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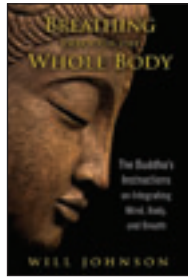
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Eastern Religion & Philosophy—Buddhism



New-Available
Breathing through the Whole Body

The Buddha's Instructions on Integrating Mind, Body, and Breath

Will Johnson

ISBN 978-1-59477-434-8
 \$12.95 (CAN \$14.50) pb
 96 pages, 5.38 x 8.25

Through the practice of breathing through the whole body, the mind starts resolving its addiction to thinking, the body becomes more comfortable, and meditative practice deepens, allowing the teachings of the Buddha to be directly revealed.



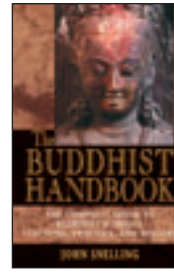
Yoga of the Mahamudra

The Mystical Way of Balance

Will Johnson

ISBN 978-0-89281-699-6
 \$14.95 (CAN \$20.95) pb
 160 pages, 6 x 9

Mahamudra, literally "the great gesture," is often looked upon as the highest manifestation of consciousness within the Tibetan Vajrayana tradition. Will Johnson presents three simple yogic principles from Tilopa's *Song of Mahamudra*, and explains how to bring forth the condition of mahamudra naturally by utilizing the mystical yoga of balance.



The Buddhist Handbook

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

John Snelling

ISBN 978-0-89281-761-0
 \$19.95 (CAN \$24.95) pb
 360 pages, 6 x 9

The Buddhist Handbook is the definitive guide to Buddhist history, teaching, and practice throughout the world today. Provides a comprehensive survey of Buddhist traditions and their contemporary exponents. Includes chapters on the westward migration of Buddhism, the relationship between Buddhism, psychotherapy, social responsibility and action, and the role of women in Buddhism.



Buddhist Masters of Enchantment

The Lives and Legends of the Mahasiddhas

Translated by Keith Dowman

Illustrated by Robert Beer

ISBN 978-0-89281-784-9
 \$24.95 (CAN \$39.95) pb
 208 pages, 8.5 x 11
 30 color plates

These beautifully illustrated stories reveal a way through human suffering into a free state of oneness with the divine, by the example of the Mahasiddhas—extraordinary men and women who attained enlightenment and magical powers.



Hara

The Vital Center of Man
 Karlfried Graf Dürckheim

ISBN 978-1-59477-024-1
 \$14.95 (CAN \$21.95) pb
 216 pages, 6 x 9
 Includes 8-page b&w insert

According to Zen masters, by adopting a belly-centered posture and correct breathing, one can cultivate inner tranquility and balance: the state called Hara. Karlfried Graf Dürckheim shows the Western world how to overcome the physical and spiritual decay of modern life by adopting the age-old techniques of Japanese Zen masters.



Immortality and Reincarnation

Wisdom from the Forbidden Journey

Alexandra David-Neel

ISBN 978-0-89281-619-4
 \$12.95 (CAN \$20.95) pb
 176 pages, 5.38 x 8.25

Famed traveler and mystic Alexandra David-Neel, the first Western woman to see the forbidden city of Lhasa, Tibet, examines Eastern concepts of the afterlife in this classic study.

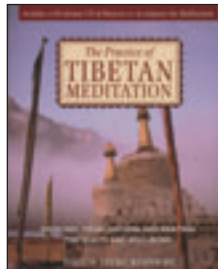


Meditation Techniques of the Buddhist and Taoist Masters

Daniel Odier

ISBN 978-0-89281-967-6
 \$16.95 (CAN \$21.95) pb
 192 pages, 6 x 9
 66 b&w illustrations

Odier guides the reader through the specifics of the mental disciplines and visualizations that Buddhist and Taoist masters have used for ages in their quest for illumination. To devote oneself to meditation, in the sense understood by Buddhists and Taoists, is to realize the understanding of how every fiber of our being converges with all creation.



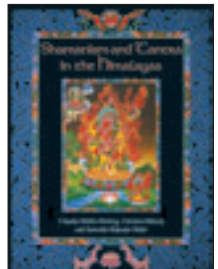
The Practice of Tibetan Meditation

Exercises, Visualizations, and Mantras for Health and Well-being

Dagsay Tulku Rinpoche

ISBN 978-0-89281-903-4
 \$19.95 (CAN \$28.95) pb
 176 pages, 8 x 10
 100 b&w illustrations
 Includes 60-minute CD

Dagsay Tulku's teachings range from introductory sessions designed to create an oasis of calmness in daily life to deep practices for cleansing and healing. He also offers traditional meditations to prepare for death, the ultimate transition. These meditations are enhanced with instructions for relaxing massage and an accompanying 60-minute CD of mantras.

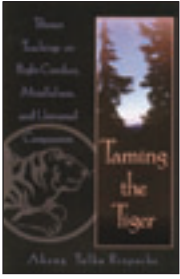


Shamanism and Tantra in the Himalayas

Claudia Müller-Ebeling, Christian Rättsch, and Surendra Bahadur Shahi

ISBN 978-0-89281-913-3
 \$49.95 (CAN \$75.00) hardcover
 320 pages, 8.5 x 11
 605 color and b&w illustrations

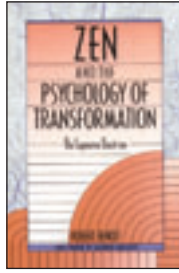
The result of eighteen years of field research, this book presents for the first time, a comprehensive overview of shamanism that is based on the knowledge and experience of the different tribes from the Himalayan kingdom of Nepal.



Taming the Tiger
Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion
 Akong Tulku Rinpoche

ISBN 978-0-89281-569-2
 \$12.95 (CAN \$18.95) pb
 208 pages, 5.38 x 8.25

Founder of the oldest Tibetan Buddhist center in the West and an accomplished meditation master, Dr. Akong Tulku Rinpoche explains how true peace can be found in a practical program for cultivating awareness and bringing the spiritual into everyday life.



Zen and the Psychology of Transformation
The Supreme Doctrine
 Hubert Benoit

ISBN 978-0-89281-272-1
 \$16.95 (CAN \$24.95) pb
 264 pages, 6 x 9

The Supreme Doctrine applies the essence of Oriental Wisdom to the pursuit of self-knowledge and transcendence. The first step in a holistic psychology is to begin examining the true "state of man," rather than his aberrations. In so doing, we can activate our true potential to transform and give new direction and purpose to our lives.

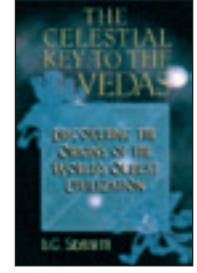


Zen in Motion
Lessons from a Master Archer on Breath, Posture, and the Path of Intuition
 Neil Claremon

ISBN 978-0-89281-361-2
 \$14.95 (CAN \$20.95) pb
 144 pages, 5.38 x 8.25

Both a fascinating glimpse of the interaction between spiritual master and disciple and a lucid analysis of the Zen path of awareness, this book describes techniques for breathing, standing, walking, concentrating, moving the mind, overcoming ego, healing the body, and finally, opening a "window of opportunity" between stillness and motion that allows the expansion of time and consciousness.

Eastern Religion & Philosophy—Hinduism



The Celestial Key to the Vedas
Discovering the Origins of the World's Oldest Civilization
 B. G. Sidharth

ISBN 978-0-89281-753-5
 \$16.95 (CAN \$26.95) pb
 176 pages, 6 x 9
 11 b&w photographs

A leading astronomer offers conclusive evidence, based on astronomical information encoded in the Rig Veda, that a thriving civilization existed in India as early as 10,000 b.c.



The Essence of Yoga
Essays on the Development of Yogic Philosophy from the Vedas to Modern Times

Georg Feuerstein and Jeanine Miller

ISBN 978-0-89281-738-2
 \$14.95 (CAN \$20.95) pb
 192 pages, 5.5 x 8

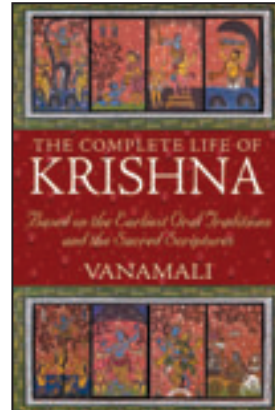
This collection of essays by two renowned yoga scholars explores the development of yogic thought across the ages.



Shakti
Realm of the Divine Mother
 Vanamali

ISBN 978-1-59477-199-6
 \$19.95 (CAN \$23.50) pb
 384 pages, 6 x 9

Shakti explains the mystery of the Divine Mother in all her manifestations, exploring more than 30 different goddess aspects of the Shakti force, both beneficial and malefic, along with Sanskrit hymns and classic verses by Sri Auribindo for each goddess.



New-June 2012
The Complete Life of Krishna

Based on the Earliest Oral Traditions and the Sacred Scriptures

Vanamali

ISBN 978-1-59477-475-1
 \$24.95 (CAN \$27.95) pb
 456 pages, 6 x 9

Includes 8-page color insert

Krishna has been portrayed in many lights, as god-child, prankster, lover, hero, and Supreme Being. Drawn from ancient texts and India's oral traditions, this is the first book to offer a complete biography of the man who was also a god.



Hanuman
The Devotion and Power of the Monkey God
 Vanamali

Foreword by Sri Krishna Das

ISBN 978-1-59477-337-2
 \$19.95 (CAN \$23.95) pb
 416 pages, 6 x 9

Known for his playful nature, amazing physical powers, and selfless devotion, Hanuman is one of the most beloved gods in the Hindu pantheon. This book recounts 36 legendary Hanuman stories revealing that anyone can attain the heights of spiritual evolution through devotion and perseverance.

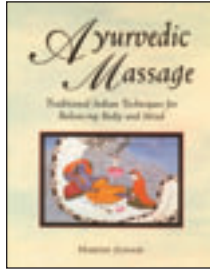


Ayurvedic Healing Cuisine

Harish Johari

ISBN 978-0-89281-938-6
\$19.95 (CAN \$28.95) pb
272 pages, 8.5 x 11

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



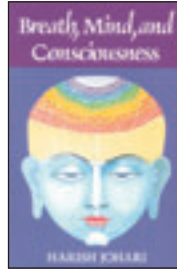
Ayurvedic Massage

Traditional Indian Techniques for Balancing Body and Mind

Harish Johari

ISBN 978-0-89281-489-3
\$19.95 (CAN \$28.95) pb
160 pages, 8.5 x 11
115 b&w illustrations

Trained in India's ancient healing art, author Harish Johari introduces Ayurvedic massage, a gentle bodywork therapy that promotes well-being on both the physical and emotional levels.



Breath, Mind, and Consciousness

Harish Johari

ISBN 978-0-89281-252-3
\$12.95 (CAN \$16.50) pb
96 pages, 5.38 x 8.25

Also available in Spanish (see page 136)

This is the first guidebook for Westerners to explain the teachings of *Swara Yoga*—the conscious observation and control of breathing to maximize physical and psychic energy.



Chakras

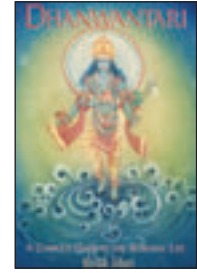
Energy Centers of Transformation

Harish Johari

ISBN 978-0-89281-760-3
\$19.95 (CAN \$28.95) pb
176 pages, 8.5 x 11
8 color plates
29 b&w illustrations

Also available in Spanish (see page 133)

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



Dhanwantari

A Complete Guide to the Ayurvedic Life

Harish Johari

ISBN 978-0-89281-618-7
\$16.95 (CAN \$21.95) pb
240 pages, 6 x 9
9 b&w photographs

Here is a guide to living the Ayurvedic life from one of its most celebrated practitioners.

A vast and practical presentation of Ayurvedic principles, it addresses diet, breathing, meditation, bathing, sleeping, exercise, medicine, jewelry, and sex.

"A fine introduction both to the science of ayurveda and to its cuisine."

Hinduism Today



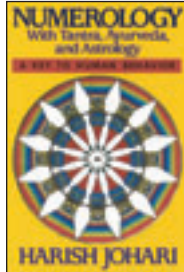
The Healing Power of Gemstones

In Tantra, Ayurveda, and Astrology

Harish Johari

ISBN 978-0-89281-608-8
\$16.95 (CAN \$21.95) pb
240 pages, 6 x 9
40 b&w illustrations

This practical guide to the power of gems in various Hindu traditions gives instructions on how to use them to maximize physical and psychological well-being.



Numerology

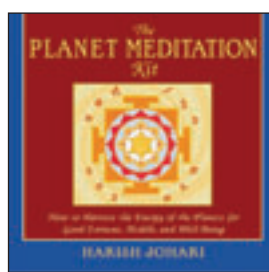
With Tantra, Ayurveda, and Astrology

Harish Johari

ISBN 978-0-89281-258-5
\$14.95 (CAN \$18.95) pb
208 pages, 6 x 9

Also available in Spanish (see page 135)

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



The Planet Meditation Kit

How to Harness the Energy of the Planets for Good Fortune, Health, and Well-Being

Harish Johari

ISBN 978-0-89281-759-7
\$35.00 (CAN \$54.95)
Boxed set, 9.5 x 10

32-page booklet, 9 color yantras and 5 one-hour audiocassettes
Here are the necessary tools for cultivating a healthy relationship with the planets that have the greatest impact on our psyches and destinies.



Tools for Tantra

Harish Johari

ISBN 978-0-89281-055-0
\$24.95 (CAN \$32.95) pb
144 pages, 8.5 x 11
20 color and 35 b&w illustrations

Tantric yantras are precise geometric forms that have been used for centuries as tools for self-realization and the attainment of mystical powers. In *Tools for Tantra*, Tantric practitioner and scholar Harish Johari has re-created the exact colors and proportions of the primordial yantras along with step-by-step instructions for their accurate construction, coloring, and use.



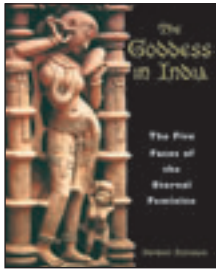
The Yoga of Snakes and Arrows

The Leela of Self-Knowledge

Harish Johari

ISBN 978-1-59477-178-1
\$16.95 (CAN \$21.50) pb
144 pages, 6 x 9
8 b&w illustrations

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



The Goddess in India

The Five Faces of the Eternal Feminine

Devdutt Pattanaik

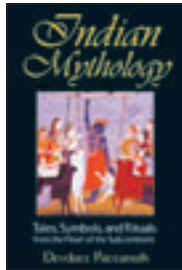
ISBN 978-0-89281-807-5

\$19.95 (CAN \$30.95) pb

176 pages, 8 x 10

18 color and 16 b&w photographs

Exploring mysteries of gender and biology and shedding light on the roots of taboos and traditions still practiced in India today, Pattanaik shows how mortal woman can be both worshipped and feared as she embodies the image of the Mother Goddess.



Indian Mythology

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

Devdutt Pattanaik

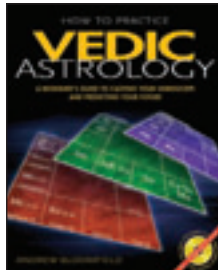
ISBN 978-0-89281-870-9

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256 pages, 6 x 9

Includes two 16-page color inserts

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



How to Practice Vedic Astrology

A Beginner's Guide to Casting Your Horoscope and Predicting Your Future

Andrew Bloomfield

ISBN 978-0-89281-085-7

\$29.95 (CAN \$43.50) pb

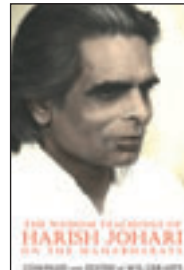
272 pages, 8 x 10

112 b&w illustrations plus

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PC compatible

A comprehensive guide to understanding and practicing Vedic astrology. Read and interpret one's own birth chart according to Vedic astrology, and birth charts of 112 notable people. Use Vedic astrology to anticipate upcoming events and direct the cosmic energies of one's life toward a positive future outcome.



The Wisdom Teachings of Harish Johari on the Mahabharata

Compiled and Edited by Wil Geraets

ISBN 978-1-59477-379-2

\$16.95 (CAN \$19.95) pb

256 pages, 6 x 9

In this book, the distinguished Indian teacher Harish Johari (1934–1999) presents the deeper layers of the epic story the Mahabharata, revealing its wisdom and teachings in a contemporary and often entertaining way.



Kali

The Feminine Force

Ajit Mookerjee

ISBN 978-0-89281-212-7

\$19.95 (CAN \$24.95) pb

112 pages, 7 x 10

18 color and 86 b&w illustrations

The author draws on the powerful imagery of painting, sculpture, and literature in this celebration of the Hindu goddess.



A Brief History of India

Alain Daniélou

Translated by Kenneth F. Hurry

ISBN 978-0-89281-923-2

\$25.00 (CAN \$36.50) hardcover

384 pages, 6 x 9

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



Gods of Love and Ecstasy

The Traditions of Shiva and Dionysus

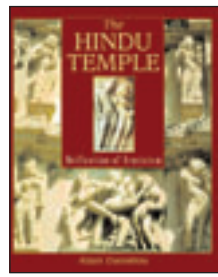
Alain Daniélou

ISBN 978-0-89281-374-2

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264 pages, 5.38 x 8.25

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



The Hindu Temple

Deification of Eroticism

Alain Daniélou

ISBN 978-0-89281-854-9

\$24.95 (CAN \$39.95) pb

152 pages, 8 x 10

27 color and 71 b&w photographs

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



India: A Civilization of Differences

The Ancient Tradition of Universal Tolerance

Alain Daniélou

ISBN 978-1-59477-048-7

\$14.95 (CAN \$20.95) pb

160 pages, 6 x 9

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



Shiva and the Primordial Tradition

From the Tantras to the Science of Dreams

Alain Daniélou with Jean-Louis Gabin

ISBN 978-1-59477-141-5

\$14.95 (CAN \$18.95) pb

160 pages, 6 x 9

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



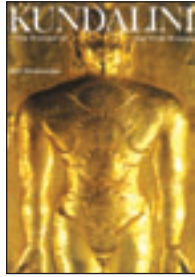
King Vikram and the Vampire

Classic Hindu Tales of Adventure, Magic, and Romance

Captain Sir Richard F. Burton

ISBN 978-0-89281-475-6
\$19.95 (CAN \$31.95) pb
304 pages, 6 x 9
34 b&w illustrations

Translated by the noted Victorian Orientalist, Sir Richard F. Burton, from the original Sanskrit, these ancient Indian folk tales influenced such later works as *1001 Arabian Nights* and Boccaccio's *Decameron*. First published in 1870, these stories will entertain and delight modern readers while illuminating the life and customs of classical India.



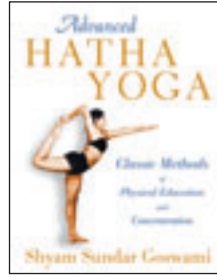
Kundalini

The Arousal of the Inner Energy

Ajit Mookerjee

ISBN 978-0-89281-020-8
\$19.95 (CAN \$24.95) pb
112 pages, 7 x 10
16 color and 46 b&w illustrations

In *Kundalini: The Arousal of the Inner Energy*, Ajit Mookerjee writes of the core experience of Tantra, the process in which the energy is awakened and rises throughout the energy centers (chakras) to unite with Pure Consciousness at the crown of the head. Beautifully illustrated in color with Indian tantric art.



New-July 2012

Advanced Hatha Yoga

Classic Methods of Physical Education and Concentration

Shyam Sundar Goswami

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This classic text presents a complete guide for an advanced Hatha yoga practice. Includes photographs and instructions for *prānāyāma*, alternate nostril breathing, meditation, diet, fasting, internal cleansing, and advanced sexual control.



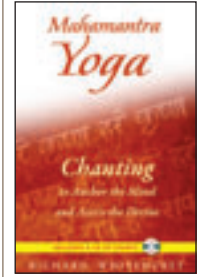
Layayoga

The Definitive Guide to the Chakras and Kundalini

Shyam Sundar Goswami

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



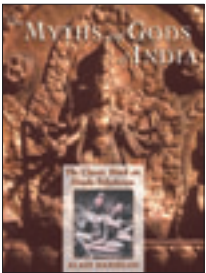
Mahamantra Yoga

Chanting to Anchor the Mind and Access the Divine

Richard Whitehurst

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144 pages, 6 x 9
Includes 45-minute CD of chants

This book is a guide for those looking to awaken spiritual devotion in their physical yoga practice. It shows how to coordinate the breath, vocal cords, and mouth to practice devotional chanting consciously and joyfully. Includes a CD of mahamantra chants.



The Myths and Gods of India

The Classic Work on Hindu Polytheism from the Princeton Bollingen Series

Alain Daniélou

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



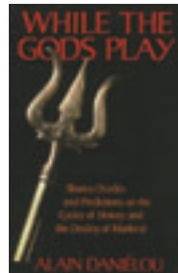
Virtue, Success, Pleasure, and Liberation

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



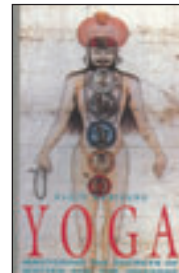
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Alain Daniélou

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



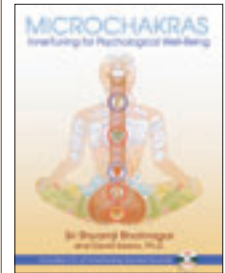
Yoga

Mastering the Secrets of Matter and the Universe

Alain Daniélou

ISBN 978-0-89281-301-8
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Based on original Sanskrit sources, this book gives an authentic account of the methods of yoga in its different forms, including the challenging "left-hand" paths, as well as practices best suited to Western students.



Microchakras

InnerTuning for Psychological Well-being
Sri Shyamji Bhatnagar and David Isaacs, Ph.D.

ISBN 978-1-59477-213-9
\$24.95 (CAN \$33.95) pb
388 pages, 8.5 x 11
Includes 16-page color insert, 7 b&w illustrations, and 28-minute CD

In this guide to working with microchakras—the channels within the major chakras—the authors introduce Microchakra Psychology and InnerTuning, the use of precise sacred sounds that release energy blockages within the chakras. Includes a 28-minute CD of InnerTuning sacred sounds.



The Path of the Mystic Lover

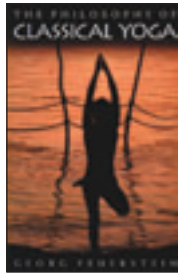
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"A must-read for Tantric initiates of all levels."
Tantra Magazine

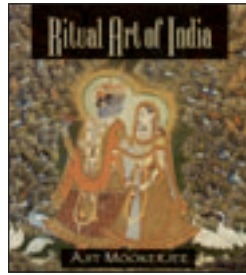


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Georg Feuerstein, Ph.D.

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A widely respected yoga scholar offers the first comprehensive study of the philosophical concepts of classical yoga, based on the Yoga Sūtra of Patañjali.

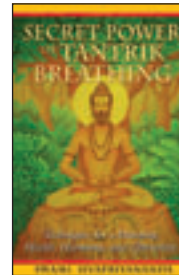


Ritual Art of India

Ajit Mookerjee

ISBN 978-0-89281-721-4
\$29.95 (CAN \$48.00) pb
176 pages, 9.5 x 10.5
101 color and 34 b&w photographs

Ritual Art of India reveals the inward-seeking quality of relationship with the divine that exemplifies Indian ritual art. This stunning guide to the spiritual power of Indian art shows with over 100 color photographs the splendor and diversity of an art form that has enriched every stage of human life in India.



Secret Power of Tantrik Breathing

Techniques for Attaining Health, Harmony, and Liberation

Swami Sivapriyananda

ISBN 978-1-59477-289-4
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Includes 8-page color insert and 3 b&w illustrations

Secret Power of Tantrik Breathing explores the secrets and benefits of alternate nostril breathing practices and includes techniques to help overcome infertility, bad luck, and illnesses. The author explains the interactions of the breath with the chakras and energy channels (*nadis*).



Shambhala

In Search of the New Era

Nicholas Roerich

ISBN 978-0-89281-305-6
\$16.95 (CAN \$21.95) pb
332 pages, 5.38 x 8.25

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



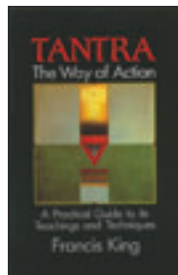
Shiva

The Wild God of Power and Ecstasy

Wolf-Dieter Stork, Ph.D.

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



Tantra: The Way of Action

A Practical Guide to Its Teachings and Techniques

Francis King

ISBN 978-0-89281-274-5
\$14.95 (CAN \$22.50) pb
160 pages, 5.38 x 8.25

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



Yantra

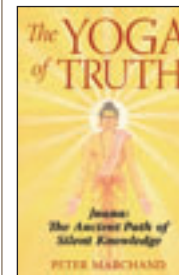
The Tantric Symbol of Cosmic Unity

Madhu Khanna

Foreword by Ajit Mookerjee

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

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



The Yoga of Truth

Jnana: The Ancient Path of Silent Knowledge

Peter Marchand

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9 b&w illustrations

Jnana Yoga shows the seeker that everything in the body, personality, thoughts, memories, and experiences has form and is changeable and, thus, is neither essential nor eternal. Its contemplative practice identifies the witnessing consciousness within—all that remains when the ephemeral is eliminated—as the real Self, the one and only unchanging eternal Being.



The Yoga of the Nine Emotions

The Tantric Practice of Rasa Sadhana

Peter Marchand

Based on the teachings of Harish Johari

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

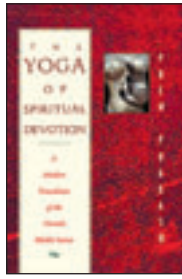


Yoga Spandakarika

The Sacred Texts at the Origins of Tantra
Daniel Odier

ISBN 978-1-59477-051-7
\$16.95 (CAN \$23.95) pb
192 pages, 6 x 9

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

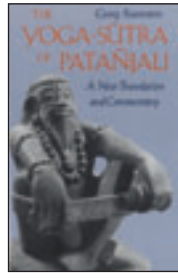


The Yoga of Spiritual Devotion

A Modern Translation of the Narada Bhakti Sutras
Prem Prakash

ISBN 978-0-89281-664-4
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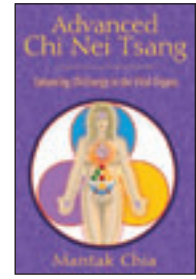


The Yoga-Sūtra of Patañjali

A New Translation and Commentary
Georg Feuerstein, Ph.D.

ISBN 978-0-89281-262-2
\$14.95 (CAN \$18.95) pb
196 pages, 5.38 x 8.25

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

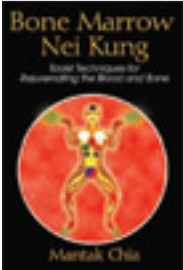


Advanced Chi Nei Tsang

Enhancing Chi Energy in the Vital Organs
Mantak Chia

ISBN 978-1-59477-055-5
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Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs. Includes techniques for detoxifying and rejuvenating the body. Works with the navel center, where negative energy accumulates.



Bone Marrow Nei Kung

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Mantak Chia

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



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Practices for Improving Your Eyesight
Mantak Chia and Robert T. Lewanski

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59 b&w illustrations

Taoist healers understood that eyesight problems reflected problems with the internal organs. Mantak Chia reveals exercises for strengthening the liver and kidneys, Dao-Yin self-massage practices, and extensive dietary recommendations for improving your eyesight.

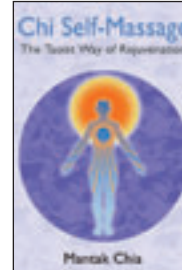


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Chi Massage for the Vital Organs
Mantak Chia

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

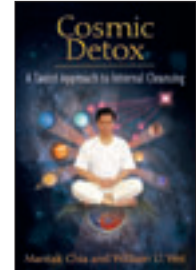


Chi Self-Massage

The Taoist Way of Rejuvenation
Mantak Chia

ISBN 978-1-59477-110-1
\$12.95 (CAN \$16.95) pb
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In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen their senses, detoxify internal organs, control negative emotions, relieve stress and constipation, and improve their complexion, teeth, gums, and overall stamina.

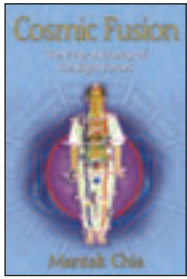


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A Taoist Approach to Internal Cleansing
Mantak Chia and William U. Wei

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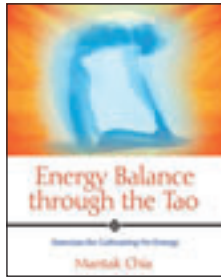
Cosmic Detox shows how to reactivate your body's self-healing abilities by expelling accumulated toxins using chi self-massage, healing sounds and other practices of the Taoist sages. Includes a 14-day total-body cleansing program.



Cosmic Fusion
The Inner Alchemy of the Eight Forces
Mantak Chia

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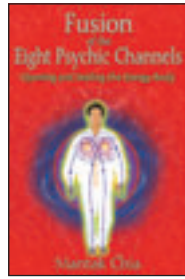
This fully illustrated guide presents the second level of Inner Alchemy practices that use the eight forces of the pakua (bagwa) to collect, gather, and condense chi in the body. It explains how to balance negative emotional energy with positive energy to detoxify, nourish, and integrate the physical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



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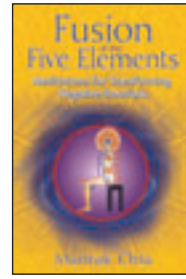
The Taoist system of Tao Yin is one of the oldest and most diverse forms of exercise in China. Tao Yin focuses on creating balance between internal and external energies and revitalizing the body, mind, and spirit with a combination of strength, flexibility, and internal energy exercises.



Fusion of the Eight Psychic Channels
Opening and Sealing the Energy Body
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Fusion of the Eight Psychic Channels offers advanced Inner Alchemy exercises to prepare practitioners for the Practice of the Immortal Tao. It explains opening the Great Bridge Channel and the Great Regulator Channel, and includes exercises to strengthen and wrap the spinal cord with energy.



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



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A Taoist Approach to Entering the Universal Mind
Mantak Chia

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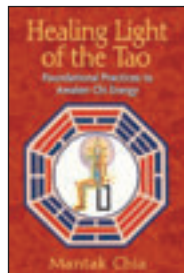
In Taoism, there are three "minds" that, when unified, transform and balance the energy of an individual. Master Chia reveals his World Link meditation, which can unite many people in a Universal Mind—a shared consciousness that can exponentially amplify healing energy.



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



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Mantak Chia

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This practical guide to health, sexual vitality, and emotional balance presents the Microcosmic Orbit's advanced methods of chi cultivation. By engaging and directing the three primordial forces of Earth, Heaven, and Higher Self, changes to the energy body are activated that lead to enlightenment and immortality.



The Inner Smile
Increasing Chi through the Cultivation of Joy
Mantak Chia

ISBN 978-1-59477-155-2
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The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that cause illness. This internal awareness practice flushes the organs of low-grade energy, improving health.



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

ISBN 978-1-59477-058-6
\$19.95 (CAN \$24.95) pb
264 pages, 8 x 10
245 b&w illustrations

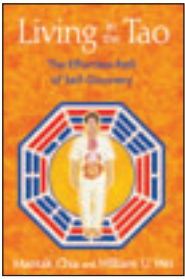
Explores the deep, internal work necessary for the effective practice of tai chi, with illustrated instructions for mastering Yang-style Tai Chi Chi Kung. Demonstrating tai chi's relationship to the three forces—Universal, Cosmic, and Earth—that animate all life, the authors reveal a practice to produce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



Iron Shirt Chi Kung
Mantak Chia

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



Living in the Tao

The Effortless Path of Self-Discovery

Mantak Chia and William U. Wei

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397 b&w illustrations

In the West we think we can control our individual destinies by swimming against the current, but Living in the Tao is effortless. Mantak Chia and William Wei present techniques to help us learn to connect with the universal truth within—without striving.



The Secret Teachings of the Tao Te Ching

Mantak Chia and Tao Huang

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\$16.95 (CAN \$22.95) pb
256 pages, 6 x 9
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For over 2,500 years the words of the Tao Te Ching, the primary scripture of Taoism and Taoism, have been regarded as among the greatest treasures of the world. Taoist masters Mantak Chia and Tao Huang analyze Lao-tzu's teachings line by line, and offer practical illustrations that clarify the true meaning and purpose of this classic text.



New-Available Simple Chi Kung

Exercises for Awakening the Life-Force Energy

Mantak Chia and Lee Holden

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Full color throughout

In *Simple Chi Kung*, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices.



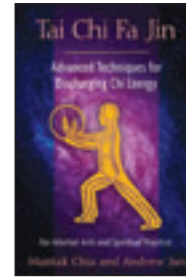
The Six Healing Sounds

Taoist Techniques for Balancing Chi

Mantak Chia

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\$16.95 (CAN \$19.95) pb
96 pages, 6 x 9
Color and b&w illustrations throughout
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Ancient Taoist masters discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.



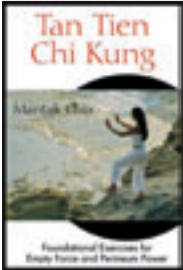
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Advanced Techniques for Discharging Chi Energy

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Fa Jin, an advanced yang style of Tai Chi, enables the practitioner to harness energy in the lower tan tien and discharge it as an explosively powerful blow. Integrates the teachings of Bruce Lee who made the "one-inch punch" technique famous.



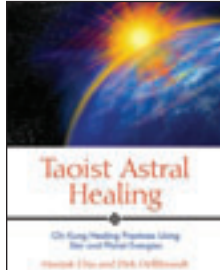
Tan Tien Chi Kung

Foundational Exercises for Empty Force and Perineum Power

Mantak Chia

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

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



Taoist Astral Healing

Chi Kung Healing Practices Using Star and Planet Energies

Mantak Chia and Dirk Oellibrandt

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

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



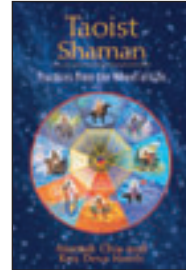
Taoist Cosmic Healing

Chi Kung Color Healing Principles for Detoxification and Rejuvenation

Mantak Chia

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

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



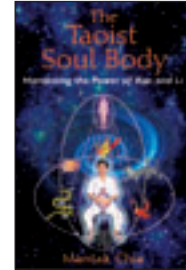
Taoist Shaman

Practices from the Wheel of Life

Mantak Chia and Kris Deva North

ISBN 978-1-59477-365-5
\$16.95 (CAN \$19.95) pb
192 pages, 6 x 9
Full color throughout

Taoist Shaman explains the principles of the Taoist Medicine Wheel, how it is oriented to the Five Elements rather than the Four Directions; how it relates to the Chinese zodiac and the I Ching; and how it aligns with the Eight Forces of the Pakua.



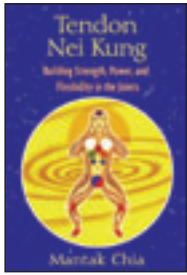
The Taoist Soul Body

Harnessing the Power of Kan and Li

Mantak Chia

ISBN 978-1-59477-137-8
\$14.95 (CAN \$16.95) pb
176 pages, 6 x 9
115 color and b&w illustrations

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

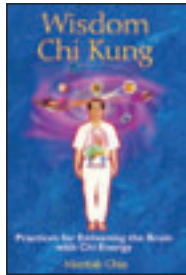


Tendon Nei Kung

Building Strength, Power, and Flexibility in the Joints
Mantak Chia

ISBN 978-1-59477-187-3
\$14.95 (CAN \$19.95) pb
144 pages, 6 x 9
268 color and
b&w illustrations

A guide to strengthening and repairing the tendons to fight aging. *Tendon Nei Kung* shows how strengthening the tendons can lead to more energy, healthier organs, and prevention of arthritis. The author explains how to practice the postures alone or with a partner.



Wisdom Chi Kung

Practices for Enlivening the Brain with Chi Energy
Mantak Chia

ISBN 978-1-59477-136-1
\$16.95 (CAN \$18.95) pb
160 pages, 6 x 9
Full color throughout

Wisdom Chi Kung teaches practitioners how to revitalize the brain by learning to stop the ceaseless chatter of the "monkey mind," and then recharge the brain with chi energy. These Taoist practices have been proven to increase and maintain mental awareness, memory, focus, and clarity.



The Jade Emperor's Mind Seal Classic

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

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

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



Tao of No Stress

Three Simple Paths
Stuart Alve Olson

ISBN 978-0-89281-987-4
\$9.95 (CAN \$14.50) pb
96 pages, 5 x 7.75
26 b&w photographs

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



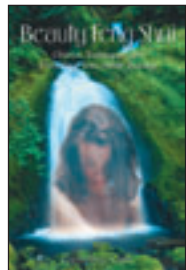
The Complete Tao Te Ching with the Four Canons of the Yellow Emperor

Jean Levi

ISBN 978-1-59477-359-4
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192 pages, 5.38 x 8.25

This book is the first to restore the Four Canons of the rightful place alongside the Tao Te Ching. Jean Levi provides extensive notes illuminating the connections between these two classic works.

**Eastern Religion & Philosophy—
Feng Shui & Vaastu**



Beauty Feng Shui

Chinese Techniques for Unveiling Your Inner Beauty
Chao-Hsiu Chen

ISBN 978-0-89281-852-5
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148 b&w illustrations

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



Body Feng Shui

The Ancient Chinese Science of Body Reading
Chao-Hsiu Chen

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

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



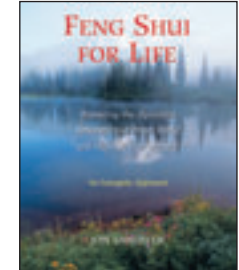
The Feng Shui Companion

A User-friendly Guide to the Ancient Art of Placement
George Birdsall

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

Also available in Spanish (see page 134)

Discover how just a few simple changes in your personal environment can have amazing effects on your physical and financial well-being.



Feng Shui for Life

Mastering the Dynamics between Your Inner World and Outside Environment
Jon Sandifer

ISBN 978-0-89281-856-3
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224 pages, 7.5 x 9.13
35 b&w illustrations

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



Taoist Feng Shui

The Ancient Roots of the Chinese Art of Placement
Susan Levitt

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

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

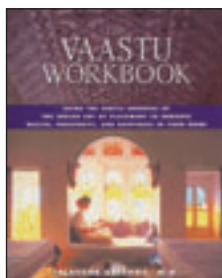


Vaastu: The Indian Art of Placement

Design and Decorate Homes to Reflect Eternal Spiritual Principles
Rohit Arya

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

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

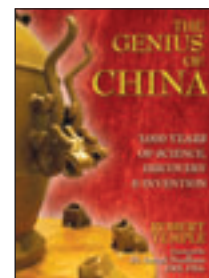


The Vaastu Workbook

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

ISBN 978-0-89281-940-9
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152 pages, 8 x 10
141 b&w illustrations

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



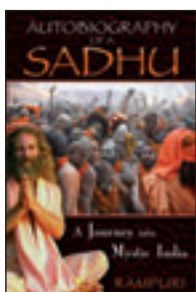
The Genius of China

3,000 Years of Science, Discovery, and Invention
Robert Temple

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

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Rampuri

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This autobiography is filled with true accounts of magic, miracles, ghosts, and austerities. Rampuri is the first foreigner to become a Naga Baba, an ancient and wild order of naked sadhus whom he calls the "Hell's Angels of Indian Spirituality."



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The Definitive Translation by Taoist Master Alfred Huang

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As a native Chinese speaker, Master Huang has imbued this I Ching with an accuracy and authenticity not achieved in other English translations. He also returns to prominence the Ten Wings, the commentaries by Confucius that are essential to the I Ching's insights.



The Numerology of the I Ching

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

ISBN 978-0-89281-811-2
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192 pages, 6 x 9

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

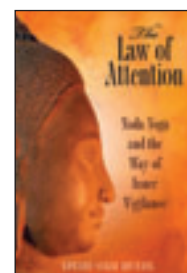


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Memoirs from the Himalayas
Nicholas Roerich

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

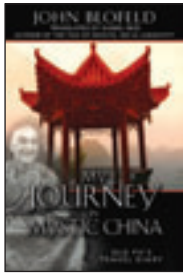


The Law of Attention

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Edward Salim Michael

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7 b&w illustrations

This book presents the spiritual teachings of Edward Salim Michael and the struggles that led to his enlightenment. Emphasizing inner attention and awareness, Michael's practices can help aspirants make direct contact with the divine source each of us carries within.



My Journey in Mystic China

Old Pu's Travel Diary

John Blofeld

Translated by Daniel Reid

Foreword by

Chungliang Ai Huang

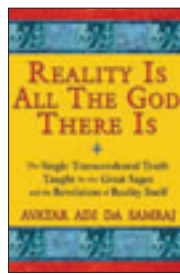
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This translation of John Blofeld's memoirs as a Westerner living in pre-Communist Revolution China paints an intimate portrait of ancient Chinese civilization. Originally written in Chinese for Chinese readers, Blofeld's travel diary reveals a rare uncensored view of the culture of "old" China.



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

Avatar Adi Da Samraj

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The great sages of Advaita Vedanta and Buddhism taught spiritual realization that exceeded both worldly dualism and mystical seeking. In this book, Realized Master Avatar Adi Da Samraj respeaks these teachings and reveals his realization of Reality As It Is, free from all forms of the ego's search.



Power Places of Kathmandu

Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal

Photography by Kevin Bubriski

Text by Keith Dowman

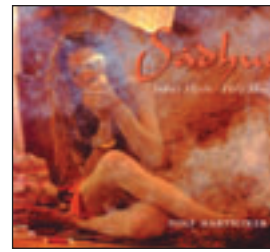
ISBN 978-0-89281-540-1

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Sādhus

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Dolf Hartsuiker

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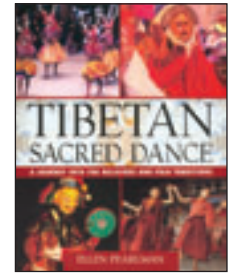
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and 11 b&w illustrations

Liberated from earthly concerns and living beyond the limits of space and time, these mystics form a vital and unbroken link between the birth of yoga millenia ago and its present-day expression. Spectacular color photos and evocative text trace the historical roots of the Sādhus and illuminate their beliefs and behaviors.



Tibetan Sacred Dance

A Journey into the Religious and Folk Traditions

Ellen Pearlman

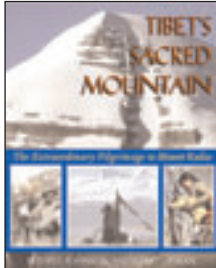
ISBN 978-0-89281-918-8

\$29.95 (CAN \$43.50) pb

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30 color, 70 b&w photographs

From the time Buddhism entered the mythical land of the snows, Tibetans have expressed their spiritual devotion and celebrated their culture with dance. This book—lavishly illustrated with color and rare historic photographs depicting the dances, costumes, and masks—is the first to explore the significance and symbolism of the sacred and secular ritual dances of Tibetan Buddhism.



Tibet's Sacred Mountain

The Extraordinary Pilgrimage to Mount Kailas

Russell Johnson and Kerry Moran

ISBN 978-0-89281-847-1

\$25.00 pb

128 pages, 8.5 x 10.25

115 color photographs

With spectacular color photography and vivid prose, *Tibet's Sacred Mountain* provides a stunning account of an awe-inspiring landscape and the pilgrims who venture there. Russell Johnson and Kerry Moran open a window on a magical land of pure light and dazzling color where the temporal and the eternal unite in every feature of the landscape.



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Yves Réquena

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Here is a fully illustrated introduction to this ancient discipline. The techniques of deliberate movement, conscious breathing, and visualization will energize you and bring you to a new level of well-being.



Kalaripayat

The Martial Arts Tradition of India

Patrick Denaud

Foreword by Marie-Claire Restoux, 1995 world Judo champion

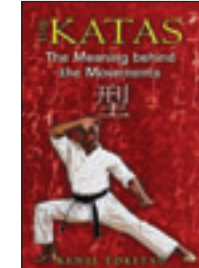
ISBN 978-1-59477-315-0

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192 pages, 6 x 9

Includes 16-page color insert

Kalaripayat is the most ancient of the Eastern martial arts. It draws from the science of breath, creating highly concentrated trance states and helping to control the flow of vital energy. The practitioner learns to be a capable fighter and an accomplished healer.



The Katas

The Meaning behind the Movements

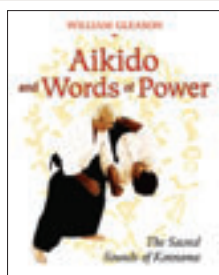
Kenji Tokitsu

ISBN 978-1-59477-348-8

\$16.95 (CAN \$19.95) pb

192 pages, 6 x 9

The dedication-to-perfection philosophy of the katas—specific sequences of movement in martial arts—is ubiquitous in Japanese society. This book explains how the katas transmit a profound ancient philosophy, not just technical movements.



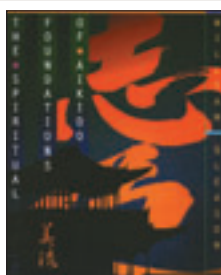
Aikido and Words of Power

The Sacred Sounds of Kototama

William Gleason

ISBN 978-1-59477-245-0
\$19.95 (CAN \$26.95) pb
272 pages, 8 x 10
398 b&w illustrations

The secrets of the sacred sounds that unlock the principles and spiritual strength of aikido are explained, along with the nature of the five vowels governing physical manifestations of universal consciousness. The author uses photographs to demonstrate how this approach fosters advanced spiritual practice.

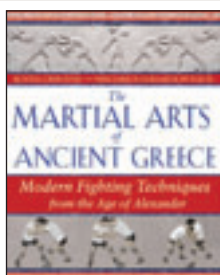


The Spiritual Foundations of Aikido

William Gleason

ISBN 978-0-89281-508-1
\$24.95 (CAN \$31.95) pb
216 pages, 8 x 10
180 b&w photographs

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



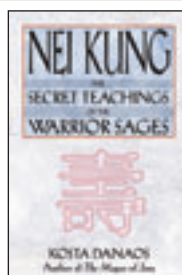
The Martial Arts of Ancient Greece

Modern Fighting Techniques from the Age of Alexander

Kostas Dervenis and Nektarios Lykiardopoulos

ISBN 978-1-59477-192-7
\$19.95 (CAN \$26.95) pb
256 pages, 8 x 10
423 b&w illustrations

The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In *The Martial Arts of Ancient Greece*, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today.



