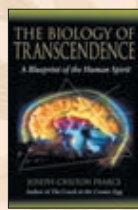
Psychology/Self-Help

## Also by Christian de Quincey



**Radical Knowing**  
Christian de Quincey  
ISBN: 978-1-59477-079-1  
\$18.95 (CAN \$25.95) pb

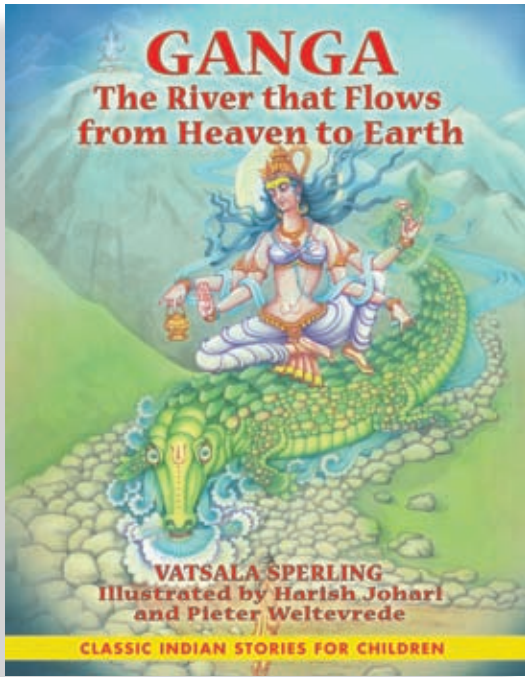
## Of Related Interest



**The Biology of Transcendence**  
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\$16.95 (CAN \$24.95) pb  
32,000 copies sold



**A Brief Tour of Higher Consciousness**  
Itzhak Bentov  
ISBN: 978-0-89281-814-3  
\$12.95 (CAN \$18.95) pb  
15,000 copies sold



November 2008

Bear Cub Books

ISBN: 978-1-59143-089-6

\$15.95 (CAN \$17.95) Hardcover

32 pages, 8½ x 11

Full color throughout

Rights: World

Folklore/Ages 6–9

## Ganga

The River that Flows from Heaven to Earth

VATSALA SPERLING

Illustrated by Harish Johari and Pieter Weltevrede

Tells how the Hindu goddess Ganga came to Earth as the Ganges River

- Introduces children to one of the most beloved characters of Hindu mythology
- Illustrated throughout with full-color paintings in traditional Indian style

The Ganges River, which flows from the high reaches of the Himalayas all the way down to the Bay of Bengal, is sacred to the Hindu people, who consider it to be the earthly form of the goddess Ganga. The story of how Ganga was born, and how she became a river, tells of a journey from a place even higher than the Himalayan mountaintops—a journey from Heaven itself.

Born in a pot of sacred water, the baby Ganga grows into a beautiful and light-hearted girl, the darling of Heaven. But one day her sense of humor gets her in trouble. When grumpy Sage Durvasa is caught in a whirlwind that blows his clothes right off him, Ganga makes the mistake of laughing at him. In a rage, the sage puts a curse on her: “You must go to Earth as a river!” Ganga is heartbroken and begs the sage to forgive her. He can’t take back the curse, but seeing that she is truly sorry, he gives her a blessing as well: her water will purify the souls of men, releasing them from sin.

When Sage Baghirath prays to the gods to help him release the souls of his ancestors, Ganga comes tumbling from the sky and follows the sage across India, the river unfurling behind her. To this day millions of people take comfort in her healing waters, and Ganga, too, takes comfort in relieving their suffering.

Vatsala Sperling, Ph.D., a native of India, learned these stories at her mother’s feet and enjoys introducing them to children of the Western world. She is the author of several books in this series, including, most recently, *Karna: The Greatest Archer in the World*. She lives in Vermont with her husband and son. Pieter Weltevrede began his artistic studies with Harish Johari in 1977. He has illustrated several books in this series, including, most recently, *Ram the Demon Slayer*. He lives in Holland with his wife and two children and travels to India annually.

### More Classic Indian Stories for Children



**How Ganesh Got His Elephant Head**

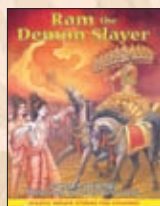
Harish Johari and

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN: 978-1-59143-021-6

\$15.95 (CAN \$21.95) hc



**Ram the Demon Slayer**

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN: 978-1-59143-057-5

\$15.95 (CAN \$21.95) hc



**Karna**

Vatsala Sperling

Illustrated by Sandeep Johari

ISBN: 978-1-59143-073-5

\$15.95 (CAN \$17.95) hc

# Feminine Mysteries in the Bible

The Soul Teachings of the Daughters of the Goddess

RUTH RUSCA

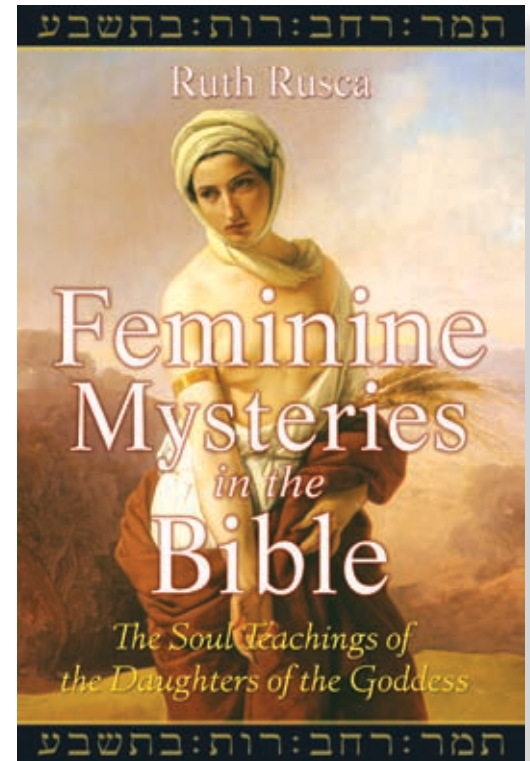
An exploration of the repressed, esoteric feminine mysteries in the Bible through the lives of four women, all archetypes of the sacred prostitute