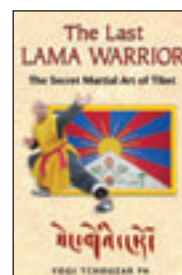
Nei Kung

The Secret Teachings of the Warrior Sages

Kosta Danaos

ISBN 978-0-89281-907-2
\$14.95 (CAN \$21.95) pb
192 pages, 6 x 9
35 b&w illustrations

Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy—the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy.



The Last Lama Warrior

The Secret Martial Art of Tibet

Yogi Tchouzar Pa

ISBN 978-1-59477-285-6
\$19.95 (CAN \$26.95) pb
240 pages, 6 x 9
Includes an 8-page color insert and an 8-page b&w insert

The Last Lama Warrior is the first English book to reveal the principles and techniques of the Tibetan martial art of Senguei Ngaro. Author Yogi Tchouzar Pa explains the postures, rules and teachings of this almost vanished Tibetan Buddhist tradition.

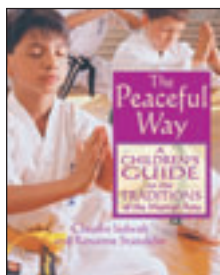


Martial Arts Teaching Tales of Power and Paradox

Freeing the Mind, Focusing Chi, and Mastering the Self
Pascal Fauliot

ISBN 978-0-89281-882-2
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128 pages, 5.38 x 8.25

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



The Peaceful Way

A Children's Guide to the Traditions of the Martial Arts

Claudio Iedwab and Roxanne Standefer

ISBN 978-0-89281-929-4
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112 pages, 8 x 9.13
40 b&w illustrations

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



Qigong for Women

Low-Impact Exercises for Enhancing Energy and Toning the Body

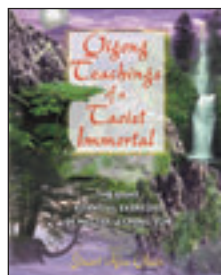
Dominique Ferraro

ISBN 978-0-89281-838-9
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168 pages, 8 x 10
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A qigong teacher provides comprehensive instructions for dozens of exercises specifically designed for women's health. Includes sections on sexuality, osteoporosis, pregnancy, weight control, and physical and emotional stress.

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

The Bookwatch



Qigong Teachings of a Taoist Immortal

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Stuart Alve Olson

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192 pages, 8 x 10
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Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to the Eight Brocades as the quintessence of qigong practice.



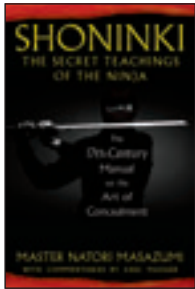
Shaolin Qi Gong

Energy in Motion

Shi Xinggu

ISBN 978-1-59477-264-1
\$19.95 (CAN \$23.50) pb
160 pages, 6 x 9
82 color illustrations
Includes a 53-minute DVD

Shaolin Temple qi gong is founded on spiritual principles established by Bodhidharma in the 6th century C.E. This book presents short and long forms of the daily exercises and includes a DVD of techniques demonstrated by the author.



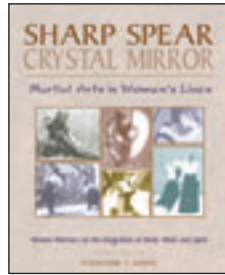
Shoninki: The Secret Teachings of the Ninja

The 17th-Century Manual on the Art of Concealment

Master Natori Masazumi
With commentaries by Axel Mazuer

ISBN 978-1-59477-343-3
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3 b&w illustrations

The ninja were trained in secret schools using only a few books, written in code. The *Shoninki*, is one of these coded manuals, presenting the arts of concealment, espionage, and survival. This classic text confirms the path of the ninja as an authentic spiritual discipline.



Sharp Spear, Crystal Mirror

Martial Arts in Women's Lives

Stephanie T. Hoppe

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

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



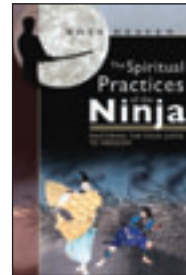
T'ai Chi According to the I Ching

Embodying the Principles of the Book of Changes

Stuart Alve Olson

ISBN 978-0-89281-944-7
\$22.95 (CAN \$31.50) pb
240 pages, 8 x 10
80 b&w illustrations

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



The Spiritual Practices of the Ninja

Mastering the Four Gates to Freedom

Ross Heaven

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

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

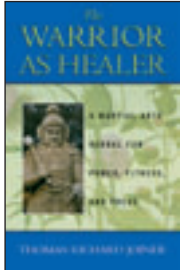


Tao and T'ai Chi Kung

Robert C. Sohn

ISBN 978-0-89281-217-2
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Tai Chi Kung is usually taught emphasizing form. This is the first book to discuss the deeper aspects of energy development and the unification of spiritual principle, emotion, intellect, and movement.



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Thomas Richard Joiner

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A certified instructor in Chinese goju martial arts provides complete instructions for preparing herbal recipes and formulas that have been used successfully for centuries in Chinese martial arts training.



The Warrior Is Silent

Martial Arts and the Spiritual Path

Scott Shaw, Ph.D.

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80 b&w photographs

This is an essential guide for anyone interested in a spiritually centered martial arts practice. The author presents a well-illustrated series of self-defense techniques that utilize ki energy in order to establish a balance between the physical and spiritual aspects of the martial arts.

Western Religion & Philosophy—Alternative Christian Studies

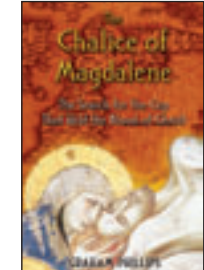


The Brother of Jesus and the Lost Teachings of Christianity

Jeffrey J. Bütz

ISBN 978-1-59477-043-2
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While Peter is traditionally thought of as the leader of the apostles, it was James who led the disciples after the crucifixion. Jeffrey Bütz offers a vision that is sometimes at odds with Christian doctrine and concludes that James links Christianity, Judaism, and Islam, and can serve to heal centuries of enmity.



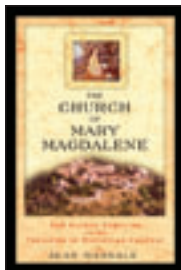
The Chalice of Magdalene

The Search for the Cup That Held the Blood of Christ

Graham Phillips

ISBN 978-1-59143-038-4
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Popular Arthurian stories of the Middle Ages depict the Holy Grail as Christ's cup from the Last Supper, believed to have been endowed with miraculous powers. Graham Phillips offers an astonishing adventure that reveals the historical King Arthur, the secret legacy of an ancient noble family, and a trail of clues hidden in the English countryside that lead to a mysterious grotto, a forgotten attic and the lost chalice.



The Church of Mary Magdalene

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

Jean Markale

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



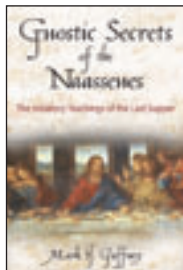
The Discovery of the Nag Hammadi Texts

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

Jean Doresse

ISBN 978-1-59477-045-6
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384 pages, 6 x 9
12 b&w illustrations

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



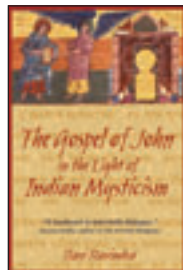
Gnostic Secrets of the Naassenes

The Initiatory Teachings of the Last Supper

Mark H. Gaffney

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



The Gospel of John in the Light of Indian Mysticism

Ravi Ravindra, Ph.D.

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



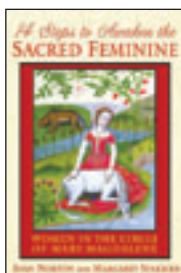
Jesus after the Crucifixion

From Jerusalem to Rennes-le-Château

Graham Simmans

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328 pages, 6 x 9
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Jesus did not die on the cross. He survived and went to southern France with his wife, Mary. Graham Simmans, who spent many years on a quest to find the real beginnings of Christianity, contends that true Christianity was brought into France, Britain, and Spain from first century Egypt and Judea, not fourth- and fifth-century Rome.



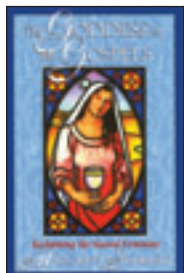
14 Steps to Awaken the Sacred Feminine

Women in the Circle of Mary Magdalene

Joan Norton and Margaret Starbird

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This practical guide for inviting the wisdom of Mary Magdalene into everyday life is designed for those interested in the sacred feminine wisdom of the Goddess. Includes wisdom stories, guided meditations, journaling questions and a workbook for the spiritual pathwork of Magdalene Circles.



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Reclaiming the Sacred Feminine

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



Magdalene's Lost Legacy

Symbolic Numbers and the Sacred Union in Christianity

Margaret Starbird

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

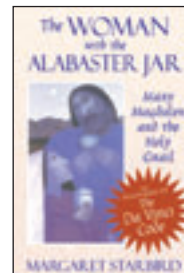


Mary Magdalene, Bride in Exile

Margaret Starbird

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



The Woman with the Alabaster Jar

Mary Magdalene and the Holy Grail

Margaret Starbird

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



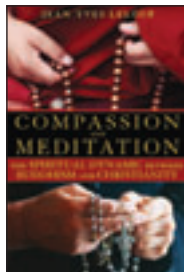
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The betrayal of Jesus to the Romans was Jesus's idea, explains Jean-Yves Leloup. Careful investigation of the gospels, various apocryphal texts, and the Coptic codex known as the Gospel of Judas, lead him to conclude that there is more to the story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



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A profound reflection on how complementary themes in Buddhism and Christianity could serve as the basis for a truly ecumenical faith, this book shows how Buddha and Jesus represent the distinct yet complementary values of meditation and compassion.



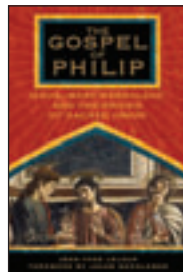
The Gospel of Mary Magdalene

Jean-Yves Leloup

Foreword by Jacob Needleman

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\$14.95 (CAN \$21.95) pb
208 pages, 6 x 9

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



The Gospel of Philip

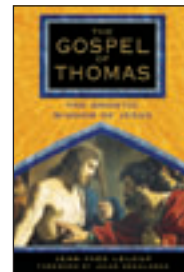
Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup

Foreword by Jacob Needleman

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



The Gospel of Thomas

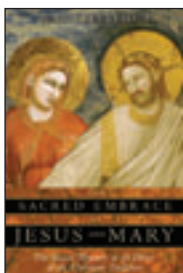
The Gnostic Wisdom of Jesus

Jean-Yves Leloup

Foreword by Jacob Needleman

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240 pages, 6 x 9

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



The Sacred Embrace of Jesus and Mary

The Sexual Mystery at the Heart of the Christian Tradition

Jean-Yves Leloup

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



Jesus the Rabbi Prophet

A New Light on the Gospel Message

Jacques Baldet

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



The Secret Initiation of Jesus at Qumran

The Essene Mysteries of John the Baptist

Robert Feather

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



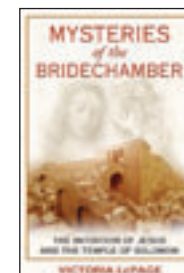
Jesus the Wicked Priest

How Christianity Was Born of an Essene Schism

Marvin Vining

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Jesus the Wicked Priest shows how Jesus, a former Essene, was deemed the "Wicked Priest" for his liberationist politics and humanist bent. It also reopens Christian doctrinal questions such as reincarnation and the Virgin birth—even demonstrating that these two issues are related.



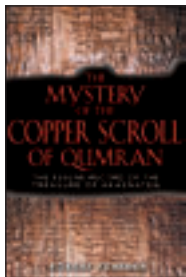
Mysteries of the Bridechamber

The Initiation of Jesus and the Temple of Solomon

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Jesus reinstated the tradition of sacred consortship—the bridechamber sacrament—whereby the marriage of the masculine and feminine energies was effected. This rite was the primary focus of Jesus' teachings, the very heart of his exhortations to love thy neighbor, and the source of his healing power.



The Mystery of the Copper Scroll of Qumran

The Essene Record of the Treasure of Akhenaten

Robert Feather

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



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The Virgin Mary Conspiracy

The True Father of Christ and the Tomb of the Virgin

Graham Phillips

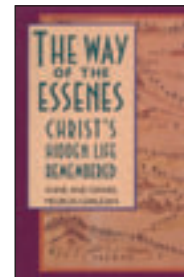
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The fate of the Virgin Mary is one of the greatest mysteries of the Bible. In 1950 an archaeologist of the Vatican museum found a fourth-century manuscript indicating the discovery of Mary's tomb on an island off the west coast of Britain in A.D. 597.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



The Way of the Essenes

Christ's Hidden Life Remembered

Anne and Daniel Meurois-Givaudan

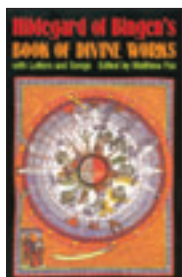
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Through direct revelation, the authors received—over a two-year period—detailed knowledge of the Essene teachings and their role in preparing Christ for his mission. Their account complements the gospels, clarifying and enlarging upon mysterious parts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

Western Religion & Philosophy—Creation Spirituality



Hildegard of Bingen's Book of Divine Works

With Letters and Songs

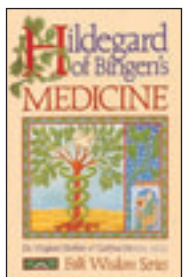
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Hildegard of Bingen's Spiritual Remedies

Dr. Wighard Strehlow

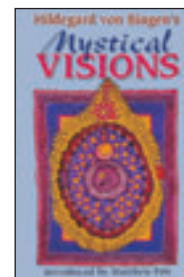
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Western Religion & Philosophy—Judaica



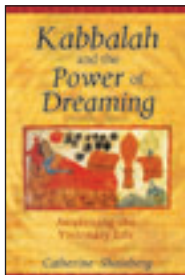
Feminine Mysteries in the Bible

The Soul Teachings of the Daughters of the Goddess

Ruth Rusca

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160 pages, 6 x 9

Ruth Rusca explores how four archetypal women in the Bible—Tamar, Rahab, Ruth, and Bathsheba—represent the transformative power of the feminine life force and the four stages of soul consciousness. She shows that the dogma of the Immaculate Conception symbolizes a feminine mystery in men and women, allowing us to recognize a holy daughter within ourselves, realized by Mary Magdalene as a sacred counterpart to Jesus, the son of God.



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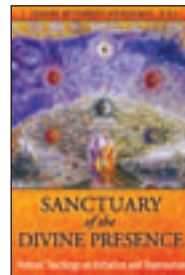
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The Seven Holy Women of Ancient Israel

J. Zohara Meyerhoff

Hieronimus, D.H.L.
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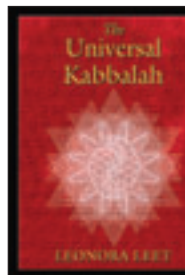
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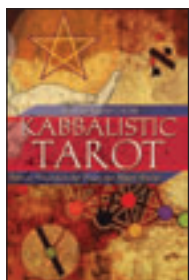


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Foreword by Dolores Ashcroft-Nowicki, author of *Magical Use of Thought Forms*

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New-July 2012
The Real Name of God

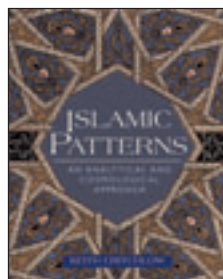
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Haleh Pourafzal and Roger Montgomery

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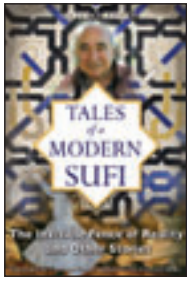
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Foreword by Coleman Barks

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The Spiritual Practices of Rumi

Radical Techniques for Beholding the Divine

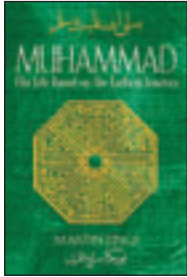
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His Life Based on the Earliest Sources

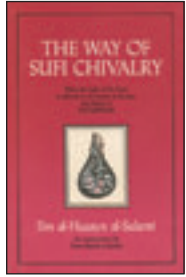
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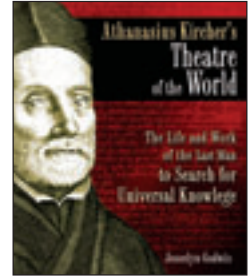
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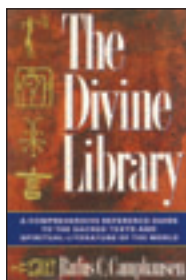


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Lucien X. Polastron

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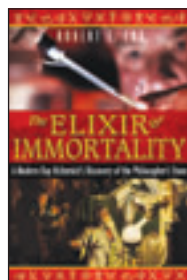
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Rufus C. Camphausen

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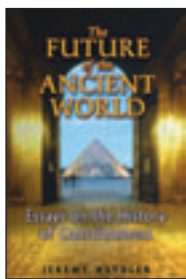
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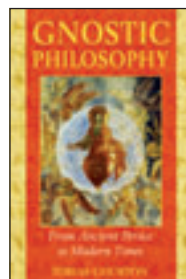
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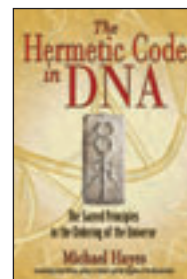
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The Hermetic Code in DNA

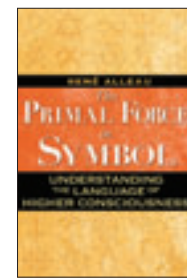
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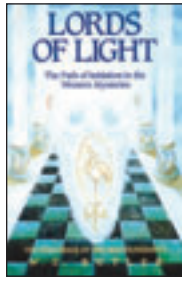


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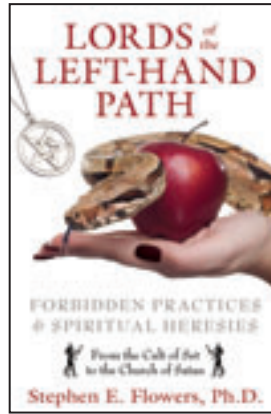
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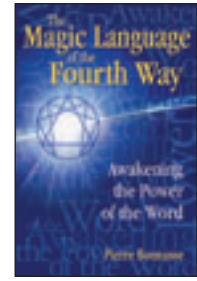
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The Mysteries of Mithras

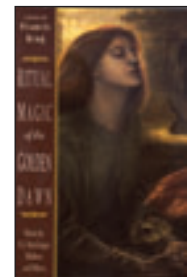
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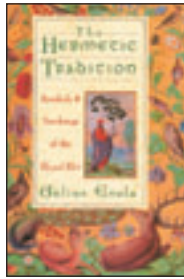


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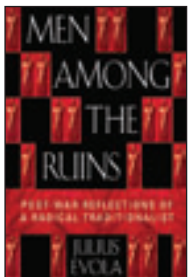


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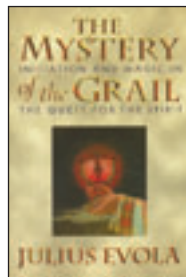


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Initiation and Magic in the Quest for the Spirit
Julius Evola

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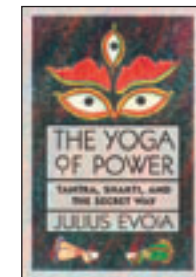


Ride the Tiger

A Survival Manual for the Aristocrats of the Soul
Julius Evola

Translated by Joscelyn Godwin and Constance Fontana
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Julius Evola's final major work identifies the type of person capable of "riding the tiger," who can give absolute meaning to life in a world of dissolution while transforming destructive processes into inner liberation. *Ride the Tiger* presents an implacable criticism of the idols and illusions of our modern age, offering hope for those who wish to reembrace Tradition.

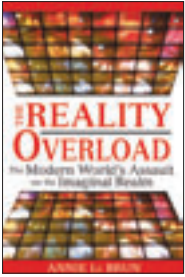


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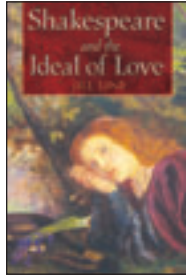
Drawing from original texts on self-mastery, Evola discusses two Hindu movements—Tantrism and Shaktism—that emphasize a path of action to gain power over energies latent within the body.



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The Modern World's Assault on the Imaginal Realm

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14 b&w illustrations

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

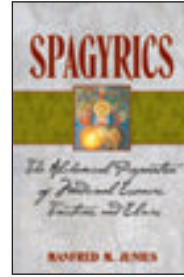


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Martin Lings

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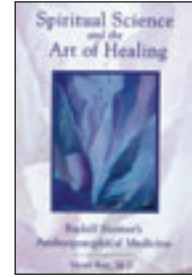
Shakespeare's plays, argues author Martin Lings, concern far more than the workings of the human psyche; they are sacred, visionary works that, through the use of esoteric symbol and form, mirror the passage the soul must make to reach its final sacred union with the divine.



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Victor Bott, M.D.

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Ina Custers-van Bergen
Foreword by Gareth Knight

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This book reveals the training techniques of the mystery schools of early civilizations—what is now thought of as magic. Sometimes called the Yoga of the West, these spiritual initiations seek to create full union between the magician and the divine.

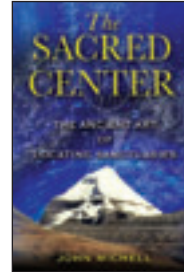


The Dimensions of Paradise

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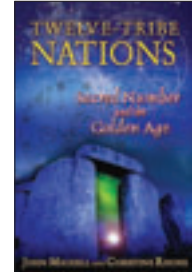
John Michell reveals a structure of geometry and number that represents the essential order of the heavens and functions as a map of paradise. He demonstrates that the same numerical code underlying sacred structures from ancient times to the Christian era is the science and cosmology on which the ancient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



The Sacred Center
The Ancient Art of Locating Sanctuaries

John Michell
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The Sacred Center reveals the symbolism and power behind sacred locations in ancient and modern times. Michell explains the need and role for ritual centers in modern society, while examining how ancient territorial centers were sited throughout the world.



Twelve-Tribe Nations

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John Michell and
Christine Rhone

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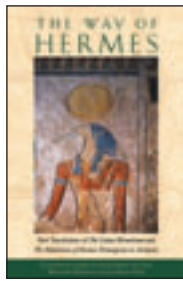
Twelve-Tribe Nations explores the symbolism and use of the number twelve in organizing ancient societies, connecting this sacred number with the twelve months of the year, the twelve signs of the zodiac, an ideal social order and a golden age of humanity.



A Mystical Key to the English Language

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



The Way of Hermes

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

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

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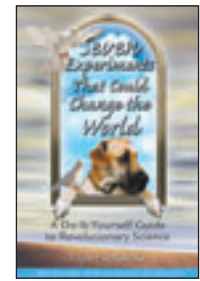
The Way of Hermes includes the first English translation of the recently rediscovered manuscript of *The Definitions of Hermes Trismegistus to Asclepius*. This new translation of *The Corpus Hermeticum* is of enormous value to the contemporary student of Gnostic studies.



William Blake's Sexual Path to Spiritual Vision

Marsha Keith Schuchard
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 \$19.95 pb
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 53 b&w illustrations

William Blake is revered as an artist and poet whose work expressed an authentically spiritual vision. This book investigates the radical psychosexual practices and the erotic and visionary experiments that fueled much of Blake's creative life. It shows that Blake was influenced by kabbalistic and tantric rituals designed to transcend the bonds of social convention.

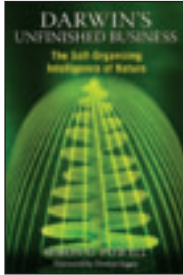


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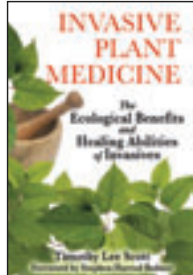


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Timothy Lee Scott
 Foreword by Stephen Harrod Buhner

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The Secret Teachings of Plants

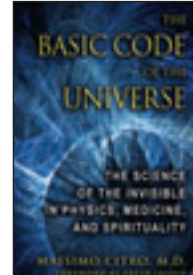
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Also available in Spanish (see page 135)

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



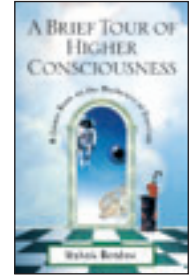
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Massimo Citro, M.D.
 Foreword by Ervin Laszlo

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Linking the work of Ervin Laszlo, Rupert Sheldrake, Richard Gerber, and Masaru Emoto, this book shows how a basic code connects every person, plant, animal, and mineral. The author's healing system taps into this basic code in a "pure" informational form.

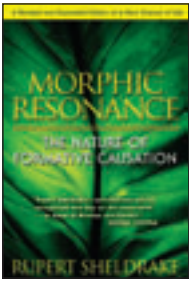


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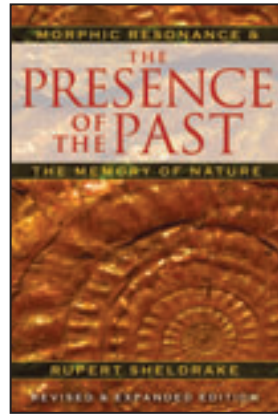
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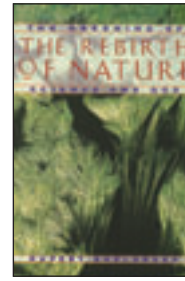
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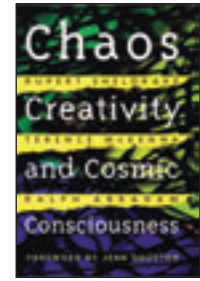
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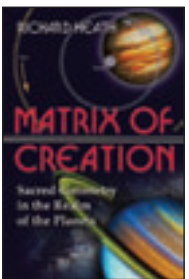
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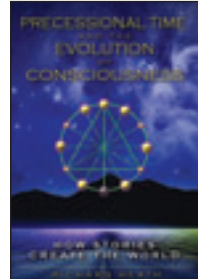
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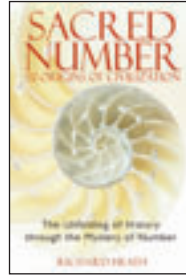
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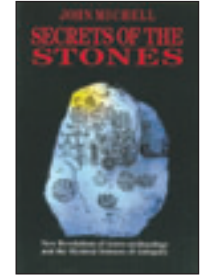
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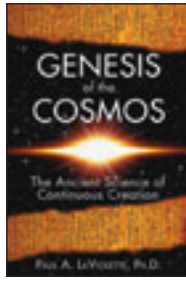
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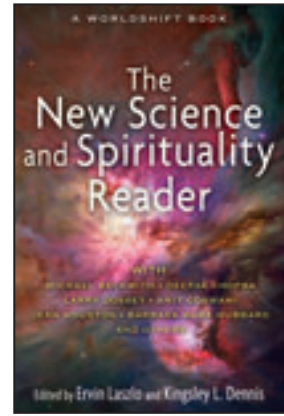
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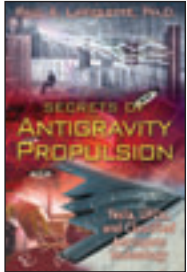
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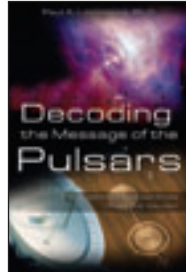
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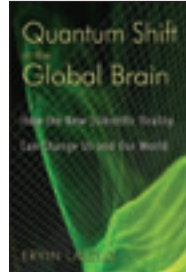
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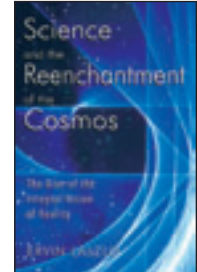
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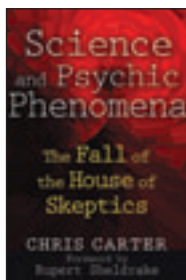
Scientists working at the outermost frontiers of every field are finding a cosmos that is connected, coherent, and bears a profound resemblance to the visions held in the earliest spiritual traditions in which the physical world and spiritual experience were both aspects of the same reality and man and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



WorldShift 2012
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 Ervin Laszlo
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 Ervin Laszlo calls us to a profound shift in consciousness founded in the understanding that we are truly connected with each other and with the cosmos. *WorldShift 2012* describes the tools we have to make our world greener and our planet safer.



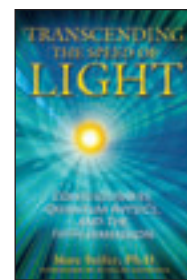
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Science and Psychic Phenomena
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 Parapsychology is routinely attacked in the mainstream because its very existence challenges doctrinaire materialism. Chris Carter calls us to disregard this church of skepticism and to reach our own conclusions by looking at the vast body of psi evidence.



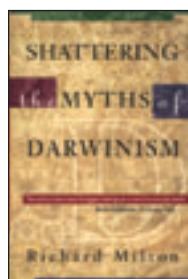
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On the Mechanics of Consciousness
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Consciousness, Quantum Physics, and the Fifth Dimension
 Marc Seifer, Ph.D.
 Foreword by Stanley Krippner
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 80 b&w illustrations
 The space-time continuum of physics ignores the realm of the mind. But consciousness is unconfined by space or time and represents a higher organizing principle, a fifth dimension, that transcends the speed of light. Marc Seifer examines relativity, ether theory, precognition, telepathy, and synchronicity, all from the perspective of the conscious universe.



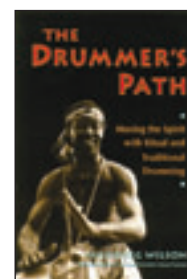
Alternative Science
Challenging the Myths of the Scientific Establishment
 Richard Milton
 ISBN 978-0-89281-631-6
 \$16.95 (CAN \$25.95) pb
 272 pages, 6 x 9
 This tour of the scientific frontier makes a strong case that the alternative science of today will be the hard science of the future.
 "Milton utters some important warnings. We ignore them at our peril."
London Times



Shattering the Myths of Darwinism
 Richard Milton
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 320 pages, 6 x 9
 10 b&w illustrations
 Sticking to the facts at hand and tackling a vast array of topics, *Shattering the Myths of Darwinism* offers compelling evidence that the theory of evolution has become an act of faith rather than a functioning science and that the most important assumptions on which Darwinism rests are wrong.
 "The world of science faces the biggest challenge yet to one of its most basic beliefs."
London Times



Cosmic Music
Musical Keys to the Interpretation of Reality
 Edited by Joscelyn Godwin
 ISBN 978-0-89281-070-3
 \$16.95 (CAN \$21.95) pb
 256 pages, 6 x 9
 The idea that the universe is created out of sound or music (and therefore *is* music) is a very ancient one. In this book, Joscelyn Godwin brings together three contemporary German thinkers who exemplify this tradition in its modern variants: Marius Schneider, Rudolf Haase, and Hans Erhard Lauer.



The Drummer's Path
Moving the Spirit with Ritual and Traditional Drumming
 Sule Greg Wilson
 Foreword by Babatunde Olatunji
 ISBN 978-0-89281-359-9
 \$16.95 (CAN \$20.95) pb
 160 pages, 6 x 9
 Drummer, dancer, and folklorist Sule Greg Wilson introduces the principles behind African and Diaspora music, including breath, posture, and orchestration.



Second Printing with Additions and Corrections
Harmonic Experience

Tonal Harmony from Its Natural Origins to Its Modern Expression
 W. A. Mathieu

ISBN 978-0-89281-560-9
 \$50.00 (CAN \$80.00) hardcover
 576 pages, 8.5 x 11

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

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

Pete Seeger, folksinger



Harmonies of Heaven and Earth

Mysticism in Music from Antiquity to the Avant-Garde
 Joscelyn Godwin

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

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

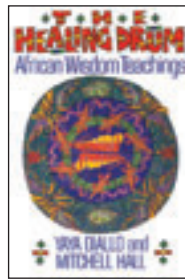


The Harmony of the Spheres

The Pythagorean Tradition in Music
 Joscelyn Godwin

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

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

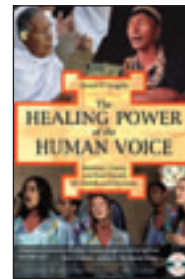


The Healing Drum

African Wisdom Teachings
 Yaya Diallo and Mitchell Hall

ISBN 978-0-89281-256-1
 \$16.95 (CAN \$23.95) pb
 224 pages, 6 x 9

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

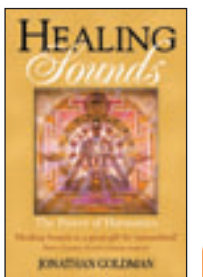


The Healing Power of the Human Voice

Mantras, Chants, and Seed Sounds for Health and Harmony
 James D'Angelo

ISBN 978-1-59477-050-0
 \$19.95 (CAN \$26.95) pb
 192 pages, 6 x 9
 71 b&w illustrations
 Includes 72-minute CD

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



Healing Sounds

The Power of Harmonics

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

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



The Magic Flute Unveiled

Esoteric Symbolism in Mozart's Masonic Opera
 Jacques Chailley

ISBN 978-0-89281-358-2
 \$19.95 (CAN \$26.95) pb
 368 pages, 5.38 x 8.25

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

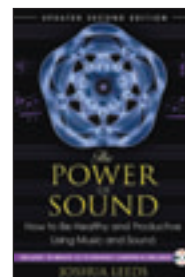


Music and the Power of Sound

The Influence of Tuning and Interval on Consciousness
 Alain Daniélou

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

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



Revised and Updated Edition

The Power of Sound

How to Be Healthy and Productive Using Music and Sound
 Joshua Leeds

ISBN 978-1-59477-350-1
 \$19.95 (CAN \$23.95) pb
 320 pages, 6 x 9
 Includes 75-minute CD

We are surrounded by sound, and what we hear can either energize or deplete us. Joshua Leeds shows how sound can be a powerful ally. It includes a CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound.



The Secret Lore of Music

The Hidden Power of Orpheus

Fabre d'Olivet
 Translated by Joscelyn Godwin

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

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



The Secret Power of Music

The Transformation of Self and Society through Musical Energy

David Tame
 ISBN 978-0-89281-056-7
 \$16.95 (CAN \$23.95) pb
 304 pages, 5.38 x 8.25

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



The Soundscape

Our Sonic Environment and the Tuning of the World
 R. Murray Schafer

ISBN 978-0-89281-455-8
 \$16.95 pb
 320 pages, 6 x 9

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



The Spiritual Dimensions of Music

Altering Consciousness for Inner Development
 R. J. Stewart

ISBN 978-0-89281-312-4
 \$16.95 (CAN \$22.50) pb
 160 pages, 5.25 x 8.5

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



The Tao of Voice

A New East-West Approach to Transforming the Singing and Speaking Voice
 Stephen Chun-Tao Cheng

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

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



The World Is Sound: Nada Brahma

Music and the Landscape of Consciousness
 Joachim-Ernst Berendt

ISBN 978-0-89281-318-6
 \$18.95 (CAN \$25.95) pb
 272 pages, 6 x 9

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

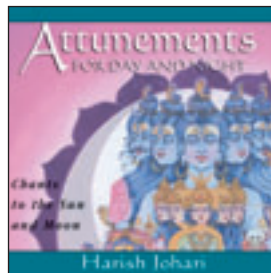


Attunements for Dawn and Dusk

Music to Enhance Morning and Evening Meditation

Harish Johari
 ISBN 978-0-89281-853-2
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 Two 60-minute CDs

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



Attunements for Day and Night

Chants to the Sun and Moon
 Harish Johari

ISBN 978-1-59477-073-9
 \$12.95 (CAN \$17.95)
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Japa—the repeated chanting of a mantra—is an age-old Hindu technique to help you become attuned with the planets and their ruling deities and thereby create peace and prosperity in your life. Noted Tantric scholar Harish Johari chants the mantras associated with the Sun and the Moon.

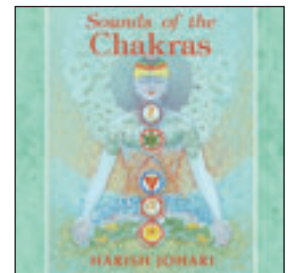


Sounds of Tantra

Mantra Meditation Techniques from Tools for Tantra

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

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

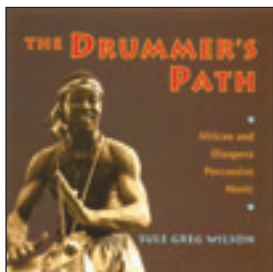


Sounds of the Chakras

Harish Johari

ISBN 978-1-59477-001-2
 \$12.95 (CAN \$18.95)
 60-minute CD

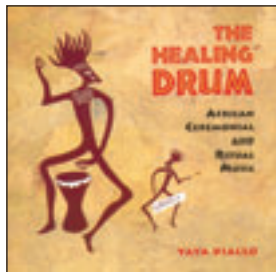
A companion to Harish Johari's book *Chakras: Energy Centers of Transformation*, this CD provides the authentic sounds for meditation on each of the chakras. In *Sounds of the Chakras*, Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students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



The Drummer's Path
African and Diaspora Percussive Music
Sule Greg Wilson

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

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



The Healing Drum
African Ceremonial and Ritual Music
Yaya Diallo

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

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

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



Ritual Drumming
Evoking the Sacred through Rhythms of the Spirit
Mishlen Linden and Louis Martinie

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

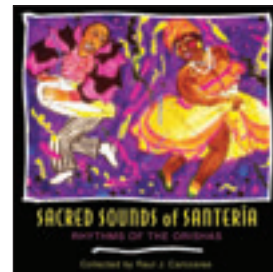
This CD presents a sampling of spiritual drumming featuring the conga, shekerai, Middle Eastern dumbek, Ashanti talking drum (djun-djun), bodhran, trap tom, mridangam, Senegal and Ivory Coast djembes, Haitian agogo, the Chinese finger drum and other percussion instruments. Festival and ritual pieces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



Sacred Sounds of the Female Orishas
Rhythms of the Goddess

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

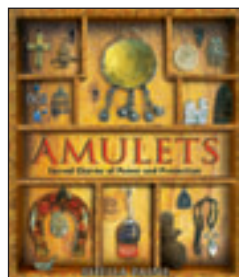
Contains songs praising different aspects of the Goddess in the form of Oya, Yemaya, Oshun, Yewa, and Obba. Collected by Raul Canizares (1955-2002), head of the Santeria Temple Orisha Consciousness Movement in Manhattan and author of *Cuban Santeria and Shango: An African-American Titan*, the CD presents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



Sacred Sounds of Santeria
Rhythms of the Orishas

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

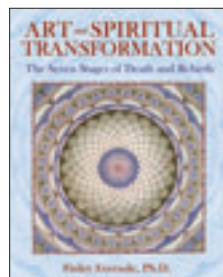
Practitioners of the Afro-Cuban religion Santeria believe that powerful spirit forces—*orishas*—provide guidance and inspiration in the form of song. Listening intently creates a bridge between God and humankind that releases the orisha's healing power. *Sacred Sounds of Santeria* includes rare field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



Amulets
Sacred Charms of Power and Protection
Sheila Paine

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

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



Art and Spiritual Transformation
The Seven Stages of Death and Rebirth
Finley Eversole, Ph.D.

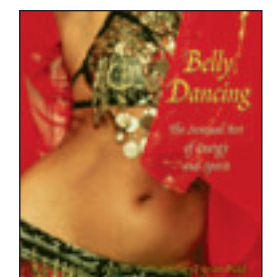
ISBN 978-1-59477-281-8
\$24.95 (CAN \$33.95) pb
400 pages, 8 x 10
Includes 16-page color insert and 75 b&w illustrations

Art and Spiritual Transformation presents a seven-stage journey of transformation from the darkened soul to the light of spiritual illumination, revealing the primal role of art in liberating the soul. Includes a meditation practice to experience the spiritual energy in art.



The Ayahuasca Visions of Pablo Amaringo

Howard G. Charing, Peter Cloudsley, and Pablo Amaringo
ISBN 978-1-59477-345-7
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Includes 48 color plates and 12 color photographs
Pablo Amaringo's stunning art was inspired by shamanic visions. A master communicator of the ayahuasca experience, Amaringo's work is a doorway into a transcendent world. Contains 47 full-color reproductions of Amaringo's never-before-published paintings.



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

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\$24.95 (CAN \$27.95) pb
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Full color throughout
Belly dancing is pure sensuousness and has enchanted people since ancient times. Yet beyond its erotic aspects, belly dancing offers many physical and emotional benefits. *Belly Dancing* covers all aspects of this ancient art, beginning with its origins and mythical connections to the moon goddess. Practical instructions with photographs and guidance in costuming are included.



Crystal and Dragon

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

David Wade

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300 b&w illustrations

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Messenger of Beauty

The Life and Visionary Art of Nicholas Roerich

Jacqueline Decter, Ph.D.

ISBN 978-0-89281-493-0

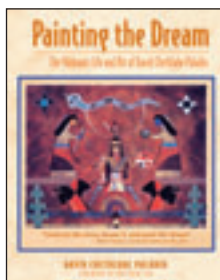
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Artist, archaeologist, explorer, and peacemaker, Nicholas Roerich (1874–1947) left a rich legacy that comprises 7,000 paintings, drawings, set and costume designs, and 30 books.



Painting the Dream

The Shamanic Life and Art of David Chethlahe Paladin

David Chethlahe Paladin

Foreword by Matthew Fox

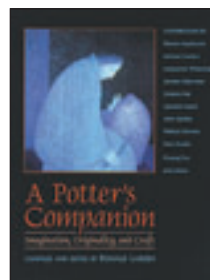
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120 pages, 8.5 x 11

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



A Potter's Companion

Imagination, Originality, and Craft

Ronald Larsen

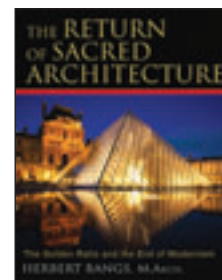
ISBN 978-0-89281-445-9

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43 b&w illustrations

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



The Return of Sacred Architecture

The Golden Ratio and the End of Modernism

Herbert Bangs, M.Arch.

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201 b&w illustrations

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



Sacred Mirrors Cards

Alex Grey

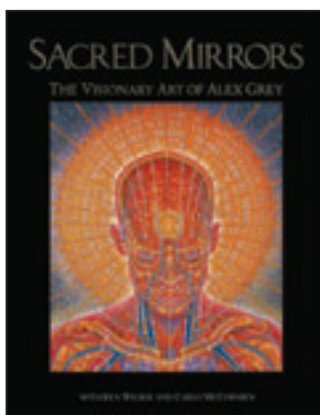
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Featuring reproductions of all twenty-one of Alex Grey's Sacred Mirrors paintings plus two additional images, this deck leads the viewer through the process of theosis—that is, coming closer to God—through contemplation of iconic archetypes and seeing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



Sacred Mirrors

The Visionary Art of Alex Grey

Alex Grey, with Ken Wilber and Carlo McCormick

ISBN 978-0-89281-314-8

\$29.95 (CAN \$43.95) pb

96 pages, 10.5 x 13.5

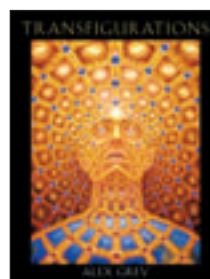
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ISBN 978-0-89281-257-8

\$39.95 (CAN \$64.00) hardcover

Also available in Spanish (see page 134)

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



Transfigurations

Alex Grey

ISBN 978-1-59477-017-3

\$39.95 (CAN \$55.00) pb

176 pages, 10.5 x 13.5

202 color and 93 b&w images

ISBN 978-0-89281-851-8

\$49.95 (CAN \$75.00) hardcover

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



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Alex Grey

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\$125.00 (CAN \$180.00) Cased set

Contains two hardcover editions:

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252 bound color plates

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Artist Alex Grey is creating some of the most beautiful and refined paintings in the world today. This collector's edition contains the following:

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- Portfolio of six new paintings suitable for framing
- The protective case acts as an altar
- Contains over 250 color paintings



Sacred Woman, Sacred Dance

Awakening Spirituality Through Movement and Ritual

Iris J. Stewart

ISBN 978-0-89281-605-7
\$29.95 (CAN \$43.50) pb
256 pages, 8 x 10

84 color and 67 b&w illustrations and photographs

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



A Yoga of Indian Classical Dance

The Yogini's Mirror

Roxanne Kamayani Gupta, Ph.D.

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

**Ancient Mysteries—
Templars & Secret Societies**



Christopher Columbus, the Last Templar

Ruggero Marino

ISBN 978-1-59477-190-3
\$19.95 (CAN \$23.95) pb
392 pages, 6 x 9
Includes 8-page color insert and 2 b&w illustrations

According to historic documents and maps revealed by Ruggero Marino, Columbus knew, sailing west, he would find the "New World," not Asia. *Christopher Columbus, the Last Templar* is the untold story of the secret alliance behind the "discovery" of America, revealing how a utopian dream of brotherhood fueled a murderous power struggle involving secret societies, popes, and kings.