- Shows how these four archetypal women represent the four stages of development of soul consciousness
- Reveals how the fear of the power of the sacred prostitute led to a rejection of female sexuality and a destructive dualistic notion of men and women
- Explains how the dogma of the Immaculate Conception represents the repression of the divine feminine in Christianity

In *Feminine Mysteries in the Bible*, Ruth Rusca unveils sacred mysteries of the feminine and the alchemical relationship of the male and female forces at the heart of the Judeo-Christian tradition. Drawing on over 30 years of research, she explores four archetypal women in the Bible: Tamar, the sacred prostitute; Rahab, the meretrix; Ruth, who redeems the soul; and Bathsheba, the daughter of the Goddess. These women—sacred prostitutes one and all—represent the indestructible feminine life force, the wisdom of the Goddess, and the transformative power of the soul, and they symbolize the four stages of the development of soul consciousness.

Mary, mother of Jesus, is the quintessence of these four women, but Rusca shows that the dogma of the Immaculate Conception has repressed the significance of Mary and subverted the divine feminine in Christianity due to the church's fear of women and their life-giving energy. These women pass an imperishable feminine life force from generation to generation, and understanding their lives creates a path to overcoming the destructive tendencies of dualistic "male-female" thinking—a duality that profanes feminine sexuality and mysteries rather than revering and celebrating them.

Ruth Rusca was born in Switzerland in 1929. She began her quest for knowledge of the feminine mysteries in the Bible in 1969, and her research has taken her on spiritual and initiatory journeys from Guatemala to Crete. For 15 years (from 1985 to 2000) she presented the workshop "Soul Teachers in the Bible." She lives in Switzerland.



November 2008

Bear & Company

ISBN: 978-1-59143-088-9

\$15.00 (CAN \$16.95) Paper

144 pages, 6 x 9

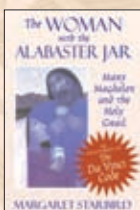
Rights: World

Religion/Women's Studies

*"Ruth Rusca focuses on two neglected dimensions of the Bible: its depth and its rich representation of feminine mysteries. Imagine how culture itself could change for the better if people read the Bible for depth of insight rather than proof of their prejudices and for a theology of the feminine rather than the usual lopsided emphasis on men. For these important reasons I strongly recommend this enlightening book."*

Thomas Moore, author of *Care of the Soul*

## Of Related Interest



**The Woman with the Alabaster Jar**

Margaret Starbird

ISBN: 978-1-879181-03-8

\$16.95 (CAN \$24.95) pb

142,000 copies sold



**The Gospel of Mary Magdalene**

Jean-Yves Leloup

ISBN: 978-0-89281-911-9

\$14.95 (CAN \$21.95) pb

118,000 copies sold



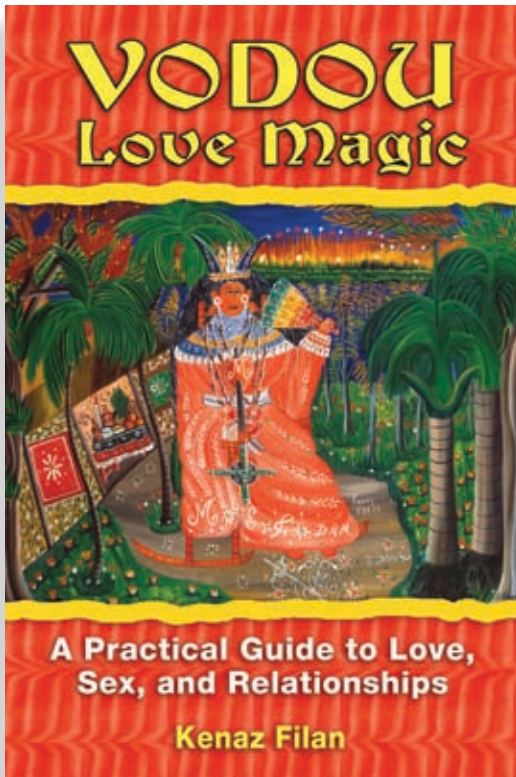
**Kabbalistic Teachings of the Female Prophets**

J. Zohara Meyerhoff Hieronimus

ISBN: 978-1-59477-227-6

\$19.95 (CAN \$22.50) pb

August 2008 release



February 2009

Destiny Books

ISBN: 978-1-59477-248-1

\$14.95 (CAN \$16.95) Paper

192 pages, 6 x 9

23 black-and-white illustrations

Rights: World

Shamanism/Sexuality

## Vodou Love Magic

A Practical Guide to Love, Sex, and Relationships

KENAZ FILAN

A working guide on how to find love and sexual fulfillment by working with the *lwa*, the spirits of Haitian Vodou

- The first book on *wanga* (love magic) by an actual Vodou initiate
- Provides spells and spirit work for many different problems associated with affairs of the heart
- Spells included are detailed and easy to follow

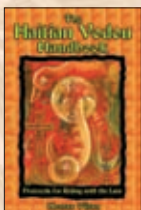
Haitian vodou, like other folk traditions, is an eminently practical craft. Vodou practitioners see their relationship with the *lwa*—the spirits honored in Haitian Vodou—as mutually beneficial rather than one-sided. In return for sincere offerings, the *lwa* are happy to provide protection and support in dealing with life's problems—which more often than not concern love.

In *Vodou Love Magic*, Kenaz Filan details the myriad aspects of love and sex governed by the different *lwa* and explains what services each can provide in attaining fulfilling relationships—and who will likely offer the best wisdom for your needs. If you are having trouble meeting people, Legba's Opening the Door spell can resolve this difficulty. If you wish more fire in a relationship, then you should work with the warrior spirit Papa Ogou. Filan presents easy-to-follow instructions for numerous love spells and also reveals how the *lwa* offer counsel for dealing with ending relationships, toxic behavior patterns like codependency, or romantic triangles.

*Vodou Love Magic* does not provide a magic genie who will fulfill every wish, but it does offer access to a team of spirits who can help transform dreams into realities.

Kenaz Filan (Houngan Coquille du Mer) was initiated in Société la Belle Venus in March 2003 after 10 years of solitary service to the *lwa*. Filan is the author of *The Haitian Vodou Handbook* and has written articles for *PanGaia*, *Planet Magazine*, and *Widdershins*. Filan is managing editor of *newWitch* magazine and lives in New York City.

### Also by Kenaz Filan



**The Haitian Vodou Handbook**

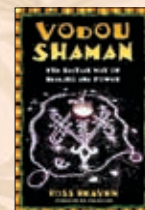
Kenaz Filan  
ISBN: 978-1-59477-125-5  
\$16.95 (CAN \$21.50) pb

### Of Related Interest



**The New Orleans Voodoo Tarot**

Louis Martinié and  
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24,000 copies sold



**Vodou Shaman**

Ross Heaven  
ISBN: 978-0-89281-134-2  
\$16.95 (CAN \$24.95) pb



# The Jaguar that Roams the Mind

An Amazonian Plant Spirit Odyssey

ROBERT TINDALL

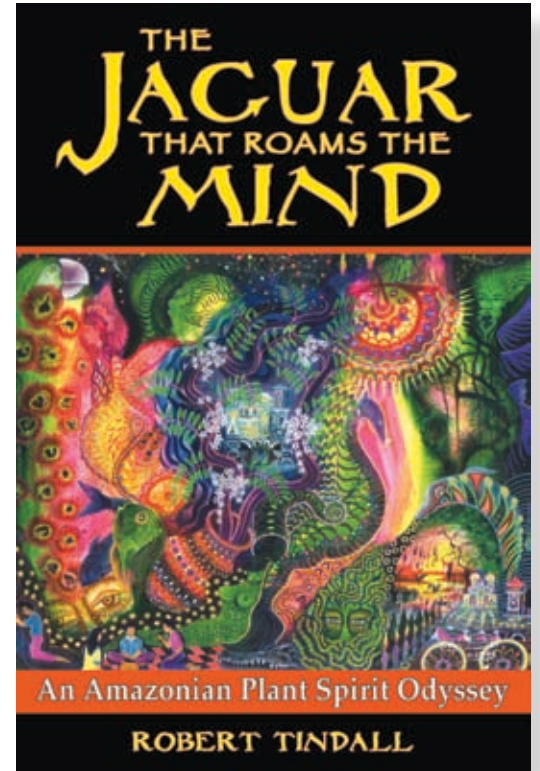
A journey into the deeper workings of indigenous healing in the Amazon

- Explores the three pillars of Amazonian shamanism: purging, psychoactive plants, and diet
- Shares the experiences of apprenticing with an Ashaninca master shaman
- Reveals the intimate relationship between shamans and plant spirits

*The Jaguar that Roams the Mind* is a journey into the vanishing world of Amazonian shamanism—an adventure of initiation and return—that explores the unique reality at the heart of the Amazonian healing system. Robert Tindall shares his journeys through the inner and outer landscape of the churches of ayahuasca and with the Kaxinawa Indians in Brazil; his experiences at the pioneering center for the treatment of addiction, Takiwasi, in Peru; and his studies with an Ashaninca master shaman deep in the rainforest jungle.

Moving beyond the scientific approach to medicinal plants, which seeks to reduce them to their chemical constituents, Tindall illustrates the shamans' intimate relationships with plant spirits. He explores the three pillars of Amazonian shamanism: purging (drawing disease out of the body), psychoactive plants (including the ritual use of ayahuasca), and diet (communing with the innate intelligence of teacher plants). Through trials and revelations, the subtle inner logic of indigenous healing unfolds for him, including the “miraculous” healing of a woman suffering from a brain tumor. Culminating in a ceremony fraught with terror yet ultimately enlightening, Tindall's journey reveals the crucial component missing from the metaphysics of the West: the understanding and appreciation of the sentience of nature itself.

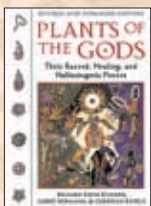
Robert Tindall is a writer, musician, and inveterate traveler who has lived in England, Argentina, Peru, Mexico, and Brazil. With his wife, Susana, he leads groups into the Amazon rain forest to encounter the indigenous healing traditions there. He lives in Oakland, California.