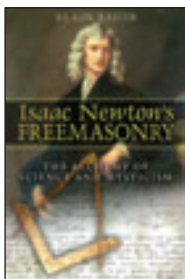
Founding Fathers, Secret Societies

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

Robert Hieronimus, Ph.D.
with Laura Cortner

ISBN 978-1-59477-087-6
\$16.95 (CAN \$22.95) pb
256 pages, 6 x 9
57 b&w illustrations

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



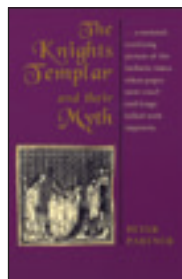
Isaac Newton's Freemasonry

The Alchemy of Science and Mysticism

Alain Bauer

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

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

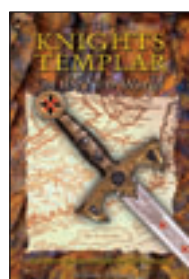


The Knights Templar and Their Myth

Peter Partner

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

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



The Knights Templar in the New World

How Henry Sinclair Brought the Grail to Acadia

William F. Mann

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

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



The Templar Meridians

The Secret Mapping of the New World

William F. Mann

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

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



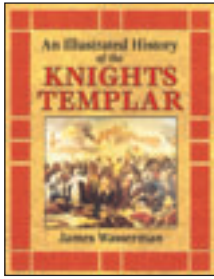
The Knights Templar in the Golden Age of Spain

Their Hidden History on the Iberian Peninsula

Juan García Atienza

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

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



An Illustrated History of the Knights Templar

James Wasserman

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

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



The Mystery Traditions

Secret Symbols and Sacred Art

James Wasserman

ISBN 978-1-59477-088-3
\$19.95 (CAN \$26.95) pb
160 pages, 9 x 11.5

135 color and 36 b&w illustrations

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



The Templars and the Assassins

The Militia of Heaven

James Wasserman

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

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



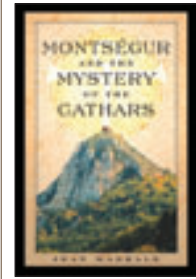
The Secrets of Masonic Washington

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

James Wasserman

ISBN 978-1-59477-266-5
\$16.95 (CAN \$19.95) pb
192 pages, 6 x 9
100 color and b&w illustrations

Esoteric symbols abound in Washington D.C. This illustrated guidebook provides a walking tour of the Masonic sites and symbols of the national capital and will be welcomed by students of esoteric symbolism as well as fans of Dan Brown's novels and the National Treasure movies.

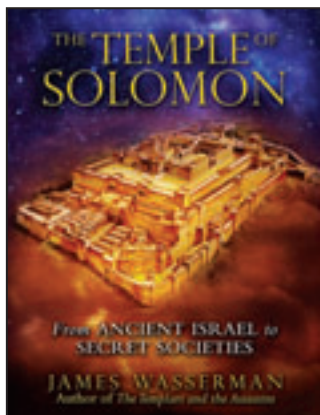


Montségur and the Mystery of the Cathars

Jean Markale

ISBN 978-0-89281-090-1
\$18.95 (CAN \$27.50) pb
312 pages, 6 x 9
Includes 8-page b&w insert

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



New-Available

The Temple of Solomon

From Ancient Israel to Secret Societies

James Wasserman

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Full color throughout

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Richly illustrated, with many rare images, this book explains why the Temple of Solomon was built, the magical forces Solomon may have used in its creation, what its destruction meant for Jews and Christians alike, and why secret societies named their orders after it.



The Lost Colony of the Templars

Verrazano's Secret Mission to America

Steven Sora

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

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



The Lost Treasure of the Knights Templar

Solving the Oak Island Mystery

Steven Sora

ISBN 978-0-89281-710-8
\$16.95 (CAN \$24.95) pb
304 pages, 6 x 9
6 b&w illustrations

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



Secret Societies of America's Elite

From the Knights Templar to Skull and Bones

Steven Sora

ISBN 978-0-89281-959-1
\$20.00 (CAN \$28.95) pb
336 pages, 6 x 9

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



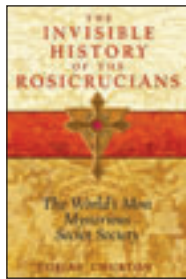
Mozart the Freemason

The Masonic Influence on His Musical Genius

Jacques Henry

ISBN 978-1-59477-128-6
\$14.95 (CAN \$18.95) pb
160 pages, 6 x 9
8 b&w illustrations

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



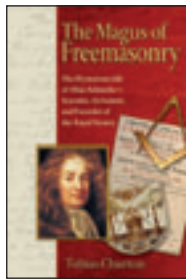
The Invisible History of the Rosicrucians

The World's Most Mysterious Secret Society

Tobias Churton

ISBN 978-1-59477-255-9
\$24.95 (CAN \$33.95) pb
576 pages, 6 x 9
74 b&w illustrations

This first complete historical and philosophical investigation into the "invisible fraternity" of the Rosicrucians reveals ties to Freemasonry and the Templars. Tobias Churton explains how this secret society has shaped our mythology and spiritual consciousness and reveals the Rosicrucian fraternities that are active today.



The Magus of Freemasonry

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

Tobias Churton

ISBN 978-1-59477-122-4
\$16.95 (CAN \$21.95) pb
320 pages, 6 x 9
155 b&w illustrations

Tobias Churton's portrait of Elias Ashmole (1617–1692) offers a perfect illustration of the true Renaissance figure—the magus. Ashmole was a key figure in the birth of modern science, a missing link between operative and symbolic Freemasonry, and a vital transmitter of esoteric thought when the laws of science were first taking hold.



The Morning of the Magicians

Secret Societies, Conspiracies, and Vanished Civilizations

Louis Pauwels and Jacques Bergier

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This groundbreaking, international bestseller popularized occultism, alchemy, and paranormal phenomena in the 1960s. It provides insights into our perceptions of reality, telepathy, mutants, and parallel universes, reveals occult influences on the Nazis and introduces the alchemist Fulcanelli.



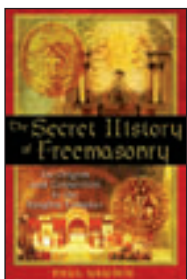
The Occult Conspiracy

Secret Societies—Their Influence and Power in World History

Michael Howard

ISBN 978-0-89281-251-6
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208 pages, 6 x 9

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



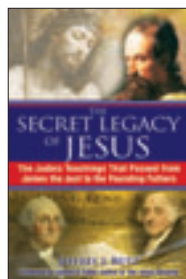
The Secret History of Freemasonry

Its Origins and Connection to the Knights Templar

Paul Naudon

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



The Secret Legacy of Jesus

The Judaic Teachings That Passed from James the Just to the Founding Fathers

Jeffrey J. Bütz

Foreword by James D. Tabor, Ph.D.

ISBN 978-1-59477-307-5
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400 pages, 6 x 9
Includes 16-page color insert

The true teachings of Jesus are thought to have been expunged by the Church of Paul. But an underground stream of Christ's original teachings survived, surfacing eventually in America where the Founding Fathers used these principles to establish a "New Jerusalem."



The Secret Message of Jules Verne

Decoding His Masonic, Rosicrucian, and Occult Writings

Michel Lamy

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Includes 4-page collection of line illustrations

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



Secret Societies and the Hermetic Code

The Rosicrucian, Masonic, and Esoteric Transmission in the Arts

Ernesto Frers

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



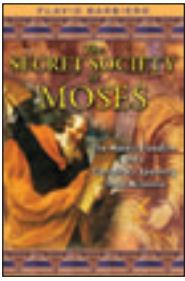
Secret Societies and the Hermetic Code

The Rosicrucian, Masonic, and Esoteric Transmission in the Arts

Ernesto Frers

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Frers brings to light the symbols and cryptic messages hidden in music, painting, sculpture and architecture. His research covers paintings from Byzantine icons to Salvador Dali, music from Mozart to Satanic Rock, and mystery sites from the Pyramids to Andrea Palladio's Villa Cornaro.



The Secret Society of Moses

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Flavio Barbiero

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The descendants of Moses all mysteriously vanish from the Bible. But surviving members of Moses's lineage wielded significant influence in ancient Rome and subsequently reemerged in the aristocracy of medieval Europe influencing secret societies like the Freemasons.



The Templar Pirates

The Secret Alliance to Build the New Jerusalem

Ernesto Frers

ISBN 978-1-59477-146-0
\$14.95 (CAN \$18.95) pb
192 pages, 6 x 9
56 b&w illustrations

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



The Templar Treasure at Gisors

Jean Markale

ISBN 978-0-89281-972-0
\$18.00 (CAN \$25.95) pb
288 pages, 6 x 9
Includes 8-page b&w insert

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



The Templars Knights of God

Edward Burman

ISBN 978-0-89281-221-9
\$12.95 (CAN \$18.95) pb
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The author tells of the extraordinary organization of warrior-monks who came to power during the Crusades: their wealth and power, the reasons for their downfall, and their passage into myth and legend.



The Templars and the Ark of the Covenant

The Discovery of the Treasure of Solomon

Graham Phillips

ISBN 978-1-59143-039-1
\$16.00 (CAN \$22.95) pb
256 pages, 6 x 9
Includes 16-page color insert and 9 b&w maps

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

**Ancient Mysteries—
The Americas**



2012 and the Galactic Center

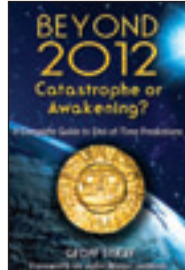
The Return of the Great Mother

Christine R. Page, M.D.

ISBN 978-1-59143-086-5
\$16.00 (CAN \$18.50) pb
240 pages, 6 x 9
77 and b&w illustrations

Also available in Spanish (see page 131)

In 2012, the sun will align with the Galactic Center, opening a window of opportunity to create an era of higher consciousness. Learn how to use sacred spiritual tools unlocked during the alignment to merge with the Great Mother and expand awareness of ourselves as eternal beings.



Beyond 2012: Catastrophe or Awakening?

A Complete Guide to End-of-Time Predictions

Geoff Stray

Foreword by John Major Jenkins

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Sifting through both the research and the speculation that surrounds the year 2012, Geoff Stray provides an encyclopedic examination of what we might really expect at the end of the Mayan calendar's Great Cycle.



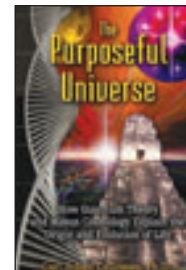
The Mayan Calendar and the Transformation of Consciousness

Carl Johan Calleman, Ph.D.

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93 b&w illustrations

Also available in Spanish (see page 133)

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



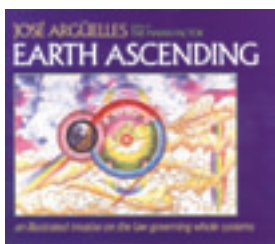
The Purposeful Universe

How Quantum Theory and Mayan Cosmology Explain the Origin and Evolution of Life

Carl Johan Calleman, Ph.D.

ISBN 978-1-59143-104-6
\$20.00 (CAN \$27.95) pb
368 pages, 6 x 9
43 b&w illustrations

Carl Johan Calleman shows how the central axis of the universe correlates with the ancient Tree of Life. He presents an alternative to Darwin's theory of biological evolution suggesting that life arises as part of a hierarchy of interrelated systems evolving in a synchronized way.



Earth Ascending

An Illustrated Treatise on Law Governing Whole Systems

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6 color and 50 b&w illustrations

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



The Mayan Factor

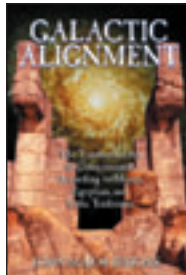
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José Argüelles
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Visionary historian Argüelles unravels the harmonic code of the ancient Maya providing valuable keys to understanding human evolution.

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

Barbara Hand Clow, author of *The Pleiadian Agenda*



Galactic Alignment

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

John Major Jenkins
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312 pages, 6 x 9
107 b&w illustrations

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

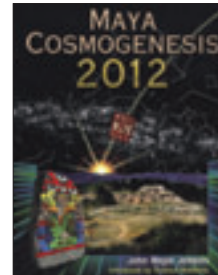


Pyramid of Fire: The Lost Aztec Codex

Spiritual Ascent at the End of Time

John Major Jenkins and Martin Matz
ISBN 978-1-59143-032-2
\$14.00 (CAN \$20.95) pb
192 pages, 6 x 9
18 b&w illustrations

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

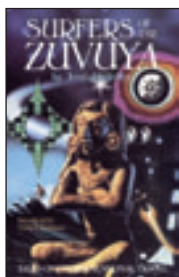


Maya Cosmogenesis 2012

The True Meaning of the Maya Calendar End-Date

John Major Jenkins
ISBN 978-1-879181-48-9
\$20.00 (CAN \$28.95) pb
480 pages, 7 x 9
200 b&w illustrations

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

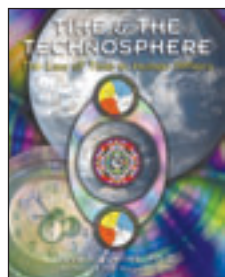


Surfers of the Zuvuya

Tales of Interdimensional Travel

José Argüelles
ISBN 978-0-939680-55-9
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180 pages, 5.38 x 8.25

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

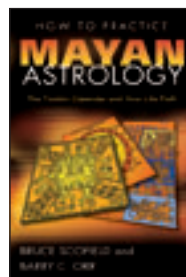


Time and the Technosphere

The Law of Time in Human Affairs

José Argüelles
ISBN 978-1-879181-99-1
\$20.00 (CAN \$30.50) pb
288 pages, 8 x 10
Includes 8-page color insert and 40 b&w illustrations

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



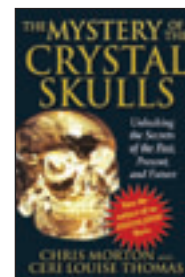
How to Practice Mayan Astrology

The Tzolkin Calendar and Your Life Path

Bruce Scofield and Barry C. Orr
ISBN 978-1-59143-064-3
\$20.00 (CAN \$25.95) pb
336 pages, 6 x 9
15 b&w illustrations

Also available in Spanish (see page 133)

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

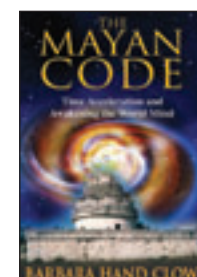


The Mystery of the Crystal Skulls

Unlocking the Secrets of the Past, Present, and Future

Chris Morton and Ceri Louise Thomas
ISBN 978-1-879181-80-9
\$20.00 (CAN \$22.50) pb
424 pages, 6 x 9
Includes a 16-page color insert, 8-page b&w insert, and 26 b&w illustrations

Native American and Maya legends tell of thirteen life-size crystal skulls containing information crucial to humankind’s true purpose and destiny. Crystal skulls are featured in the action movie *Indiana Jones and the Kingdom of the Crystal Skull*.



The Mayan Code

Time Acceleration and Awakening the World Mind

Barbara Hand Clow
Foreword by Carl Johan Calleman, Ph.D.
ISBN 978-1-59143-070-4
\$18.00 (CAN \$22.75) pb
304 pages, 6 x 9
43 b&w illustrations

Also available in Spanish (see page 133)

Barbara Hand Clow shows how the Mayan Calendar is a bridge to galactic wisdom that fosters personal growth and human evolution. The author draws on the work of biologist Carl Johan Calleman and many other New Paradigm researchers to unearth the deeper meaning behind the calendar and its message for modern civilization, especially during its final five years.



The Hidden Maya

A New Understanding of Maya Glyphs
Martin Brennan

ISBN 978-1-879181-24-3
\$20.00 (CAN \$30.95) pb
272 pages, 7 x 9
200 illustrations

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



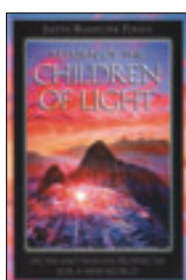
Manitou

The Sacred Landscape of New England's Native Civilization

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

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

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



Return of the Children of Light

Incan and Mayan Prophecies for a New World

Judith Bluestone Polich

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

Also available in Spanish (see page 136)

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



The 8 Calendars of the Maya

The Pleiadian Cycle and the Key to Destiny

Hunbatz Men

ISBN 978-1-59143-105-3
\$14.00 (CAN \$19.50) pb
128 pages, 6 x 9
45 b&w illustrations

Maya daykeeper Hunbatz Men reveals for the first time a calendar that charts the revolution of our solar system around the central star of the Pleiades. He also shows the role of pyramids in transforming energy in accordance with cosmic cycles.



Secrets of Mayan Science/Religion

Hunbatz Men

ISBN 978-0-939680-63-4
\$14.95 (CAN \$18.50) pb
156 pages, 6 x 9

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



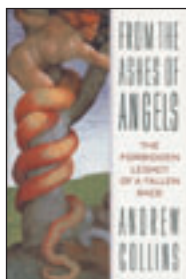
Time of the Quickenings

Prophecies for the Coming Utopian Age

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-126-8
\$20.00 (CAN \$23.50) pb
384 pages, 6 x 9
65 b&w illustrations

This book reveals a 12,000-year-old Egyptian system of prediction based not on the planets but on Earth's magnetic rhythms. It shows that our current “time of troubles” is the embryonic stage of a Utopian Age—the “Quickenings” of the human race.



From the Ashes of Angels

The Forbidden Legacy of a Fallen Race

Andrew Collins

ISBN 978-1-879181-72-4
\$24.00 (CAN \$28.95) pb
464 pages, 6 x 9
20 line drawings

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



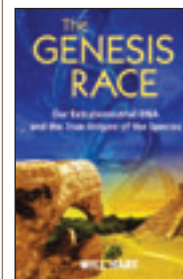
Gods of Eden

Egypt's Lost Legacy and the Genesis of Civilization

Andrew Collins

ISBN 978-1-879181-76-2
\$24.00 (CAN \$28.95) pb
400 pages, 6 x 9
Includes two 8-page b&w inserts

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



The Genesis Race

Our Extraterrestrial DNA and the True Origins of the Species

Will Hart

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

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



The Cosmological Origins of Myth and Symbol

From the Dogon and Ancient Egypt to India, Tibet, and China

Laird Scranton

ISBN 978-1-59477-376-1
\$18.95 (CAN \$22.50) pb
208 pages, 6 x 9
29 b&w illustrations

Do ancient systems of myth and symbol descend from one common cosmological plan? Laird Scranton identifies the signature attributes of a theoretic ancient parent cosmology and makes the case that cosmology may have engendered civilization, not the other way around.



Sacred Symbols of the Dogon

The Key to Advanced Science in the Ancient Egyptian Hieroglyphs

Laird Scranton

Foreword by John Anthony West

ISBN 978-1-59477-134-7
\$18.95 (CAN \$21.50) pb
272 pages, 6 x 9
5 b&w illustrations

Using Dogon symbols as a "Rosetta stone," Laird Scranton reveals references within the ancient Egyptian language that correlate to a wide range of modern scientific components of matter. The author's findings provide an entirely new understanding of Egyptian hieroglyphs—that they were scientific symbols based on Dogon cosmological drawings.



The Science of the Dogon

Decoding the African Mystery Tradition

Laird Scranton

Foreword by John Anthony West

ISBN 978-1-59477-133-0
\$18.95 (CAN \$21.50) pb
224 pages, 6 x 9
17 b&w illustrations

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



The Lost Treasure of King Juba

The Evidence of Africans in America before Columbus

Frank Joseph

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

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



Moses

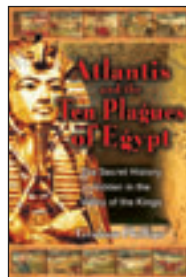
From the Mysteries of Egypt to the Judges of Israel

Emil Bock

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

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

Ancient Mysteries—Egyptology



Atlantis and the Ten Plagues of Egypt

The Secret History Hidden in the Valley of the Kings

Graham Phillips

ISBN 978-1-59143-009-4
\$20.00 pb
392 pages, 6 x 9
Includes three 8-page b&w inserts and 17 b&w illustrations

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



Ancient Egypt 39,000 BCE

The History, Technology, and Philosophy of Civilization X

Edward F. Malkowski

ISBN 978-1-59143-109-1
\$24.00 (CAN \$28.95) pb
344 pages, 6 x 9
Includes 24-page color insert and 145 b&w illustrations

This book reveals that some Egyptian ruins show markings of a sophisticated machining process. This astonishing discovery, along with new studies of the Great Pyramid's chambers, suggests that the civilization responsible for such magnificent monuments is much older than presently believed.



Before the Pharaohs

Egypt's Mysterious Prehistory

Edward F. Malkowski

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

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



The Spiritual Technology of Ancient Egypt

Sacred Science and the Mystery of Consciousness

Edward F. Malkowski

Foreword by Christopher Dunn
ISBN 978-1-59477-186-6
\$24.95 (CAN \$28.50) pb
448 pages, 6 x 9
33 b&w illustrations

Building on René A. Schwaller de Lubicz's systematic study of Luxor's Temple of Amun-Mut-Khonsu during the 1940s and '50s, Edward Malkowski shows that the ancient Egyptians' worldview was not based on superstition or the invention of myth but was the result of direct observation using critical faculties attuned to the quantum manifestation of the universe.



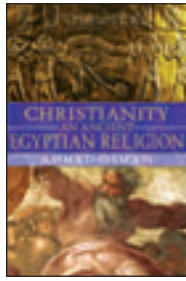
Black Genesis

The Prehistoric Origins of Ancient Egypt

Robert Bauval and Thomas Brophy, Ph.D.

ISBN 978-1-59143-114-5
\$20.00 (CAN \$23.50) pb
384 pages, 6 x 9
Includes 16-page color insert and 47 b&w illustrations

The theory that an advanced civilization of black Africans preceded the Pharaohs has been dismissed by Egyptologists. Uncovering compelling new evidence, this book places black Africa in its rightful place at the center of mankind's origins.



Christianity: An Ancient Egyptian Religion

Ahmed Osman

ISBN 978-1-59143-046-9
\$20.00 (CAN \$ 24.95) pb
304 pages, 6 x 9
Includes 16-page b&w insert and 12 b&w illustrations

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



The Hebrew Pharaohs of Egypt

The Secret Lineage of the Patriarch Joseph

Ahmed Osman

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

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



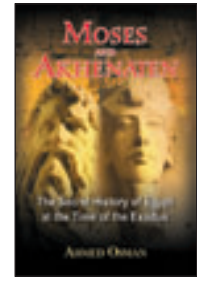
Jesus in the House of the Pharaohs

The Essene Revelations on the Historical Jesus

Ahmed Osman

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

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



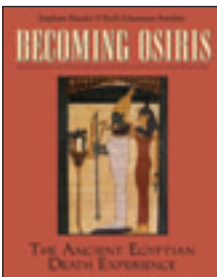
Moses and Akhenaten

The Secret History of Egypt at the Time of the Exodus

Ahmed Osman

ISBN 978-1-59143-004-9
\$20.00 (CAN \$25.95) pb
280 pages, 6 x 9
Includes 8-page b&w insert

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



Becoming Osiris

The Ancient Egyptian Death Experience

Ruth Schumann Antelme and Stéphane Rossini

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

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



New-Available The Giza Prophecy

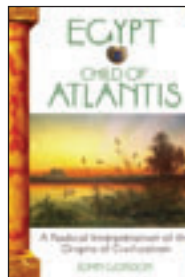
The Orion Code and the Secret Teachings of the Pyramids

Scott Creighton and Gary Osborn

Foreword by Graham Hancock

ISBN 978-1-59143-132-9
\$20.00 (CAN \$22.50) pb
352 pages, 6 x 9
147 b&w illustrations

The structures at Giza were not created as tombs, but as "recovery vaults" to ensure the rebirth of the kingdom after global disaster, and the pyramids are encoded with records of catastrophic events both in the past and in the future.



Egypt: Child of Atlantis

A Radical Interpretation of the Origins of Civilization

John Gordon

ISBN 978-1-59143-023-0
\$24.00 (CAN \$32.95) pb
304 pages, 8 x 10
87 b&w illustrations

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



The Giza Power Plant

Technologies of Ancient Egypt

Christopher Dunn

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

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



Lost Technologies of Ancient Egypt

Advanced Engineering in the Temples of the Pharaohs

Christopher Dunn

ISBN 978-1-59143-102-2
\$25.00 (CAN \$29.95) pb
400 pages, 6 x 9
Includes 16-page color insert and 280 b&w illustrations

Using modern digital photography, computer-aided design software, and metrology instruments, engineer Christopher Dunn reveals that highly refined tools, techniques, and even mega-machines must have been used in ancient Egypt.



Hathor Rising

The Power of the Goddess in Ancient Egypt

Alison Roberts, Ph.D.

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

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



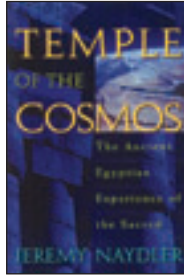
Shamanic Wisdom in the Pyramid Texts

The Mystical Tradition of Ancient Egypt

Jeremy Naydler

ISBN 978-0-89281-755-9
\$26.95 (CAN \$32.95) pb
480 pages, 6 x 9
135 b&w illustrations

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



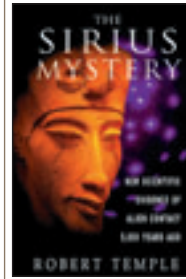
Temple of the Cosmos

The Ancient Egyptian Experience of the Sacred

Jeremy Naydler

ISBN 978-0-89281-555-5
\$19.95 (CAN \$31.95) pb
320 pages, 6 x 9

In this guide to the cosmology of ancient Egypt, Jeremy Naydler recreates the experience of living in another time and place. *Temple of the Cosmos* explores Egypt's sacred geography and mythology; but more importantly, it reveals with unprecedented clarity an ancient consciousness in tune with the rhythms of the earth.



The Sirius Mystery

New Scientific Evidence of Alien Contact 5,000 Years Ago

Robert Temple

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136 b&w illustrations

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

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

Time



The Sphinx Mystery

The Forgotten Origins of the Sanctuary of Anubis

Robert Temple with Olivia Temple

ISBN 978-1-59477-271-9
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576 pages, 6 x 9
338 color and b&w illustrations

Robert Temple reveals that the Sphinx was originally a monumental Anubis, the Egyptian jackal god, and its head was later re-carved in the likeness of Pharaoh Amenemhet II. Surrounded by a moat—called Jackal Lake in the Pyramid Texts—and containing hidden chambers, the Sphinx was a center for religious ceremonies in ancient times.



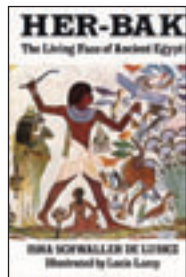
Rebel in the Soul

An Ancient Egyptian Dialogue Between a Man and His Destiny

Bika Reed

ISBN 978-0-89281-615-6
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144 pages, 8.5 x 11
b&w illustrations throughout

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



Her-Bak

The Living Face of Ancient Egypt

Isha Schwaller de Lubicz

Illustrated by Lucie Lamy

ISBN 978-0-89281-003-1
\$19.95 (CAN \$26.95) pb
368 pages, 6 x 9

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



Her-Bak

Egyptian Initiate

Isha Schwaller de Lubicz

Illustrated by Lucie Lamy

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



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The Three Principles of Man's Awakening

Isha Schwaller de Lubicz

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



The Opening of the Way

A Practical Guide to the Wisdom Teachings of Ancient Egypt

Isha Schwaller de Lubicz

ISBN 978-0-89281-572-2
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224 pages, 6 x 9

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



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



The Egyptian Miracle

An Introduction to the Wisdom of the Temple

R. A. Schwaller de Lubicz
Illustrated by Lucie Lamy

ISBN 978-0-89281-008-6
\$18.95 (CAN \$27.50) pb
256 pages, 6 x 9

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



Esoterism and Symbol

R. A. Schwaller de Lubicz

ISBN 978-0-89281-014-7
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96 pages, 5.38 x 8.25

This is an initiation into the tone, structure, and mentality of Egyptian knowledge, the basis of all Western theology and science. The author explores the "process of becoming"; the kinship between man and the mineral, plant and animal kingdoms; the stages of awareness leading to "Cosmic Consciousness"; and the mystery of the formation of substance into matter.



Nature Word

R. A. Schwaller de Lubicz

ISBN 978-0-89281-036-9
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The first part of the book, written in a single, uninterrupted flow of inspiration, takes the form of answers to the questions posed by the rational mind. The second part of the book consists of philosophical reflections on the first and proposes the practice of imagination as a way of evolutionary development.



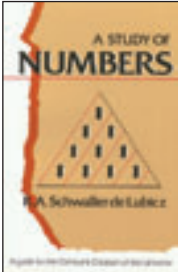
Sacred Science

The King of Pharaonic Theocracy

R. A. Schwaller de Lubicz

ISBN 978-0-89281-222-6
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320 pages, 6 x 9

R. A. Schwaller de Lubicz (1887–1961), one of the most important Egyptologists of this century, links the sacred science of the Ancients to its rediscovery in our own time. *Sacred Science* represents the first major breakthrough in understanding ancient Egypt and identifies Egypt, not Greece, as the cradle of Western thought, theology, and science.



A Study of Numbers

A Guide to the Constant Creation of the Universe

R. A. Schwaller de Lubicz

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Without direct awareness of Space and Time, human beings lack two "senses" necessary for the knowledge of all causes. Starting from the *irreducible* one, Schwaller deals with the unfolding of creation through the cycles of polarization, ideation, and formation. This is a masterly account of the living, universal, qualitative, and causal reality of numbers.



The Temple of Man

R. A. Schwaller de Lubicz

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R. A. Schwaller de Lubicz's masterwork is the culmination of his exhaustive 12-year study at the great temple of Amun-Mut-Khonsu at Luxor, which is revealed to be an architectural encyclopedia of humanity and the universe.

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

Jacob Needleman, author
of *Time and the Soul*



The Temples of Karnak

R. A. Schwaller de Lubicz

Photographs by Georges
and Valentine de Miré

ISBN 978-0-89281-712-2
\$95.00 (CAN \$120.00)
Cloth with slipcase
736 pages, 9 x 12
606 duotone photographs
and 134 line illustrations

This magnificent volume is a detailed photographic record, with insightful commentary by R. A. Schwaller de Lubicz, of the monuments, ruins, statues, and bas-reliefs of the ancient Egyptian temples of Karnak. In the years since these photographs were taken, vandalism has occurred at some of the sites, making this the most complete archaeological documentation available. This book is a companion volume to



Symbol and the Symbolic

Ancient Egypt, Science, and the Evolution of Consciousness

R. A. Schwaller de Lubicz

ISBN 978-0-89281-022-2
\$12.95 (CAN \$17.50) pb
96 pages, 5.38 x 8.25

Symbolism is the intuitive means of overcoming the limitations of reason. Here Schwaller explains how true progress in human thought can be made only if we call upon the "symbolizing" faculty of intelligence, developed and refined in the temple culture of ancient Egypt and reflected in its hieroglyphs.



The Temple in Man

Sacred Architecture and the Perfect Man

R. A. Schwaller de Lubicz

Illustrated by Lucie Lamy

ISBN 978-0-89281-021-5
\$12.95 (CAN \$18.95) pb
136 pages, 6 x 9

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

Ancient Mysteries—
Zecharia Sitchin



Zecharia Sitchin (1920-2010) had a profound knowledge of modern and ancient Hebrew, other Semitic and European languages, the Old Testament, and the history and archaeology of the Near East. His unique skills enabled him to read and interpret ancient Sumerian and Akkadian clay tablets, providing the source materials for his famous Earth Chronicles series.



The 12th Planet (Book I)

Zecharia Sitchin
ISBN 978-0-939680-88-7
\$24.00 (CAN \$34.95) hardcover
384 pages, 6 x 9

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



The Stairway to Heaven (Book II)

Zecharia Sitchin
ISBN 978-0-939680-89-4
\$24.00 (CAN \$34.95) hardcover
336 pages, 6 x 9

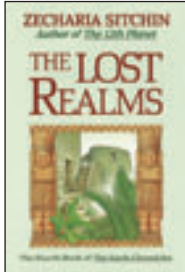
The Stairway to Heaven, the second book, incorporates ancient Egyptian evidence to show that the gateway between the mortal and the divine was a spaceport in the Sinai Peninsula, with the Giza pyramids and the Sphinx serving as beacons for the landings.



The Wars of Gods and Men (Book III)

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

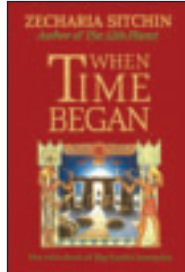
The Wars of Gods and Men, the third book, additionally embraces Canaanite, Hittite, and Hindu sources to include in these investigations the incidents of the Tower of Babel and the upheaval of Sodom and Gomorrah, concluding that nuclear weapons were used on Earth 4,000 years ago.



The Lost Realms (Book IV)

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

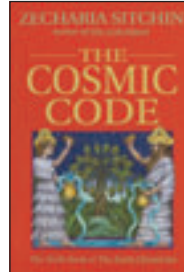
The Lost Realms, the fourth book, transports readers to the pre-Columbian civilizations and ancient empires of the Americas, revealing hitherto unrecognized golden links between ancient Near Eastern civilizations and the "cities of the gods" of the Olmecs, Mayas, Aztecs and Incas.



When Time Began (Book V)

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

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



The Cosmic Code (Book VI)

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

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



The Earth Chronicles Handbook

A Comprehensive Guide to the Seven Books of The Earth Chronicles
Zecharia Sitchin
ISBN 978-1-59143-101-5
\$24.00 (CAN \$32.50) hardcover
240 pages, 6 x 9

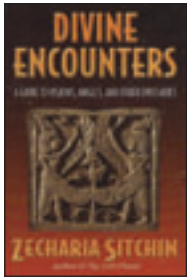
Offering detailed information about the myriad characters and subjects covered by *The Earth Chronicle* series, this book provides an encyclopedic compendium of the myths and events from humanity's ancient civilizations, revealing how visitors from the 12th planet—the Anunnaki, came to earth.



There Were Giants Upon the Earth

Gods, Demigods, and Human Ancestry: The Evidence of Alien DNA
Zecharia Sitchin
ISBN 978-1-59143-121-3
\$24.00 (CAN \$27.95) hardcover
352 pages, 6 x 9
148 b&w illustrations

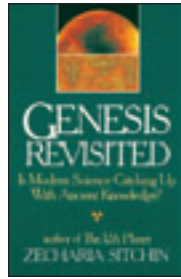
Zecharia Sitchin has asserted that man was genetically engineered by adding Anunnaki genes to those of an existing hominid. Here he leads the reader to the Royal Tombs of Ur revealing a DNA source that could conclusively prove biblical and Sumerian tales to be true.



Divine Encounters
A Guide to Visions, Angels, and Other Emissaries
 Zecharia Sitchin

ISBN 978-1-879181-88-5
 \$24.00 (CAN \$37.95) hardcover
 400 pages, 6 x 9
 115 b&w illustrations

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



Genesis Revisited
Is Modern Science Catching Up With Ancient Knowledge?
 Zecharia Sitchin

ISBN 978-1-879181-90-8
 \$24.00 (CAN \$34.95) hardcover
 352 pages, 6 x 9
 107 b&w illustrations

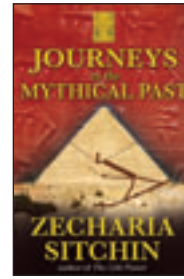
Sitchin posits that the Book of Genesis and key Sumerian and ancient Egyptian sources reflect the highest levels of scientific knowledge, and that what we are discovering today is, in fact, a rediscovery of what had been known to a much earlier civilization.



The Earth Chronicles Expeditions
 Zecharia Sitchin

ISBN 978-1-59143-076-6
 \$16.00 (CAN \$20.50) pb
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 Includes 158 b&w illustrations and a 32-page color insert
 ISBN 978-1-59143-036-0
 \$24.00 (CAN \$32.95) hardcover

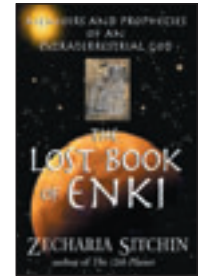
Zecharia Sitchin, author of the *Earth Chronicles* series, reveals the research supporting his conclusion that ancient myths are recollections of actual events, the gods of ancient peoples were visitors from another planet, and that we are not alone in our solar system. *The Earth Chronicles Expeditions*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



Journeys to the Mythical Past
 Zecharia Sitchin

ISBN 978-1-59143-108-4
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 256 pages, 6 x 9
 Includes 130 b&w illustrations and a 32-page color insert
 ISBN 978-1-59143-080-3
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Renowned researcher of antiquity Zecharia Sitchin tells his own story, revealing for the first time how his life was at risk inside the Great Pyramid and documenting the existence of a secret chamber. Sitchin's firsthand accounts take the reader into the inner workings of the Vatican, and report on the Iceman of the Alps and the Antikythera computer.

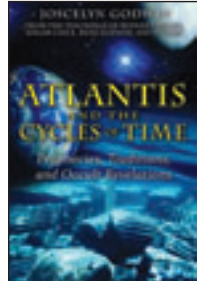


The Lost Book of Enki
Memoirs and Prophecies of an Extraterrestrial God
 Zecharia Sitchin

ISBN 978-1-59143-037-7
 \$16.00 (CAN \$23.95) pb
 336 pages, 6 x 9
 14 b&w illustrations
 ISBN 978-1-879181-83-0
 \$24.00 (CAN \$32.95) hardcover

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

**Ancient Mysteries—
 Legends & Mythology**



Atlantis and the Cycles of Time
Prophecies, Traditions, and Occult Revelations
 Joscelyn Godwin

ISBN 978-1-59477-262-7
 \$19.95 (CAN \$23.50) pb
 448 pages, 6 x 9

Professor Godwin shows how the legends of Atlantis go hand-in-hand with the concept of cyclical history, such as the Vedic system of Yugas and the Mayan calendar. He examines the kindred myths of Lemuria and Mu along with the writings of Gurdjieff, Guénon, Cayce, and many others.



New-March 2012
 Revised and Expanded Edition of *When the Sky Fell*
Atlantis beneath the Ice

The Fate of the Lost Continent
 Rand and Rose Flem-Ath

ISBN 978-1-59143-137-4
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 240 pages, 6 x 9
 42 b&w illustrations

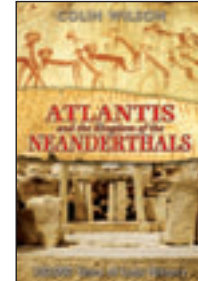
Expanding on Charles Hapgood's theories, the authors show how the earth's crust shifted in 9600 BCE, dragging Atlantis into the polar zone where it now lies beneath miles of Antarctic ice. Includes rare material from the archives of Hapgood and Albert Einstein.



Atlantis in the Amazon
Lost Technologies and the Secrets of the Crespi Treasure
 Richard Wingate

ISBN 978-1-59143-120-6
 \$16.00 (CAN \$18.95) pb
 184 pages, 6 x 9
 Includes 8-page color insert and 56 b&w photos

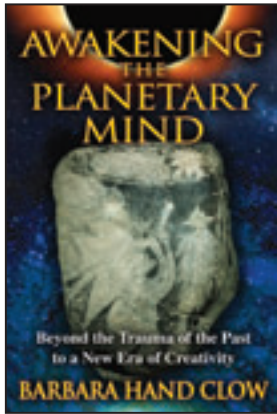
In 1923, Father Carlo Crespi learned of a treasure hidden in Ecuador that contained ancient Egyptian and Phoenician artifacts, including technologically advanced machines. The evidence suggests that the civilization responsible for these extraordinary artifacts was Atlantis.



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

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

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



New-Available

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Barbara Hand Clow explains how legendary cataclysms were actual events that have left humanity's collective psyche deeply scarred. But we are entering into a period of collective healing where these unprocessed fears are being released.



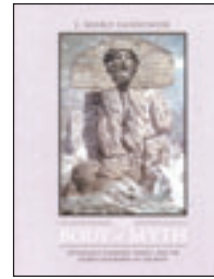
The Baltic Origins of Homer's Epic Tales

The Iliad, the Odyssey, and the Migration of Myth

Felice Vinci

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384 pages, 6 x 9
16 b&w illustrations

For years scholars have debated the geographical incongruities in Homer's *Iliad* and *Odyssey*. Using meticulous analysis, Felice Vinci convincingly argues that Homer's epic tales originated not in the Mediterranean, but in the northern Baltic Sea, allowing us to reconsider the age-old question of Indo-European diaspora and the origin of the Greek civilization from a new perspective.



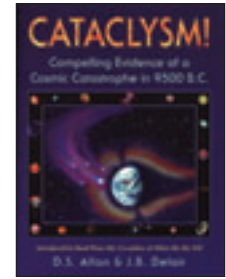
The Body of Myth

Mythology, Shamanic Trance, and the Sacred Geography of the Body

J. Nigro Sansonese

ISBN 978-0-89281-409-1
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This book carries on from the works of Carl Jung and Joseph Campbell to show how the portrayal of consciousness embodied in myth can be extended to a reappraisal of the laws of physics; before they are descriptions of the world, these laws—like myths—are descriptions of the human nervous system.



Cataclysm!

Compelling Evidence of a Cosmic Catastrophe in 9500 B.C.

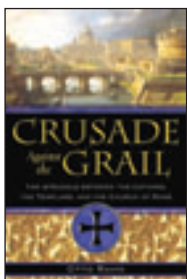
D. S. Allan and J. B. Delair

ISBN 978-1-879181-42-7
\$25.00 (CAN \$34.95) pb
384 pages, 7 x 9.25

A breakthrough of enormous proportions, this multi-disciplinary study examines evidence of a great catastrophe that occurred 11,500 years ago.

"Allan and Delair do a brilliant job in revealing that researchers have barely touched the tip of the iceberg of events that shook the Earth around 9,577 B.C. . . . This book is an essential handbook to our ancient past: a brave multi-disciplinary approach that should be applauded."

Rand Flem-Ath, coauthor of *When the Sky Fell*



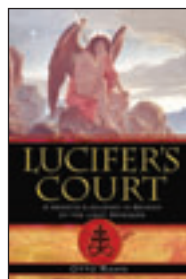
Crusade Against the Grail

The Struggle between the Cathars, the Templars, and the Church of Rome

Otto Rahn

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

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



Lucifer's Court

A Heretic's Journey in Search of the Light Bringers

Otto Rahn

ISBN 978-1-59477-197-2
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This English translation of Otto Rahn's travel diaries in search of a Nordic equivalent to Mt. Sinai reveals his work as an occult investigator for the Third Reich. It paints Lucifer, the Light Bringer, in a positive light, and reveals Rahn's own journey of self-discovery as a Cathar.



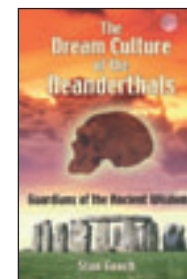
The Cycle of Cosmic Catastrophes

How a Stone-Age Comet Changed the Course of World Culture

Richard Firestone, Allen West, and Simon Warwick-Smith

ISBN 978-1-59143-061-2
\$20.00 (CAN \$25.95) pb
416 pages, 6 x 9
Includes 16-page color insert and 183 b&w illustrations

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



The Dream Culture of the Neanderthals

Guardians of the Ancient Wisdom

Stan Gooch

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

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



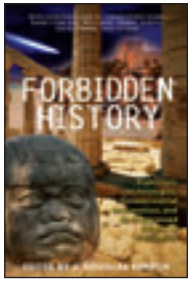
The Neanderthal Legacy

Reawakening Our Genetic and Cultural Origins

Stan Gooch

ISBN 978-1-59477-185-9
\$14.95 (CAN \$16.95) pb
192 pages, 6 x 9
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Gooch reveals the need for reconnecting with our Neanderthal heritage, examining the genetic evidence of Neanderthal/Cro-Magnon crossbreeding and the dual-nature it has produced in modern man. He explains the influence of the enlarged Neanderthal cerebellum on our brain function and psychic abilities.



Forbidden History

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

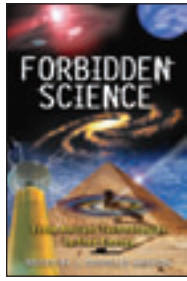
Edited by J. Douglas Kenyon

ISBN 978-1-59143-045-2
\$18.00 (CAN \$23.95) pb
344 pages, 6 x 9

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

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J. Douglas Kenyon offers 42 essays from the archives of the journal *Atlantis Rising*, providing an overview of the fields of ancient mysteries and alternative history. An excellent introduction to alternative accounts of history including Earth Changes, Civilization's Greater Antiquity, Darwinism Under Fire, Ancestors from Space, Ancient High Tech, and The Search for Lost Origins.



Forbidden Science

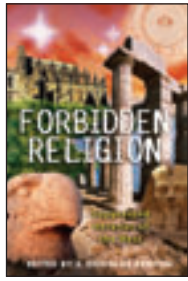
From Ancient Technologies to Free Energy

Edited by J. Douglas Kenyon

ISBN 978-1-59143-082-7
\$18.00 (CAN \$20.50) pb
336 pages, 6 x 9

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There is a war going on between the established scientific community and those who would explore new theories, realities, energy, and dynamics. J. Douglas Kenyon explains the reasons for this conflict and presents the cutting-edge research of 19 scientists who challenge the status quo.



Forbidden Religion

Suppressed Heresies of the West

Edited by J. Douglas Kenyon

ISBN 978-1-59143-067-4
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This book is a compelling introduction to the heretical religious traditions, whose role in society was as vital as that of the established faiths that continuously tried to suppress them. Born in the same religious ferment that gave birth to Christianity, these spiritual paths survived in the "heresies" of the Middle Ages. Their influence is still with us today.



Forgotten Worlds

From Atlantis to the X-Woman of Siberia and the Hobbits of Flores

Patrick Chouinard

Foreword by Robert M. Schoch, Ph.D.

ISBN 978-1-59143-138-1
\$20.00 (CAN \$22.50) pb
320 pages, 6 x 9

Forgotten Worlds offers a new chronology of the emergence of civilization. Mysteries such as Caucasian mummies in China and the pyramids of Caral in Peru speak of great empires that existed prior to the rise of the Sumerian city states and pharaonic Egypt.



The End of Eden

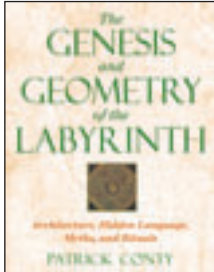
The Comet That Changed Civilization

Graham Phillips

ISBN 978-1-59143-069-8
\$16.00 (CAN \$20.00) pb
256 pages, 6 x 9

Includes 16-page color insert

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



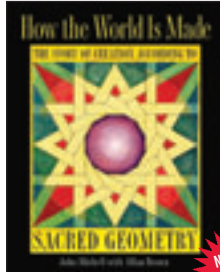
The Genesis and Geometry of the Labyrinth

Architecture, Hidden Language, Myths, and Rituals

Patrick Conty

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The author shows how the geometrical construction of the ancient labyrinth corresponds exactly with today's modern geometry, illustrating that recent developments in math and physics parallel the science of ancient civilizations.