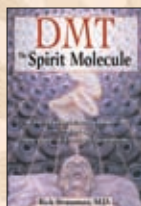
October 2008

Park Street Press  
ISBN: 978-1-59477-254-2  
\$18.95 (CAN \$21.50) Paper  
280 pages, 6 x 9  
Includes 8-page color insert  
Rights: World  
Shamanism/Visionary Plants

## Of Related Interest



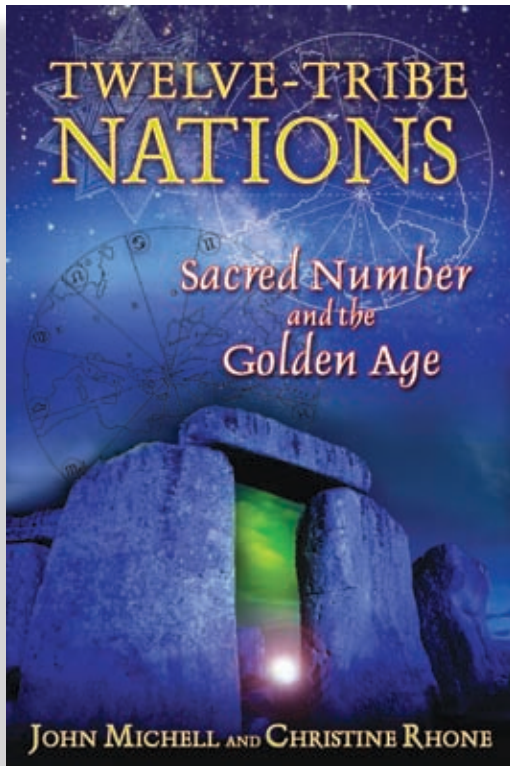
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**Plant Spirit Shamanism**  
Ross Heaven and Howard G. Charing  
ISBN: 978-1-59477-118-7  
\$16.95 (CAN \$21.50) pb



December 2008

Inner Traditions

ISBN: 978-1-59477-237-5

\$16.95 (CAN \$18.95) Paper

Replaces previous edition: ISBN: 978-0-933999-49-7

(Phanes Press)

240 pages, 6 x 9

77 black-and-white illustrations

Rights: World

Ancient Mysteries/Sacred Geometry

New Edition

## Twelve-Tribe Nations

Sacred Number and the Golden Age

JOHN MICHELL and CHRISTINE RHONE

The symbolism and use of the number twelve in organizing ancient societies

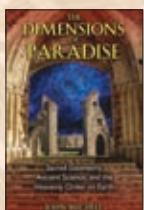
- Connects the zodiac, the twelve months of the year, and the political divisions of ancient nations
- Explores the sacred geography of ancient landscapes in Europe and Israel

Throughout the world—in countries as far apart as China, Ireland, Iceland, and Madagascar—there survive records and traditions of whole nations being divided into twelve tribes and twelve regions, each corresponding to one of the twelve signs of the zodiac and to one of the twelve months of the year. Best known are the twelve tribes of Israel under King Solomon, but there have been many others. Wherever they occur, they are associated with an ideal social order and a golden age of humanity.

Exploring examples of these twelve-tribe societies, John Michell and Christine Rhone explain the blueprint for this organizational structure and look at the musical, mythological, and astronomical enchantments that kept these societies in harmony with the cosmos. They also examine the astrological landscapes of classical Greece, the aligned St. Michael sanctuaries of Europe, and the true site and function of the Temple in Jerusalem. They show that the sacred geography of these sites was part of an ancient code of knowledge that produced harmony between nature and humanity and is as relevant to our present and future as it was to our past.

John Michell, educated at Eton and Cambridge, is the pioneer researcher and specialist in the field of ancient, traditional science. He is the author of more than 25 books that have profoundly influenced modern thinking, including *The Dimensions of Paradise*, *The New View over Atlantis*, and *Secrets of the Stones*. He lives in London. Christine Rhone is an artist and writer with a special interest in landscape symbolism. The translator of several important works, including Jacques Le Goff's *Saint Francis of Assisi*, Antoine Faivre's *Theosophy, Imagination, Tradition*, and Jean Richer's *Sacred Geography of the Ancient Greeks*, she lives in London.

### Also by John Michell



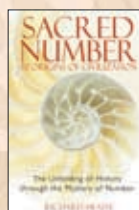
**The Dimensions of Paradise**

John Michell

ISBN: 978-1-59477-198-9

\$16.95 (CAN \$18.95) pb

### Of Related Interest

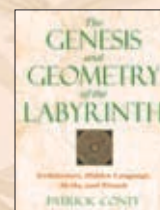


**Sacred Number and the Origins of Civilization**

Richard Heath

ISBN: 978-1-59477-131-6

\$16.95 (CAN \$21.50) pb



**The Genesis and Geometry of the Labyrinth**

Patrick Conty

ISBN: 978-0-89281-922-5

\$29.95 (CAN \$43.50) pb

# The Seeress of Prevorst

Her Secret Language and Prophecies  
from the Spirit World

JOHN DeSALVO, Ph.D.

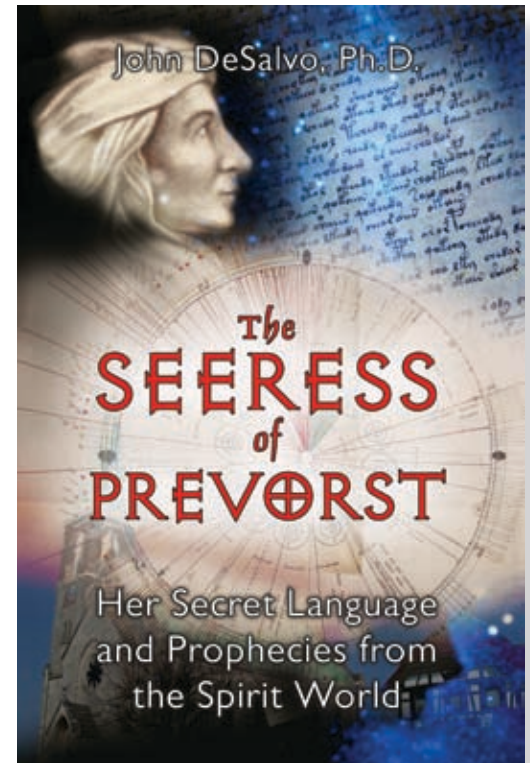
Prophecies of a 19th-century German mystic who spent seven years suspended between life and death

- Focuses on the mysterious “language of the spirits” that the seeress spoke and wrote
- Contains a biography of the Seeress of Prevorst’s life and illustrations of all known examples of her spiritual script and diagrams

Known as the Seeress of Prevorst, Frederika Hauffe (1801–1829) was a German mystic and clairvoyant who was subject to convulsions and trances that caused her to remain bedridden from 1822 until her death seven years later. While in this state suspended between life and death, she received revelations from the spirit world about the triune doctrine of body, soul, and spirit, and she drew precise geometrical diagrams, often in complete darkness and with astonishing speed. The spirits of the dead were said to be in constant attendance on her and were even occasionally seen by others. Her most remarkable gift, however, was the ability to write and speak in what she called “the language of the spirits,” a unique coded alphabet that incorporated numbers and primitive ideographs.

Using his scientific expertise to decode her secret language and diagrams, John DeSalvo examines the life and revelations of the Seeress of Prevorst and her importance in light of spiritual development over the nearly two centuries since her death. Preceding the rise of Spiritualism by two generations, the seeress’s prophecies and teachings threw open the door to the spirit world. With one foot in each world, her life and work offer a portal into mystical realms as fascinating today as in her own time.

John DeSalvo holds a Ph.D. in biophysics and, for more than 20 years, scientifically studied the Shroud of Turin. A former college professor and current director of the Great Pyramid of Giza Research Association, he is the author of four books, including *Andrew Jackson Davis: The First American Prophet and Clairvoyant*. He lives in Minnesota with his wife and children.



December 2008

Destiny Books

ISBN: 978-1-59477-240-5

\$14.95 (CAN \$16.95) Paper

224 pages, 6 x 9

74 black-and-white illustrations

Rights: World

Mysticism/Prophecy

## Of Related Interest



### The Voynich Manuscript

Gerry Kennedy and  
Rob Churchill  
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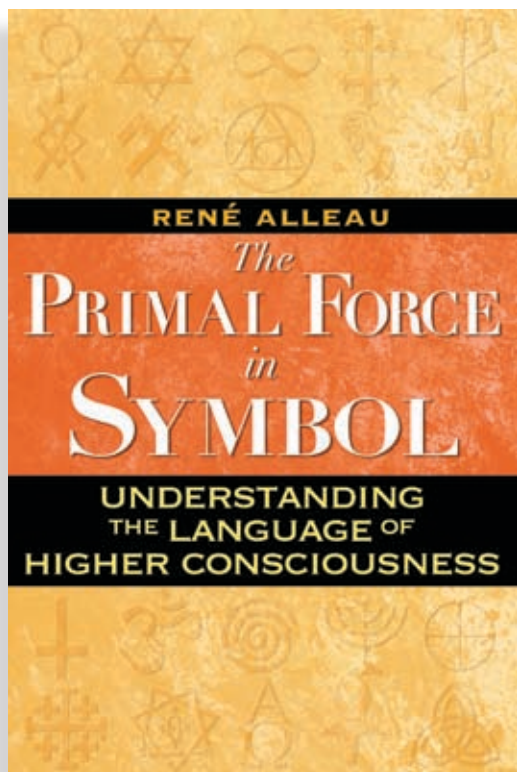
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## The Primal Force in Symbol

Understanding the Language of Higher Consciousness

RENÉ ALLEAU

An exhaustive study of symbology—the science of symbols—and how symbols act on multiple levels of our experience

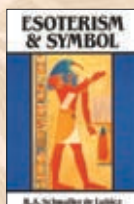
- Examines the role of symbol in a wide array of Eastern and Western sources
- Reveals how symbols form a language akin to music that allows one to grasp the universal order

If a person does not learn the grammar of a language, the best dictionary in the world cannot help him truly understand that language, much less speak it. This book explores the grammar as well as the principles and structures of symbology, the science of symbols. In distinction to symbolism, which explores the use of symbols, symbology examines the primal force that creates symbols that are able to act on multiple levels of our experience. Symbols not only link separate parts into a coherent whole but also link those who understand them in a sacred alliance.

René Alleau investigates diverse aspects of symbols in Eastern and Western philosophies as well as in African, Native American, and Australian cultures, both in ancient and modern times. Myth, he reveals, has been mistakenly identified by modern culture as fiction, when its true strength lies in the logic of analogy. The author then shows that nothing is closer to the language of symbols than music and that to enter the world of symbols is the attempt to grasp harmonic vibrations and learn the music of the universe. Just as there is a musical ear, there is also one sensitive to the primal force transmitted by symbol.

René Alleau is a philosopher and historian who has written extensively on alchemy, the occult sciences, and secret societies. The author of *History of Occult Sciences* and *Aspects de l'alchimie traditionnelle*, he lives in France.