How the World Is Made

The Story of Creation according to Sacred Geometry

John Michell with Allan Brown

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Full color throughout

ISBN 978-1-59477-324-2
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How the World Is Made explains how ancient societies grasped the timeless principles of sacred geometry and created flourishing societies. Over 300 full-color illustrations reveal the secret codes and spiritual meanings within geometrical figures and key numbers.



Joseph Campbell: A Fire in the Mind

The Authorized Biography

Stephen and Robin Larsen

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



The Kingdom of Agartha

A Journey into the Hollow Earth

Marquis Alexandre Saint-Yves d'Alveydre

Introduction by Joscelyn Godwin
ISBN 978-1-59477-268-9
\$14.95 (CAN \$17.50) pb
176 pages, 6 x 9

The legend of Hollow Earth was introduced to the West in 1886 in *Mission de l'Inde*, translated here into English for the first time. Known as Agartha or Shambhala, this kingdom beneath the Himalayas is governed by advanced spiritual laws and is home to libraries containing humanity's collective wisdom.



Lost Knowledge of the Ancients

A Graham Hancock Reader

Edited by Glenn Kreisberg

ISBN 978-1-59143-117-6
\$18.00 (CAN \$20.95) pb
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This anthology, selected by Graham Hancock, presents alternative theories on history, the origins of civilization, ancient technology, and the nature of consciousness. Topics range from the effect of cosmic rays on human evolution to NASA's cover-up of ancient Martian civilizations.



Monsters

A Bestiary of Devils, Demons, Vampires, Werewolves, and Other Magical Creatures

Christopher Dell

ISBN 978-1-59477-394-5
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The universal fascination with monsters is as old as humanity itself. This book offers a unique history of the human mind through a pictorial collection of fantastical monsters from all over the world. Includes more than 300 color illustrations.



Jesus, King Arthur, and the Journey of the Grail

The Secrets of the Sun Kings

Maurice Cotterell

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



The Lost Tomb of Viracocha

Unlocking the Secrets of the Peruvian Pyramids

Maurice Cotterell

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



The Terracotta Warriors

The Secret Codes of the Emperor's Army

Maurice Cotterell

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



The Tutankhamun Prophecies

The Sacred Secret of the Maya, Egyptians, and Freemasons

Maurice Cotterell

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

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



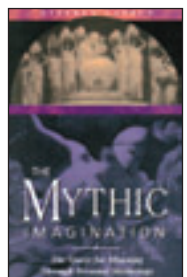
The Mysteries of the Great Cross of Hendaye

Alchemy and the End of Time

Jay Weidner and Vincent Bridges

ISBN 978-0-89281-084-0
\$24.95 (CAN \$33.95) pb
528 pages, 6 x 9
146 b&w illustrations

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



The Mythic Imagination

The Quest for Meaning Through Personal Mythology

Stephen Larsen

ISBN 978-0-89281-574-6
\$16.95 (CAN \$24.95) pb
432 pages, 5.38 x 8.25

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



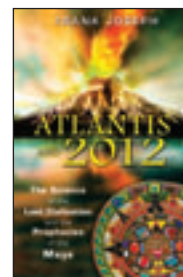
Advanced Civilizations of Prehistoric America

The Lost Kingdoms of the Adena, Hopewell, Mississippians, and Anasazi

Frank Joseph

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Frank Joseph reveals that modern civilization in North America was preceded by four advanced cultures that rose and fell over the past three thousand years. How they achieved greatness and why they vanished so completely are explored in this unconventional prehistory.



Atlantis and 2012

The Science of the Lost Civilization and the Prophecies of the Maya

Frank Joseph

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Frank Joseph posits that the Mayan Calendar was brought to Mesoamerica by survivors of Atlantis and Lemuria. He reveals how the calendar's eternal cycle correlates with scientific studies on glacial ice cores and predictions from indigenous people.



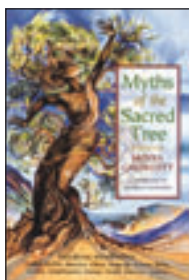
The Destruction of Atlantis

Compelling Evidence of the Sudden Fall of the Legendary Civilization

Frank Joseph

ISBN 978-1-59143-019-3
\$20.00 (CAN \$24.95) pb
288 pages, 6 x 9
Includes 16-page color insert

Also available in Spanish (see page 133)
All indigenous cultures share the myth of an ancient deluge. In *The Destruction of Atlantis*, author Frank Joseph links this worldwide cultural phenomenon to the story of the lost civilization of Atlantis.



Myths of the Sacred Tree

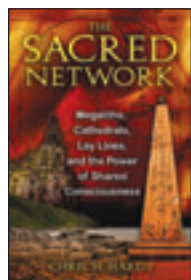
Moyra Caldecott
Illustrated by Anthea Toorchen

ISBN 978-0-89281-414-5
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224 pages, 6 x 9
15 b&w illustrations

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

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

Values & Vision



The Sacred Network

Megaliths, Cathedrals, Ley Lines, and the Power of Shared Consciousness

Chris H. Hardy

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\$19.95 (CAN \$23.50) pb
392 pages 6 x 9
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Chris Hardy shows how the world’s sacred sites—via their megaliths and temples—act as antennae for the energies of the cosmos. This sacred network is fueling an 8,000-year evolutionary cycle that will soon culminate in a new state of shared consciousness.



The Secret History of Vampires

Their Multiple Forms and Hidden Purposes

Claude Lecouteux

ISBN 978-1-59477-325-9
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Includes 8-page b&w insert

Anciently, not all vampires were blood suckers. They included shroud-eaters, nightmares, stirges, and ghouls. Claude Lecouteux looks back to a time when vampires were understood differently from the child of the night depicted in modern movies and books.



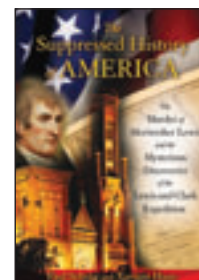
The Spiritual Science of the Stars

A Guide to the Architecture of the Spirit

Pete Stewart

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

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



The Suppressed History of America

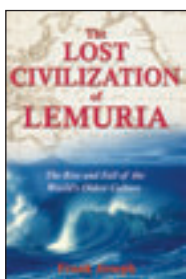
The Murder of Meriwether Lewis and the Mysterious Discoveries of the Lewis and Clark Expedition

Paul Schrag and Xaviant Haze

Foreword by Michael Tsarion

ISBN 978-1-59143-122-0
\$15.00 (CAN \$17.50) pb
176 pages, 6 x 9

Lewis and Clark found evidence that the American continent was visited and settled long before Columbus. The authors reveal that these discoveries threatened powerful interests in Washington—including the Smithsonian Institution—and culminated in Lewis’s murder.



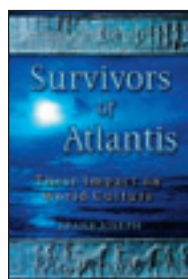
The Lost Civilization of Lemuria

The Rise and Fall of the World’s Oldest Culture

Frank Joseph

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

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



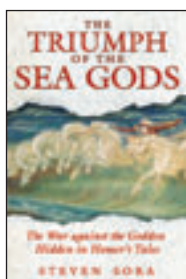
Survivors of Atlantis

Their Impact on World Culture

Frank Joseph

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

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



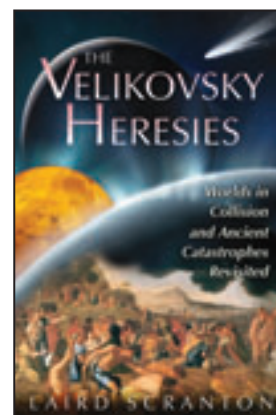
The Triumph of the Sea Gods

The War against the Goddess Hidden in Homer’s Tales

Steven Sora

ISBN 978-1-59477-143-9
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Includes 4-page color insert

Steven Sora argues that Homer’s tales do not describe adventures in the Mediterranean, but are adaptations of Celtic myths that chronicle an Atlantic coastal war that took place off the Iberian Peninsula around 1200 B.C. The war led to the rapid decline of the region’s goddess-worshipping culture that had reigned there since Neolithic times.



New-Available

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**Indigenous Cultures—
& Shamanism—
Australia and the Pacific**



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



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The Ancestral Voices of Hawaii

Moke Kupihea

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



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The Spiritual Role of Gender in the World's Oldest Culture

Hannah Rachel Bell

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



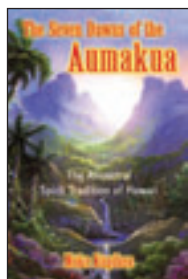
The Sacred Power of Huna

Spirituality and Shamanism in Hawai'i

Rima A. Morrell, Ph.D.

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

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



The Seven Dawns of the Aumakua

The Ancestral Spirit Tradition of Hawaii

Moke Kupihea

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

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



The Speaking Land

Myth and Story in Aboriginal Australia

Ronald M. Berndt and Catherine H. Berndt

ISBN 978-0-89281-518-0
\$19.95 (CAN \$24.95) pb
480 pages, 6 x 9

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



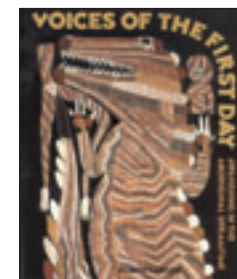
The Straight Path of the Spirit

Ancestral Wisdom and Healing Traditions in Fiji

Richard Katz, Ph.D.

ISBN 978-0-89281-767-2
\$19.95 (CAN \$31.95) pb
432 pages, 6 x 9
Includes 8-page color insert and 33 b&w photographs

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



Voices of the First Day

Awakening in the Aboriginal Dreamtime

Robert Lawlor

ISBN 978-0-89281-355-1
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200 color and duotone illustrations

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

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



Wise Women of the Dreamtime

Aboriginal Tales of the Ancestral Powers

K. Langloh Parker

Edited by Johanna Lambert

ISBN 978-0-89281-477-0

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160 pages, 6 x 9

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

Indigenous Cultures & Shamanism—Asia



Chosen by the Spirits

Following Your Shamanic Calling

Sarangerel

ISBN 978-0-89281-861-7

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312 pages, 6 x 9

24 b&w illustrations

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



The Magus of Java

Teachings of an Authentic Taoist Immortal

Kosta Danaos

ISBN 978-0-89281-813-6

\$16.95 (CAN \$21.95) pb

224 pages, 6 x 9

20 b&w photographs

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



Original Wisdom

Stories of an Ancient Way of Knowing

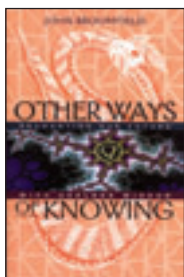
Robert Wolff

ISBN 978-0-89281-866-2

\$14.95 (CAN \$21.95) pb

208 pages, 5.25 x 8.5

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



Other Ways of Knowing

Recharting Our Future with Ageless Wisdom

John Broomfield

ISBN 978-0-89281-614-9

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272 pages, 6 x 9

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



Riding Windhorses

A Journey into the Heart of Mongolian Shamanism

Sarangerel

ISBN 978-0-89281-808-2

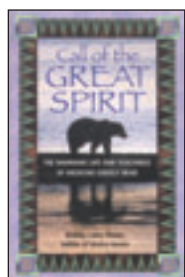
\$16.95 (CAN \$22.95) pb

224 pages, 6 x 9

25 b&w illustrations and photographs

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

Indigenous Cultures & Shamanism—North America



Call of the Great Spirit

The Shamanic Life and Teachings of Medicine Grizzly Bear

Bobby Lake-Thom

ISBN 978-1-879181-66-3

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256 pages, 6 x 9

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



Cherokee Astrology

Animal Medicine in the Stars

Raven Hail

ISBN 978-1-59143-087-2

\$15.00 (CAN \$16.95) pb

176 pages, 6 x 9

1 b&w illustration

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



Compass of the Heart

Embodying Medicine Wheel Teachings

Loren Cruden

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

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



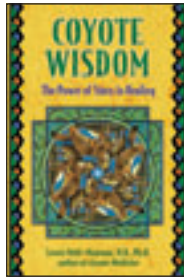
Coyote Healing

Miracles in Native Medicine

Lewis Mehl-Madrona, M.D., Ph.D.
Foreword by Larry Dossey, M.D.

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

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



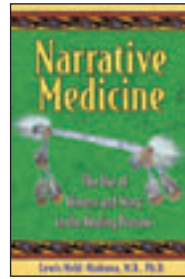
Coyote Wisdom

The Power of Story in Healing

Lewis Mehl-Madrona, M.D., Ph.D.

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

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



Narrative Medicine

The Use of History and Story in the Healing Process

Lewis Mehl-Madrona, M.D., Ph.D.

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\$22.00 (CAN \$25.00) pb
336 pages, 6 x 9

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



Crying for a Dream

The World through Native American Eyes

Richard Erdoes

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Color throughout

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



Gift of Power

The Life and Teachings of a Lakota Medicine Man

Archie Fire Lame Deer and Richard Erdoes

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\$20.00 (CAN \$24.95) pb
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Archie Lame Deer gives sweat lodges for his friend the Dalai Lama, discusses religion with the pope, and more, in this account of his passage from boyhood with the Rosebud Sioux under the tutelage of his medicine-man grandfather, to his checkered career through the bottomland of American culture, and finally, his return to the world of his ancestors, the world of the spirit.



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Talking Animals and Medicine People

Michael Bastine and Mason Winfield

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Here are stories of encounters with beings of Iroquois legend: shapeshifting witches, strange forest creatures, ethereal lights, vampire zombies, talking animals, and haunted battlefields, along with accounts of miraculous healings by medicine people.



Legends and Prophecies of the Quero Apache

Tales for Healing and Renewal

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14 b&w illustrations

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



Prayers and Meditations of the Quero Apache

Maria Yracébûr
Foreword by Alberto Villoldo
Afterword by Brooke Medicine Eagle

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\$15.00 (CAN \$21.95) pb
192 pages, 5.38 x 8.25
37 b&w photographs and illustrations

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



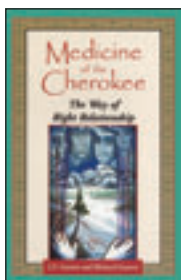
Coyote's Council Fire

Contemporary Shamans on Race, Gender, and Community

Loren Cruden

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176 pages, 6 x 9

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



Medicine of the Cherokee

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



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Michael Garrett

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



The Cherokee Full Circle

A Practical Guide to Ceremonies and Traditions

J. T. Garrett and Michael Tlanusta Garrett

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



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Native Plant Medicine from the Four Directions

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



Meditations with the Cherokee

Prayers, Songs, and Stories of Healing and Harmony

J. T. Garrett

ISBN 978-1-879181-59-5
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144 pages, 5.38 x 8.25

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



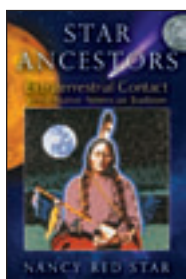
Legends of the Star Ancestors

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Nancy Red Star

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



New-August 2012

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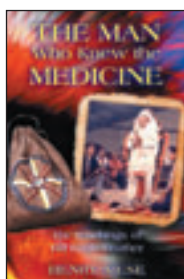
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Stories of "Sky Elders" are found in virtually every Indian culture, embedded in art, stories, and artifacts. Nancy Red Star interviews wisdomkeepers who confirm that these original instructions can guide us back into balance with natural laws.



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Niese's firsthand accounts provide a portal into a sacred reality as well as insight into the struggles of the Indian community to perpetuate its values and religious truths in the context of contemporary America.



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A Native American Bestiary

Gerald Hausman

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



Meditations with the Hopi

Robert Boissiere

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144 pages, 5.38 x 8.5

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



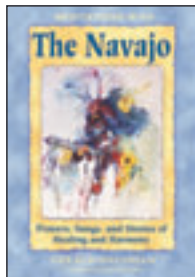
Meditations with the Lakota

Prayers, Songs, and Stories of Healing and Harmony

Paul Steinmetz

ISBN 978-1-879181-57-1
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25
11 b&w illustrations

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



Meditations with the Navajo

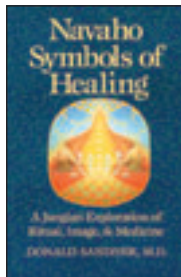
Prayers, Songs, and Stories of Healing and Harmony

Gerald Hausman

Foreword by Richard Erdoes

ISBN 978-1-879181-67-0
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25
6 line drawings

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



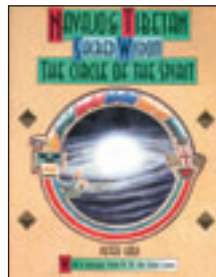
Navaho Symbols of Healing

A Jungian Exploration of Ritual, Image, and Medicine

Donald Sandner, M.D.

ISBN 978-0-89281-434-3
\$16.95 (CAN \$21.95) pb
304 pages, 5.38 x 8.25
8 color plates

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

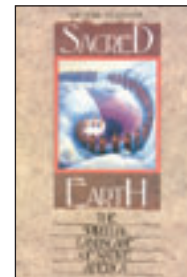


Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit

Peter Gold

ISBN 978-0-89281-411-4
\$39.95 (CAN \$43.50) pb
350 pages, 8 x 10
200 color and b&w illustrations

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



Sacred Earth

The Spiritual Landscape of Native America

Arthur Versluis

ISBN 978-0-89281-352-0
\$16.95 (CAN \$20.95) pb
176 pages, 6 x 9

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



Sacred Plant Medicine

The Wisdom in Native American Herbalism

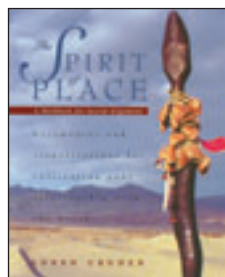
Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle

ISBN 978-1-59143-058-2
\$16.00 (CAN \$20.95) pb
240 pages, 6 x 9
27 b&w illustrations

Also available in Spanish (see page 135)

Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring this sacred relationship. Stephen Harrod Buhner examines the techniques and states of mind these cultures use to explore the dimension of plant and human interactions and the territory where plants are an expression of Spirit.



The Spirit of Place

A Workbook for Sacred Alignment

Loren Cruden

ISBN 978-0-89281-511-1
\$24.95 (CAN \$27.50) pb
232 pages, 8 x 10

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



Sun Dancing

A Spiritual Journey on the Red Road

Michael Hull

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

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



Two Ravens

The Life and Teachings of a Spiritual Warrior

Louis Two Ravens Irwin and Robert Liebert

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

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



New-Available Wisdom of the Plant Devas

Herbal Medicine for a New Earth

Thea Summer Deer

Foreword by Lewis Mehl-Madrona, M.D., Ph.D.

ISBN 978-1-59143-085-8
\$16.00 (CAN \$17.95) pb
224 pages, 6 x 9
Full color throughout

This book reveals a new dimension of herbal medicine in which we can call on the physical, psychological, and spiritual medicine of a plant’s spirit for guidance, without ingesting it or even being in its presence.

Indigenous Cultures & Shamanism— Central America



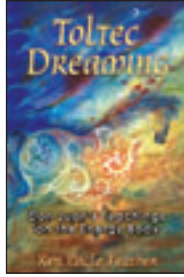
10th Anniversary Edition
of *A Toltec Path*

On the Toltec Path

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

Ken Eagle Feather
ISBN 978-1-59143-049-0
\$18.00 (CAN \$23.50) pb
304 pages, 6 x 9
8 b&w illustrations

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

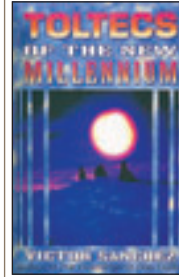


Toltec Dreaming

Don Juan's Teachings on the Energy Body

Ken Eagle Feather
ISBN 978-1-59143-072-8
\$18.00 (CAN \$20.00) pb
272 pages, 6 x 9
9 b&w illustrations

Toltec Dreaming explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from "dreaming awake," a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence. Filled with techniques that stimulate dreaming and the development of the dreaming body, this book will guide practitioners along the Toltec Way of the Dream.



Toltecs of the New Millennium

Victor Sanchez
ISBN 978-1-879181-35-9
\$14.00 (CAN \$21.95) pb
228 pages, 5.5 x 8.5

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



The Toltec Oracle

Victor Sanchez
ISBN 978-1-59143-026-1
\$35.00 (CAN \$49.95)
Boxed set, 6 x 9
288-page book with
35 b&w illustrations and
33 full-color cards

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



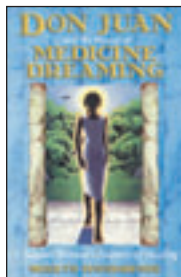
Don Juan and the Art of Sexual Energy

The Rainbow Serpent of the Toltecs

Marilyn Tunneshende

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

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



Don Juan and the Power of Medicine Dreaming

A Nagual Woman's Journey of Healing

Marilyn Tunneshende

ISBN 978-1-879181-93-9
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232 pages, 5.38 x 8.25

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



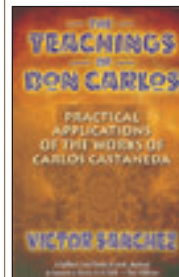
Twilight Language of the Nagual

The Spiritual Power of Shamanic Dreaming

Marilyn Tunneshende

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

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



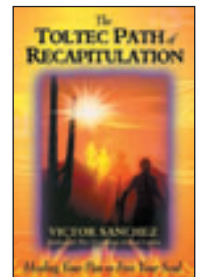
The Teachings of Don Carlos

Practical Applications of the Works of Carlos Castaneda

Victor Sanchez

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



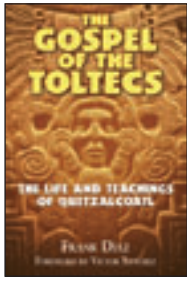
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Healing Your Past to Free Your Soul

Victor Sanchez

ISBN 978-1-879181-60-1
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208 pages, 6 x 9

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



The Gospel of the Toltecs

The Life and Teachings of Quetzalcoatl

Frank Diaz

Foreword by Victor Sanchez

ISBN 978-1-879181-86-1

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86 b&w illustrations

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



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Don Trent Jacobs

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



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Doña Bernadette Vigil with Arlene Broska, Ph.D.

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21 b&w line illustrations

Also available in Spanish (see page 134)

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

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



Chamalú: The Shamanic Way of the Heart

Traditional Teachings from the Andes

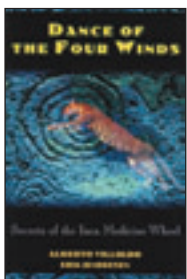
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Alberto Villoldo and Erik Jendresen

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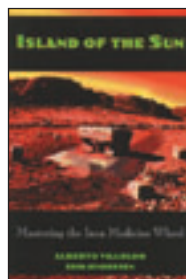
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Island of the Sun

Mastering the Inca Medicine Wheel

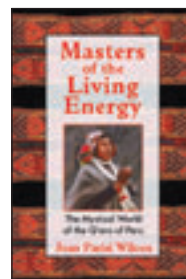
Alberto Villoldo and Erik Jendresen

ISBN 978-0-89281-520-3

\$16.95 (CAN \$22.95) pb

224 pages, 6 x 9

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



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The Mystical World of the Q'ero of Peru

Joan Parisi Wilcox

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



Plant Spirit Shamanism

Traditional Techniques for Healing the Soul

Ross Heaven and Howard G. Charing

Foreword by Pablo Amaringo

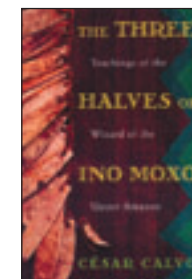
ISBN 978-1-59477-118-7

\$16.95 (CAN \$21.50) pb

280 pages, 6 x 9

Includes 8-page color insert

The authors explain the techniques that shamans use to establish connections to plant spirits. Practical exercises are provided using traditional Amazonian and Caribbean healing plants and their common North American equivalents, so that readers can explore the world of plant spirits and make allies of their own.



The Three Halves of Ino Moxo

Teachings of the Wizard of the Upper Amazon

César Calvo

Translated by Kenneth Symington

ISBN 978-0-89281-519-7

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

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

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Indigenous Cultures & Shamanism—Caribbean



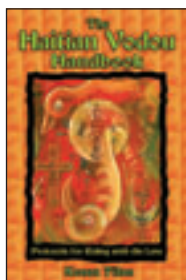
Drawing Down the Spirits

The Traditions and Techniques of Spirit Possession

Kenaz Filan and Raven Kaldera

ISBN 978-1-59477-269-6
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Drawing Down the Spirits presents an insider's view of the inner workings, and sacred traditions of spirit possession—an integral part of shamanism and many neo-pagan forms of worship. Includes the practical guidance needed to participate in ritual possession.



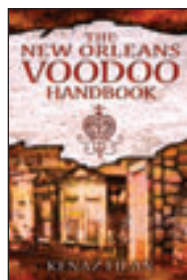
The Haitian Vodou Handbook

Protocols for Riding with the Lwa

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

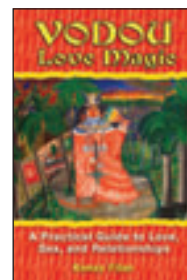


New-Available The New Orleans Voodoo Handbook

Kenaz Filan

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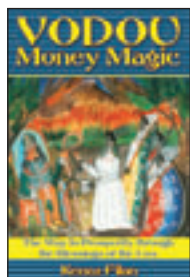
Vodou Love Magic

A Practical Guide to Love, Sex, and Relationships

Kenaz Filan

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The first book on love magic by an actual Vodou initiate, *Vodou Love Magic* provides a working guide to finding love and sexual fulfillment by working with the *lwa*, the spirits of Haitian Vodou. Includes detailed, easy-to-follow spells and spirit work.



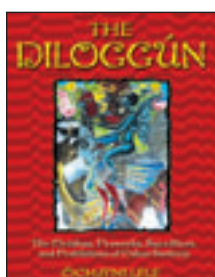
Vodou Money Magic

The Way to Prosperity through the Blessings of the Lwa

Kenaz Filan

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Includes 8-page color insert and 11 b&w illustrations

Vodou Money Magic reveals how to change your financial situation through pleasing the spirits who govern financial matters, explaining what services each can provide in attaining wealth or finding a fulfilling career.



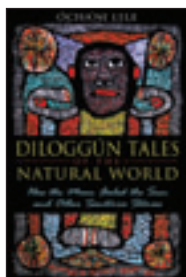
The Diloggún

The Orishas, Proverbs, Sacrifices, and Prohibitions of Cuban Santería

Ócha'ni Lele

ISBN 978-0-89281-912-6
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The first book on Santería's holiest divination system, the Diloggún. Explores the lore surrounding this mysterious oracle, the living Bible of one of the world's fastest growing faiths. Examines each family of *odu* and how their actions affect the spiritual development of the individual. An indispensable guide to the mysteries of the orishas.



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Ócha'ni Lele

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Diloggun Tales of the Natural World presents more than 40 stories from the Santería religion that are centered on the spiritual principles in nature and reveal the metaphysics and philosophy of the Yoruba people.



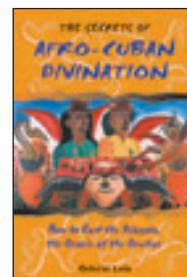
Obí

Oracle of Cuban Santería

Ócha'ni Lele

ISBN 978-0-89281-864-8
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Obí is the first book to fully explore the sacred body of lore surrounding the orisha Obí, as well as his particular rituals and customs, including opening considerations, casting and interpreting the oracle, and employing advanced methods of divination.



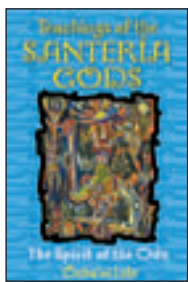
The Secrets of Afro-Cuban Divination

How to Cast the Diloggún, the Oracle of the Orishas

Ócha'ni Lele

ISBN 978-0-89281-810-5
\$24.95 (CAN \$30.95) pb
424 pages, 6 x 9

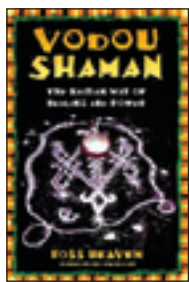
This is the first book to provide complete information on how to cast the Diloggún, including instructions for opening, reading, and closing the oracle, as well as everything necessary for giving a comprehensive reading.



Teachings of the Santería Gods

The Spirit of the Odu
 Ocha'ni Lele
 ISBN 978-1-59477-332-7
 \$16.95 (CAN \$20.50) pb
 288 pages, 6 x 9

At the core of the diloggún are the sacred stories known as the *patáksis*. This book recounts more than one hundred of these sacred parables, including many stories collected from the oral tradition of the African diaspora.



Vodou Shaman

The Haitian Way of Healing and Power
 Ross Heaven
 Foreword by Tim Booth
 ISBN 978-0-89281-134-2
 \$16.95 (CAN \$24.95) pb
 296 pages, 6 x 9
 8 b&w illustrations

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



Cuban Santería

Walking with the Night
 Raul J. Canizares
 ISBN 978-0-89281-762-7
 \$16.95 (CAN \$23.95) pb
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 Includes 8-page color insert

Also available in Spanish (see page 136)
 Initiated into Santería at the age of seven, Raul Canizares unveils the secret world of this rapidly growing Afro-Cuban religion. With the knowledge of an insider and the insight of a scholar, Canizares examines the practice of Santería, revealing its hidden dimensions and unique mix of African, Cuban, and Catholic traditions.



African Spirits Speak

A White Woman's Journey into the Healing Tradition of the Sangoma
 Nicky Arden
 ISBN 978-0-89281-752-8
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 272 pages, 6 x 9

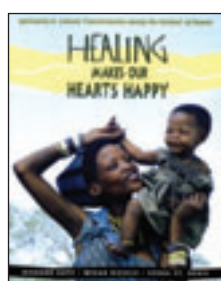
Set against the stirring backdrop of the crumbling South African apartheid regime, *African Spirits Speak* is the lyrical account of a white South African woman's journey into the world of the sangomas, the indigenous diviners and priests of South Africa, and a mystical journey that changed her life.



Bushman Shaman

Awakening the Spirit through Ecstatic Dance
 Bradford Keeney
 ISBN 978-0-89281-698-9
 \$16.95 (CAN \$24.95) pb
 240 pages, 6 x 9

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



Healing Makes Our Hearts Happy

Spirituality and Cultural Transformation among the Kalahari Ju|'hoansi
 Richard Katz, Megan Bieseles, and Verna St. Denis
 ISBN 978-0-89281-557-9
 \$29.95 (CAN \$48.00) pb
 240 pages, 8 x 10
 120 color and 10 b&w illustrations

These Bushmen show us how to look beyond the false promises of modern technology in search of the spiritual healing that is so needed in our own culture and within ourselves.

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

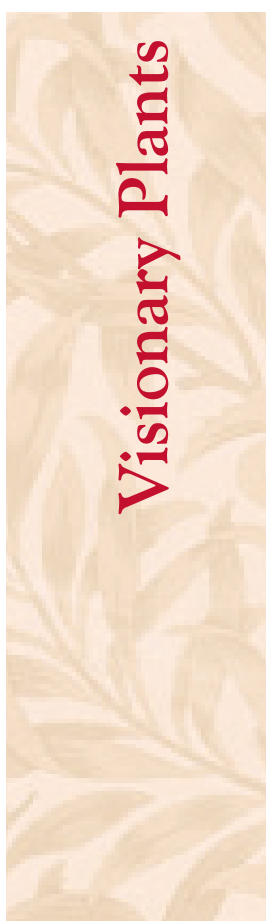
Joan Borysenko, Ph.D.,
 author of *Minding the Body, Mending the Mind*



Zulu Shaman

Dreams, Prophecies, and Mysteries
 Vusamazulu Credo Mutwa
 Edited by Stephen Larsen
 Foreword by Luisah Teish
 ISBN 978-0-89281-129-8
 \$16.95 (CAN \$24.95) pb
 256 pages, 6 x 9
 12 b&w illustrations

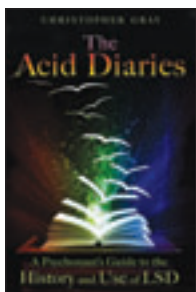
In this rare window into Zulu mysticism, Vusamazulu Credo Mutwa breaks the bonds of traditional silence to share his personal experience as a Zulu shaman. Set against the backdrop of post-colonial South Africa, *Zulu Shaman* relays the first-person accounts of an African healer and reveals the cosmology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



Ayahuasca

The Visionary and Healing Powers of the Vine of the Soul
 Joan Parisi Wilcox
 ISBN 978-0-89281-131-1
 \$16.95 (CAN \$24.95) pb
 240 pages, 6 x 9

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

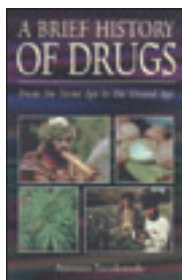


The Acid Diaries

A Psychonaut's Guide to the History and Use of LSD
Christopher Gray

ISBN 978-1-59477-383-9
\$16.95 (CAN \$19.95) pb
288 pages, 6 x 9

Christopher Gray's numerous LSD trips over a three-year period progressed through three distinct stages, weaving an ongoing story from trip to trip. *The Acid Diaries* reveals the immense potential of LSD for transpersonal growth and spiritual development.



A Brief History of Drugs

From the Stone Age to the Stoned Age
Antonio Escohotado

ISBN 978-0-89281-826-6
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176 pages, 5.38 x 8.25

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

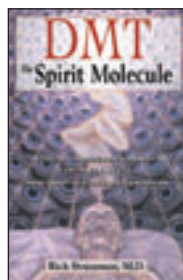


Drugs of the Dreaming

Oneirogens: Salvia divinorum and Other Dream-Enhancing Plants
Gianluca Toro and Benjamin Thomas
Foreword by Jonathan Ott

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

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



DMT: The Spirit Molecule

A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences
Rick Strassman, M.D.

ISBN 978-0-89281-927-0
\$16.95 (CAN \$24.95) pb
384 pages, 6 x 9
14 b&w illustrations

Also available in Spanish (see page 134)

Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by René Descartes to be the seat of the soul. *DMT: The Spirit Molecule* makes the bold case that DMT, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences.

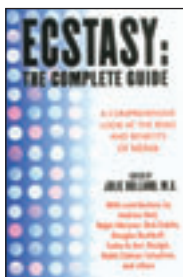


New-June 2012
From the Bodies of the Gods

Psychoactive Plants and the Cults of the Dead
Earl Lee

ISBN 978-1-59477-458-4
\$16.95 (CAN \$18.95) pb
256 pages, 6 x 9
6 b&w illustrations

This book documents the history of sacrificial and psychoactive practices from the Minoans onward through Christian sects, showing how ancient acts of ritual cannibalism and visionary intoxication remain deeply embedded in the theology and sacraments of modern religion.



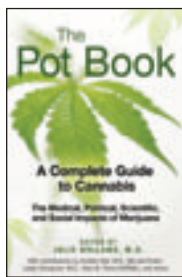
Ecstasy: The Complete Guide

A Comprehensive Look at the Risks and Benefits of MDMA

Edited by Julie Holland, M.D.

ISBN 978-0-89281-857-0
\$26.95 (CAN \$36.95) pb
464 pages, 6 x 9

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

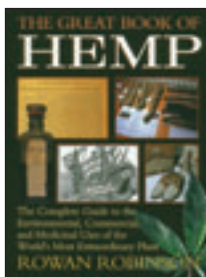


The Pot Book

A Complete Guide to Cannabis
Edited by Julie Holland, M.D.

ISBN 978-1-59477-368-6
\$19.95 (CAN \$23.50) pb
576 pages, 6 x 9
7 b&w illustrations

As the legalization of cannabis becomes a reality, *The Pot Book* candidly offers facts and authoritative opinions in a society full of marijuana myths and stereotypes. Includes contributions and interviews with leading experts including Rick Doblin, Ph.D., Michael Pollan, Andrew Weil, M.D., and Tommy Chong.



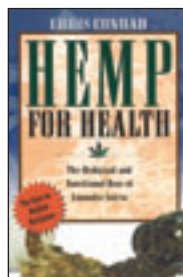
The Great Book of Hemp

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

ISBN 978-0-89281-541-8
\$22.95 (CAN \$31.95) pb
256 pages, 8 x 10
92 b&w illustrations

Also available in Spanish (see page 134)

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



Hemp for Health

The Medicinal and Nutritional Uses of Cannabis Sativa
Chris Conrad

ISBN 978-0-89281-539-5
\$16.95 (CAN \$22.95) pb
272 pages, 6 x 9
25 b&w illustrations

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

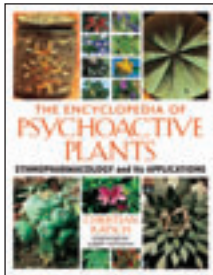


Hemp Manifesto

101 Ways That Hemp Can Save Our World
Rowan Robinson

ISBN 978-0-89281-728-3
\$8.95 (CAN \$12.95) pb
112 pages, 4 x 6

All around the globe this miracle plant is creating industries for food, fuel, clothing, housing, and paper that are beneficial to both humanity and the environment. This book offers 101 ways that hemp is making a positive impact on society and serves as a fact-filled reminder of the medicinal and environmental value of cannabis sativa.



The Encyclopedia of Psychoactive Plants

Ethnopharmacology and Its Applications

Christian Rätsch

Foreword by Albert Hofmann

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

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



Marijuana Medicine

A World Tour of the Healing and Visionary Powers of Cannabis

Christian Rätsch

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

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



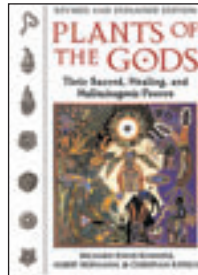
Pagan Christmas

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

Christian Rätsch
and Claudia Müller-Ebeling

ISBN 978-1-59477-092-0
\$29.95 (CAN \$30.95) pb
224 pages, 8 x 10
156 color and 40 b&w illustrations

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



Plants of the Gods

Their Sacred, Healing, and Hallucinogenic Powers

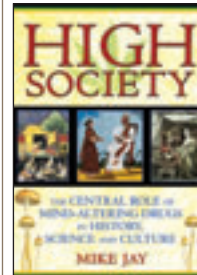
Richard Evans Schultes,
Albert Hofmann, and
Christian Rätsch

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

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

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

Dr. Mark Plotkin,
Smithsonian Institution



High Society

The Central Role of Mind-Altering Drugs in History, Science, and Culture

Mike Jay

ISBN 978-1-59477-393-8
\$19.95 (CAN \$23.50) pb
192 pages, 6.75 x 9.5
150 color and b&w illustrations

Exploring the spectrum of drug use throughout history, *High Society* paints vivid portraits of the roles drugs play in different cultures as medicines, religious sacraments, status symbols, and trade goods. Includes 150 illustrations.



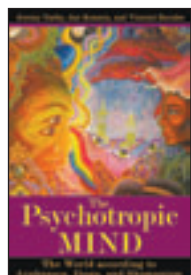
Iboga

The Visionary Root of African Shamanism

Vincent Ravalec, Mallendi,
and Agnès Paicheler

ISBN 978-1-59477-176-7
\$18.95 (CAN \$21.50) pb
240 pages, 6 x 9
4 b&w illustrations

Iboga, the sacred root, a spiritual ally of African shamans since antiquity, yields ibogaine, a powerful psychotropic substance. To the followers of the Bwiti religion of Gabon and Cameroon, ibogaine is the indispensable means by which humans can communicate with the deepest reaches of their soul and with the spirits of their ancestors.



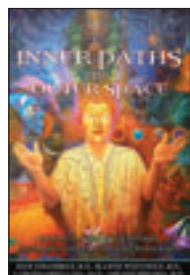
The Psychotropic Mind

The World according to Ayahuasca, Iboga, and Shamanism

Jeremy Narby, Jan Kounen,
and Vincent Ravalec

ISBN 978-1-59477-312-9
\$16.95 (CAN \$23.75) pb
192 pages, 6 x 9

This book examines plant-centered shamanic practices, including initiations, hallucinogens, and altered states of consciousness. It discusses both the benefits and dangers that await those who seek to travel this ancient path.



Inner Paths to Outer Space

Journeys to Alien Worlds through Psychedelics and Other Spiritual Technologies

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

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

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



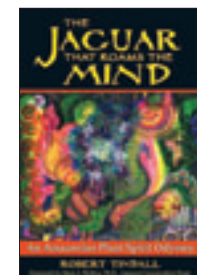
Intoxication

The Universal Drive for Mind-Altering Substances

Ronald K. Siegel, Ph.D.

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

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



The Jaguar that Roams the Mind

An Amazonian Plant Spirit Odyssey

Robert Tindall

Foreword by
Mark J. Plotkin, Ph.D.

ISBN 978-1-59477-254-2
\$18.95 (CAN \$22.50) pb
296 pages, 6 x 9
Includes 8-page color insert

Robert Tindall shares his journey through the inner and outer landscape of the churches of ayahuasca and with indigenous shamans in the Amazon. He explains the three pillars of Amazonian shamanism: healing through purging, the ritual use of ayahuasca, and communing with the innate intelligence of plant teachers.



Kava: Medicine Hunting in Paradise

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

Chris Kilham

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

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



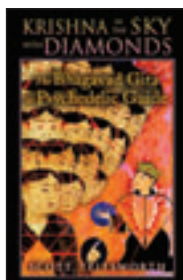
Kava: The Pacific Elixir

The Definitive Guide to Its Ethnobotany, History, and Chemistry

Vincent Lebot, Mark Merlin, and Lamont Lindstrom

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

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



**New-Available
Krishna in the Sky with Diamonds**

The Bhagavad Gita as Psychedelic Guide

Scott Teitsworth

ISBN 978-1-59477-441-6
\$16.95 (CAN \$18.95) pb
192 pages, 6 x 9

Scott Teitsworth posits that the Bhagavad Gita contains a guide to the spiritual use of entheogens, revealing that since ancient times the psychedelic experience has been a catalyst for realization, turning theory into direct experience, and bringing the written teachings to life.



LSD: Doorway to the Numinous

The Groundbreaking Psychedelic Research into Realms of the Human Unconscious

Stanislav Grof, M.D.

ISBN 978-1-59477-282-5
\$18.95 (CAN \$25.95) pb
304 pages, 6 x 9
48 b&w illustrations

This pioneering book explores the landscape of human consciousness induced by LSD and other psychedelics. Author Stanislav Grof shows the relationship between shamanism, near death experiences, and other mystical and altered states with those induced by psychedelics.



Magic Mushrooms in Religion and Alchemy

Clark Heinrich

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

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



Fate, Fortune, and Mysticism in the Peruvian Amazon

The Seprtrionic Order and the Naipes Cards

Marlene Dobkin de Rios, Ph.D.

ISBN 978-1-59477-372-3
\$14.95 (CAN \$17.50) pb
144 pages, 6 x 9
Includes two 8-page color inserts and 15 b&w photographs

Anthropologist Dobkin de Rios learned about the naipes cards from Amazonian shamans. In this book she describes how these remarkable encounters opened her mind to the powers of divination and taught her the means of directing her own destiny.



LSD, Spirituality, and the Creative Process

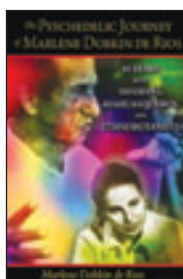
Based on the Groundbreaking Research of Oscar Janiger, M.D.

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

Foreword by Rick Strassman, M.D.

ISBN 978-0-89281-973-7
\$16.95 (CAN \$24.95) pb
264 pages, 6 x 9
Includes 8-page color insert

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



The Psychedelic Journey of Marlene Dobkin de Rios

45 Years with Shamans, Ayahuasqueros, and Ethnobotanists

Marlene Dobkin de Rios

ISBN 978-1-59477-313-6
\$16.95 (CAN \$23.75) pb
216 pages, 6 x 9
Includes 8-page color insert and 15 b&w illustrations

Marlene Dobkin de Rios has conducted extensive field studies in the use of ayahuasca in Peru and the Amazon, focusing on its use in the treatment of psychological and emotional disorders. She also examines altered states of consciousness that are experienced using biofeedback and hypnosis.



Moksha

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

Aldous Huxley

Edited by Michael Horowitz and Cynthia Palmer

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

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



The Mystery of Manna

The Psychedelic Sacrament of the Bible

Dan Merkur, Ph.D.

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

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



Opium Culture
The Art and Ritual of the Chinese Tradition
 Peter Lee

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

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



Phantastica
A Classic Survey on the Use and Abuse of Mind-Altering Plants
 Louis Lewin, M.D.

ISBN 978-0-89281-783-2
 \$16.95 (CAN \$26.95) pb
 304 pages, 6 x 9

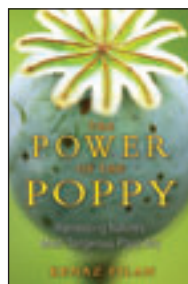
Long out of print, this book is the first scientific study of narcotic and psychedelic substances by a world-renowned pharmacologist and toxicologist.



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

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

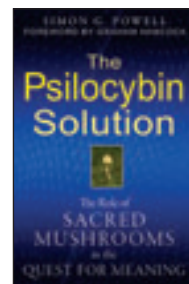
This pioneering study of psychoactive plants and their role in society, initially published in 1855, is one of the first books to examine the cultivation, preparation, and consumption of the world's major stimulants and inebriants. It presents a fascinating panorama of the world-wide use of psychoactive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



The Power of the Poppy
Harnessing Nature's Most Dangerous Plant Ally
 Kenaz Filan

ISBN 978-1-59477-399-0
 \$18.95 (CAN \$22.50) pb
 320 pages, 6 x 9

This book offers a sensible approach to the poppy that recognizes the plant as a living, sentient ally that can offer healing or harm and must be approached with respect. Profiles 11 famous users including William S. Burroughs and Lou Reed.

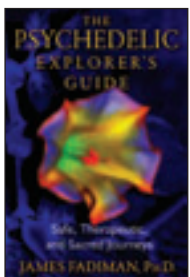


The Psilocybin Solution
The Role of Sacred Mushrooms in the Quest for Meaning
 Simon G. Powell

Foreword by Graham Hancock

ISBN 978-1-59477-405-8
 \$18.95 (CAN \$22.50) pb
 288 pages, 6 x 9

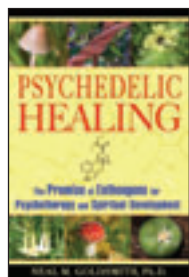
This book traces the history of the sacred mushroom, detailing how psilocybin can not only dispel anxiety and treat obsessive-compulsive disorder, but can restore our connection to the natural intelligence of Nature.