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# The Reality Overload

The Modern World's Assault on the Imaginal Realm

ANNIE Le BRUN

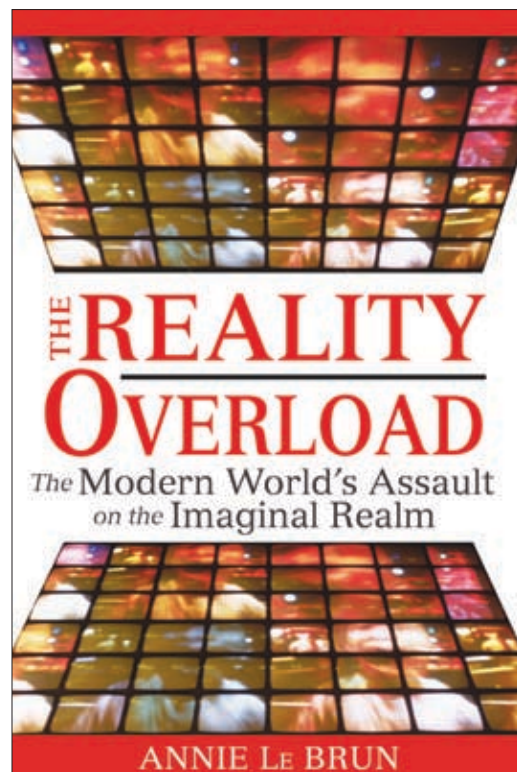
A powerful critique of the increasing mechanization and homogenization of modern life

- Shows how the constant force-feeding of too much information dispossesses us of our deepest connections
- Describes a link between the destruction of the environment with the assault on our individuality, creativity, and ability to think for ourselves

What underlies the many problems of the modern world—from accelerating rates of extinction and desertification to the increased alienation of the individual—is a reality overload, an increasingly invasive mechanization and homogenization of modern life that glorifies consumption and conformity. This overload has been created from the constant force-feeding of too much information, a phenomenon that dispossesses us of our deepest connections to time, our physical world, and each other.

Annie Le Brun explains that the degradation of the environment mirrors the devastation going on in our minds revealing a link between genetically modified foods and the transformation and decay of our language and communication. There is a direct relationship between the rupture of the great biological balances that govern the planet and the equally devastating rupture in our imaginal realm. The imaginal realm is the home of our dreams and the perceptions that feed our thoughts, individuality, and creativity. Without its influence we are forced to live a drab, alienated lifestyle based on consumption alone. If, as Shakespeare claims, “we are such stuff as dreams are made on,” this theft of our imagination by the reality overload threatens the very foundations of our existence.

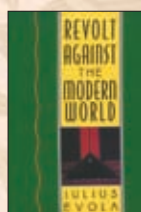
Annie Le Brun, a member of the French Surrealist group during its later years, is a poet and essayist who has written books on subjects as varied as the work of Raymond Roussel and the war in the former Yugoslavia. Her groundbreaking work on the Marquis de Sade has been translated into English as *Sade: A Sudden Abyss*. She lives in Paris.



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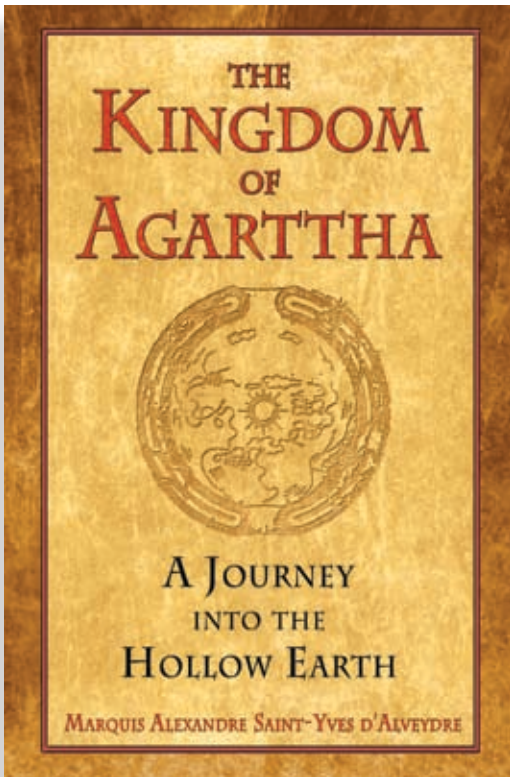
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# The Kingdom of Agarttha

A Journey into the Hollow Earth

MARQUIS ALEXANDRE SAINT-YVES d'ALVEYDRE

Introduction by Joscelyn Godwin

First English translation of the book that introduced the realm of Hollow Earth

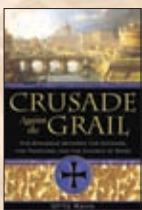
- Explores the underground world of Agarttha, sometimes known as Shambhala, a realm that is spiritually and technologically advanced beyond our modern culture
- One of the most influential works of 19th-century occultism
- Written by the philosopher who influenced Papus, Rene Guénon, and Rudolf Steiner

The underground realm of Agarttha was first introduced to the Western world in 1886 by the French esoteric philosopher Alexandre Saint-Yves d'Alveydre with his book *Mission de l'Inde*, translated here for the first time into English. Saint-Yves's book maintained that deep below the Himalayas were enormous underground cities, which were under the rule of a sovereign pontiff known as the Brahâma. Throughout history, the "unknown superiors" cited by secret societies were believed to be emissaries from this realm who had moved underground at the onset of the Kali-Yuga, the Iron Age.

Ruled in accordance with the highest principles, the kingdom of Agarttha, sometimes known as Shambhala, represents a world that is far advanced beyond our modern culture, both technologically and spiritually. The inhabitants possess amazing skills their above ground counterparts have long since forgotten. In addition, Agarttha is home to huge libraries of books engraved in stone, enshrining the collective knowledge of humanity from its remotest origins. Saint-Yves explained that the secret world of Agarttha, and all its wisdom and wealth, would be made available for humanity when Christianity and all other known religions of the world began truly honoring their own sacred teachings.