The Psychedelic Explorer's Guide
Safe, Therapeutic, and Sacred Journeys
 James Fadiman, Ph.D.

ISBN 978-1-59477-402-7
 \$18.95 (CAN \$22.50) pb
 352 pages, 6 x 9

This book, a review of the research into the psychotherapeutic value of visionary drugs, includes a guide to the use of psychedelics for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose) purposes.



Psychedelic Healing
The Promise of Entheogens for Psychotherapy and Spiritual Development
 Neal M. Goldsmith, Ph.D.

ISBN 978-1-59477-250-4
 \$16.95 (CAN \$19.95) pb
 256 pages, 6 x 9
 10 b&w illustrations

Through clinical trials, entheogens have been found to cure deep-seated emotional disturbances. Neal Goldsmith shows that this curative power comes not from a chemical effect on the body but by triggering a peak or spiritual experience.



The Psychedelic Sacrament
Manna, Meditations, and Mystical Experience
 Dan Merkur, Ph.D.

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

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

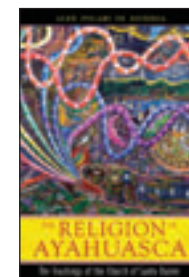


A Psychonaut's Guide to the Invisible Landscape
The Topography of the Psychedelic Experience
 Dan Carpenter

Foreword by Daniel Pinchbeck

ISBN 978-1-59477-090-6
 \$12.95 (CAN \$16.95) pb
 128 pages, 6 x 9

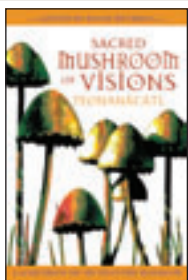
Into territory where expression is like chaos theory, where oddly symmetrical order manifests out of the seemingly anarchic swirl of images and events, the author ventures with the mind-set of a naturalist. What emerges is an objective landscape that embodies the Other and that represents a conscious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



The Religion of Ayahuasca
The Teachings of the Church of Santo Daime
 Alex Polari de Alverga

ISBN 978-1-59477-398-3
 \$16.95 (CAN \$19.95) pb
 296 pages, 6 x 9
 Includes 8-page b&w insert

The Santo Daime religion is a synthesis of Christianity and Amazonian spirituality whose practices include the sacred use of ayahuasca. *The Religion of Ayahuasca* is a first-hand account of the genesis and spread of this important religious tradition.



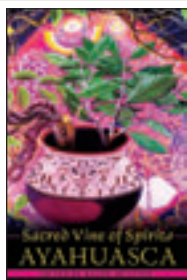
Sacred Mushroom of Visions: Teonanácatl

A Sourcebook on the Psilocybin Mushroom

Edited by Ralph Metzner

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

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



Sacred Vine of Spirits: Ayahuasca

Edited by Ralph Metzner

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

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



The Sacred Mushroom Seeker

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

Edited by Thomas J. Riedlinger
ISBN 978-0-89281-338-4
\$24.95 (CAN \$39.95) pb
304 pages, 7 x 10.5
39 color, 60 b&w illustrations

Mycologist R. Gordon Wasson's pioneering work with Mexican curandera Maria Sabina in the 1950s brought increased attention to the use of psychoactive plants in the healing and spiritual life of indigenous peoples.



Salvia Divinorum

Doorway to Thought-Free Awareness

J. D. Arthur

ISBN 978-1-59477-347-1
\$14.95 (CAN \$17.95) pb
144 pages, 6 x 9

A member of the Mint family, *Salvia divinorum* opens a doorway to a unique state of thought-free awareness. This book offers a detailed experiential analysis for those wishing to explore salvia in their quest for higher knowledge.



The Seven Sisters of Sleep

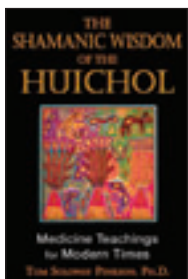
The Celebrated Drug Classic

Mordecai Cooke

ISBN 978-0-89281-748-1
\$16.95 (CAN \$26.95) pb
304 pages, 6 x 9

This groundbreaking survey, written in 1860, is a radically open-minded look at the use of drugs across the world and throughout the ages.

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



The Shamanic Wisdom of the Huichol

Medicine Teachings for Modern Times

Tom Soloway Pinkson, Ph.D.

ISBN 978-1-59477-349-5
\$18.95 (CAN \$22.95) pb
304 pages, 6 x 9
56 b&w illustrations

The Huichol tribes of the Sierra Madre in Mexico have thoroughly retained their ancient way of life. Their shamanic spiritual practices focus on living life in harmony with all things and offer a path to healing both on a personal and a planetary level.



Sisters of the Extreme

Women Writing on the Drug Experience:

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

Edited by Cynthia Palmer and Michael Horowitz

ISBN 978-0-89281-757-3
\$19.95 (CAN \$30.95) pb
320 pages, 8 x 10
154 b&w illustrations and photographs

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



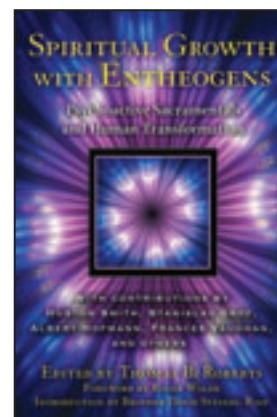
Soma

The Divine Hallucinogen

David L. Spess

ISBN 978-0-89281-731-3
\$30.00 (CAN \$48.00) hardcover
208 pages, 6 x 9
20 b&w illustrations

Shrouded in mystery for centuries, Soma is simultaneously a sacred hallucinogenic plant, a personified God, and a cosmological principle. With the renewed interest in the ritual use of psychoactive substances, shamanism, and alternative modalities of healing, *Soma* provides an important key to understanding the earliest systemized methods of medicine, psychology, magic, rejuvenation, longevity, and alchemy.



Spiritual Growth with Entheogens

Psychoactive Sacramentals and Human Transformation

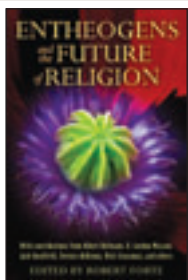
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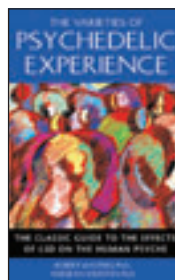


Tryptamine Palace

5-MeO-DMT and the Sonoran Desert Toad
James Oroc

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A journey from Burning Man to the Akashic Field revealing how the natural psychedelic 5-MeO-DMT triggers the human capacity for higher knowledge through direct contact with the zero-point field. The author explains a new connection between ancient shamanic wisdom and modern physics.



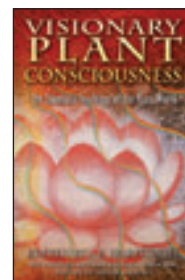
The Varieties of Psychedelic Experience

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

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

ISBN 978-0-89281-897-6
\$19.95 (CAN \$26.95) pb
336 pages, 5.25 x 8.25

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



Visionary Plant Consciousness

The Shamanic Teachings of the Plant World

Edited by J. P. Harpignies

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

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



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Arousing Body, Mind, and Spirit

Diana De Luca

ISBN 978-0-89281-790-0
\$25.00 (CAN \$39.95) hardcover
144 pages, 8 x 8
32 color and 40 b&w illustrations

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



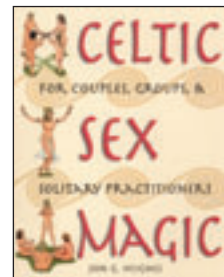
Celtic Plant Magic

A Workbook for Alchemical Sex Rituals

Jon G. Hughes

ISBN 978-0-89281-924-9
\$19.95 (CAN \$28.95) pb
288 pages, 8 x 10
34 b&w illustrations

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



Celtic Sex Magic

For Couples, Groups, and Solitary Practitioners

Jon G. Hughes

ISBN 978-0-89281-908-9
\$25.00 (CAN \$39.95) pb
240 pages, 8 x 10
50 color and b&w illustrations

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



The Complete Kama Sutra

The First Unabridged Modern Translation of the Classic Indian Text

Translated by Alain Daniélou

ISBN 978-0-89281-525-8
\$19.95 (CAN \$28.95) pb
576 pages, 6 x 9
ISBN 978-0-89281-492-3
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The oldest and most widely read guide to the pleasures of sexuality, the *Kama Sutra* deals with all aspects of sexual life, and was compiled from texts dating to the fourth century B.C. In contrast to the only previously available version, Alain Daniélou's new translation preserves the full explicitness of the original.



The Complete Illustrated Kama Sutra

Edited by Lance Dane
 ISBN 978-0-89281-138-0
 \$25.00 (CAN \$36.50) hardcover
 320 pages, 6.5 x 9.25
 269 color illustrations

Written almost 2,000 years ago, the *Kama Sutra* deals with all aspects of sexual life, and how to best achieve ecstatic expression of life's beauty. Augmented with 269 illustrations and works of art gathered from museums and collections around the world, the result is a dazzling and sensuous reading experience through which the teachings of the *Kama Sutra* spring to life.

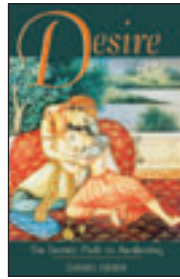


Courtly Love

The Path of Sexual Initiation
 Jean Markale

ISBN 978-0-89281-771-9
 \$16.95 (CAN \$26.95) pb
 248 pages, 6 x 9

Jean Markale shows that the roots of the ritual of courtly love re-created here go all the way back to the great mother goddess. In addition, the platonic nature attributed to these relationships is based on a misunderstanding of courtly love; underneath the refined poetry of the troubadours' verses flourished a system of sexual initiation that rivaled Indian Tantra.

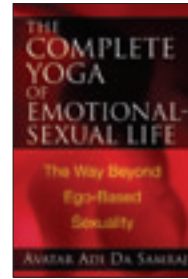


Desire

The Tantric Path to Awakening
 Daniel Odier

ISBN 978-0-89281-858-7
 \$14.95 (CAN \$21.95) pb
 192 pages, 5.38 x 8.25

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

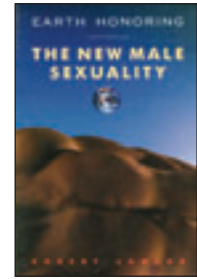


The Complete Yoga of Emotional-Sexual Life

The Way Beyond Ego-Based Sexuality
 Avatar Adi Da Samraj

ISBN 978-1-59477-258-0
 \$14.95 (CAN \$17.50) pb
 176 pages, 6 x 9

Our emotional-sexual life can only be made right by restoring the bi-polar balance of the body and transcending the illusory sense of a separate existence. The practices revealed by Avatar Adi Da Samraj are centered in the understanding that love breaks the heart and that true intimacy is only possible without ego-based attachment.

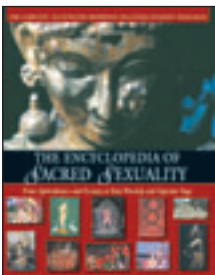


Earth Honoring

The New Male Sexuality
 Robert Lawlor

ISBN 978-0-89281-428-2
 \$12.95 (CAN \$20.95) pb
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 ISBN 978-0-89281-254-7
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Draws from Taoist, Tantric, and tribal teachings to reveal specific techniques men can use to direct their quest for power into constructive channels and an ecstatic and compassionate experience of their life-force energies. Robert Lawlor proposes that only a deep transformation in the expression of our sexual energy can lead humanity to a regeneration of the human spirit.



The Encyclopedia of Sacred Sexuality

From Aphrodisiacs and Ecstasy to Yoni Worship and Zap-lam Yoga
 Rufus C. Camphausen

ISBN 978-0-89281-719-1
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 320 pages, 8 x 10
 93 color and 59 b&w illustrations

This comprehensive reference book, lavishly illustrated and extensively cross-referenced, encompasses all eras and cultures in exploring the meaning of sexuality.



New-Available Advanced Sex Magic

The Hanging Mystery Initiation

Maria de Naglowska
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ISBN 978-1-59477-416-4
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 Paper with French Flaps
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Advanced Sex Magic reveals the ritual hanging practice and other erotic sensory deprivation exercises. Naglowska's religious system considered the Holy Spirit to be feminine and taught the importance of sex for the regeneration of the world and the uplifting of humanity.



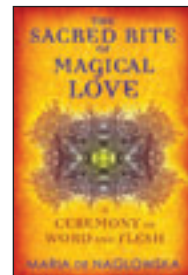
The Light of Sex

Initiation, Magic, and Sacrament

Maria de Naglowska
 Translated from the original French with an Introduction and Notes by Donald Traxler

Foreword by Hans Thomas Hakl
 ISBN 978-1-59477-415-7
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The first English translation of Maria de Naglowska's essential treatise on the spiritually transformative power of sex. It reveals mystic sexual practices that can bring about a reconciliation of the light and dark forces in nature through the union of the masculine and feminine.



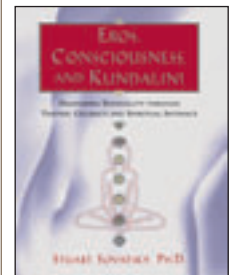
New-Available The Sacred Rite of Magical Love

A Ceremony of Word and Flesh

Maria de Naglowska
 Translated from the original French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-417-1
 \$16.95 (CAN \$18.95)
 Paper with French Flaps
 144 pages, 6 x 9

A natural continuation of Russian esoteric priestess Maria de Naglowska's work in *The Light of Sex* and *Advanced Sex Magic*, this mystical, sexually magical novella is now available for the first time in English.



Eros, Consciousness, and Kundalini

Deepening Sensuality through Tantric Celibacy and Spiritual Intimacy

Stuart Sovatsky, Ph.D.

ISBN 978-0-89281-830-3
 \$22.95 (CAN \$30.95) pb
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In this extraordinary celebration of the erotic, Dr. Stuart Sovatsky introduces us to the Tantric art of sexual sublimation. Exercises based on yoga, kundalini, and chakra meditation help readers learn to harness the divine energy at the heart of all erotic yearning, while exploring the intimate relationship between spirituality and sexuality.

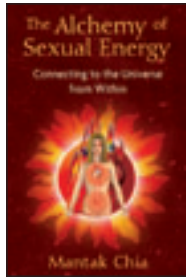


The Erotic Sentiment in the Paintings of India and Nepal

Nik Douglas and Penny Slinger

ISBN 978-0-89281-685-9
\$16.95 (CAN \$26.95) pb
80 pages, 8 x 10
66 color plates

The variety of pillow books represented here bring together some of the finest examples from India and Nepal, including pieces from the private collection of a Nepalese king. Accompanying these exquisite reproductions are commentaries and translations of verse from authentic Tantric treatises. Together with the paintings, they elevate physical love to the spiritual realm of joyous ecstasy.



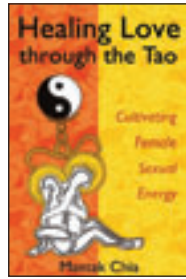
The Alchemy of Sexual Energy

Connecting to the Universe from Within

Mantak Chia

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224 pages, 6 x 9
376 color and b&w illustrations

Mantak Chia presents Taoist practices for transforming sexual energy into self-healing energy and storing it in the organs. The practitioner combines mind power with the chi to draw cosmic energy into the body, which can then be used for healing.



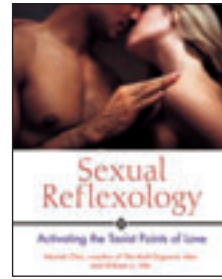
Healing Love through the Tao

Cultivating Female Sexual Energy

Mantak Chia

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\$16.95 (CAN \$22.95) pb
288 pages, 6 x 9
147 b&w illustrations

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



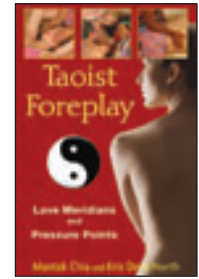
Sexual Reflexology

Activating the Taoist Points of Love

Mantak Chia and William U. Wei

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

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



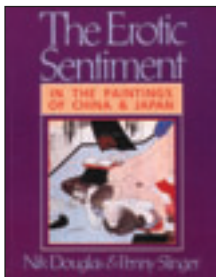
Taoist Foreplay

Love Meridians and Pressure Points

Mantak Chia and Kris Deva North

ISBN 978-1-59477-188-0
\$16.95 (CAN \$19.95) pb
176 pages, 6 x 9
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Using easy-to-follow illustrations, *Taoist Foreplay* guides lovers through simple acupressure massage routines, showing how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love.

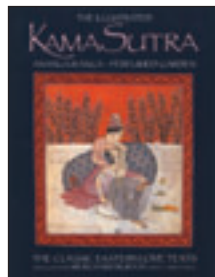


The Erotic Sentiment in the Paintings of China and Japan

Nik Douglas and Penny Slinger

ISBN 978-0-89281-495-4
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80 pages, 8 x 10
65 color plates

In Eastern cultures, it was customary to present collections of erotic art called pillow books to newlyweds. This full-color edition showcases the finest examples of this art from China and Japan, accompanied by selections of Taoist verse.



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Translated by Sir Richard Burton and F. F. Arbuthnot

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"An explicit, but also consummately witty and graceful celebration of erotica."
Libido

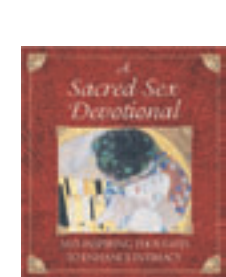


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Alain Daniélou

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



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365 Inspiring Thoughts to Enhance Intimacy

Edited by Rafael Lorenzo

ISBN 978-0-89281-935-5
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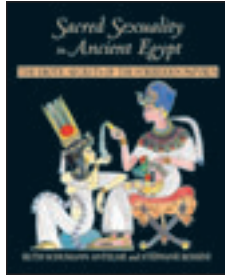
This celebration of love presents a year's worth of poetic and evocative words from some of the world's greatest writers and oldest societies that reveal the sacred tradition of ecstasy in love and sexuality.



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

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

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



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

ISBN 978-0-89281-863-1
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264 pages, 8 x 10
283 b&w and 24 full color images

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



The Secret History of Western Sexual Mysticism
Sacred Practices and Spiritual Marriage
Arthur Versluis

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\$14.95 (CAN \$16.95) pb
176 pages, 6 x 9
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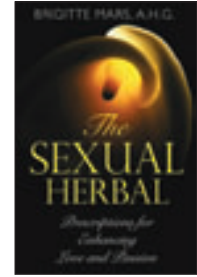
This book reveals the history of Western sexual mysticism including the secret sexual practices used to achieve mystical union with God. It details the sects and individuals who transmitted the radical sexual practices which orthodox Christianity never completely silenced.



New-May 2012
Sex and the Intelligence of the Heart
Nature, Intimacy, and Sexual Energy
Julie McIntyre

ISBN 978-1-59477-397-6
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352 pages, 6 x 9

Julie McIntyre examines the sacred relationship between sexuality and the Earth. She reveals how to create deep and lasting intimacy by recapturing a wild, spontaneous, natural sexuality, becoming vulnerable and open with our lover, and thus truly intimate.



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Prescriptions for Enhancing Love and Passion
Brigitte Mars, A.H.G.

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The Sexual Herbal offers a complete catalog of herbal, homeopathic, and holistic remedies for maintaining healthy love relationships and naturally treating sexual dysfunctions, including how to use aromatherapy, aphrodisiacs, and bedroom feng shui to enhance intimacy.



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Teachings from the Nagual Tradition
Amara Charles

ISBN 978-1-59477-357-0
\$18.95 (CAN \$22.50) pb
320 pages, 6 x 9
57 b&w illustrations

Also available in Spanish (see page 136)

Based on ancient Mayan, Olmec, and Toltec teachings passed down by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, Quodoushka offers practical guidance on sex, intimacy, and relationships that bring the sacred back into lovemaking.



Sexual Secrets: Twentieth Anniversary Edition
The Alchemy of Ecstasy
Nik Douglas and Penny Slinger

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



The Sexual Teachings of the Jade Dragon
Taoist Methods for Male Sexual Revitalization
Hsi Lai

ISBN 978-0-89281-963-8
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256 pages, 6 x 9
9 b&w illustrations

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



The Sexual Teachings of the White Tigress
Secrets of the Female Taoist Masters
Hsi Lai

ISBN 978-0-89281-868-6
\$19.95 (CAN \$28.95) pb
280 pages, 5.88 x 9

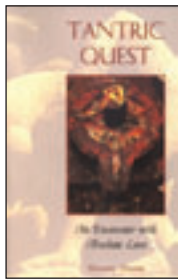
Unlike other Taoist texts, *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and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



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

ISBN 978-0-89281-906-5
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176 pages, 6 x 9

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



Tantric Quest
An Encounter with Absolute Love
Daniel Odier

ISBN 978-0-89281-620-0
\$16.95 (CAN \$21.95) pb
192 pages, 5.38 x 8.25

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

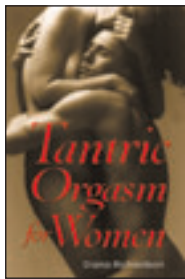
"An eye-opening intro to a powerful, much misunderstood tradition."
Natural Living



Slow Sex
The Path to Fulfilling and Sustainable Sexuality
Diana Richardson

ISBN 978-1-59477-367-9
\$14.95 (CAN \$17.50) pb
176 pages 6 x 9
14 b&w illustrations

With an emphasis on coolness rather than heat, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies, and make intimacy a vehicle to achieve higher consciousness.



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Exploring Tantra from the female perspective, Diana Richardson reveals the critical role of receptive feminine energy. Her 20 years of tantric research provides an understanding of how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and avoid adopting conventional ideas about what should be satisfying to them.



Tantric Sex for Men
Making Love a Meditation

Diana Richardson and Michael Richardson
ISBN 978-1-59477-311-2
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176 pages, 6 x 9
13 b&w illustrations

Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond preconceptions of sex as a goal-oriented—and often stressful—event so they can relax into sex as a meditative union of complementary energies.



Tantric Secrets for Men

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

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

ISBN 978-0-89281-969-0
\$18.95 (CAN \$27.50) pb
272 pages, 6 x 9
17 b&w illustrations

Also available in Spanish
(see page 137)

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



Lingam Massage
Awakening Male Sexual Energy

Michaela Riedl and Jürgen Becker
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224 pages, 6 x 9
135 b&w illustrations

Lingam massage draws on tantric and taoist practices for conserving and cultivating sexual energy. It provides the deep relaxation that supports sustained erection, deeper orgasm, and energizes the perineum and prostate gland.



Yoni Massage
Awakening Female Sexual Energy

Michaela Riedl
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\$16.95 (CAN \$22.95) pb
176 pages, 6 x 9
135 b&w illustrations

The tantric practices in *Yoni Massage* will help women overcome inhibitions about sexuality that have prevented them from fully expressing themselves. Overcoming these barriers allows women to reconnect to their innermost core and deepest feminine nature, while awakening sensual, emotional and spiritual energies.



The Yoni
Sacred Symbol of Female Creative Power

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



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The "barbarians" of ancient Europe had a system of social classes and familial clans with complex spiritual customs, rites of passage, black magic practices and shamanic ecstatic states. This book offers a concise history of these little-understood peoples.

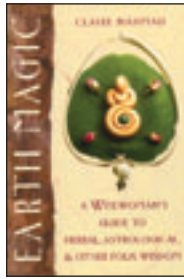


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Philippe Walter

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



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Adrian Murdoch

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The Roman Emperor Julian (332–363 A.D.) attempted to reestablish paganism as the principal faith of the Roman world. Following his death on a Persian battlefield only two years into his reign, the Church suppressed paganism and Julian was branded “The Apostate.”



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During the last few decades, millions of people have embraced ancient philosophies that honor Earth and the spiritual power of each individual. In this book, Pagan leaders and teachers describe in their own words what they believe and what they practice.



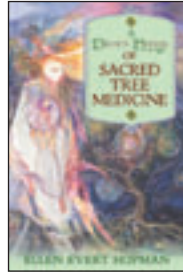
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This book reveals the secrets of the Ogham Tree Alphabet used by Druids to work magic and honor the dead. It explains the history, herbal uses and spiritual aspects of the twenty sacred trees of the alphabet.



The Pagan Book of Days

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

Nigel Pennick

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In this revised edition of *The Pagan Book of Days* the author provides details on auspicious and inauspicious days, holy days of the ancient gods and goddesses, and the eight stations of the year (the solstices, equinoxes, and cross-quarter days). He also includes lunar and solar charts indicating dates of major Pagan celebrations from the year 2011 through 2033.



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Maureen Mercury

Photographs by Steve Haworth

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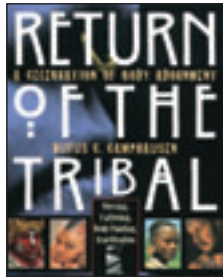
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Celebrating the Dark Half of the Year

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



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Rufus C. Camphausen

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This book examines the Wild Hunt of Medieval paganism—the nocturnal procession of demons, hounds, soldiers, and knights, some covered in blood, others carrying their heads beneath their arms. Variations of this myth are still a living, evolving tradition.



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Healing Arts, Shamanic Practices, and Forbidden Plants

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

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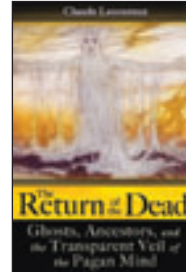
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From Pagan Folklore to Modern Manifestations

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Our pagan ancestors understood that the mischief of poltergeists was the work of helper spirits. Now, as then, poltergeist manifestations are revealing our relationship with the natural and unseen world, a relationship we must take care to keep in balance.



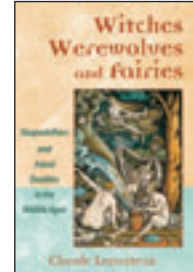
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To the pagan mind, ghosts were very much alive—the dead could, and did, cross back and forth at will. The Church engineered the transformation of ghosts from the embodied to the amorphous, the better to supplant a form of ancestor worship with its own faith.



Witches, Werewolves, and Fairies

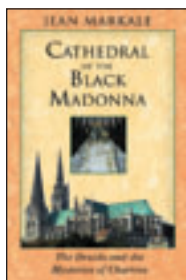
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Monsters, werewolves, witches, and fairies remain a strong presence in our stories and dreams. The author's extensive analysis of Western European legends reveals an almost forgotten religious concept: that every individual owns three souls and that one, the Double, can leave the physical body to journey where it chooses. Claude Lecouteux reveals the origin and significance of this belief, and follows its transforming features through the ages.

Celtic Studies



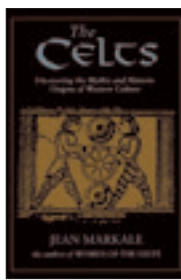
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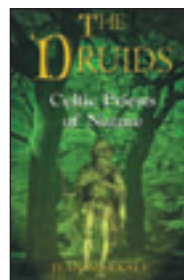
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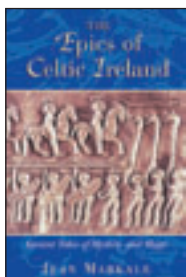
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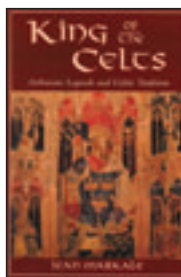
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Up to now, this text has been regarded as merely an elaborate battle of wits between two bards. Thanks to the present translation and its accompanying commentary, we now can see that this text depicts the examination by a teacher of a druidic candidate. Consequently, the reader gains valuable insight into the actual nature of druidic science.



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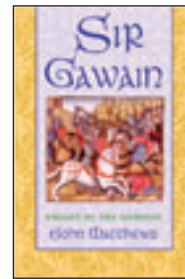
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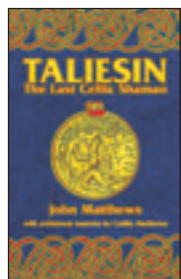
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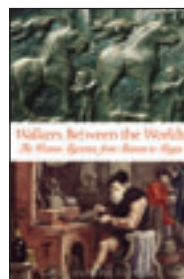
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John Matthews with additional material by Caitlín Matthews

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Taliesin, Chief Bard of Britain and Celtic shaman, was a historical figure who lived in Wales during the latter half of the sixth century. His verse is established as a direct precursor to the Arthurian Legends—and Taliesin himself, is said to be the direct forebear to Merlin. The author presents completely new translations of Taliesin's major poems in their entirety, uncovering the meanings behind these great works for the first time.



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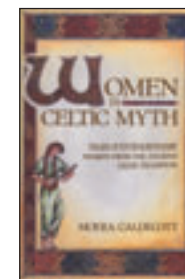
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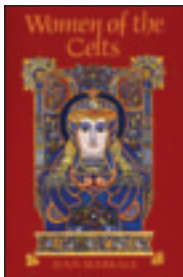
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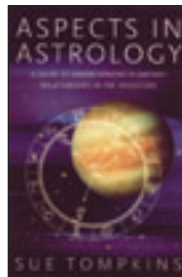
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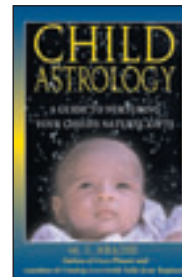
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Child Astrology

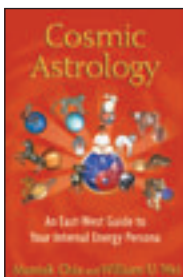
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M. J. Abadie

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New-August 2012

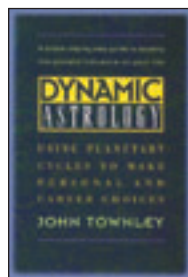
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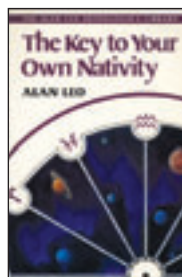


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Alan Leo

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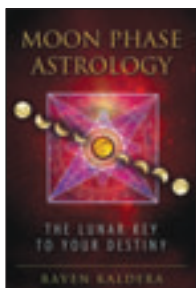
Liquid Light of Sex

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Barbara Hand Clow

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Shamanic Egyptian Astrology

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Linda Star Wolf and Ruby Falconer

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25 b&w illustrations
This book provides a new way to interpret and work with natal charts by integrating Western astrology and shamanism into the Egyptian pantheon. Each chapter includes sacred invocations and shamanic rituals to invite the wisdom of each Egyptian deity into your life.



Taoist Astrology

A Handbook of the Authentic Chinese Tradition

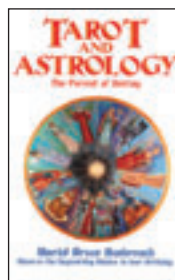
Susan Levitt with Jean Tang

ISBN 978-0-89281-606-4
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224 pages, 6 x 9

The authors bring Chinese astrology back to its ancient roots in Taoism.

"Clear, thorough, and beautifully written, this book will satisfy anyone from the beginner to the most accomplished scholar."

Seann Xenja,
Feng Shui consultant and educator



Tarot and Astrology

The Pursuit of Destiny

Muriel Bruce Hasbrouck

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This synthesis of the ancient mysteries goes beyond astrology and Tarot to shed new light on the eternal question of personal destiny. The author examines the conditioning factors of time and birthdate and reveals a ten-day cycle formula that will help you understand yourself and others with amazing accuracy.



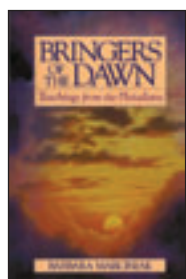
Western Astrology and Chinese Medicine

Jonathan Clogstoun-Willmott

ISBN 978-0-89281-109-0
\$12.95 (CAN \$20.95) pb
192 pages, 5.38 x 8.38
19 b&w illustrations

A unique synthesis of two ancient disciplines from West and East. Making full use of his unique training in these two apparently divergent fields, Jonathan Clogstoun-Willmott shows how Western astrology harmonizes with Chinese medicine and explores the fascinating possibilities raised by the association of these ancient disciplines.

New Age—Channeled



Bringers of the Dawn

Teachings from the Pleiadians

Barbara Marciniak

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Compiled from more than four hundred hours of channeling by Barbara Marciniak, *Bringers of the Dawn* imparts to us the wisdom of the Pleiadians, a group of enlightened beings who have come to Earth to help us discover how to reach a new stage of evolution. Startling, intense, intelligent, and controversial, these teachings offer essential reading for anyone questioning his or her existence on this planet and the direction of our collective conscious—and consciousness.



Earth

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Family of Light

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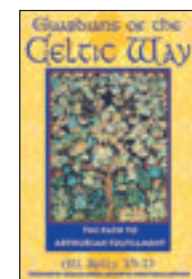
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"There is a spiritual revolution sweeping the Earth that is going to eclipse the industrial and information revolutions, and this book heralds its coming."

Magical Blend



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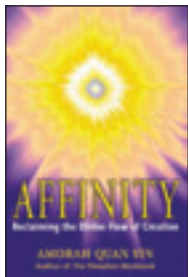
The Path to Arthurian Fulfillment

Jill Kelly, Ph.D.

Foreword by Richard Gerber, M.D., author of *Vibrational Medicine*

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A channeled overview of the Celtic path of personal and planetary transformation. Celtic scholar Jill Kelly outlines the cosmology of Celtic mysticism that orders the Divine Mother's Kingdom on Earth and calls humanity to awaken to its sacred potential.



Affinity

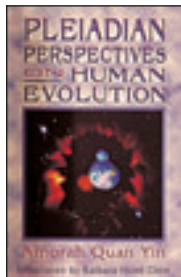
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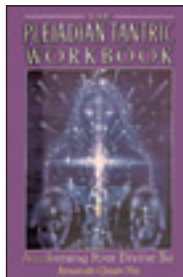
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Gail Vivino, astrologer



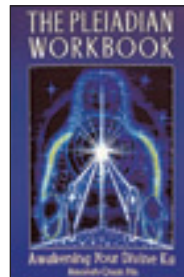
The Pleiadian Tantric Workbook

Awakening Your Divine Ba

Amorah Quan Yin

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Awakening Your Divine Ka

Amorah Quan Yin

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The Pleiadian Workbook is a direct transmission from the Pleiadian Emissaries of Light. Through Amorah Quan Yin, the Pleiadian Emissaries offer us energetic cleansing practices for aligning the divine self with the physical body. We are taught to open our "Ka Channels," which raises our vibratory rate and rejuvenates and balances our bodies, stimulating emotional healing.



The Pleiadian Agenda

A New Cosmology for the Age of Light

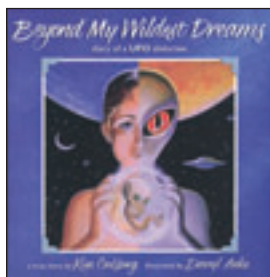
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Astrologer and spiritual teacher Barbara Hand Clow reveals the timing of the critical leap in evolution at the end of the Mayan Calendar.

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Perceptions Magazine



Beyond My Wildest Dreams

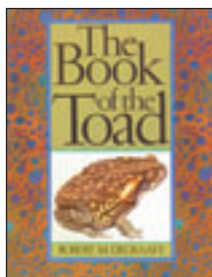
Diary of a UFO Abductee

Kim Carlsberg

Illustrated by Darryl Anka

ISBN 978-1-879181-25-0
\$20.00 (CAN \$31.95) pb
288 pages, 8 x 7.88
Color and b&w illustrations throughout

Beyond My Wildest Dreams poignantly captures the range of emotion—from fear to exhilaration—inherent in the UFO abduction phenomenon. Correlating uncannily with the experiences of other contactees worldwide, Carlsberg's thoughtful and committed inquiry into the meaning of the UFO abduction phenomenon is a catalyst for a deep journey within the human psyche.



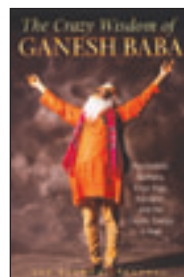
The Book of the Toad

A Natural and Magical History of Toad-Human Relations

Robert M. DeGraaff

ISBN 978-0-89281-261-5
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This comprehensive and entertaining compendium of toad lore surveys the history of toads as biological entity, literary and artistic subject, mythological subject, and threatened species. Here is a uniquely insightful and engaging look at how humans through the ages have responded to and been influenced by their amphibian neighbors.

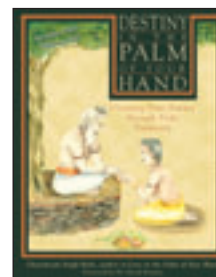


The Crazy Wisdom of Ganesh Baba

Psychedelic Sadhana, Kriya Yoga, Kundalini, and the Cosmic Energy in Man

Eve Baumohl Neuhaus
ISBN 978-1-59477-265-8
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160 pages, 6 x 9
30 b&w illustrations

Ganesh Baba (1895–1987) knew Lahiri Mahasaya, became a swami under Sivananda, and was the head of a sect whose followers consider entheogens to be the gift of the gods. This book contains the core of Ganesh Baba's teachings.



Destiny in the Palm of Your Hand

Creating Your Future through Vedic Palmistry

Ghanshyam Singh Birla

Foreword by David Frawley
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105 b&w illustrations and palm printing kit

With dozens of illustrations and examples of actual palm prints, *Destiny in the Palm of Your Hand* shows you how you can use palmistry to gain an understanding of where you are coming from and where you are headed.



The Diviner's Handbook

A Guide to the Timeless Art of Dowsing
Tom Graves

ISBN 978-0-89281-303-2
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Each of us is capable of detecting the subtle emanations and vibrations that surround us. *The Diviner's Handbook* helps you develop your own individual talent and technique for dowsing as a key to greater knowledge and the time-honored art of divination.

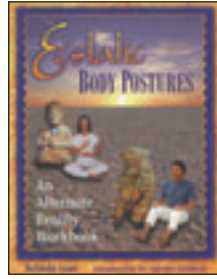


The Divining Heart

Dowsing and Spiritual Unfoldment
Patricia C. and Richard D. Wright

ISBN 978-0-89281-423-7
\$10.95 (CAN \$17.50) pb
176 pages, 5.38 x 8.25

Authors Richard and Pat Wright define dowsing as the "process of uncovering information through the medium of the self," believing, as do many dowsers, that the ability to dowse is innate. But they also feel that its proper development is contingent upon the parallel unfolding of the spiritual qualities in our nature.

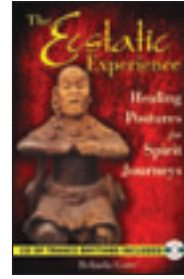


Ecstatic Body Postures

An Alternate Reality Workbook
Belinda Gore

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With clear instructions and diagrams, this manual explores the altered states of consciousness which are triggered as a result of practicing ancient shamanic postures and movements.

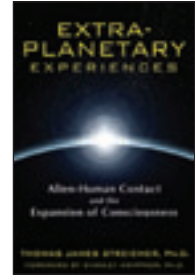


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Healing Postures for Spirit Journeys
Belinda Gore

ISBN 978-1-59143-096-4
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160 pages, 6 x 9
Includes 20 b&w illustrations and a 60-minute CD of trance rhythms

Following up on her groundbreaking book, *Ecstatic Body Postures*, Belinda Gore provides a new series of 20 trance-inducing postures for shamanic journeying, initiation, healing, divination, and transformation of the soul. Includes 60-minute CD of trance rhythms to accompany the shamanic journeying exercises.



**New-May 2012
Extra-Planetary Experiences**

Alien-Human Contact and the Expansion of Consciousness

Thomas James Streicher, Ph.D.

Foreword by Stanley Krippner, Ph.D.

ISBN 978-1-59143-136-7
\$16.00 (CAN \$17.95) pb
288 pages, 6 x 9

Thomas Streicher interviews seven renowned people who have had extra-planetary experiences or XPE—travel to other planets, moons, and stars. In all cases, XPE marked a turning point in the person's life, accompanied by spiritual insights or a motivation to be of service to humanity.



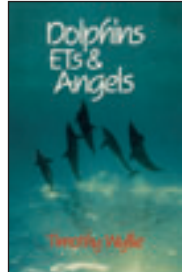
The Divining Mind

A Guide to Dowsing and Self-Awareness

T. E. Ross and Richard D. Wright

ISBN 978-0-89281-263-9
\$12.95 (CAN \$18.95) pb
136 pages, 5.38 x 8.25

The art of divining, or dowsing, has for years been cloaked in mystery and superstition. Recognized by some as a means of finding water and minerals, it is actually a method for anyone to develop intuitive skills. This thought-provoking book demystifies dowsing and presents this ancient science as a powerful tool for self-knowledge.



Dolphins, ETs & Angels

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Timothy Wyllie

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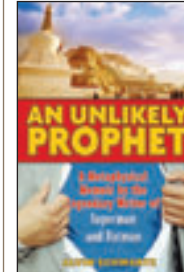
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Providing an update to *The Urantia Book*, Timothy Wyllie reveals that Lucifer and the fallen angels have been forgiven and Earth's connection with the Multiverse is being restored, initiating the present transformation of consciousness.



An Unlikely Prophet

A Metaphysical Memoir by the Legendary Writer of Superman and Batman

Alvin Schwartz

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



A Gathering of Selves

The Spiritual Journey of the Legendary Writer of Superman and Batman

Alvin Schwartz

ISBN 978-1-59477-109-5
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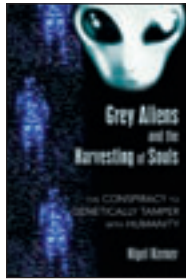
Alvin Schwartz's amazing personal journey continues in this sequel to *An Unlikely Prophet*. Carried far beyond the boundaries of ordinary identity, Schwartz finds an interpersonal consciousness where he inhabits a multitude of selves, including the dark figure of Batman. What he thinks of as "self," Schwartz discovers, is but one layer of an onion-like structure of multiple co-existing selves that forms the foundation of the fundamental unity of all being.



Gods of the Runes
The Divine Shapers of Fate
Frank Joseph
Illustrated by Ian Daniels

ISBN 978-1-59143-116-9
\$18.00 (CAN \$20.95) pb
200 pages, 6 x 9
Includes 8-page color insert and
35 b&w illustrations

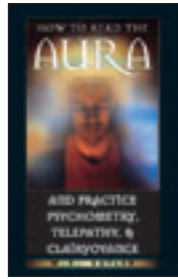
This book reveals the rich history of runes since their appearance in Paleolithic times. It uncovers the original meanings, myths, traits, astrological periods, colors, and gemstones of each rune's corresponding god or goddess. Includes beautiful full-color illustrations.



Grey Aliens and the Harvesting of Souls
The Conspiracy to Genetically Tamper with Humanity
Nigel Kerner

ISBN 978-1-59143-103-9
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504 pages, 6 x 9
Includes 24-page color insert

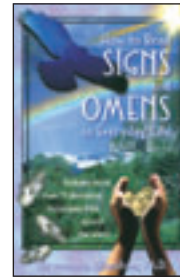
Grey aliens are sophisticated biological robots who seek to obtain human souls. Through the manipulation of DNA, these aliens hope to create their own souls and escape the material universe. But if we follow spiritual laws, we can free ourselves from their grasp.



How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance
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Renowned parapsychologist W. E. Butler outlines simple procedures to develop and perfect the four basic psychic powers we all possess; how to read the Aura, understand Psychometry, awaken telepathic powers, and experience clairvoyance. One of the world's great occultists, W. E. Butler (1898–1978) studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.



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Sarvananda Bluestone, Ph.D.

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Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities "psychic," but native cultures accepted that each of us has an innate sixth sense. Sarvananda Bluestone shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.



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Chris Kilham

Illustrated by Robert Engman
ISBN 978-0-89281-209-7
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Can the New Age laugh at itself? You'll find out in this playful romp through its lighter side. Discover reincarnation life insurance, do-it-yourself firewalking, astral projection tours, and more.



Love in the Palm of Your Hand
How to Use Palmistry for Successful Relationships
Ghanshyam Singh Birla

ISBN 978-0-89281-718-4
\$19.95 (CAN \$28.95) pb
160 pages, 8 x 10
256 b&w illustrations and palm printing kit

For 4,000 years Indian practitioners of Samudrik Shastra have interpreted palm lines for personality assessment and counseling. This guide, illustrated with hundreds of palms and including a palm print kit, helps you do your own readings.

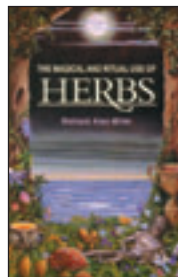


The Magical and Ritual Use of Aphrodisiacs
Richard Alan Miller

ISBN 978-0-89281-402-2
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176 pages, 5.38 x 8.25

Also available in Spanish (see page 137)

The author shows how intent and motivation can be focused to augment the physical effects of aphrodisiacs and suggests rituals drawn from Tantric yoga and Western magic.



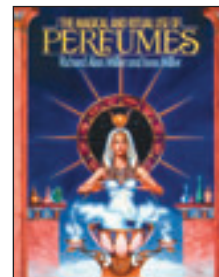
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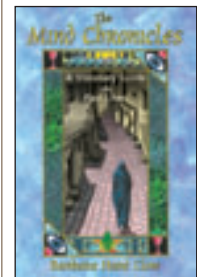
"Fascinating. . . Miller's range of practical and arcane knowledge is impressive. This integration of the scientific with the mystical is one of the most interesting facets of the book."
The Herb Companion



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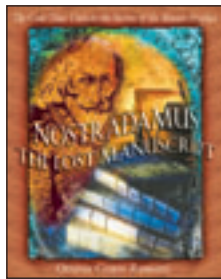


Nordic Runes

Understanding, Casting, and Interpreting the Ancient Viking Oracle

Paul Rhys Mountfort
ISBN 978-0-89281-093-2
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A practical guide to this ancient oracle, *Nordic Runes* addresses three major areas: Runelore, the history of this 2,000-year-old Norse oracle; Runestaves, the meaning of the individual runes, and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive and contemporary guide to the application of this ancient system of divination.



**Nostradamus:
The Lost Manuscript**

The Code That Unlocks the Secrets of the Master Prophet

Ottavio Cesare Ramotti
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Paintings by Nostradamus discovered in 1994 in the Italian National Library provide the key to decoding his prophecies, revealing a chronology of his quatrains that has been hidden for 400 years. Ramotti has cracked the code and produced a book that is required reading for those who want to know what the next millennium has in store.

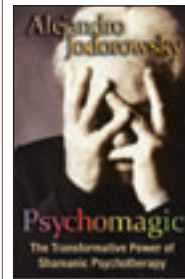


Oracles of the Dead

Ancient Techniques for Predicting the Future

Robert Temple
ISBN 978-1-59477-085-2
\$19.95 pb
480 pages, 6 x 9

Includes two 8-page color inserts and 76 black-white illustrations
In *Oracles of the Dead*—published internationally as *Netherworld*—Robert Temple examines the Greek and Roman traditions and techniques of divination and compares them to those of ancient China. Temple investigates the various mysteries associated with Delphi and the other oracles of the ancient world and explains how they were used to allow visitors to experience contact with the divine.

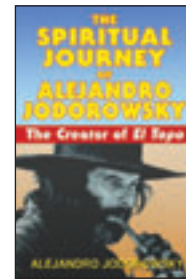


Psychomagic

The Transformative Power of Shamanic Psychotherapy

Alejandro Jodorowsky
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\$24.95 (CAN \$29.95) pb
304 pages, 6 x 9

Psychomagic uses the powers of dreams, art, and theater to heal deep wounds. The concrete and often surreal actions Jodorowsky asks his patients to engage recast dysfunctional habits into positive action enabling them to pay the psychological debts hindering their lives.



The Spiritual Journey of Alejandro Jodorowsky

The Creator of El Topo
Alejandro Jodorowsky

ISBN 978-1-59477-173-6
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Jodorowsky's memoirs reveal his experience with Master Takata and a group of wisewomen—*magiciennes*—who influenced his spiritual growth. He turns the same unsparring spiritual vision seen in the 1970 countercultural hit film *El Topo* to his own spiritual quest.



**The Origins of
Psychic Phenomena**

Poltergeists, Incubi, Succubi, and the Unconscious Mind

Stan Gooch
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Stan Gooch explores the functioning of the dream-producing part of the brain—the cerebellum—and how the unconscious mind is able to externalize itself. He shows how the cerebellum is the source of these energies, subpersonalities, and manifestations, and identifies our neglected “Neanderthal” subconscious as responsible for the rising incidence of paranormal happenings.



Pendulum Power

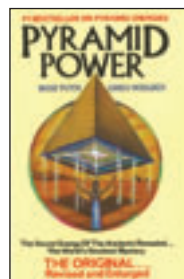
A Mystery You Can See, A Power You Can Feel

Greg Nielsen and Joseph Polansky

ISBN 978-0-89281-157-1
\$9.95 (CAN \$13.50) pb
128 pages, 5 x 7.75

Learn how the power of the pendulum can help you discover treasure, locate the lost, divine the new, and advise in relationships.

“Emphasis is placed on self-development through pendulum power.”
The American Dowser Quarterly Digest



Pyramid Power

Max Toth and Greg Nielsen

ISBN 978-0-89281-106-9
\$14.95 (CAN \$18.95) pb
208 pages, 5 x 7.75

Pyramid power, the secret energy harnessed by the ancients, preserves foodstuffs, amplifies thought forms, and increases sexual vitality. Here is information on pyramids around the world, instructions on building your own pyramid, and suggested experiments to make pyramid power work for you.



Pyramid Prophecies

Max Toth

ISBN 978-0-89281-203-5
\$12.95 (CAN \$20.95) pb
392 pages, 5 x 7.75
75 b&w illustrations

The author of *Pyramid Power* reveals prophetic evidence concealed for centuries within the Great Pyramid of Giza and compares it with the prophecies of Edgar Cayce and Nostradamus.



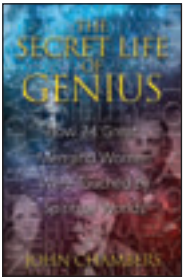
**The Secret History of
Extraterrestrials**

Advanced Technology and the Coming New Race

Len Kasten

ISBN 978-1-59143-115-2
\$18.00 (CAN \$20.95) pb
328 pages, 6 x 9
Includes 8-page color insert and 59 b&w illustrations

This book explores the ET phenomenon and its influence on humanity past and present. It examines ET contacts, anti-gravity devices, the Iraqi Stargate, Nazi ties to UFOs, government cover-ups, and much more. Includes interviews with Paul LaViolette and Robert Bauval.



The Secret Life of Genius

How 24 Great Men and Women Were Touched by Spiritual Worlds

John Chambers

ISBN 978-1-59477-272-6
\$18.95 (CAN \$25.95) pb

336 pages, 6 x 9
24 b&w illustrations

A look at the metaphysical experiences that shaped 24 great men and women from the Renaissance to modern times. *The Secret Life of Genius* chronicles our changing relationship with God, nature, and spirituality from the 16th to the 20th century.



Secret Places of the Lion

Alien Influences on Earth's Destiny

George Hunt Williamson

ISBN 978-0-89281-601-9
\$16.95 (CAN \$23.95) pb
240 pages, 5.38 x 8.25

This bestseller shows how rises and plateaus in our cultural history are the result of "radiant beings from heaven" who have incarnated as pivotal figures in history to declare wisdom and truth when humanity has been ready to receive it.

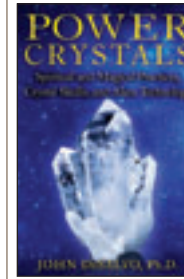


The Secret of the Runes

Translated by Guido von List
Edited by Stephen E. Flowers

ISBN 978-0-89281-207-3
\$14.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

The runes are said to have "revealed themselves" to von List, uncovering a complete cosmology and esoteric understanding of the primeval Teutonic/Aryan peoples, and becoming the cornerstone of his ideology. No other work so clearly and simply sets forth the full spectrum of von List's fantastic vision of a mystical philosophy based on Germanic principles.



**New-May 2012
Power Crystals**

Spiritual and Magical Practices, Crystal Skulls, and Alien Technology

John DeSalvo, Ph.D.

ISBN 978-1-59477-400-3
\$16.95 (CAN \$18.95) pb
208 pages, 6 x 9

Includes 16-page color insert and 15 b&w illustrations

Crystals connect the physical world with the spiritual via a powerful communication network. This book examines quartz crystals, crystal skulls, and Dropla discs, providing instructions for their use in scrying, meditation, and Enochian magic, including communication with angels.



The Seeress of Prevorst

Her Secret Language and Prophecies from the Spirit World

John DeSalvo, Ph.D.

ISBN 978-1-59477-240-5
\$14.95 (CAN \$17.50) pb
224 pages, 6 x 9

74 b&w illustrations

The Seeress of Prevorst, Frederika Hauffe (1801–1829) was a German mystic and clairvoyant who received revelations from the spirit world while suspended between life and death. She wrote and spoke in a secret language that John DeSalvo decodes in this revealing book.



**New-March 2012
Seven Secrets of Time Travel**

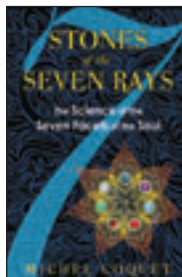
Mystic Voyages of the Energy Body

Von Braschler

Foreword by Frank Joseph

ISBN 978-1-59477-447-8
\$14.95 (CAN \$16.95) pb
176 pages, 6 x 9

This book examines time travel from the viewpoint of mystics, shamanic dreamwalkers, and scientists, from Blavatsky to Einstein. It offers practical exercises to develop time travel abilities, emphasizing the spiritual wholeness that comes from energy body work.



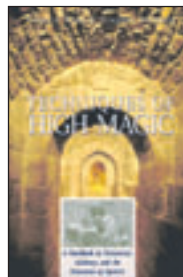
**New-July 2012
Stones of the Seven Rays**

The Science of the Seven Facets of the Soul

Michel Coquet

ISBN 978-1-59477-433-1
\$24.95 (CAN \$27.95) pb
320 pages, 6 x 9
Full color throughout

This book explores the gemstones associated with the Seven Rays—diamond, sapphire, emerald, jasper, topaz, ruby, and amethyst—and shows that when charged with an angelic presence they can effect spiritual transformation and physical healing.



Techniques of High Magic

A Handbook of Divination, Alchemy, and the Evocation of Spirits

Francis King and Stephen Skinner

ISBN 978-0-89281-818-1
\$16.95 (CAN \$21.95) pb
240 pages, 6 x 9
55 b&w illustrations

This complete beginner's guide enables you to understand and harness the mysterious forces of nature, while providing tools for self-initiation into ancient and secret traditions of ceremonial magic.



The Temples of Light

An Initiatory Journey into the Heart Teachings of the Egyptian Mystery Schools

Danielle Rama Hoffman

Foreword by Nicki Scully

ISBN 978-1-59143-099-5
\$20.00 (CAN \$27.95) pb
256 pages, 6 x 9

Includes 16-page color insert and 50-minute CD
The Temples of Light is a spiritual journey through thirteen of Egypt's sacred temples. Guided meditations and exercises assist the modern-day pilgrim with everyday issues as well as deeper questions. Includes a 50-minute CD of a guided journey of the Sphinx.



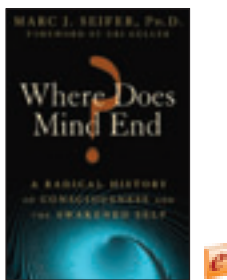
Victor Hugo's Conversations with the Spirit World

A Literary Genius's Hidden Life

John Chambers

ISBN 978-1-59477-182-8
\$18.95 (CAN \$21.50) pb
384 pages, 6 x 9
3 b&w illustrations

In this first English translation of Victor Hugo's writings on his experiments in spiritualism, author John Chambers places Hugo's experiments firmly in the tradition of visionary literature and psychic exploration. He reveals Hugo's conversations with Shakespeare, Plato, Galileo, Jesus and others, and discusses Hugo's possible role as a grand master of the Priory of Sion.

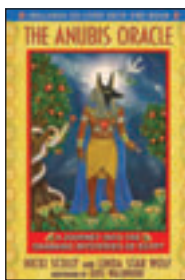


New-Available
Where Does Mind End?

A Radical History of Consciousness and the Awakened Self

Marc J. Seifer, Ph.D.
 Foreword by Uri Geller
 ISBN 978-1-59477-430-0
 \$18.95 (CAN \$21.50) pb
 384 pages, 6 x 9
 30 b&w illustrations

Where Does Mind End? takes an inward journey through the psyche to explain the mystery of consciousness. Starting with Aristotle and Zoroaster then moving to modern philosophers, it recasts psychology as a vehicle not for mental health but for higher consciousness.

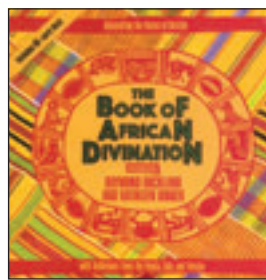


The Anubis Oracle
A Journey into the Shamanic Mysteries of Egypt

Nicki Scully and Linda Star Wolf
 Illustrated by Kris Waldherr

ISBN 978-1-59143-090-2
 \$30.00 (CAN \$35.95)
 Boxed Set, 6 x 9
 176-page book with 43 b&w illustrations and 35 full-color cards

The Anubis Oracle is a shamanic guide to inner Egypt, where archetypal deities and elemental spirits lead us on a journey of transformation. This boxed set includes a 35-card color deck and a guidebook that provides card interpretations and divination spreads.



The Book of African Divination

Interpreting the Forces of Destiny with Techniques from the Venda, Zulu, and Yoruba

Raymond Buckland and Kathleen Binger
 ISBN 978-0-89281-364-3
 \$26.00 (CAN \$41.50)
 Boxed set, 8 x 8
 144-page book and 80 b&w cards

With this book and deck, you will sample divination practices ranging from Venda tablets and divining bowls to Zulu bone casting, Yoruba seashell casting, and Tika spider cards.



The Book of Doors Divination Deck

An Alchemical Oracle from Ancient Egypt

Athon Veggi and Alison Davidson

ISBN 978-0-89281-512-8
 \$29.95 (CAN \$48.00)
 Boxed set, 6 x 9
 256-page book
 65 full-color cards and die

This entirely new divination system accesses the ancient knowledge of Egypt, enabling you to unlock your intuitive abilities and call upon the energy of the Egyptian deities, whose powers transform both matter and spirit.



The Cosmic Tribe Tarot

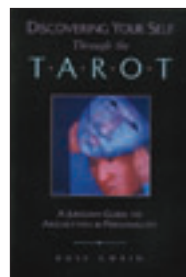
Art by Steve Postman
 Text by Eric Ganther

ISBN 978-0-89281-700-9
 \$34.95 (CAN \$46.50)
 Boxed set, 6 x 9
 208-page book with 90 b&w illustrations and 80 full-color cards

This is a deck created for the twenty-first century, neo-tribal technopagan.

"Steve's art has the convincing feel of having been created by one who has been to the other side and can harness the most sophisticated technology to articulate the patterns of infinity and archetypal powers which are the fabric of our divine imagination. His tarot deck should become an instant classic."

Alex Grey, author of *Sacred Mirrors*

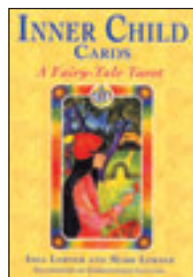


Discovering Your Self Through the Tarot

A Jungian Guide to Archetypes and Personality
 Rose Gwain

ISBN 978-0-89281-412-1
 \$16.95 (CAN \$18.95) pb
 224 pages, 6 x 9

Following Jung's personality types as guiding principles, the author shows how the tarot can be used as a tool to refocus the personality from the ego to the self and to gain insight into personal issues.

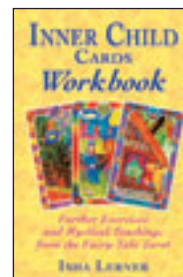


Inner Child Cards
A Fairy-Tale Tarot

Isha Lerner and Mark Lerner
 Illustrated by Christopher Guilfoil

ISBN 978-1-879181-82-3
 \$34.95 (CAN \$49.95)
 Boxed set, 6 x 9
 336-page book with 89 b&w illustrations and 78 full-color cards

Inner Child Cards is a divination system that reawakens the child in all of us by gently helping us to interact with the most potent archetypes of the inner world. Drawing on universal children's fairy tales, myths, and fables such as *Sleeping Beauty*, *Alice in Wonderland*, and *Robin Hood*, these delightful cards open our hearts and minds to new revelations about the journey of self-discovery.



Inner Child Cards Workbook

Further Exercises and Mystical Teachings from the Fairy-Tale Tarot

Isha Lerner
 ISBN 978-1-879181-89-2
 \$14.00 (CAN \$20.50) pb
 240 pages, 6 x 9
 82 b&w illustrations

Specific visualizations and affirmations correspond to each of the major arcana cards, and new layouts and divination methods for use with her *Inner Child Cards* deck will allow those who are familiar with it to build on previous knowledge. This beautiful guidebook offers a personal, therapeutic journey through fairy-tale symbolism that is a perfect accompaniment to the *Inner Child Cards*.



The Lakota Sweat Lodge Cards

Spiritual Teachings of the Sioux

Chief Archie Fire Lame Deer and Helene Sarkis

ISBN 978-0-89281-456-5
 \$34.95 (CAN \$46.95)
 Boxed set, 6 x 9
 192-page book and 50 full-color cards

This book and fifty-card deck are inspired by the ancient Lakota sweat lodge ceremony. Through the timeless medium of divinatory symbols, powerful images rekindle the spirit of this ancient ceremony. A variety of card spreads directs our consciousness toward the sources of personal power, insight, and self-awakening.

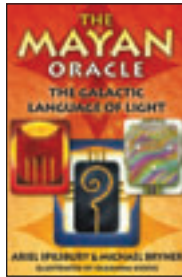


The Light and Shadow Tarot

Michael Goepferd and Brian Williams
Illustrated by Michael Goepferd

ISBN 978-0-89281-503-6
\$19.95 (CAN \$28.95)
Boxed set, 4.25 x 5.5
208-page book with 78 b&w cards

This book and deck set features striking and original block-print art that draws inspiration from many spiritual traditions to help bring to light your shadow side—an essential part of the creative process that can lead to growth, movement, and change.



The Mayan Oracle

A Galactic Language of Light

Ariel Spilsbury and Michael Bryner
Illustrated by Oceanna

ISBN 978-1-59143-123-7
\$30.00 (CAN \$34.95)
Boxed set, 6 x 9
Includes 320-page book with 56 b&w illustrations and 44 full-color cards

Also available in Spanish (see page 135)

Conceived in a prophetic dream, *The Mayan Oracle* contains 44 cards depicting archetypal Mayan symbols and an in-depth guidebook with instructions for harnessing the energies being activated during our current time of awakening.



The Minchiare Tarot

The 97-Card Tarot of the Renaissance, Complete with the 12 Astrological Signs and the 4 Elements
Brian Williams

ISBN 978-0-89281-651-4
\$35.00 (CAN \$53.95)
Boxed set, 6 x 9
272-page book with 393 b&w illustrations and 97 full-color cards

Bestselling tarot author Brian Williams brings us the first modern presentation of the unique Italian Renaissance tarot deck known as the Minchiare, with insightful commentary and subtle interpretations of the original art.

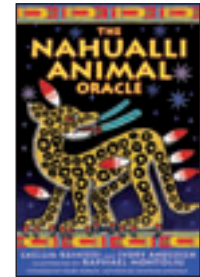


Mystical Origins of the Tarot

From Ancient Roots to Modern Usage
Paul Huson

ISBN 978-0-89281-190-8
\$19.95 (CAN \$27.95) pb
352 pages 6 x 9
300 b&w illustrations

In *Mystical Origins of the Tarot*, Paul Huson traces each symbol of the Minor Arcana to ancient Persia, and the Major Arcana Trump card images to the medieval world. A thorough examination of each card is given, and how the cards' divinatory meanings evolved. Huson also provides concise and practical card-reading methods of the 18th and 19th centuries and reveals the origins of the card interpretations promoted by the Hermetic Order of the Golden Dawn and A. E. Waite.



The Nahualli Animal Oracle

Caelum Rainieri and Ivory Andersen
Illustrated by Raphael Montoliu

Epilogue by Marc Bekoff, author of *Minding Animals*
ISBN 978-1-59143-017-9
\$35.00 (CAN \$49.95)
Boxed set, 6 x 9
192 page book with 44 b&w illustrations and 40 full-color cards

Nahualli is the Aztec word for shadow soul, the animal double of the human soul. *The Nahualli Animal Oracle* teaches spiritual seekers to identify their own nahualli and receive soul guidance from this Aztec wisdom tradition. Ancient Aztec religious symbolism is reflected in the 40 beautifully illustrated cards. Detailed guidelines are included.

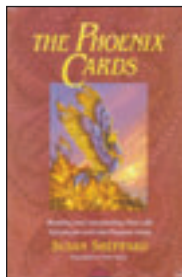


The New Orleans Voodoo Tarot

Louis Martiné and Sallie Ann Glassman

ISBN 978-0-89281-363-6
\$35.00 (CAN \$50.95)
Boxed set, 6 x 9
288-page book with 173 b&w illustrations and 79 full-color cards

This book and 79-card deck mirror the face of New Orleans Voodoo that has emerged from the Dahomey tradition of West Africa, Creole and South American cultures. Explains rituals of the Voodoo religion in the context of Tarot spreads and readings, adding a completely new dimension to this ancient tradition of divination.



The Phoenix Cards

Reading and Interpreting Past-Life Influences with the Phoenix Deck

Susan Sheppard
ISBN 978-0-89281-310-0
\$29.95 (CAN \$43.50)
Boxed set, 6 x 9
272-page book and 28 full-color cards

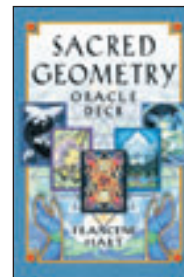
Created especially for the study of past lives, this book and deck trigger unconscious memories of other times and civilizations, enabling you to understand unexplained emotions, attractions, and talents.



The Return of the Tribal Body Adornment Kit

ISBN 978-0-89281-792-4
\$26.00 (CAN \$41.50)
Boxed set, 6 x 9
64-page book with color illustrations and 5 different body adornments

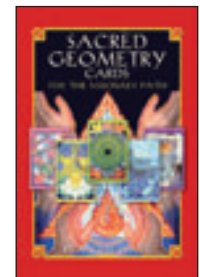
It's fun, it's safe, it's painless, and best of all, it's not permanent! Kit includes ornate bindis from India, cosmetic piercing, henna from Pakistan, body paint, and tribal tattoo designs, with complete instructions and a look at the history and significance of these body adornments.



Sacred Geometry Oracle Deck

Francene Hart
ISBN 978-1-879181-73-1
\$35.00 (CAN \$50.00)
Boxed set, 6 x 9
152-page book with 71 b&w illustrations and 64 card deck

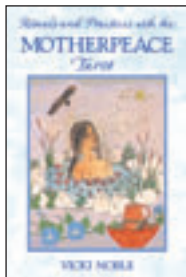
Anyone who has ever gazed at a spider's web, meditated on a mandala or yantra, visited a pyramid, walked a labyrinth, or peered through a microscope has felt the effects of sacred geometry. With splendid use of the full color spectrum and gentle natural forms, artist Francene Hart has created compelling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



Sacred Geometry Cards for the Visionary Path

Francene Hart
ISBN 978-1-59143-092-6
\$35.00 (CAN \$41.50)
Boxed Set, 6 x 9
160-page book with 120 b&w illustrations and 64 full-color cards

Sacred Geometry Cards for the Visionary Path portrays the sacred geometrical proportions of animals, oceans, and celestial bodies. With a guidebook explaining interpretations and divination spreads, these cards will help those on the path of conscious evolution to access higher levels of consciousness.



Rituals and Practices with the Motherpeace Tarot

Vicki Noble
 ISBN 978-1-59143-008-7
 \$15.00 (CAN \$21.95) pb
 208 pages, 6 x 9
 63 b&w illustrations
 Paperback book only.
 No deck included

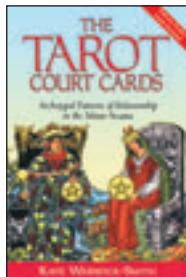
A spiritual guidance system using ritual readings, rites of passage, daily meditation, and seasonal celebration to access and manifest divine feminine energy. Teaches how to use the imagery of the *Motherpeace* deck to read the past, present, and future, invoke good health, nurture healthy relationships, and receive divine guidance.



Boxed Set of *The Secret Dakini Oracle* book and deck
The Tantric Dakini Oracle

Nik Douglas and Penny Slinger
 ISBN 978-0-89281-137-3
 \$35.00 (CAN \$49.95)
 Boxed set, 6 x 9
 224-page book with 88 b&w illustrations and 65 full-color cards

The Tantric Dakini Oracle is a system of divination based on the 64 Dakinis, ancient symbolic representatives of the female intuitive wisdom. This boxed set of *The Secret Dakini Oracle* book and a 65 card divination deck are based on the mystical teachings of the Tantric tradition. Contains 22 Major Arcana and 40 Minor Arcana.



The Tarot Court Cards
Archetypal Patterns of Relationship in the Minor Arcana
 Kate Warwick-Smith

ISBN 978-0-89281-092-5
 \$16.95 (CAN \$24.95) pb
 208 pages, 6 x 9
 105 b&w illustrations

The Tarot Court Cards focuses exclusively on the 16 "face" cards of the tarot—the King, Queen, Knight, and Page. Using the Kabbalah, the author reveals how they can be used to identify your inner resources and challenges, enhancing or hindering your efforts in the world. Seasoned tarot readers and newcomers alike will find this book offers insight and practical results.



Tarot of the Four Elements
Tribal Folklore, Earth Mythology, and Human Magic
 Isha Lerner and Amy Ericksen

ISBN 978-1-59143-030-8
 \$35.00 (CAN \$49.95)
 Boxed set, 6 x 9
 208-page book with 83 b&w illustrations and 78 full-color cards

Tarot of the Four Elements prepares the soul for a magical exploration of the dream world using images from many cultures, including masks, totems, handprints, and symbols representing the natural world. Artist Amy Ericksen's paintings invoke the magic of nature and the human spirit, and inspire our own power and creativity.



The Triple Goddess Tarot
The Power of the Major Arcana, Chakra Healing, and the Divine Feminine
 Isha Lerner

Illustrated by Mara Friedman
 Foreword by Vicki Noble
 ISBN 978-1-879181-94-6
 \$35.00 (CAN \$49.95)
 Boxed set, 6 x 9
 248-page book with 40 b&w illustrations and 33 full-color cards

This deck offers a system using the healing power centers of the body, archetypal mysticism, the sacred feminine, and an awakened consciousness as a means to acquire greater health, empowerment, and purpose.



The Way of Tarot
The Spiritual Teacher in the Cards

Alejandro Jodorowsky and Marianne Costa
 ISBN 978-1-59477-263-4
 \$26.95 (CAN \$37.50) pb
 552 pages, 6 x 9
 Includes 8-page color insert and 544 b&w illustrations

Using the original Marseille Tarot, the authors present a new psychological approach, Tarology, that draws on the symbolism and optical language of the Tarot to create a powerful tool for self-realization, creativity, and healing.



The Wheel of Change Tarot
 Alexandra Genetti

ISBN 978-0-89281-609-5
 \$35.00 (CAN \$50.00)
 Boxed set, 6 x 9
 400-page book with 100 b&w illustrations and 79 full-color cards

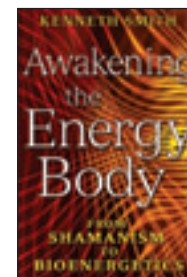
Full of archetypes for a new millennium, this colorful tarot brings together images from many cultures and from the natural world, emphasizing the interconnectedness of all things and showing that change is really the only constant in the universe.



A WorldShift Book
2012: A Clarion Call
Your Soul's Purpose in Conscious Evolution
 Nicolya Christi

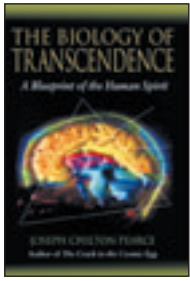
ISBN 978-1-59143-129-9
 \$16.00 (CAN \$18.95) pb
 240 pages, 6 x 9
 A step-by-step guide to creating a global shift in consciousness as human beings enter the transition into 5th-dimensional beings of light.

"A beautiful offering to all consciously evolving humans."
 Barbara Marx Hubbard,
 Foundation for Conscious Evolution



Awakening the Energy Body
From Shamanism to Bioenergetics
 Kenneth Smith

ISBN 978-1-59143-084-1
 \$15.00 (CAN \$16.95) pb
 240 pages, 6 x 9
 12 b&w illustrations
 Each of us inhabits an energy body whose interactions are the principal determinant of all we see, feel, think, or perceive. Drawing on Toltec wisdom and bioenergetics, this book shows how integrating the many levels of the human energy body can quicken personal evolution and lead to a full and complete life.



The Biology of Transcendence

A Blueprint of the Human Spirit

Joseph Chilton Pearce

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

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



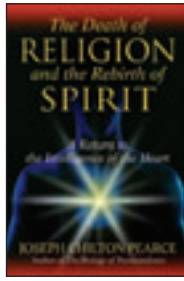
The Crack in the Cosmic Egg

New Constructs of Mind and Reality

Joseph Chilton Pearce

Foreword by Thom Hartmann
ISBN 978-0-89281-994-2
\$16.95 (CAN \$22.95) pb
224 pages, 6 x 9

With a masterful synthesis of recent discoveries in physics, biology, and psychology, Pearce reveals the extraordinary relationship of mind and reality and nature's blueprint for a self-transcending humanity.



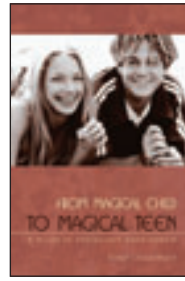
The Death of Religion and the Rebirth of Spirit

A Return to the Intelligence of the Heart

Joseph Chilton Pearce

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

Pearce explains that beneath our awareness, culture imprints a negative force-field that blocks the natural rise of the spirit toward its innate nature of love and altruism. He shows that if we can allow the intelligence of the heart to take hold and flourish, we can reverse this unconscious loss of our true being.



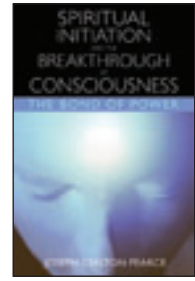
From Magical Child to Magical Teen

A Guide to Adolescent Development

Joseph Chilton Pearce

ISBN 978-0-89281-996-6
\$16.95 (CAN \$24.95) pb
256 pages, 6 x 9
34 b&w illustrations

Pearce demonstrates how nature has built into us an agenda for the intelligent unfolding of our lives. He offers a powerful critique of contemporary child-rearing practices and a groundbreaking alternative to existing perspectives on adolescence.



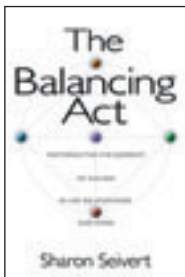
Spiritual Initiation and the Breakthrough of Consciousness

The Bond of Power

Joseph Chilton Pearce

ISBN 978-0-89281-995-9
\$14.95 (CAN \$21.95) pb
192 pages, 6 x 9

In this book Joseph Chilton Pearce describes his experience of shaktipat, received from his spiritual teacher, Swami Muktananda. Shaktipat is the moment enlightenment is conferred upon a student by his master's touch. Pearce experienced a dramatic shift of mind and realized that the challenge faced by modern humanity is to passionately gather the scattered fragments of our lives and channel them into the creative realm.



The Balancing Act

Mastering the Five Elements of Success in Life, Relationships, and Work

Sharon Seivert

ISBN 978-0-89281-776-4
\$16.95 (CAN \$26.95) pb
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When the key elements of any system—a business, a family, a relationship—come into balance, and then function in a state of synergy, the whole becomes much more than the sum of the parts. Sharon Seivert shows how you can create this magical state of affairs in your life, love, and work on a daily basis.



Beyond the Indigo Children

The New Children and the Coming of the Fifth World

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

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

Also available in Spanish (see page 134)

Beyond the Indigo Children is the first major study of today's children, and their place in our rapidly changing world, that combines objective research with mystical revelation and prophecy. P. M. H. Atwater connects the arrival of the "new children" with the fulfillment of the Fifth World of the Mayan Calendar and the worldwide ascension of energy now occurring, which will take humanity to the next level of development.



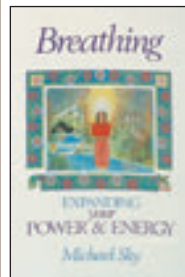
The New Children and Near-Death Experiences

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

Foreword by Joseph Chilton Pearce

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

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



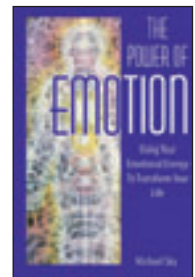
Breathing

Expanding Your Power and Energy

Michael Sky

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\$12.95 (CAN \$17.50) pb
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Breath, the central organizing life force, can be used as a meditation practice and as a way to inner peace, health, and vitality. The breathing techniques offered here can be used to establish calm when encountering stress, pain, and fear.



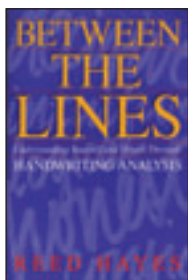
The Power of Emotion

Using Your Emotional Energy to Transform Your Life

Michael Sky

ISBN 978-1-879181-92-2
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144 pages, 5.38 x 8.25

With meditative breathing practices at the end of each chapter and inspirational passages from the teachings of Adi Da, readers will learn to positively experience and develop their emotions while enhancing their creativity and productivity to accomplish their goals.



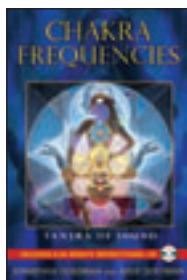
Between the Lines

Understanding Yourself and Others Through Handwriting Analysis

Reed Hayes

ISBN 978-0-89281-371-1
\$16.95 (CAN \$23.95) pb
240 pages, 6 x 9

As unique as a fingerprint, our handwriting is a reflection of our inner selves, revealing everything from our talents and personal tastes to insecurities, desires, and psychological attitudes. Reed Hayes shows how the practical art of graphology (or handwriting analysis) can provide insight into the qualities of your own personality as well as the personalities of those around you.



Chakra Frequencies

Tantra of Sound

Jonathan Goldman and Andi Goldman

ISBN 978-1-59477-404-1
\$18.95 (CAN \$22.50) pb
208 pages, 6 x 9

Includes 19 b&w illustrations and a 60-minute CD

Jonathan and Andi Goldman reveal how the human voice can resonate our physical and subtle bodies to balance and align the chakras. Includes a 60-minute CD of the sounds, mantras, and vocal exercises in the book.



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A Guide to Inner Growth

Sanders G. Laurie and Melvin J. Tucker

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60-minute audiocassette:
ISBN 978-0-89281-521-0
\$9.95 (CAN \$15.95)

Also available in Spanish (see page 133)

A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



The Chakras in Shamanic Practice

Eight Stages of Healing and Transformation

Susan J. Wright

Foreword by John Perkins

ISBN 978-1-59477-184-2
\$18.95 (CAN \$21.50) pb
274 pages, 6 x 9
1 color and 45 b&w illustrations

Also available in Spanish (see page 133)

Susan Wright explains how to work with the chakra centers to heal unresolved psychic wounds. She identifies eight key developmental stages of life, from birth to old age/ death, linking each to a chakra. Practitioners discover ways to gather and nurture the fragmented parts of their energy body to lead themselves to physical, emotional, and spiritual well-being.



Combatting Cult Mind Control

The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults

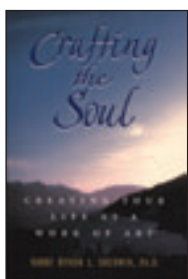
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Learn how to protect yourself and your family from the very real threat of deceptive recruitment tactics and destructive mind control techniques used by thousands of organizations.

"Sound practical advice about cult-related issues."
American Journal of Psychiatry



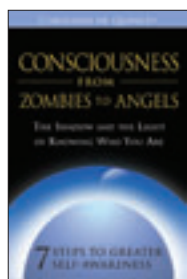
Crafting the Soul

Creating Your Life as a Work of Art

Rabbi Byron L. Sherwin, Ph.D.

ISBN 978-0-89281-704-7
\$14.95 (CAN \$23.95) pb
240 pages, 6 x 9

Within each human soul, meaning flickers as a spark waiting to be ignited. We are each responsible for taking the material of our own life and shaping it into something unique, beautiful, and meaningful. This process, which Sherwin calls *soulcrafting*, can turn your life into a work of art.



Consciousness from Zombies to Angels

The Shadow and the Light of Knowing Who You Are

Christian de Quincey

ISBN 978-1-59477-253-5
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320 pages, 6 x 9
23 color and b&w illustrations

Consciousness from Zombies to Angels presents a practical, step-by-step, "owner's guide" for the mind, explaining what consciousness is, how it works, and why it's important. Christian de Quincey offers seven steps for understanding consciousness and how it can lead to spiritual awareness.



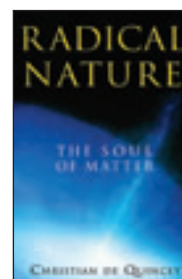
Radical Knowing

Understanding Consciousness through Relationship

Christian de Quincey

ISBN 978-1-59477-079-1
\$19.95 (CAN \$25.95) pb
352 pages, 6 x 9
3 b&w illustrations

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



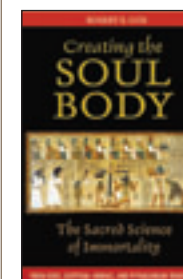
Radical Nature

The Soul of Matter

Christian de Quincey

ISBN 978-1-59477-340-2
\$19.95 (CAN \$23.95) pb
336 pages, 6 x 9

Radical Nature explores how mind and matter are related and proposes a radical and surprising answer: that matter itself tingles with consciousness at the deepest level. It is there in the cells of every living creature, even in molecules and atoms.



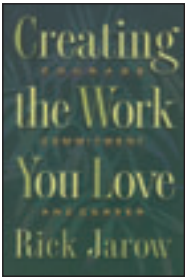
Creating the Soul Body

The Sacred Science of Immortality

Robert E. Cox

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Ancient peoples understood that individual consciousness is rooted in a universal field of consciousness and is therefore eternal. Through their spiritual practices they developed a soul body, a vehicle that could carry consciousness beyond physical death and achieve "immortality."



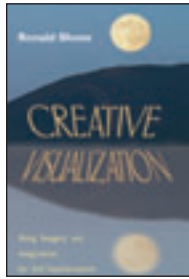
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Rick Jarow, Ph.D.

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Career counselor Rick Jarow argues for a return to the concept of vocation—finding a “calling” instead of a job. Concentrating on the attributes of the body’s energy centers, or chakras, Dr. Jarow shows how to form a bridge between personal priorities and external activities that allows strategies to be developed for finding a career that nourishes all aspects of one’s life.



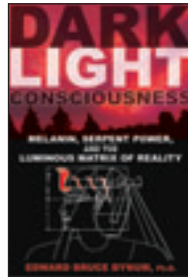
Creative Visualization

Using Imagery and Imagination for Self-Transformation

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12 b&w illustrations

This comprehensive guide to harnessing the power of visualization for positive life changes explains the principles behind the visualization process and how each of us can awaken these abilities to realize our life goals.



**New-July 2012
Dark Light Consciousness**

Melanin, Serpent Power, and the Luminous Matrix of Reality

Edward Bruce Bynum, Ph.D.

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352 pages, 6 x 9
57 b&w illustrations

An innate serpent power of spiritual transcendence resides in all people. By embracing the dark light of the shining serpent within, we can connect our individual consciousness to the consciousness enfolded in the dark matter of the universe.



Darkness Visible

Awakening Spiritual Light through Darkness Meditation

Ross Heaven and Simon Buxton

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Spiritual seekers from many traditions have used darkness as a method for exploring hidden aspects of unconscious and super-conscious states, and for embracing the deeper recesses of the self. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness, and thus provides a springboard for creativity, intuition, and spiritual development.



Driving Your Own Karma

Swami Beyondananda’s Tour Guide to Enlightenment

Swami Beyondananda

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144 pages, 5.38 x 8.25

Have you tried so many spiritual paths you’ve become pathological? Experienced so much personal growth you’re totally growned out? Look no more. Swami Beyondananda, whose syndicated columns, tapes, and live performances have delighted millions, has the ultimate answers for you.



The Dreamer’s Book of the Dead

A Soul Traveler’s Guide to Death, Dying, and the Other Side

Robert Moss

ISBN 978-1-59477-037-1
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320 pages, 6 x 9

In *The Dreamer’s Book of the Dead*, Robert Moss explains that we have entirely natural contact with the departed in our dreams, when they come visiting and we may travel into their realms. As we become active dreamers, we can heal our relationship with the departed and move beyond the fear of death.



Dreamways of the Iroquois

Honoring the Secret Wishes of the Soul

Robert Moss

ISBN 978-1-59477-034-0
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The ancient wisdom of the Iroquois was revealed to Robert Moss when he started dreaming in a language he did not know, an early form of the Mohawk Iroquois language. *Dreamways of the Iroquois* is a spiritual odyssey, a tribute to the wisdom of the First Peoples, and a guide to self-healing through dreamwork.



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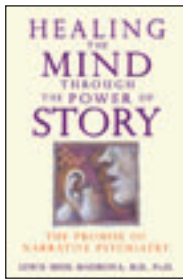


For Seven Lifetimes

An East-West Journey to a Spiritually Fulfilling and Sustainable Marriage
Vatsala and Ehud Sperling

ISBN 978-1-59477-373-0
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Full color throughout

For Seven Lifetimes chronicles the year-long written courtship of a cross-cultural couple as they share their beliefs on sexuality, gender roles, careers, parenthood, and religion, and reveals the secret of a fulfilling relationship based on shared values and spiritual growth.



Healing the Mind through the Power of Story

The Promise of Narrative Psychiatry

Lewis Mehl-Madrona, M.D., Ph.D.

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Within a narrative psychiatry model of mental illness, people are not defective, requiring drugs to “fix” them. What needs “fixing” are the ineffective stories people have internalized and succumbed to about how they should live in the world.



The Healing Power of the Mind

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Rolf Alexander, M.D.

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Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.



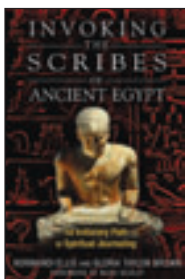
The Invisible Player

Consciousness as the Soul of Economic, Social, and Political Life

Mario Kamenetzky

ISBN 978-0-89281-665-1
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With welcome candor and insight, *The Invisible Player* brings into focus why, despite tremendous financial success and technological advancement, people today remain unfulfilled, discouraged, and sick at heart from living in a world that has replaced compassion with violence and greed.



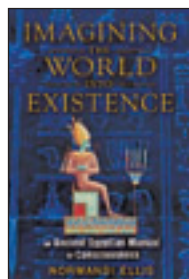
New-Available
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Normandi Ellis and Gloria Taylor Brown
Foreword by Nicki Scully

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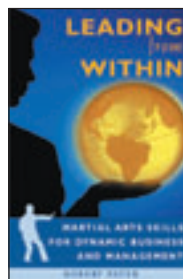
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Imagining the World into Existence

An Ancient Egyptian Manual of Consciousness

Normandi Ellis

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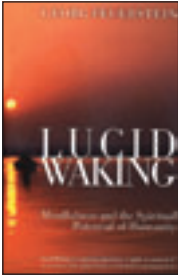
Life to Death: Harmonizing the Transition

A Holistic and Meditative Approach for Caregivers and the Dying

Richard W. Boerstler, Ph.D. and Hulen S. Kornfeld, R.N.

ISBN 978-0-89281-329-2
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256 pages, 6 x 9

Written for the terminally ill, their families and others involved in the care of the dying, *Life to Death* introduces the technique of co-meditation, a method to help a patient maintain a “clear mind and peaceful heart” during the process of dying. A script for co-meditation sessions, with relaxation and visualization techniques, is included.



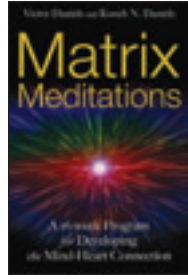
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Mindfulness and the Spiritual Potential of Humanity

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A noted scholar of Eastern philosophy explains how to make the experience of heightened awareness a part of everyday life, and how this can transform the planet. Rich with philosophy and insight from one of our most gifted chroniclers of the inner experience, *Lucid Waking* is a statement of unshakable faith in the great potential of humanity.



Matrix Meditations

A 16-week Program for Developing the Mind-Heart Connection

Victor Daniels and Kooch N. Daniels

ISBN 978-1-59477-291-7
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83 b&w illustrations

Matrix Meditations offers 65 dynamic meditation techniques derived from Eastern and Western spiritual traditions for developing intuition and multiplying the power of your mind. It includes proven techniques for increasing mental clarity, replacing habitual negative behaviors, and realizing your desires.

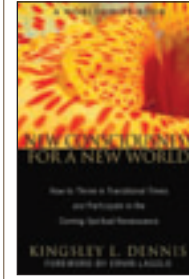


The Meditator's Guidebook

Pathways to Greater Awareness and Creativity
Lucy Oliver

ISBN 978-0-89281-360-5
\$9.95 (CAN \$15.95) pb
160 pages, 5 x 7.75

This guide illuminates the basic process that is initiated when someone seriously begins to learn meditation in any tradition or with any technique. Moving from initial efforts to still the mind to advanced techniques for transcending the idea of meditation, the author describes with precision the benefits and pitfalls of meditation.



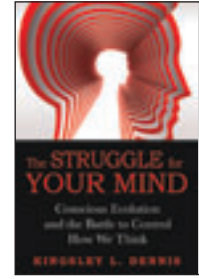
New-Available
New Consciousness for a New World

How to Thrive in Transitional Times and Participate in the Coming Spiritual Renaissance

Kingsley L. Dennis
Foreword by Ervin Laszlo

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The instability the world is experiencing is also an opportunity for humanity to "upgrade." Kingsley Dennis calls for a shift in human consciousness through recognition of the deep interconnectedness of all things—a new mind for a new world.



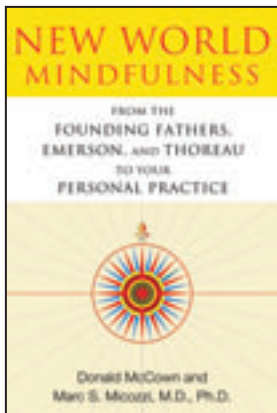
New-May 2012
The Struggle for Your Mind

Conscious Evolution and the Battle to Control How We Think

Kingsley L. Dennis

ISBN 978-1-59477-457-7
\$18.95 (CAN \$21.50) pb
272 pages, 6 x 9

This book exposes the methods employed to control our minds, including religious doctrine, scientific authority, and distraction through entertainment. It shows how we can take back our minds and lead humanity into a new age of harmony and awareness.



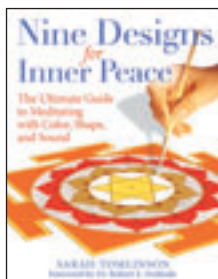
New-Available
New World Mindfulness

From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice

Donald McCown and Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-424-9
\$16.95 (CAN \$18.95) pb
288 pages, 6 x 9

New World Mindfulness shows how busy Americans can practice mindfulness and take advantage of its many benefits. The authors dispel the myth that it is an exotic, foreign concept and present a history of mindfulness in the West—from the Transcendentalists to the present-day.



Nine Designs for Inner Peace

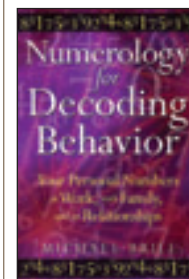
The Ultimate Guide to Meditating with Color, Shape, and Sound

Sarah Tomlinson

Foreword by Dr. Robert E. Svoboda

ISBN 978-1-59477-194-1
\$24.95 (CAN \$27.95) pb
192 pages, 8 x 10
130 color and b&w illustrations

This workbook provides an important resource for active meditation, a practice that reveals the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras raises to the level of spiritual ritual the practitioner's intention toward wakefulness and gives access to profound states of healing integration.