The Marquis Alexandre Saint-Yves d'Alveydre (1842–1909) is a key figure of French esoteric tradition who had a great influence on the magus Papus (who described Saint-Yves as his "intellectual teacher") as well as Helena Blavatsky, Rudolf Steiner, and René Guénon. Saint-Yves also was the creator of the Archeometer, a measuring instrument, which he claimed was a "key" to understanding the Mysteries of the Word.

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- Provides profound insights into our perceptions of reality, telepathy, mutants, and parallel universes
- Reveals the occult influences on the Nazis and introduces the alchemist Fulcanelli and the work of Charles Fort and Gurdjieff

This groundbreaking, international bestseller, first published in 1960, couples profound insights into the hidden history of humanity and our perceptions of reality with the scientific evidence that supports the existence of paranormal activity, telepathy, and extraterrestrial communications. The first book to explore in depth the Nazi fascination with the occult, Pauwels and Bergier also broke new ground with their study of pyramidology, alchemy and its close kinship with atomic energy, and the possibility of a widespread mutation of humanity that would herald the dawn of a new age for the earth. Their study of secret societies, starting with the Rosicrucians, suggests that such changes are actively being pursued in the present day by a “conspiracy” of the most spiritually and intellectually advanced members of the human race.

*The Morning of the Magicians* also explores the anomalous events collected by Charles Fort, the work of Gurdjieff, and the history of the mysterious Fulcanelli, who was widely believed to have manufactured the philosopher’s stone—which provided the Nazis the motive for mounting an intensive search for him during their occupation of Paris. Much more than a collection of strange facts defying conventional wisdom, this book remains a sophisticated philosophical exploration of repressed phenomena and hidden histories that asks its readers to look at reality with ever “awakened eyes.”

Louis Pauwels (1920–1997) was a French journalist who founded the magazine *Planète*, an outgrowth of this book. Jacques Bergier (1912–1978) was a nuclear physicist and chemical engineer who was active in the French Resistance in World War II and helped destroy the German atomic plant at Peenemünde.



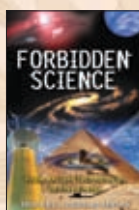
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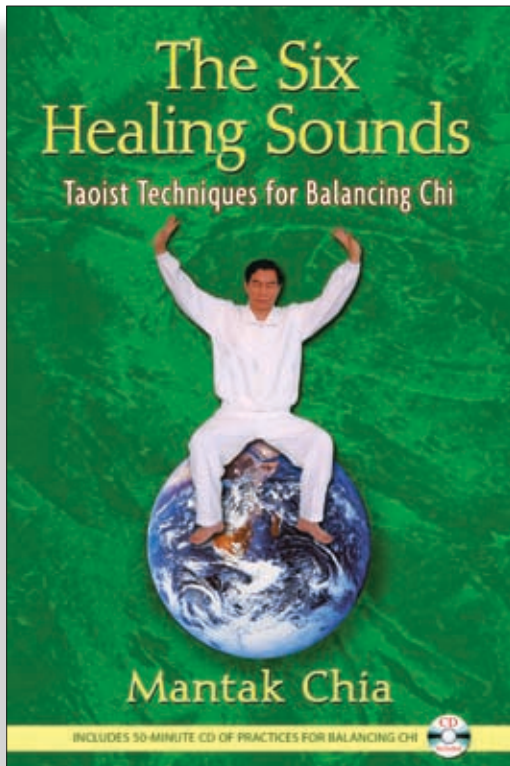
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A student of several Taoist masters, Mantak Chia founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 31 books, including *The Taoist Soul Body*, *Sexual Reflexology*, and the best-selling *The Multi-Orgasmic Man*.

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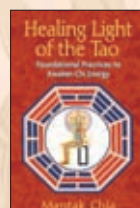