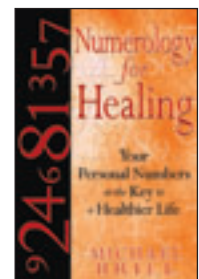
Numerology for Decoding Behavior

Your Personal Numbers at Work, with Family, and in Relationships

Michael Brill

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144 pages, 6 x 9

Michael Brill shows how to identify behavior patterns and their underlying causes by studying the patterns in our personal numbers and letters. With this information we can learn more about ourselves and how best to interact with those around us.



Numerology for Healing

Your Personal Numbers as the Key to a Healthier Life

Michael Brill

ISBN 978-1-59477-236-8
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176 pages, 6 x 9

In *Numerology for Healing*, Michael Brill creates a unique approach to healing emotional and physical problems based on the life challenges and karmic lessons specific to your birthday and name. He details 185 health conditions and how to address them using numerology.



Offering from the Conscious Body

The Discipline of Authentic Movement

Janet Adler

ISBN 978-0-89281-966-9
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264 pages, 6 x 9

This Western awareness practice encourages the individual to experience the evolving relationship with oneself, another, the collective, and the divine through the natural impulses of conscious movement, compassionate witnessing, and clear articulation of experience.



On a Spaceship with Beelzebub

By a Grandson of Gurdjieff
David Kherdian

ISBN 978-0-89281-673-6
\$14.95 (CAN \$23.95) pb
288 pages, 6 x 9

Acclaimed author David Kherdian describes the inspiring story of his own spiritual transformation and awakening and warns of the dangers inherent in being a member of any spiritual group.

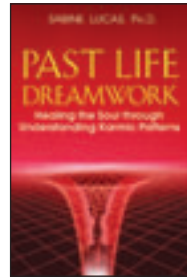


The Passionate Buddha

Wisdom on Intimacy and Enduring Love
Robert Sachs

ISBN 978-0-89281-914-0
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224 pages, 6 x 9

Robert Sachs interweaves traditional Buddhist thought with the concerns of the modern couple. He clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship.



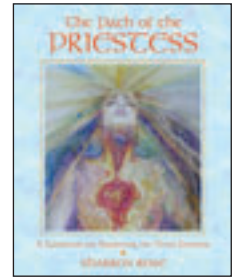
Past Life Dreamwork

Healing the Soul through Understanding Karmic Patterns

Sabine Lucas, Ph.D.

ISBN 978-1-59143-075-9
\$16.00 (CAN \$17.95) pb
288 pages, 6 x 9

Past Life Dreamwork examines reincarnation from the perspective of dreams. Sabine Lucas explains our "soul bloodlines" and how individuals can be made whole through the integration of past lives.



The Path of the Priestess

A Guidebook for Awakening the Divine Feminine

Sharron Rose

ISBN 978-0-89281-964-5
\$19.95 (CAN \$28.95) pb
304 pages, 8 x 10
52 b&w illustrations and photographs

Sharron Rose describes her first-hand experience in the ancient arts of Tantra, Dzogchen, Indian and Egyptian temple dance and healing, and research of the feminine principle in mystic teachings of the Alchemists, Hebrew Kabbalists, and Christian Gnostics. Through exercises and visualizations this book provides women the means to align themselves with the powerful, sensuous, and loving energies of the most profound feminine role model—the Great Goddess.



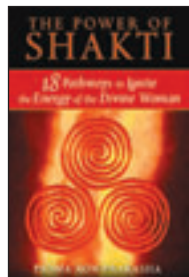
Perfect Endings

A Conscious Approach to Dying and Death

Robert Sachs

ISBN 978-0-89281-779-5
\$12.95 (CAN \$18.95) pb
176 pages, 5.38 x 8.25

Written with lucidity and compassion, this book shows how the death experience, actually our finest hour, is an expansion into a wider dimension of our core being. Sachs explains how he uses the Tibetan practice of *phowa*, or conscious dying, to aid in the process of letting go of life.



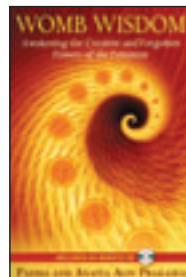
The Power of Shakti

18 Pathways to Ignite the Energy of the Divine Woman

Padma Aon Prakasha

ISBN 978-1-59477-316-7
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256 pages, 6 x 9
19 b&w illustrations

Using Tantra Yoga of Indian, Tibetan, and Aramaic origin, Padma Aon Prakasha reveals how to open the 18 energetic pathways of the Shakti Circuit. Centered on the womb in women and the hara in men, igniting the Shakti is the key for both men and women to attain self-transformation.



Womb Wisdom

Awakening the Creative and Forgotten Powers of the Feminine

Padma Aon Prakasha
Padma and Anaiya Aon Prakasha

ISBN 978-1-59477-378-5
\$19.95 (CAN \$23.50) pb
256 pages, 6 x 9
Includes a 45-minute CD

Womb Wisdom empowers women to heed the intuitive voice of the womb and unlock the potent creative energy crucial to the birth of a new civilization in the spiritual shift of 2012. Includes a 45-minute soundscape CD.



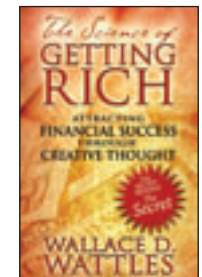
The Prophet's Way

A Guide to Living in the Now

Thom Hartmann

ISBN 978-0-89281-198-4
\$18.95 (CAN \$27.95) pb
336 pages, 6 x 9

In *The Prophet's Way*, Thom Hartmann shares his intense spiritual journey, a story that melds recent discoveries in science with ancient truths. Through insightful and engaging vignettes Hartmann teaches that accepting the challenge to have faith means living in the moment, where the material and spiritual worlds meet. He offers readers a powerful example of how we can create our future by reconnecting to the sacred heartbeat of the world.



The Science of Getting Rich

Attracting Financial Success through Creative Thought

Wallace D. Wattles

ISBN 978-1-59477-209-2
\$6.95 (CAN \$8.95) pb
112 pages, 5.38 x 8.25

This is the 100-year-old book that inspired *The Secret*, Rhonda Byrne's bestseller. *The Science of Getting Rich* shows how economic and emotional security can be achieved in a practical, imaginative, and noncompetitive way. By living in accordance with the positive principles outlined in this book we can find our rightful place in the cosmic scheme and grow in wealth, wisdom, and happiness.



The Secret Dowry of Eve

Woman's Role in the Development of Consciousness

Glynda-Lee Hoffmann

Foreword by Joseph Chilton Pearce

ISBN 978-0-89281-968-3
\$16.95 (CAN \$24.95) pb
224 pages, 6 x 9
15 b&w illustrations

Using her lifelong study of the Qabalah and the Hebrew alphabet, Hoffmann reveals why it was permissible for Eve to eat the apple of knowledge that was forbidden to Adam. Eve's desire for integration, clarity, and transcendence is a goal Adam is biologically incapable of pursuing without her.



Shamanic Breathwork

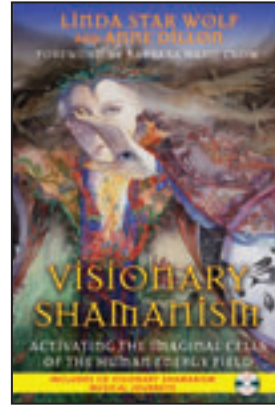
Journeying beyond the Limits of the Self

Linda Star Wolf

Foreword by Nicki Scully

ISBN 978-1-59143-106-0
\$20.00 (CAN \$27.95) pb
280 pages, 6 x 9
Includes 8-page color insert and 70-minute CD of trance rhythms

Shamanic Breathwork can be used to enter altered states of consciousness, increase paranormal abilities, resolve old traumas and shapeshift unproductive modes of thinking. Includes a 70-minute CD of shamanic trance rhythms and a guided meditation to awaken the chakras.



New-Available

Visionary Shamanism

Activating the Imaginal Cells of the Human Energy Field

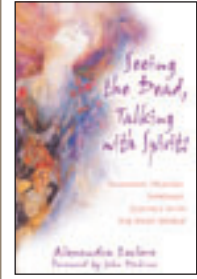
Linda Star Wolf and Anne Dillon

Foreword by Barbara Hand Clow

ISBN 978-1-59143-131-2
\$16.00 (CAN \$17.95) pb
192 pages, 6 x 9

Includes 9 b&w illustrations and 55-minute *Visionary Shamanism Musical Journeys* CD

We no longer have the luxury of learning only from the past. *Visionary Shamanism* explains how to learn from the future, via the imaginal cells of the energy field, and receive guidance from the universal mind.



Seeing the Dead, Talking with Spirits

Shamanic Healing through Contact with the Spirit World

Alexandra Leclere

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

ISBN 978-1-59477-083-8
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224 pages, 6 x 9

Often the pain caused by unresolved psychological traumas from the past—including past lives—is the key obstacle restricting access to the powers offered by the spirits. The first step in healing requires reconnecting with the joy that resides within us. Once this connection has been established, we are all capable of restoring our connection to the spirit world.



Shaking Medicine

The Healing Power of Ecstatic Movement

Bradford Keeney

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

Bradford Keeney reintroduces the oldest medicine on earth—the ecstatic shaking of the human body, and shows how shaking can bring forth profound therapeutic effects. The book includes practical exercises in how to shake for both physical and spiritual benefit, as well as a 40-minute CD of ecstatic drumming music to use while shaking.



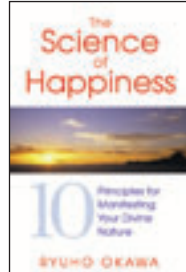
Shaman, M.D.

A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting

Eve Bruce, M.D.

ISBN 978-0-89281-976-8
\$14.95 (CAN \$23.95) pb
192 pages, 6 x 9

Includes 8-page b&w photo insert
As a plastic surgeon and the first non-Quechua woman to be initiated into the Circle of Yachaks (bird-people shamans of the Andes), Dr. Eve Bruce sees herself as an agent of change in both worlds. By integrating the two healing modalities of surgeon and shaman, Bruce is able to help people shapeshift into newfound health on all levels—physical, emotional, and spiritual.



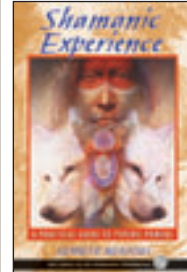
The Science of Happiness

10 Principles for Manifesting Your Divine Nature

Ryuho Okawa

ISBN 978-1-59477-320-4
\$14.95 (CAN \$20.95) pb
192 pages, 6 x 9

The Science of Happiness presents ten essential principles that can serve as a compass for a spiritual life. It provides the tools necessary to transform one's inner world to be receptive to true happiness and enlightenment—and to find one's true purpose in life.



Shamanic Experience

A Practical Guide to Psychic Powers

Kenneth Meadows

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

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



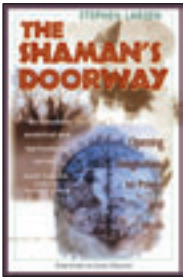
Shamanic Spirit

A Practical Guide to Personal Fulfillment

Kenneth Meadows

ISBN 978-1-59143-031-5
\$20.00 (CAN \$28.95) pb
256 pages, 6 x 9
39 b&w illustrations
Includes 60-minute CD

In *Shamanic Spirit* Kenneth Meadows introduces Shamanics, his spiritual science of living. Drawing upon universal shamanic concepts from the Americas, Europe, the Middle East, India, China, and Polynesia, he presents 33 exercises that help readers to meet the challenges of their lives with confidence and self-assurance.

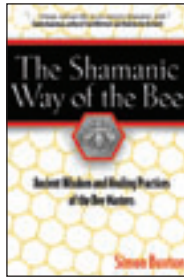


The Shaman's Doorway

Opening Imagination to Power and Myth
Stephen Larsen

ISBN 978-0-89281-672-9
\$16.95 (CAN \$22.95) pb
272 pages, 6 x 9
23 b&w illustrations

A renowned psychotherapist draws on his own inspiring work on the relationship of shamanism to the psyche and society to show that the shaman may hold the key to the future.



The Shamanic Way of the Bee

Ancient Wisdom and Healing Practices of the Bee Masters
Simon Buxton

ISBN 978-1-59477-119-4
\$14.95 (CAN \$19.50) pb
224 pages, 6 x 9
ISBN 978-0-89281-148-9
\$20.00 (CAN \$28.95) hardcover

Bee shamanism may be the most ancient and enigmatic branch of shamanism, and it is found throughout the world wherever the honeybee exists. In this authoritative ethnography and spiritual memoir, Simon Buxton—an elder of the Path of Pollen—reveals this tradition, until now known only to initiates. *The Shamanic Way of the Bee* is a rare view into the secret wisdom of this age-old tradition.



John Perkins
Author of The New York Times bestseller Confessions of an Economic Hit Man

Three decades as a world-traveling corporate hit man brought Perkins to a turning point: he decided he must try to change the world. Today he teaches the importance of rising to higher levels of consciousness, of waking up, in both spiritual and physical realms.



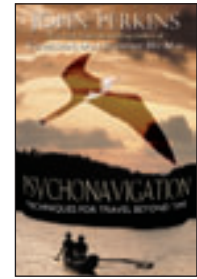
Shapeshifting

Techniques for Global and Personal Transformation
John Perkins

ISBN 978-0-89281-663-7
\$14.95 (CAN \$18.95) pb
184 pages, 6 x 9
13 b&w photographs

Also available in Spanish (see page 137)

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



Psychonavigation

Techniques for Travel Beyond Time
John Perkins

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

Also available in Spanish (see page 136)

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



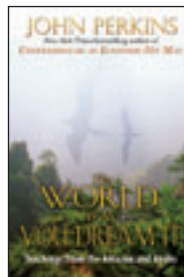
Revised Edition of *Awakening the Energy Body*

Shamanism for the Age of Science

Awakening the Energy Body
Kenneth Smith

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288 pages, 6 x 9
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Drawing on both his long involvement in the Toltec tradition and his work in bioenergetics, Kenneth Smith has created a user's guide to the energy body—explaining what it is and how to harness it as a vehicle for higher consciousness.



The World Is As You Dream It

Teachings from the Amazon and Andes
John Perkins

ISBN 978-0-89281-459-6
\$14.95 (CAN \$18.95) pb
160 pages, 6 x 9

Also available in Spanish (see page 135)

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



Spirit of the Shuar

Wisdom from the Last Unconquered People of the Amazon
John Perkins and Shakaim Mariano Shakai Ijisam Chumpi

ISBN 978-0-89281-865-5
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208 pages, 6 x 9
Includes two 8-page color inserts

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



Dream Change

Shamanic Journeying Techniques from the Amazon and Andes
John Perkins

ISBN 978-0-89281-394-0
\$10.95 (CAN \$17.50)
60-minute audiocassette

The work of John Perkins continues to bridge the gap between Western culture and that of the indigenous people of the rain forest, facilitating an exchange of knowledge while helping to preserve not only their teachings, but their increasingly fragile environment.



The Stress-Free Habit

Powerful Techniques for Health and Longevity from the Andes, Yucatan, and the Far East
John Perkins

ISBN 978-0-89281-292-9
\$12.95 (CAN \$16.95) pb
104 pages, 5.38 x 8.25

This simple, effective program for stress management is based on methods used by native cultures around the world.



The Spiritual Anatomy of Emotion

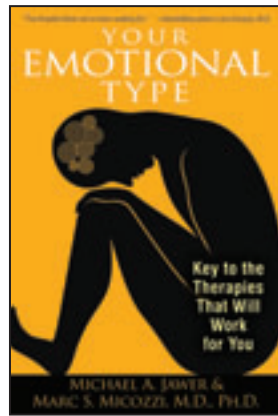
How Feelings Link the Brain, the Body, and the Sixth Sense

Michael A. Jawer with Marc S. Micozzi, M.D., Ph.D.

Foreword by Larry Dossey, M.D.

ISBN 978-1-59477-288-7
\$24.95 (CAN \$33.95) pb
576 pages, 6 x 9

Contemporary science holds that the brain rules the body, generating feelings and perceptions. Michael Jawer and Dr. Marc Micozzi contend that feelings underlie our conscious selves, determining what we think, how we conduct our lives and how we cope with physical and psychic distress.



New-Available
Your Emotional Type

Key to the Therapies That Will Work for You

Michael A. Jawer and Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-431-7
\$14.95 (CAN \$16.95) pb
194 pages, 6 x 9

Includes 2-page color insert

This book reveals that chronic conditions are linked to certain emotional types and that the best treatment is a therapy in line with your type. Includes a survey that allows you to identify your emotional type and the ailments to which you are susceptible.



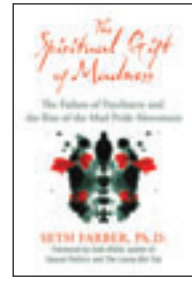
The Spiritual Art of Dialogue

Mastering Communication for Personal Growth, Relationships, and the Workplace

Robert Apatow, Ph.D.

ISBN 978-0-89281-674-3
\$22.00 (CAN \$34.95) hardcover
208 pages, 6 x 9

With straightforward examples and invaluable step-by-step instruction, the author shows how we can take control of our own lives when we understand the strength that resides in our ability to communicate, and how the very forms into which we place our words can improve—and empower—our personal and professional lives.



New-April 2012
The Spiritual Gift of Madness

The Failure of Psychiatry and the Rise of the Mad Pride Movement

Seth Farber, Ph.D.

Foreword by Kate Millet, author of *Sexual Politics* and *The Loony-Bin Trip*

ISBN 978-1-59477-448-5
\$21.95 (CAN \$24.50) pb
464 pages, 6 x 9

Many people labeled as “mad” are not ill but simply seeing and feeling what is wrong with society. This book proposes that it is impossible for society to change as long as the mad are suppressed since they are our catalysts of social change.



The Strong Eye of Shamanism

A Journey into the Caves of Consciousness

Robert E. Ryan, Ph.D.

ISBN 978-0-89281-709-2
\$19.95 (CAN \$28.95) pb
320 pages, 6 x 9
51 b&w illustrations

In this profound study of shamanism, the “strong eye” of the title refers to the archetypal symbolism that sits at the foundation of all human life—whether in Paleolithic caves or today’s temples. The author asserts that society has become separated from the power of those symbols that lead us into deeper understanding of our spirituality.



Transforming Your Dragons

How to Turn Fear Patterns into Personal Power

José Stevens, Ph.D.

ISBN 978-1-879181-17-5
\$18.00 (CAN \$23.50) pb
416 pages, 5.5 x 8.5

Dr. Stevens describes the core source of human fear—inner dragons that consume power through greed, self-deprecation, arrogance, impatience, martyrdom, self-destruction, and just plain stubbornness.



Walking Your Blues Away

How to Heal the Mind and Create Emotional Well-Being

Thom Hartmann

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\$12.95 (CAN \$16.50) pb
112 pages, 6 x 9

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



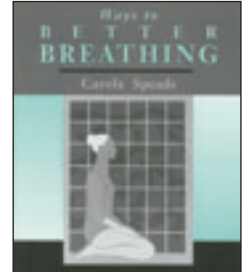
The Way of Beauty

Five Meditations for Spiritual Transformation

François Cheng

ISBN 978-1-59477-287-0
\$18.95 (CAN \$25.95) hardcover
128 pages, 5.38 x 8.25

Beauty contains the antidote to chaos, catastrophe and negativity. Far from merely being in the mind of the beholder, François Cheng shows that the power of beauty to elevate and transcend counterbalances the negative side of the reality facing us.

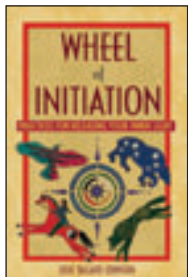


Ways to Better Breathing

Carola Speads

ISBN 978-0-89281-397-1
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144 pages, 6.75 x 8
24 b&w illustrations

A life-long teacher of breathing practices offers a program of gentle exercises that relieve stress and benefit all who use breath consciously, including those in the performing arts and public speaking.



Wheel of Initiation
Practices for Releasing Your Inner Light

Julie Tallard Johnson
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320 pages, 6 x 9
8 b&w illustrations
Julie Tallard Johnson shows how to become initiated into an authentic and mature life through practices of thought transformation, cultivating attention, journaling, storytelling, and rituals found in the four directions of the universal mandala.



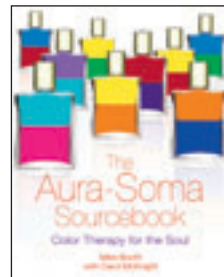
The World Dream Book
Use the Wisdom of World Cultures to Uncover Your Dream Power

Sarvananda Bluestone, Ph.D.
ISBN 978-0-89281-902-7
\$14.95 (CAN \$21.95) pb
264 pages, 6 x 9
b&w illustrations throughout
A unique self-help guide to dream interpretation using techniques and icons from cultures around the world. This book challenges the assumption that all symbols universally signify the same thing to all dreamers and includes numerous stories, games, and exercises for inducing, recalling, interpreting, and utilizing dreams.



Aura-Soma
Self-Discovery through Color

Vicky Wall
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Includes 16-page color and b&w insert
Aura-Soma is an innovative approach to soul therapy that relies on the subtle energies contained in colored liquids made from plant extracts, essential oils, and crystal and gem elixirs. The energetic properties of the liquids interact with one's aura to promote equilibrium in the body, mind, and spirit, and inspire consciousness of our soul's purpose.



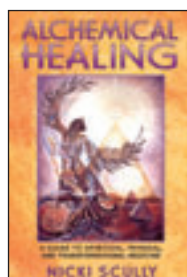
The Aura-Soma Sourcebook
Color Therapy for the Soul

Mike Booth with Carol McKnight
ISBN 978-1-59477-077-7
\$29.95 (CAN \$29.95) pb
304 pages, 8 x 10
Full color throughout
The Aura-Soma Sourcebook details the origins, holistic understanding, and consciousness mirroring effects of equilibrium combinations, which interact with an individual's aura to help support balance in the body, mind, and spirit. Authors Mike Booth and Carol McKnight explain where to apply the essences, which chakra in the subtle anatomy will be affected, and what areas of personal growth can be addressed.



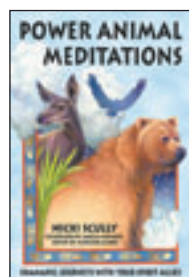
Shamanic Mysteries of Egypt

Awakening the Healing Power of the Heart
Nicki Scully and Linda Star Wolf
ISBN 978-1-59143-068-1
\$16.00 (CAN \$20.00) pb
264 pages, 6 x 9
Includes 8-page color insert
Nicki Scully and Linda Star Wolf renew humanity's connection to the ancient gods of Egypt, the *neteru*, with this book of wisdom teachings and rituals that invoke ancient Egyptian deities. The shamanic initiations provided evoke the power to unite heart and mind in the sacred marriage that brings transformation, renewal, and the awakening of consciousness.



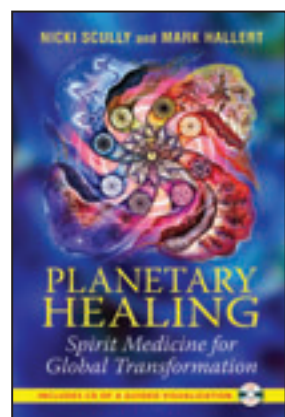
Alchemical Healing
A Guide to Spiritual, Physical, and Transformational Medicine

Nicki Scully
ISBN 978-1-59143-015-5
\$20.00 (CAN \$25.95) pb
352 pages, 6 x 9
15 b&w illustrations
Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy, creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, develop communications between divinity and humanity, retrieve knowledge, and to influence physical reality in order to achieve healing and transformation.



Power Animal Meditations

Shamanic Journeys with Your Spirit Allies
Nicki Scully
Illustrated by Angela Werneke
ISBN 978-1-879181-71-7
\$16.00 (CAN \$23.50) pb
280 pages, 6 x 9
50 b&w illustrations
Calling upon the magical wisdom of nature, Nicki Scully guides us into the spirit world of sacred totems, oracles, and animal teachings from many cultures, including Africa, Egypt, and North America. Each totem is exquisitely illustrated by Angela Werneke, the award-winning illustrator of *Medicine Cards*.



New-Available
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Spirit Medicine for Global Transformation
Nicki Scully and Mark Hallert

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288 pages, 6 x 9
3 b&w illustrations
Includes a 78-minute CD of a guided visualization
Using shamanic techniques, *Planetary Healing* empowers readers to combine their healing intentions with the intelligent field of creation to tackle environmental degradation and other urgent global issues. Includes a 78-minute CD of a guided visualization.



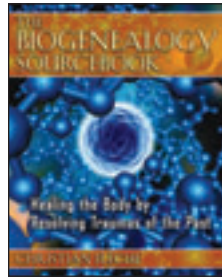
Biogenealogy: Decoding the Psychic Roots of Illness

Freedom from the Ancestral Origins of Disease

Patrick Obissier

ISBN 978-1-59477-089-0
\$14.95 (CAN \$20.95) pb
192 pages, 6 x 9
3 b&w illustrations

It is possible to trace the root cause of an illness to our ancestors—their unresolved psychic distress can become part of the cellular memory inherited by their descendants. Until the issue has been settled successfully, it will continue to trigger illnesses in the generations that follow. *Biogenealogy: Decoding the Psychic Roots of Illness* offers protocols for diagnosis and treatment for these conflicts.



The Biogenealogy Sourcebook

Healing the Body by Resolving Traumas of the Past

Christian Flèche

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

The Biogenealogy Sourcebook is a practical guide to understanding the relationship between emotions, organ systems and disease. It includes detailed information about how emotional trauma creates physical illness in the major organs of the body, helping readers understand causes, rather than just effects, of illness.



The Book of Ki

A Practical Guide to the Healing Principles of Life Energy

Mallory Fromm, Ph.D.

ISBN 978-0-89281-744-3
\$16.95 (CAN \$26.95) pb
128 pages, 7 x 10
68 b&w photographs

Ki is the life energy that animates the entire universe, and that already exists in each of us. Learning to access and allow the flow of your ki promotes self-healing and can, as well, be used to heal others. *The Book of Ki* presents thorough discussion of what ki is, then teaches you how to access your own.



Discover Your Soul Template

14 Steps for Awakening Integrated Intelligence

Marcus T. Anthony, Ph.D.

Foreword by Ervin Laszlo

ISBN 978-1-59477-426-3
\$16.95 (CAN \$18.95) pb
320 pages, 6 x 9
8 b&w illustrations

With integrated intelligence you can create the life you were meant to live. Marcus Anthony shows how to tap in to the wisdom of your soul template using 14 easy steps that will strengthen your intuition to profound levels.



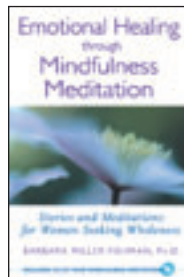
Breaking Out of Environmental Illness

Essential Reading for People with Chronic Fatigue Syndrome, Allergies, and Chemical Sensitivities

Robert Sampson, M.D. and Patricia Hughes, B.S.N.

ISBN 978-1-879181-41-0
\$14.00 (CAN \$21.95) pb
272 pages, 6 x 9

This is a book written to accelerate the personal healing of anyone suffering from any form of environmental illness. It tells the story of how a physician and a nurse liberate themselves from a common debilitating condition.



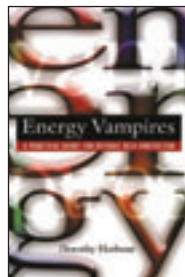
Emotional Healing through Mindfulness Meditation

Stories and Meditations for Women Seeking Wholeness

Barbara Miller Fishman, Ph.D.

ISBN 978-0-89281-998-0
\$18.95 (CAN \$27.50) pb
240 pages, 6 x 9
Includes 60-minute CD

This book explores how women can heal deep emotional pain through a new therapeutic approach that combines mindfulness meditation with psychotherapy. Once learned, these practices can be used to face difficult situations, discover self-acceptance, and release the love needed to reside fully in one's whole self.



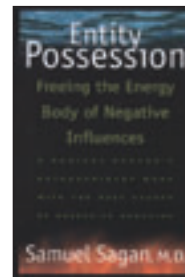
Energy Vampires

A Practical Guide for Psychic Self-protection

Dorothy Harbour

ISBN 978-0-89281-910-2
\$14.95 (CAN \$21.95) pb
192 pages, 6 x 9

The author offers a guide to self-protection from individuals and situations that take excessive amounts of energy without giving anything in return, leaving us drained and ineffectual. Included is an exercise program that helps strengthen our auras and ground ourselves psychologically, as well as helpful practices that demonstrate how to cleanse our subconscious of "psycho-trash."



Entity Possession

Freeing the Energy Body of Negative Influences

Samuel Sagan, M.D.

ISBN 978-0-89281-612-5
\$14.95 (CAN \$21.95) pb
208 pages, 6 x 9

Using actual case studies, Dr. Sagan presents the facts of entity possession, analyzes their mechanisms and motivations, and includes many tips on how to dislodge these parasites from the individuals whose lives are thrown out of balance by their presence.



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

Good Grief

Healing Through the Shadow of Loss

Deborah Morris Coryell

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

Also available in Spanish without CD (see page 132)

In *Good Grief: Healing Through the Shadow of Loss*, Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love. She reminds us that all losses must be grieved, and that paying attention to even the most minute experience of loss can help us to be more in tune with ourselves, allowing us to once again join the rhythm of life from which we have become disconnected.

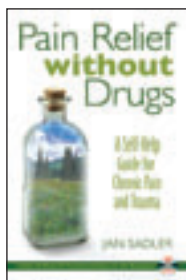


A Good Night's Sleep
A Drug-Free Solution

Jan Sadler

ISBN 978-1-59477-234-4
\$16.95 (CAN \$19.95) pb
128 pages, 6 x 9
Includes 65-minute CD

Learn how to use visualization, breathwork, and meditation to break the patterns and frustration of insomnia. *A Good Night's Sleep* explains how to retrain the body to sleep solidly and includes an audio CD of guided visualizations and relaxation techniques.



Pain Relief without Drugs

A Self-Help Guide for Chronic Pain and Trauma
Jan Sadler

ISBN 978-1-59477-151-4
\$19.95 (CAN \$24.95) pb
208 pages, 6 x 9
6 b&w illustrations
Includes 55-minute CD

This practical, effective, and inspiring guidebook for dealing with chronic pain explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain. Presenting successful strategies from the author's 25 years of coping with her own pain, it also includes a 55-minute CD of author's key techniques for controlling pain.

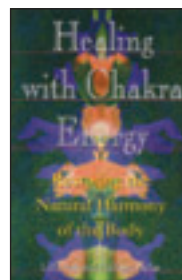


The Healing Power of Color

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

ISBN 978-0-89281-706-1
\$12.95 (CAN \$18.95) pb
120 pages, 5.38 x 8.25

The author shows how color was used in ancient civilizations, its applications in healing traditions, and the ways it is currently used to affect mood and behavior.



Healing with Chakra Energy

Restoring the Natural Harmony of the Body
Lilla Bek and Philippa Pullar

ISBN 978-0-89281-513-5
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9

Spiritual healing enhances and supplements the work of health care practitioners by enabling you to trigger within yourself the will to be well. The authors describe special techniques, including meditation, visualization, and relaxation, to develop healing capacities that apply the energy centered in the seven major chakras to the process of healing.

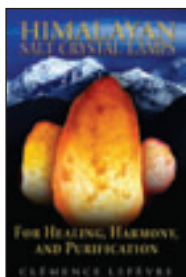


Healing without Fear
How to Overcome Your Fear of Doctors, Hospitals, and the Health Care System and Find Your Way to True Healing

Laurel Ann Reinhardt, Ph.D.
Foreword by James Jealous, D.O.

ISBN 978-0-89281-992-8
\$14.95 (CAN \$23.95) pb
192 pages, 6 x 9

Healing without Fear utilizes visualizations, journaling, chakra meditations, and dreamwork to teach both health care professionals and laypersons how to transform fear and allow true healing to begin.

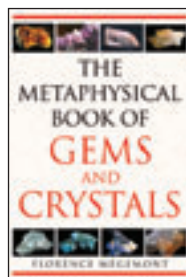


Himalayan Salt Crystal Lamps

For Healing, Harmony, and Purification

Clémence Lefèvre
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When Himalayan salt crystal lamps are turned on, they release healing negative ions into the air. Like the energizing negative ions released by waterfalls, salt crystal lamps naturally alleviate stress, boost energy, and counteract electromagnetic waves from televisions, computers, and air conditioners.



The Metaphysical Book of Gems and Crystals

Florence Mégemont

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320 pages, 6 x 9
125 color and b&w illustrations

Gemstones have been used for therapeutic and spiritual purposes since antiquity in all traditions. This book examines the "life" energy of stones, their basic vibratory patterns, and how this energy is used to treat various disorders. The physical, healing, and astrological properties of over 70 stones are detailed, along with instructions for maintaining and recharging their powers.



Profound Healing

The Power of Acceptance on the Path to Wellness

Cheryl Canfield
Foreword by Joseph Chilton Pearce

ISBN 978-0-89281-097-0
\$16.95 (CAN \$24.95) pb
256 pages, 6 x 9

At the age of 41 Cheryl Canfield was diagnosed with advanced cervical cancer. She rejected proposed surgeries that would involve removing her uterus, cervix, lymph nodes, and surrounding nerves. Instead, she decided to accept death and focused her energy on attempting to die well. In the process, she cured herself.



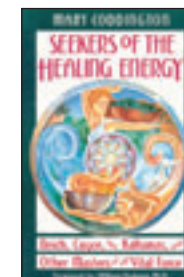
The Secret to Long Life in Your DNA

The Beljanski Approach to Cellular Health

Hervé Janecek, Ph.D., with Monique Beljanski

ISBN 978-1-59477-259-7
\$16.95 (CAN \$19.95) pb
168 pages, 6 x 9
Includes 8-page color insert and 62 b&w illustrations

Presents the Beljanski method of fighting cancer from within the DNA, explaining how to deal with aging and disease by understanding the immune system at a cellular level. Explains how aging affects the DNA and the nutrients needed to fight disease.



Seekers of the Healing Energy

Reich, Cayce, the Kahunas, and Other Masters of the Vital Force

Mary Coddington

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The search for a mysterious healing energy that has always fascinated the human mind and spirit leads inevitably to an exploration of the true nature of consciousness, and to the awareness that our power to heal is an essential ingredient of the evolution of consciousness.

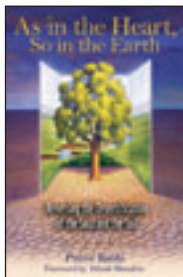


When Lightning Strikes a Hummingbird

The Awakening of a Healer
Foster Perry

ISBN 978-1-879181-10-6
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228 pages, 5.5 x 8.5

At an early age, Foster Perry was recognized by those around him as having a natural gift for healing and sight. Then, after literally being struck by lightning, he was swept into a journey of initiation and rapid expansion of consciousness. *When Lightning Strikes a Hummingbird* is the story of his personal evolution.



As in the Heart, So in the Earth

Reversing the Desertification of the Soul and the Soil

Pierre Rabhi
Foreword by Yehudi Menuhin

ISBN 978-1-59477-081-4
\$14.95 (CAN \$19.50) pb
160 pages, 6 x 9

As in the Heart, So in the Earth is a strong indictment of a civilization that, while seeking domination over the earth, mutilates, tortures, and desacralizes it. For Pierre Rabhi ecology is inseparable from spirituality. A reconciliation with Mother Earth must be accompanied by relearning our ancestors' reverence for the soil.



The Deva Handbook

How to Work with Nature's Subtle Energies
Nathaniel Altman

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26 b&w photographs

When we experience the powerful force of a waterfall, the elusive beauty of a rainbow, or the stark strength of a craggy expanse of a cliff, many of us have perceived "something else" that goes beyond the five senses: feelings of peace, comfort, healing, and inspiration. The author shows how to use these intuitive impressions for healing and meditation.



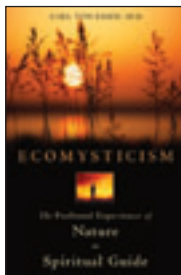
Earthwalks for Body and Spirit

Exercises to Restore Our Sacred Bond with the Earth

James Endreedy
Foreword by Victor Sanchez

ISBN 978-1-879181-78-6
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Contains 45 walking exercises based on techniques that have been developed from the author's work with traditional indigenous practices of the Huichol Indians of western Mexico. This book teaches us how to use an easy, accessible form of movement, the surroundings of the natural world, and the magic of attention to open our hearts to a rediscovery of our sacred relationships with each other and the Earth.



Ecomysticism

The Profound Experience of Nature as Spiritual Guide

Carl von Essen, M.D.

ISBN 978-1-59143-118-3
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288 pages, 6 x 9
8 b&w illustrations

Ecomysticism shows how the spiritual transcendence of a majestic moment in nature—like other mystical experiences—can heal the Nature Deficit Disorder of our psyches and bodies. Indeed, only through a renewal of humanity's spiritual connection to nature can we effect true environmental healing.



Green Psychology

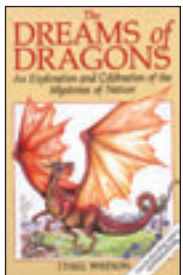
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Ralph Metzner, Ph.D.

ISBN 978-0-89281-798-6
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240 pages, 6 x 9
25 b&w illustrations

A visionary ecopsychologist examines the rift between people and nature and explores ways to heal it. "At once visionary and down-to-earth, *Green Psychology* is an often profound exploration of the deeply disturbed relationship between humanity and nature."

Publishers Weekly



The Dreams of Dragons

An Exploration and Celebration of the Mysteries of Nature

Lyall Watson

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Lyall Watson maintains that there is a truth to be found behind every seemingly impossible legend. In insightful descriptions of his extraordinary travels, we encounter phenomenon that defy traditional scientific explanation. Watson looks beyond the scientific "facts" and helps us—through his own remarkable discoveries—to see the poetry and wonder of the natural world.



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The Nature of Things

The Secret Life of Inanimate Objects

Lyall Watson

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\$16.95 (CAN \$23.95) pb
256 pages, 6 x 9

Watson explores the subtle forces of memory fields and suggests that matter has the capacity to absorb emotional "fingerprints," the mental fossils that channel echoes from the past. He demonstrates the complexity of inanimate life and offers possible proof of our sensitivity to its minute, natural patterns of energy.



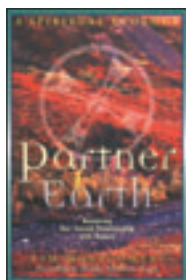
Moonrise

The Power of Women Leading from the Heart

Edited by Nina Simons with Anneke Campbell
Foreword by Terry Tempest Williams

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Essays from more than 30 eminent women who are reinventing leadership by emphasizing collaboration, inner awareness, and relational intelligence. Their passionate stories can inspire us to cocreate a healthy, peaceful, just, and sustainable world.



Partner Earth

A Spiritual Ecology
Pam Montgomery

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176 pages, 6 x 9
10 b&w illustrations

Drawing upon traditional wisdom, visualizations, and her long experience as an herbalist, Pam Montgomery explains how to create space, find plant and animal allies, and create flower essences that can help individuals heal the rift between themselves and their environment.



Plant Spirit Healing

A Guide to Working with Plant Consciousness

Pam Montgomery
Foreword by Stephen Harrod Buhner

ISBN 978-1-59143-077-3
\$16.00 (CAN \$17.95) pb
248 pages, 6 x 9
Includes 8-page color insert and 10 b&w illustrations

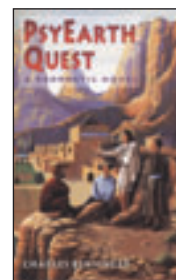
Herbalist Pam Montgomery's triple spiral path—working through the heart to connect with the soul and gain access to the spirit—is a hands-on approach to partnering with plant spirits that promotes a profound healing, one that moves beyond mere symptomatic treatment into aligning us with the vast web of nature.



Original Instructions
Indigenous Teachings for a Sustainable Future

Edited by Melissa K. Nelson
ISBN 978-1-59143-079-7
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384 pages, 6 x 9

Original Instructions presents the ancient teachings for sustainable living that are safeguarded and maintained by indigenous peoples. With contributions from John Mohawk, Winona LaDuke, Chief Oren Lyons, and others, these voices tell us how to live with a light footprint—in gratitude and with reverence for community and all creation.



PsyEarth Quest

A Prophetic Novel
Charles Bensinger

ISBN 978-1-879181-53-3
\$15.00 (CAN \$23.95) pb
304 pages, 5.38 x 8.5

This far reaching novel is set sometime in the near future when governments have failed to address our rapidly deteriorating environment. A young reporter investigates groups of inspired individuals tackling the problem. In his effort to help resolve an "eco-uprising" from third-world activists, he must learn to think, act and live in harmony with the planet.



Sacred Ground to Sacred Space

Visionary Ecology, Perennial Wisdom, Environmental Ritual and Art

Rowena Pattee Kryder

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Includes 16-page color insert b&w illustrations throughout

In her magnificent *Sacred Ground to Sacred Space*, visionary artist Rowena Pattee Kryder weaves together the scientific and spiritual traditions to reveal how the sacred is inherent in nature, and how we can get in touch with the qualities of subtle energy and light that are the power and codes for manifesting harmonious culture.



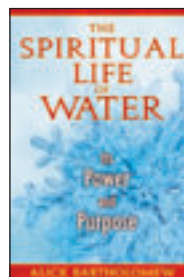
Sacred Places

How the Living Earth Seeks Our Friendship

James Swan

ISBN 978-0-939680-66-5
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240 pages, 6 x 9

Supporting Lovelock's thesis that the Earth is a living being, Swan suggests natural sites such as Serpent Mound, Machu Pichu, and Kilauea Center have the power to move us in ways modern science cannot explain.



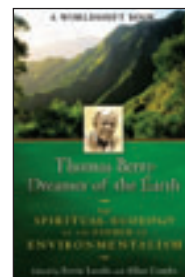
The Spiritual Life of Water

Its Power and Purpose

Alick Bartholomew

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368 pages, 6 x 9
Includes 16-page color insert and 30 b&w illustrations

This book reveals water to be a conscious organism that is self-creating and self-organizing. Examining new discoveries in quantum biology, it shows how water binds all of life into one vast network of energy, allowing instant communication and coherence.



A WorldShift Book
Thomas Berry, Dreamer of the Earth

The Spiritual Ecology of the Father of Environmentalism

Edited by Ervin Laszlo and Allan Combs

ISBN 978-1-59477-395-2
\$14.95 (CAN \$17.50) pb
160 pages, 6 x 9

This anthology of ten essays reiterate Thomas Berry's most important conclusion: that we must reestablish a connection with universal consciousness and return to our fundamental spontaneous nature in order to navigate our ecological challenges.



Weather Shamanism

Harmonizing Our Connection with the Elements

Nan Moss with David Corbin

ISBN 978-1-59143-074-2
\$16.00 (CAN \$17.95) pb
272 pages, 6 x 9

Through anthropological research, shamanic journeys, and anecdotes, Moss and Corbin show how humans and weather have always affected and influenced each other. As global warming worsens, creating an alliance with weather spirits can help restore harmony between humankind and the Earth.



The Universe Is a Green Dragon

A Cosmic Creation Story
Brian Swimme, Ph.D.

ISBN 978-0-939680-14-6
\$14.00 (CAN \$20.50) pb
168 pages, 5.5 x 8.5

Communicating his ideas in the form of a classical dialogue between a youth and a wise elder, cosmologist Brian Swimme crafts a fascinating exploration into the creativity suffusing the universe. His explication of the fundamental powers of the cosmos is mystical and ecstatic and points directly to the need to activate one's own creative powers.



Arching Backward

The Mystical Initiation of a Contemporary Woman
Janet Adler

ISBN 978-0-89281-546-3
\$14.95 (CAN \$23.95) pb
264 pages, 6 x 9

ISBN 978-0-89281-577-7
\$19.95 (CAN \$31.95) hardcover

Arching Backward is the extraordinary account of an American woman who found herself suddenly and violently immersed in a mystical initiation for which she was not prepared. Her story offers a guide for others on this journey and provides a powerful affirmation of women's experience of the spirit.

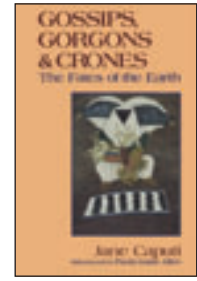


The Double Goddess

Women Sharing Power
Vicki Noble

ISBN 978-1-59143-011-7
\$18.00 (CAN \$25.95) pb
296 pages, 6 x 9
179 b&w line illustrations

A study of the "double goddess" iconography prominent in Neolithic and Bronze Age cultures that expands our understanding of female sovereignty. Celebrates this archetype of sacred female bonding and depicts a vast array of relationships women may form with themselves and each other to explore a sense of self and empowerment, and to share power with each other.

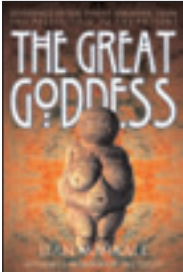


Gossips, Gorgons and Crones

The Fates of the Earth
Jane Caputi

ISBN 978-1-879181-05-2
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400 pages, 6 x 9

Gossips, Gorgons & Crones is the first comprehensive analysis of nuclear-age culture and the accompanying return of female Powers. Based in feminist, pre-patriarchal, and Native American philosophies, this book provides a biting critique of patriarchal practices, myths, and values, including family values.



The Great Goddess

Reverence of the Divine Feminine from the Paleolithic to the Present
Jean Markale

ISBN 978-0-89281-715-3
\$18.95 (CAN \$24.95) pb
272 pages, 6 x 9

A leading authority on pre-Christian civilization explores Goddess worship through the ages as revealed in myths, shrines, and sanctuaries.



Lady of the Beasts

The Goddess and Her Sacred Animals
Buffie Johnson

ISBN 978-0-89281-523-4
\$24.95 (CAN \$39.95) pb
400 pages, 7.25 x 9
50 color and 350 b&w illustrations

This is the classic book on the Goddess as defined by the ancient societies that worshiped her, richly illustrated with art and artifacts from prehistory to the present.

"Contains a wealth of symbolic material on the Goddess, presented through the perceptive eye of an artist."