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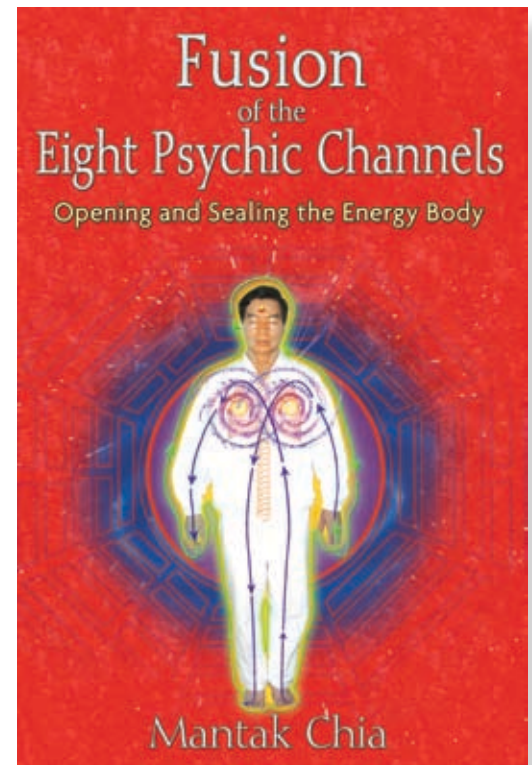
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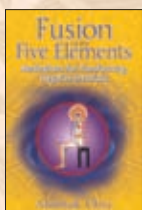
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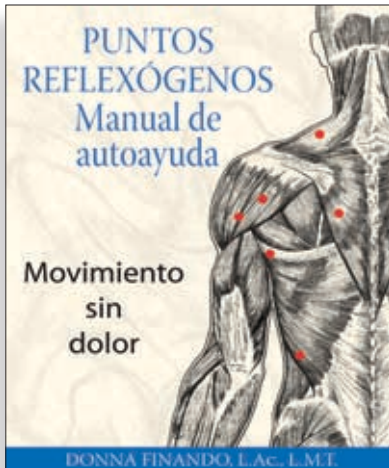
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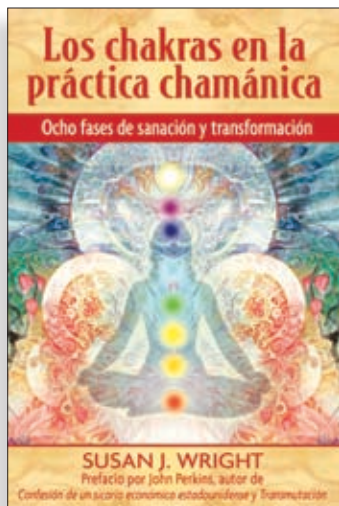
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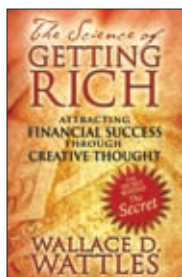
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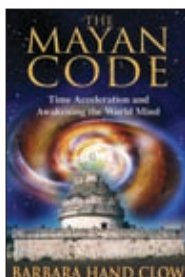
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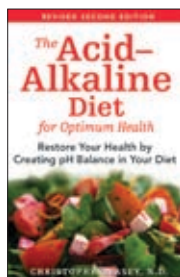
El sistema de los chakras identifica ocho centros en la anatomía psicológica de los seres humanos, cada uno de los cuales está asociado con una parte distinta del cuerpo físico o energético. Susan J. Wright, que se dedica al chamanismo y la psicoterapia Gestalt, muestra que cada chakra está también vinculado con una etapa distinta de desarrollo emocional y espiritual. Wright explica que los traumas de la vida experimentados en etapas particulares del desarrollo se quedan atrapados dentro del cuerpo energético porque se aferran a su chakra correspondiente. Al identificar el chakra afectado y trabajar con él, es posible abrir una puerta a un mundo de imágenes transformativas, lo que permite sanar estas heridas psíquicas mediante potentes técnicas chamánicas. La autora presenta ejercicios físicos y meditaciones guiadas que ofrecen a quienes las practican una manera de unir y robustecer las partes fragmentadas de su cuerpo, y emprender así el camino hacia el bienestar físico, emocional y espiritual.



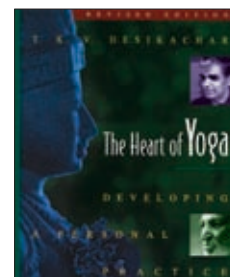
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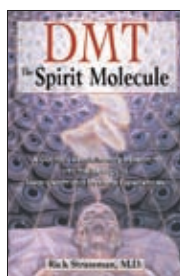
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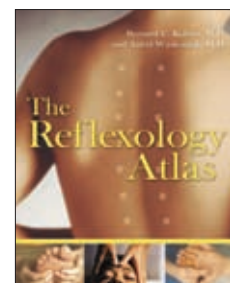
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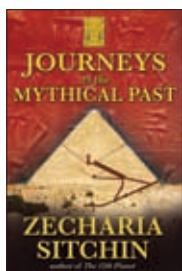
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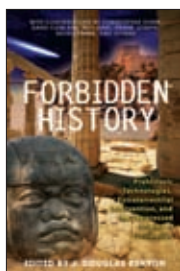
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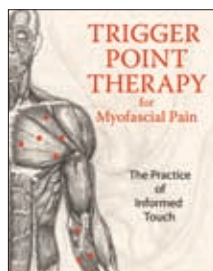
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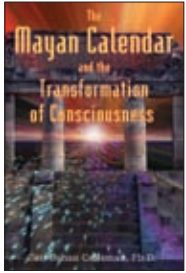
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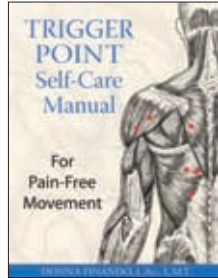
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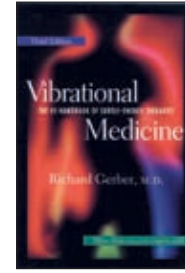
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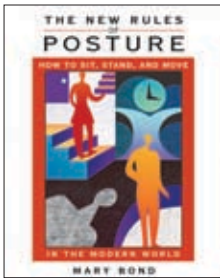
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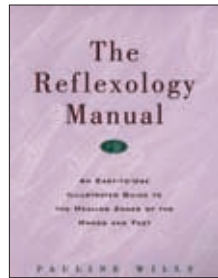
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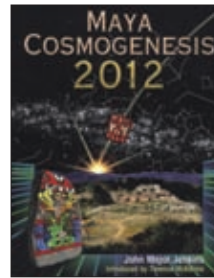
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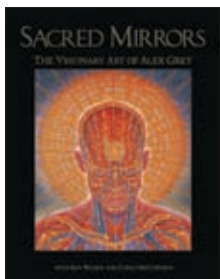
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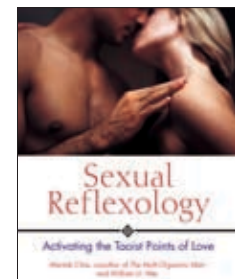
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