Merlin Stone, author of *When God Was a Woman*



Seduction and the Secret Power of Women

The Lure of Sirens and Mermaids
Meri Lao

ISBN 978-1-59477-201-6
\$19.95 (CAN \$23.95) pb
240 pages, 6 x 9
60 color and 100 b&w illustrations

Fully illustrated in color with works by Rubens, Bosch, Munch, Magritte, and others, this book is both a celebration of sirens, mermaids, and harpies in art and literature and an examination of the psychological drives underlying this powerful feminine archetype.



Soul Talk

The New Spirituality of African American Women
Akasha Gloria Hull

ISBN 978-0-89281-943-0
\$15.00 (CAN \$23.95) pb
272 pages, 6 x 9

Through fascinating and heartfelt conversations with some of today's most creative and powerful women the author explores how a new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling and literary critique, *Soul Talk* shows how personal and social change become possible by reconnecting with the spirit.



Virgin Mother Crone—Audio

Invoking the Triple Goddess

Written and performed by Donna Wilshire

ISBN 978-0-89281-522-7
\$10.95 (CAN \$17.50)
90-minute audiocassette

In *Virgin Mother Crone* Donna Wilshire charges us to remember the early Pagan religion of the Earth Mother and the ancient Triple Goddess: the Virgin, responsible for herself; Mother, the nurturing woman in the fullness of life; and Crone, the wise, old healing woman.



Women Healers

Portraits of Herbalists, Physicians, and Midwives
Elisabeth Brooke

ISBN 978-0-89281-548-7
\$12.95 (CAN \$20.95) pb
176 pages, 5.38 x 8.25

Drawing from primary sources to offer a reconstruction of the history of women's healing practices, the author argues that the medieval image of the healer as witch was deliberately constructed by Church officials to discredit women's powers. In its place she provides a more accurate picture of these innovative, compassionate, and capable practitioners.



Women of the Golden Dawn

Rebels and Priestesses: Maud Gonne, Moina Bergson Mathers, Annie Horniman, Florence Farr
Mary K. Greer

ISBN 978-0-89281-607-1
\$29.95 (CAN \$48.00) pb
512 pages, 6 x 9
72 b&w illustrations

These four remarkable women, core members of the Hermetic Order of the Golden Dawn, left a lasting imprint on the politics, literature, and theater of 19th-century Europe. Less well-known than the famous men in their lives, including Yeats and Shaw, their stories are now told.



Animals and Psychedelics

The Natural World and the Instinct to Alter Consciousness

Giorgio Samorini
Foreword by Rob Montgomery, founder of Botanical Preservation Corps
ISBN 978-0-89281-986-7
\$12.95 (CAN \$20.95) pb
112 pages, 5.38 x 8.25

The animal kingdom offers amazing examples of wild animals and insects seeking out and consuming psychoactive substances. Giorgio Samorini explores this little-known phenomenon and suggests that, far from being confined to humans, the desire to experience altered states of consciousness is a natural drive shared by all living beings.

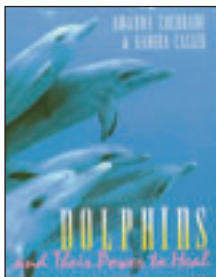


Dog's Best Friend

Journey to the Roots of an Ancient Partnership
Ursula Birr, Gerald Krakauer, and Daniela Osiander

ISBN 978-0-89281-829-7
\$19.95 (CAN \$31.95) pb
144 pages, 7 x 10
96 color photographs

This intriguing book follows the close partnership between people and their dogs at work and at play in indigenous cultures around the world.



Dolphins and Their Power to Heal

Amanda Cochrane and Karena Callen

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\$19.95 (CAN \$31.95) pb
192 pages, 7.38 x 9.5
32 color plates

Since ancient times dolphins have been known to uplift and inspire human beings through empathetic interaction. Cochrane and Callen review the myths, legends, and history of dolphins as well as current research, showing how close contact with these graceful mammals can trigger our inherent healing powers.



Animal Voices

Telepathic Communication in the Web of Life

Dawn Baumann Brunke

ISBN 978-1-879181-91-5
\$16.00 (CAN \$21.95) pb
288 pages, 6 x 9
35 b&w photographs

Our earliest ancestors had an ongoing shamanic dialogue with the animal kingdom, but this ability has been lost to most in the modern world. Brunke provides the techniques to reopen these connections. The main contributors to this book are actual animals, who reveal themselves to be sentient beings with their own thoughts, emotions, and spiritual reasons for being on the planet.



Animal Voices, Animal Guides

Revised Edition of *Awakening to Animal Voices*

Discover Your Deeper Self through Communication with Animals

Dawn Baumann Brunke
ISBN 978-1-59143-098-8
\$16.00 (CAN \$21.95) pb
256 pages, 6 x 9
46 b&w illustrations

Animal Voices, Animal Guides explains how we can tune in to the "universal language" of all life by reconnecting with the animal kingdom more consciously. Includes techniques for communicating with animal guides, exploring dreams, shamanic journeys, healing, and shapeshifting with animals.



Shapeshifting with Our Animal Companions

Connecting with the Spiritual Awareness of All Life

Dawn Baumann Brunke
ISBN 978-1-59143-083-4
\$16.00 (CAN \$17.95) pb
272 pages, 6 x 9
9 b&w illustrations

Shapeshifting with Our Animal Companions takes us on a journey with animals for personal transformation and enlightenment. It reveals how shapeshifting with the animal kingdom lets us experience different forms of consciousness and expand our perception of the world.



The Healthy Pet Manual

A Guide to the Prevention and Treatment of Cancer
Deborah Straw

Foreword by Gary Kowalski, author of *The Souls of Animals*

ISBN 978-1-59477-057-9
\$14.95 (CAN \$20.95) pb
288 pages, 6 x 9

This revised and expanded edition of *Why Is Cancer Killing Our Pets?* includes the most up-to-date information on the factors that may cause cancer in pets, and preventive measures that can be taken. The full spectrum of conventional and alternative treatments is presented in this essential resource for the care and protection of our beloved pets.



Cat Magic

Mews, Myths, and Mystery
Patricia Telesco

ISBN 978-0-89281-774-0
\$16.95 (CAN \$24.95) pb
176 pages, 7 x 7
28 color and 124 b&w illustrations

From the bestselling author of *Goddess in My Pocket* comes this delightful, illustrated meander through the fascinating world of cats, showing how they have charmed their way into our legends, folklore, history, art, religious observance, and magical practice.



Dog Spirit

Hounds, Howlings, and Hocus-Pocus
Patricia Telesco

ISBN 978-0-89281-806-8
\$16.95 (CAN \$25.95) pb
176 pages, 7 x 7
26 color and 95 b&w illustrations

The author of *Cat Magic* turns her attention to man's best friend in this enthralling look at the canine connection in myth and magic throughout history.



The Heart That Is Loved Never Forgets

Recovering from Loss: When Humans and Animals Lose Their Companions
Kaetheryn Walker

ISBN 978-0-89281-702-3
\$14.95 (CAN \$23.95) pb
160 pages, 6 x 9
10 b&w illustrations

This collection of stories addresses the grieving process of humans and animals who have lost their companions and gives advice on how best to help yourself, your surviving animals, and others recover.



Homeopathic First Aid for Animals

Tales and Techniques from a Country Practitioner
Kaetheryn Walker

ISBN 978-0-89281-737-5
\$16.95 (CAN \$21.95) pb
240 pages, 6 x 9
62 b&w illustrations

The gentle and effective qualities that have made homeopathy such a popular remedy for humans make it the perfect treatment method for animals as well. This reader-friendly guide is an A-to-Z reference for treating almost any emergency that may befall our beloved animal companions. The perfect guide for those who want to give animals the natural care they need.



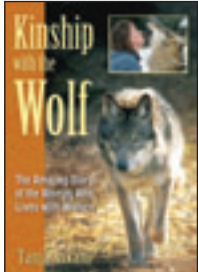
How Animals Talk

And Other Pleasant Studies of Birds and Beasts
William J. Long

Foreword by
Rupert Sheldrake
Preface by Marc Bekoff

ISBN 978-1-59143-056-8
\$18.00 (CAN \$24.95) pb
312 pages, 6 x 9
Includes 8-page color insert and 34 b&w illustrations

Exploring animal telepathy and communication, William J. Long theorizes that animals are much more intelligent, emotional, and moral than we have thought, and share with us an innate ability to sense the presence of other living beings. Long's findings on the impact of our presence on animal life—and the cost incurred in separating ourselves from them—is more relevant today than ever before.



Kinship with the Wolf

The Amazing Story of the Woman Who Lives with Wolves
Tanja Askani

ISBN 978-1-59477-130-9
\$19.95 (CAN \$24.95) pb
144 pages, 7.5 x 10.5
124 color photographs

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



Psychic Communication with Animals for Health and Healing

Laila del Monte

ISBN 978-1-59143-100-8
\$16.00 (CAN \$19.50) pb
224 pages, 6 x 9

The unconditionally loving nature of animals often leads them to take on the pains and imbalances of the human beings in their lives. This book shows how the physical healing of animals is directly tied to the emotional healing of the people to whom they are close.



Awakening to Animal Voices

A Teen Guide to Telepathic Communication with All Life
Dawn Baumann Brunke

ISBN 978-0-89281-136-6
\$14.95 (CAN \$21.95) pb
272 pages, 8 x 9
47 b&w photographs

Awakening to Animal Voices helps teens use their natural ability to communicate with the animal kingdom, and open more profoundly to life and other human beings. Using games and exercises, teens will discover their personal animal guide and use the spiritual tools of shamanism to communicate more effectively with others, while expressing a more conscious and alive self in the world.

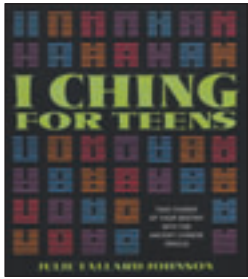


Teen Feng Shui

Design Your Space, Design Your Life
Susan Levitt

ISBN 978-0-89281-916-4
\$14.95 (CAN \$21.95) pb
232 pages, 8 x 9
50 b&w illustrations

Susan Levitt has provided a resource geared specifically toward the needs and realities of the teenage experience, addressing how young adults can design their living spaces to transform their lives.

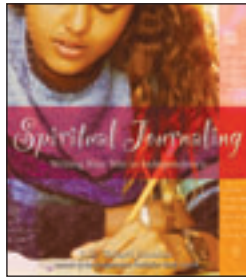


I Ching for Teens

Take Charge of Your Destiny with the Ancient Chinese Oracle
Julie Tallard Johnson

ISBN 978-0-89281-860-0
\$14.95 (CAN \$23.95) pb
232 pages, 8 x 9

Whether used as a meaningful tool for self-discovery or as a fun game with friends, the *I Ching for Teens* can help answer the questions that are important to you. This fresh new translation of the ancient text helps you gain insight into topics from getting along with parents and friends to finding direction for the future.



Spiritual Journaling

Writing Your Way to Independence
Julie Tallard Johnson

ISBN 978-1-59477-056-2
\$14.95 (CAN \$19.95) pb
272 pages, 8 x 9
10 b&w illustrations

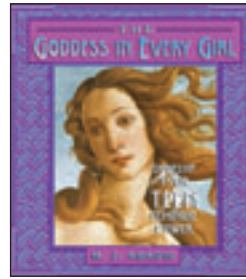
In *Spiritual Journaling*, Julie Tallard Johnson shows that journaling is an informative and supportive outlet for those making the transition toward their own independent ideas and lives—and a powerful tool for awakening creative potential. Johnson encourages young people to discover their own unique voices by offering guidance on writing and other forms of self-expression and on learning how to listen to inner wisdom.



Tarot for Teens

M. J. Abadie
ISBN 978-0-89281-917-1
\$14.95 (CAN \$21.95) pb
256 pages, 8 x 9
100 b&w illustrations

Tarot for Teens uses examples common to the teen experience to teach how to interpret the cards and apply the oracle to life's timeless themes and challenges: the quest for love, issues of work and career, and the search for spiritual insight and personal growth.

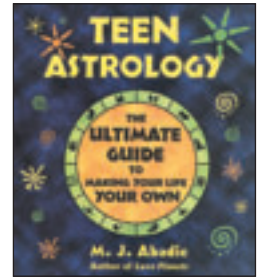


The Goddess in Every Girl

Develop Your Teen Feminine Power
M. J. Abadie

ISBN 978-0-89281-909-6
\$14.95 (CAN \$21.95) pb
272 pages, 8 x 9
b&w illustrations throughout

M. J. Abadie teaches teens to get in touch with their own personal Goddess energy and allies. This book helps the young woman seeking external inspiration for her journey of self-definition, to gain a "big-picture" perspective from the feminine divine. Complete astrological tables for Sun, Moon, Venus, and Mars let girls look up their own personal goddess allies in the areas of life purpose, emotions and body awareness, love nature, and energy and passion.

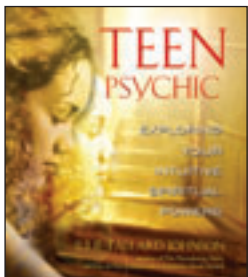


Teen Astrology

The Ultimate Guide to Making Your Life Your Own
M. J. Abadie

ISBN 978-0-89281-823-5
\$16.95 (CAN \$21.95) pb
320 pages, 8 x 9
b&w illustrations throughout

This book of astrology, addressed specifically to teens, provides a useful tool for helping you gain insight into yourself and your relationships with others. Absolutely no previous knowledge of astrology is needed to use this book—it provides full explanations of all astrological influences and all the necessary tables for locating planetary placements of yourself, friends, and family.



Teen Psychic

Exploring Your Intuitive Spiritual Powers
Julie Tallard Johnson

ISBN 978-0-89281-094-9
\$14.95 (CAN \$21.95) pb
256 pages, 8 x 9

Teen Psychic offers teens a connection to something greater than themselves and something within themselves. Drawing from a diverse group of wisdom-keepers—including Caroline Myss, Black Elk, Myron Eshowsky, and Chōgyam Trungpa—Julie Tallard Johnson invites teens to walk a sacred path by accessing their intuitive powers and developing their psychic selves.



The Thundering Years

Rituals and Sacred Wisdom for Teens
Julie Tallard Johnson

ISBN 978-0-89281-880-8
\$14.95 (CAN \$21.95) pb
256 pages, 8 x 9

In Native American tradition, the Thundering Years are a time on the way to adulthood when we need to listen to our intense feelings, dreams, desires, and goals. Drawing on wisdom from cultures around the world, the author offers ideas for teens to creatively harness the powerful emotions and energy of the teen years. Here are exercises, rituals, and resources that show how to steer a successful course through this time of life without heading toward self-destructive behaviors.



Teen Dream Power

Unlock the Meaning of Your Dreams
M. J. Abadie

ISBN 978-0-89281-086-4
\$14.95 (CAN \$21.95) pb
224 pages, 8 x 9
b&w illustrations throughout

Teen Dream Power explores the dream wisdom of earlier societies and what it means for teens today. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, explore inner changes, enhance learning skills, and increase their creativity.



The Ancient Celtic Festivals

and How We Celebrate Them Today
Clare Walker Leslie and Frank E. Gerace

ISBN 978-1-59477-256-6
\$12.95 (CAN \$14.75) pb
64 pages, 11 x 8.5
Full-color illustrations throughout

Children ages 9–12 will delight in this charmingly illustrated book that explores the ancient Celtic roots of many of our modern holidays. Hands-on activities include projects for observing the natural cycle of the seasons and new ways to enjoy traditional celebrations.



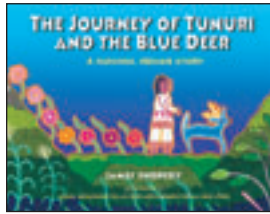
Animals in the Stars

Chinese Astrology for Children

Written and Illustrated by Gregory Crawford

ISBN 978-1-59143-000-1
\$15.95 (CAN \$24.95) hardcover
32 pages, 11 x 8.5

Full-color illustrations throughout
This wonderful introduction to the foundations of Chinese astrology is a perfect resource for the child seeking to know more about Chinese culture, zodiac animal characteristics, relationship dynamics, or esoteric traditions, as well as those seeking the simple fun inherent in the combination of astrology and animals. For children ages 8–12.



The Journey of Tunuri and the Blue Deer

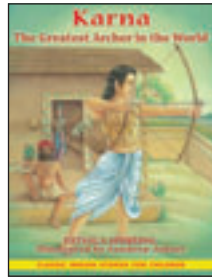
A Huichol Indian Story

James Endredy

Illustrated by María Hernández de la Cruz and Casimiro de la Cruz López

ISBN 978-1-59143-016-2
\$15.95 (CAN \$23.50) hardcover
32 pages, 11 x 8.5

Full color throughout
The Journey of Tunuri and the Blue Deer is a modern adaptation of a traditional story of the Huichol Indians of western Mexico. While lost in the woods young tunuri meets a magical Blue Deer, who introduces Tunuri to Father Sun and Mother Earth. Through this lovely tale and the traditional Huichol yarn drawings, children can learn about their place in the sacred web of life. For children ages 6–9.



Karna

The Greatest Archer in the World

Vatsala Sperling

Illustrated by Sandeep Johari

ISBN 978-1-59143-073-5
\$15.95 (CAN \$17.95) hardcover
32 pages, 8.5 x 11
Full color throughout

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



The Magical Adventures of Krishna

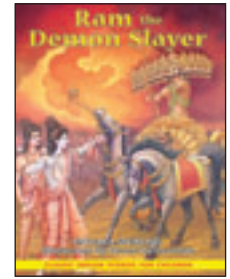
How a Mischief Maker Saved the World

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN 978-1-59143-110-7
\$15.95 (CAN \$23.75) hardcover
32 pages, 8.5 x 11
Full color throughout

Tales of Krishna—part superhero, part mischievous boy—have delighted and instructed Indian children for centuries. Illustrated in a centuries-old method, this book brings to life one of India's most beloved characters.



Ram the Demon Slayer

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN 978-1-59143-057-5
\$15.95 (CAN \$21.95) hardcover
32 pages, 8.5 x 11
Full color throughout

In *Ram the Demon Slayer*, readers follow Ram from his conception and birth through his training with sages and first successful demon battles to his marriage to the beautiful princess Sita and his final triumphant victory over the demon king. This beautifully illustrated retelling of the Ramayana makes accessible to Western children and their parents, one of the favorite heroes of the Hindu tradition.

Classic Indian Stories for Children



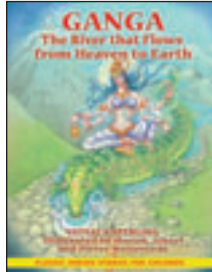
Walking the World in Wonder

A Children's Herbal

Ellen Evert Hopman

ISBN 978-0-89281-878-5
\$19.95 (CAN \$31.95) pb
160 pages, 8 x 10
67 color photographs

This beautifully illustrated book introduces children ages 5–10 to the magic of using herbs for healing, cooking, and nature crafts, inspiring a lifelong interest in the natural world.



Ganga

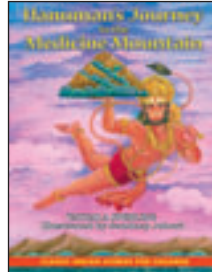
The River that Flows from Heaven to Earth

Vatsala Sperling

Illustrated by Harish Johari and Pieter Weltevrede

ISBN 978-1-59143-089-6
\$15.95 (CAN \$18.95) hardcover
32 pages, 8.5 x 11
Full color throughout

Ganga tells how the Hindu goddess Ganga came to Earth as the Ganges River, a river sacred to Hindus. Illustrated with full-color paintings in the traditional Indian style, *Ganga* introduces children to one of the most beloved characters in Hindu mythology.



Hanuman's Journey to the Medicine Mountain

Vatsala Sperling

Illustrated by Sandeep Johari

ISBN 978-1-59143-063-6
\$15.95 (CAN \$19.95) hardcover
32 pages, 8.5 x 11
Full color throughout

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



How Ganesh Got His Elephant Head

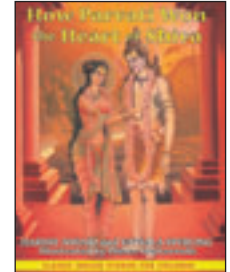
Harish Johari and

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN 978-1-59143-021-6
\$15.95 (CAN \$22.95) hardcover
32 pages, 8.5 x 11
Full color throughout

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



How Parvati Won the Heart of Shiva

Harish Johari and

Vatsala Sperling

Illustrated by Pieter Weltevrede

ISBN 978-1-59143-042-1
\$15.95 (CAN \$22.95) hardcover
32 pages, 8.5 x 11
Full color throughout

Adishakti comes to Earth as the mountain princess Parvati, and repeats her beloved's name until he opens his heart and asks for her hand in marriage. Accompanied by rich, color illustrations, *How Parvati Won the Heart of Shiva* teaches children that with enough love and perseverance even the seemingly impossible can be achieved.



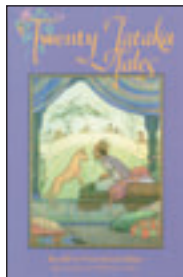
Spread Your Wings and Fly

An Origami Fold-and-Tell Story
 Mary Chloe Schoolcraft Saunders
 Illustrated by Carla McGregor Mihelich
 ISBN 978-1-879181-75-5
 \$16.95 (CAN \$26.95) hardcover
 48 pages, 11 x 8.5
 Full color illustrations throughout
 This magically illustrated "fold-and-tell" teaches children, step-by-step, how to make an origami paper crane and offers gentle lessons in life along the way. For children ages 4-8.



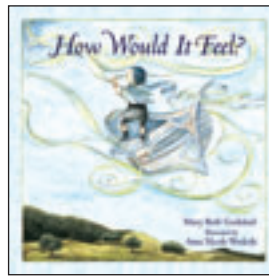
Tai Chi for Kids

Move with the Animals
 Stuart Alve Olson
 Illustrated by Gregory Crawford
 ISBN 978-1-879181-65-6
 \$16.95 (CAN \$26.95) hardcover
 32 pages, 11 x 8.5
 Full-color illustrations throughout
 This tai chi book for children appeals to their sense of play to teach them the eight basic forms of a tai chi practice. Children ages 4-8 will have fun imitating animals while learning skills that offer a lifetime of physical fitness.



Twenty Jataka Tales

Retold by Noor Inayat Khan
 ISBN 978-0-89281-323-0
 \$14.95 (CAN \$20.95) pb
 152 pages, 5.38 x 8.25
 These delightful fables, drawn from legends of the former lives of the Buddha, tell of acts of sacrifice inspired by the noble example of others. The flavor is suggestive of Aesop, as are the lessons that are so subtly and keenly conveyed.



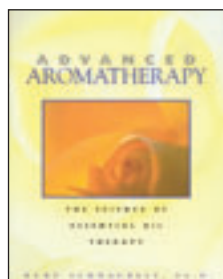
How Would It Feel?!

Mary Beth Goddard
 Illustrated by Anna Mycek-Wodecki
 ISBN 978-1-59143-050-6
 \$15.95 (CAN \$21.95) hardcover
 32 pages, 8.5 x 8.5
 Full color throughout
 In *How Would It Feel?!*, Mary Beth Goddard takes children on a journey of fantastic proportions, inviting them to imagine a playful interaction with the natural world. Children and parents alike will have an opportunity to view the world from widely varying perspectives, such as high in the sky or deep under the sea. For children ages 4-6.



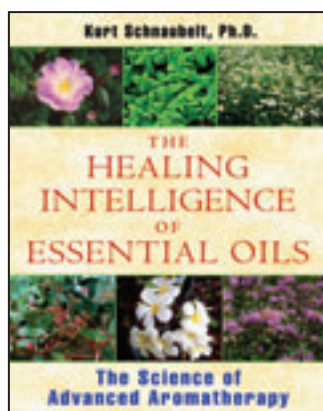
The Monkeys and the Mango Tree

Teaching Stories of the Saints and Sadhus of India
 Harish Johari
 ISBN 978-0-89281-564-7
 \$12.95 (CAN \$20.95) pb
 160 pages, 6 x 9
 50 b&w illustrations
 These twenty-five beautifully illustrated tales capture the mystery, the enchantment, and the profound spiritual learning that is India. Drawn from the great Indian epics the Puranas, the Upanishads, and the Mahabharata, these tales put ageless Indian wisdom into the form of stories to delight young and old alike.



Advanced Aromatherapy

The Science of Essential Oil Therapy
 Kurt Schnaubelt, Ph.D.
 ISBN 978-0-89281-743-6
 \$16.95 (CAN \$21.95) pb
 144 pages, 8 x 10
 75 b&w illustrations
 A chemist and aromatherapy professional provides scientific proof for the effectiveness of using essential oils. This is an essential textbook for aromatherapy practitioners.



New-Available
The Healing Intelligence of Essential Oils

The Science of Advanced Aromatherapy

Kurt Schnaubelt, Ph.D.

ISBN 978-1-59477-425-6
 \$19.95 (CAN \$22.50) pb
 240 pages, 8 x 10
 Full color throughout

Dr. Kurt Schnaubelt shows why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals. This book presents simple healing protocols, ranging from treatments for common ailments to the amelioration of the effects of chemotherapy.



Aromatherapy and Massage for Mother and Baby

Allison England, R.N.
 ISBN 978-0-89281-898-3
 \$14.95 (CAN \$19.95) pb
 176 pages, 6 x 9
 12 b&w illustrations
 This revised edition provides the reader with expert advice on using essential oils in massage, baths, compresses, lotions, and inhalations. Special sections give complete instructions for using massage to ease the discomforts of pregnancy and relieve the pain of labor and birth, as well as to soothe and comfort restless babies and facilitate the bonding of mother and child.



Aromatherapy for Women

A Practical Guide to Essential Oils for Health and Beauty

Maggie Tisserand

ISBN 978-0-89281-628-6
\$14.95 (CAN \$12.95) pb
176 pages, 5.38 x 8.25

This easy-to-use guide focuses on women's needs, and includes aromatherapy for health and beauty, massage, and use during pregnancy and childbirth. Instructions for preparing personal care products are also included.



Aromatherapy for Healing the Spirit

Restoring Emotional and Mental Balance with Essential Oils

Gabriel Mojay

ISBN 978-0-89281-887-7
\$19.95 (CAN \$25.95) pb
192 pages, 6.5 x 9.25

77 color and 81 b&w illustrations
The first aromatherapy guide to combine the practice of aromatherapy with traditional Chinese medicine. Easy-to-use charts and full-color illustrations teach simple massage and acupressure techniques that restore balance to the body and psyche.



Aromatherapy Handbook for Beauty, Hair, and Skin Care

Erich Keller

ISBN 978-0-89281-831-0
\$14.95 (CAN \$19.95) pb
200 pages, 6 x 9

This complete guide to aromatherapy for hair and skin care explains how to create cosmetics that are custom-made, natural, vibrant, and healthy—and that avoid the preservatives and additives of commercial products. More than 100 recipes provide an endless variety of formulas and fragrances to choose from.



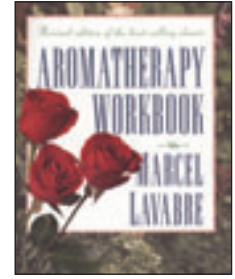
Aromatherapy: Scent and Psyche

Using Essential Oils for Physical and Emotional Well-Being

Peter & Kate Damian

ISBN 978-0-89281-530-2
\$16.95 (CAN \$21.95) pb
264 pages, 6 x 9

Also available in Spanish (see page 132)
The authors—professional aromatherapists—delve into the physiology and psychology of scent, citing research and clinical studies. They profile 44 essential oils, and give instructions for creating your own blends.



Aromatherapy Workbook

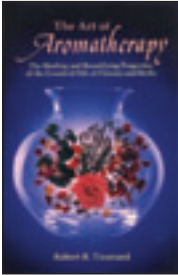
Marcel Lavabre

ISBN 978-0-89281-644-6
\$16.95 (CAN \$21.95) pb
192 pages, 8 x 10

Also available in Spanish (see page 132)

This revised edition of *Aromatherapy Workbook* incorporates the latest biochemical research on the spiritual and psychological effects of essential oils. A practical guide to the history, folklore, science, and art of aromatherapy, it also includes extensive reference charts that summarize the therapeutic uses of more than 70 essential oils.

"An accessible, comprehensive guide to the history, folklore, chemistry, and art of this ancient healing system."
Yoga Journal



The Art of Aromatherapy

The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs

Robert B. Tisserand

ISBN 978-0-89281-001-7
\$16.95 (CAN \$20.95) pb
328 pages, 5.38 x 8.25

Often called the father of modern aromatherapy, Tisserand introduced the use of essential oils in healing in this seminal bestseller. Includes a glossary and therapeutic index.



The Encyclopedia of Aromatherapy

Chrissie Wildwood

ISBN 978-0-89281-638-5
\$29.95 pb
320 pages, 7.38 x 9.75

75 color, 19 b&w illustrations

The Encyclopedia of Aromatherapy explores the many aspects of this healing art in a single, up-to-date, full-color volume. This comprehensive reference is an invaluable addition to the library of anyone interested in aromatherapy, whether beginner or professional.



The Healing Bath

Using Essential Oil Therapy to Balance Body Energy

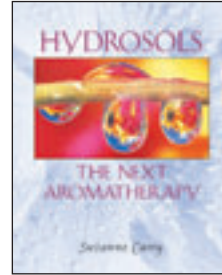
Milli D. Austin

ISBN 978-0-89281-632-3
\$12.95 (CAN \$16.95) pb
160 pages, 6 x 9

20 b&w illustrations

Also available in Spanish (see page 132)

This book focuses on the use of essential oils for deep healing, suggesting ways to cleanse the energy field surrounding the physical body.



Hydrosols

The Next Aromatherapy

Suzanne Catty

ISBN 978-0-89281-946-1
\$24.95 (CAN \$25.95) pb
312 pages, 8 x 10

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Edited by Robert Tisserand

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Valnet's original research, collected here, provided the first modern-day bridge between traditional healing with plants and modern medicine.

Healing Arts Press— Ayurveda



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The Complete Guide to Ayurvedic Nutrition and Body Types with Recipes
Maya Tiwari

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30 b&w illustrations

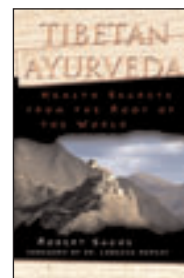
Cancer survivor Maya Tiwari shows how the Indian Ayurvedic science of balanced living can help anyone achieve the highest levels of physical, emotional, and spiritual well-being.



Ayurveda for Women
A Guide to Vitality and Health
Dr. Robert E. Svoboda

ISBN 978-0-89281-939-3
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192 pages, 6 x 9

Ayurveda for Women explores in detail the landmark changes associated with the three stages of life—childhood, adulthood, and old age—and provides practical advice on exercise, sleep, diet, beauty care, meditation and massage, sex and relationships, childcare, menopause, and other issues central to women's lives today.



Tibetan Ayurveda
Health Secrets from the Roof of the World
Robert Sachs

ISBN 978-0-89281-936-2
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Tibetan Ayurveda provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Includes material on little-known therapies such as Pancha Karma and Kum Nye, as well as guidelines for nutrition, longevity, detoxification, and meditation.

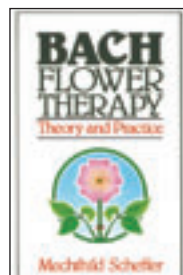
Healing Arts Press— Bach Flower Therapy



Bach Flowers for Crisis Care
Remedies for Emotional and Psychological Well-being
Mechthild Scheffer

ISBN 978-1-59477-296-2
\$18.95 (CAN \$25.95) pb
256 pages, 6 x 9
Full color throughout

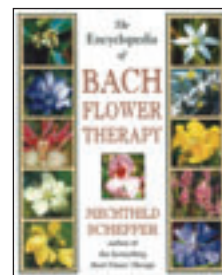
Bach Flowers for Crisis Care examines 50 common life crises and how the 38 Bach Flower remedies can turn crises into growth opportunities. The appendix lists strengths and benefits of each flower, explaining how to personalize remedies for your current condition.



Bach Flower Therapy
Theory and Practice
Mechthild Scheffer

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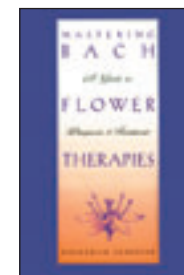
The first contemporary study of Bach Flower Remedies, by one of Europe's leading practitioners. More than 50 years ago, English physician Dr. Edward Bach discovered 38 flower remedies that enhance the potential for self-healing. Intended for practitioners and lay readers alike, the book includes lists of symptoms to facilitate diagnosis.



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Mechthild Scheffer

ISBN 978-0-89281-941-6
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48 b&w illustrations

Scheffer provides a therapeutic profile for each remedy, diagnostic guidelines, interview questions, progress evaluations, and body maps to guide both practitioner and novice to the proper remedies for many emotional and physical ailments.



Mastering Bach Flower Therapies
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Scheffer shows how to put Bach flowers to work, using firsthand accounts of patients. Includes a thorough diagnostic questionnaire to guide you in choosing the correct remedies.

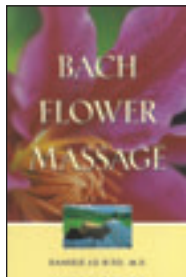


Advanced Bach Flower Therapy

A Scientific Approach to Diagnosis and Treatment
Götz Blome, M.D.

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This reference book marks a major advancement in the scientific use of flower essences, detailing 200 clinically proven combinations of Bach Flower essences for treating hundreds of psychological conditions at their source.



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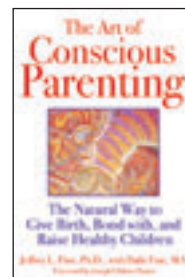
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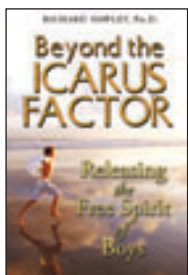
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Jeffrey L. Fine, Ph.D., with Dalit Fine, M.S.

Foreword by Joseph Chilton Pearce

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The first days and months of life are critical, when physical contact and conscious interaction with your infant, for example eye contact, have an observable positive effect. The authors also introduce "green parenting" practices that are economically and environmentally sustainable.



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Boys have a unique free-spirit nature, and societal efforts to alter or suppress it leads to profound unhappiness, pathology, or startling compulsions. A new approach to raising boys is needed, one that nurtures their free spirit, spirituality, creativity and vitality.



Celebrating the Great Mother

A Handbook of Earth-Honoring Activities for Parents and Children

Cait Johnson
and Maura D. Shaw

ISBN 978-0-89281-550-0
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Celebrating the Great Mother is a handbook to help parents, caregivers, teachers, and counselors create meaningful spiritual experiences to inspire children of all ages. The ideas and activities collected here show how to bring children into rituals that celebrate cycles and reclaim the spiritual roots of today's modern holidays.



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Heidi Britz-Crecelius
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Children at Play is an insightful exploration into the world of children's play and its tremendous significance in the shaping of each child's humanity. A mother and proponent of Rudolf Steiner's Waldorf system of education, author Heidi Britz-Crecelius offers practical suggestions and an up-to-date list of resources for today's families.

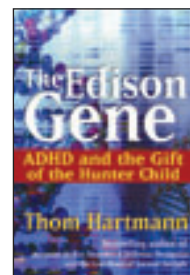


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Creative Techniques for Inviting a Child into Your Life

Mark Olsen and
Samuel Avital
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96 pages, 5.38 x 8.25

This practical guide shows how both men and women can participate actively and with heightened awareness in the supreme mystery of conception. The authors explore the importance of rituals and other methods of conscious conception in various spiritual traditions. They also present clear and succinct advice on the process of preparing for parenthood.



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



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



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Photographs by
Suzanne Arms

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320 pages, 8 x 10
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Includes 45-minute DVD

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

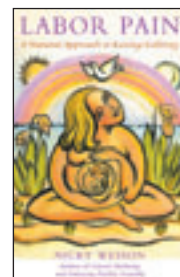


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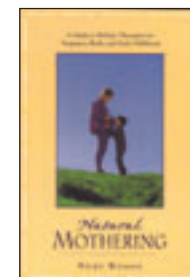


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A Natural Approach to Easing Delivery

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Fortunately, there are alternative ways to relieve the pain of childbirth, and Wesson offers many options for effective natural pain relief, including acupressure and acupuncture, hydrotherapy, herbal remedies, aromatherapy, and massage, relaxation techniques, homeopathy, and reflexology.



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The author, a mother of six and a childbirth teacher, offers expert advice on the use of natural therapies in every stage of mothering—from conception to care of the newborn and toddler.



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Janet Goodrich, Ph.D.

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191 b&w illustrations

This is a staple reference book for parents who wish to preserve and improve their child's eyesight. Filled with practical and imaginative exercises, this comprehensive resource includes detailed instructions for reversing eyesight blur, tips for adjusting living environments to support healthy vision, and hints for dealing proactively with doctors. The 90 scientifically based vision games and songs are fun, age-appropriate, and reinforce good vision habits.



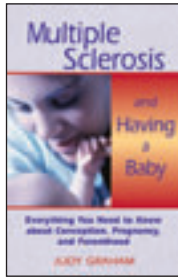
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Natural Health after Birth

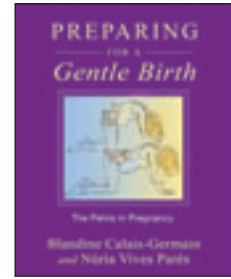
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Aviva Jill Romm

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Natural Health after Birth addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who are stay-at-home moms and those who must return to their jobs soon after the birth.



Preparing for a Gentle Birth

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Blandine Calais-Germain and Nria Vives Pars

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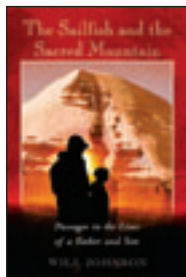
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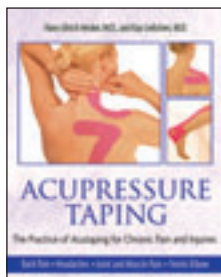
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Natalie Rigal

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Healing Arts Press— Bodywork/Energy Medicine



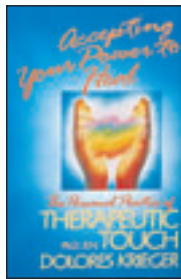
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Combining elements of Chinese medicine with osteopathy, acutaping can treat ailments ranging from back pain and tennis elbow to menstrual pain and migraines. In acutaping, elastic tape is placed over the afflicted area's corresponding acupuncture points. Because the skin adheres to the tape, it is shifted against the sub-tissue during motion, causing the lymph system to drain and connective tissue to be massaged.



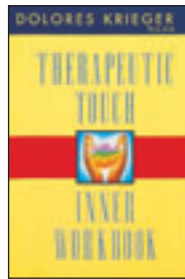
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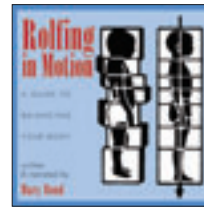
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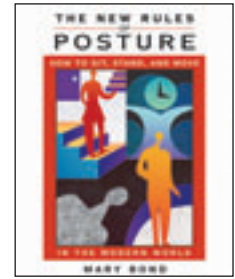
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The New Rules of Posture

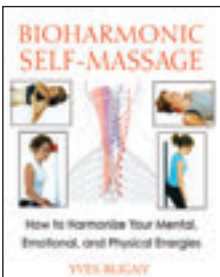
How to Sit, Stand, and Move in the Modern World

Mary Bond

ISBN 978-1-59477-124-8
\$18.95 (CAN \$23.95) pb
240 pages, 8 x 10
41 b&w illustrations

Also available in Spanish (see page 135)

Mary Bond explains that healthy posture comes not by training our muscles into an ideal shape, but from a new sense that we can develop by learning to feel. She identifies the key anatomical features that impact alignment, and, proposing six zones that help create postural changes, she offers self-help exercises that enable healthy function in each zone.



Bioharmonic Self-Massage

How to Harmonize Your Mental, Emotional, and Physical Energies

Yves Bligny

ISBN 978-1-59477-387-7
\$19.95 (CAN \$23.50) pb
192 pages, 8 x 10

Full color throughout

This book shows how to use self-massage to remove energy blockages, relieve muscle tension, and attain a balanced state of well-being. Uses common objects such as a tennis ball to work on hard-to-reach problem areas. Full-color illustrations throughout.



The Body Has Its Reasons

Self-Awareness Through Conscious Movement

Therese Bertherat and Carol Bernstein

ISBN 978-0-89281-298-1
\$14.95 (CAN \$16.50) pb
176 pages, 5.38 x 8.25

Gentle "anti-exercises" help develop the body's freedom of movement, release constraints, and reawaken dormant muscles. By using the appropriate energy for each techniques, relief can be found for a multitude of ills. At the same time senses can be awakened and perceptions sharpened.



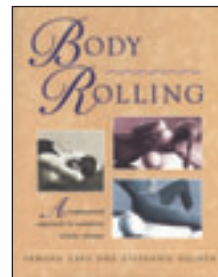
The Body of Life

Creating New Pathways for Sensory Awareness and Fluid Movement

Thomas Hanna

ISBN 978-0-89281-481-7
\$14.95 (CAN \$23.95) pb
224 pages, 5.38 x 8.25

This classic work on bodywork education builds on Moshe Feldenkrais's theories of functional integration to improve coordination and range of movement.



Body Rolling

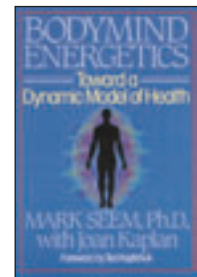
An Experiential Approach to Complete Muscle Release

Yamuna Zake and Stephanie Golden

ISBN 978-0-89281-730-6
\$19.95 (CAN \$28.95) pb
224 pages, 8 x 10

200 b&w photographs

Body Rolling is a revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system while freeing restrictions in the body, increasing blood flow, and promoting health. Detailed chapters focus on treating specific conditions such as lower back pain, neck problems, and the effects of aging.



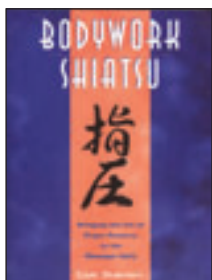
Bodymind Energetics

Toward a Dynamic Model of Health

Mark Seem, Ph.D. with Joan Kaplan

ISBN 978-0-89281-246-2
\$18.95 (CAN \$29.95) pb
272 pages, 6 x 9

Dr. Seem proposes an integration of traditional Chinese medicine and psychosomatics in this model of health care that acknowledges the connection of body and mind.



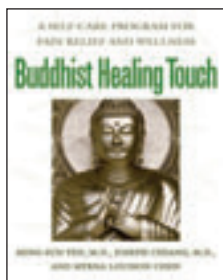
BodyWork Shiatsu

Bringing the Art of Finger Pressure to the Massage Table

Carl Dubitsky

ISBN 978-0-89281-526-5
\$29.95 (CAN \$39.95) pb
264 pages, 8.5 x 11
275 b&w illustrations

The director of Healthsprings Clinic in Boulder, Colorado presents his innovative method of integrating the energetic concepts and techniques of shiatsu with Western osteopathic and therapeutic massage.



Buddhist Healing Touch

A Self-Care Program for Pain Relief and Wellness

Ming-Sun Yen, M.D.,
Joseph Chiang, M.D.,
and Myrna Louison Chen

ISBN 978-0-89281-886-0
\$19.95 (CAN \$28.95) pb
128 pages, 8 x 10
60 b&w illustrations

Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.



Chinese Massage for Infants and Children

Traditional Techniques for Alleviating Colic, Colds, Earaches, and Other Common Childhood Conditions

Kyle Cline, L.M.T.

ISBN 978-0-89281-797-9
\$19.95 (CAN \$28.95) pb
160 pages, 8 x 10
180 b&w illustrations

A leading practitioner of Chinese medicine provides a parents' handbook of simple massage plans that can alleviate most common childhood ailments, from coughs and chicken pox to bedwetting.



Chinese Pediatric Massage

A Practitioner's Guide

Kyle Cline, L.M.T.

ISBN 978-0-89281-842-6
\$45.00 (CAN \$72.00) hardcover
304 pages, 8.5 x 11
181 b&w illustrations

This clearly illustrated guide enables health practitioners to successfully use Chinese pediatric massage in treating children from birth through preadolescence. It shows how a child's energetic framework differs from an adult's and how to adjust treatments accordingly.



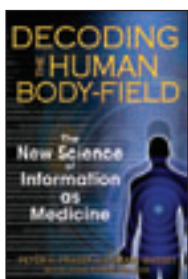
The Complete Book of Energy Medicines

Choosing Your Path to Health

Helen E. Dziemidko, M.D.

ISBN 978-0-89281-845-7
\$18.00 (CAN \$27.95) pb
192 pages, 6.5 x 9.25
60 color photographs

In this clear, accessible guide, a medical doctor guides you through more than 50 energy medicine therapies, from acupuncture to yoga.



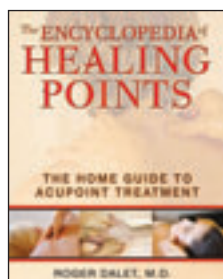
Decoding the Human Body-Field

The New Science of Information as Medicine

Peter H. Fraser
and Harry Massey
with Joan Parisi Wilcox

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

In this revolutionary look at the energetic physiology of the human body, Peter Fraser and Harry Massey introduce Infoceuticals—liquid remedies infused with electrodynamic information. Infoceuticals promote health by reestablishing the proper flow of information in the body's energetic fields.



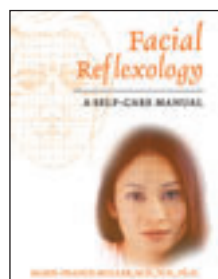
The Encyclopedia of Healing Points

The Home Guide to Acupoint Treatment

Roger Dalet, M.D.

ISBN 978-1-59477-335-8
\$24.95 (CAN \$29.95) pb
288 pages, 8 x 10
Full color throughout

Illustrated in full color, this book presents a complete guide for treating more than 150 diseases and disorders using acupressure. It includes important new acupoints that address ailments resulting from sedentary lifestyles and use of computers.



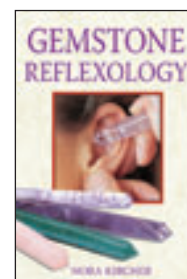
Facial Reflexology

A Self-Care Manual

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

ISBN 978-1-59477-013-5
\$19.95 (CAN \$25.95) pb
288 pages, 8.5 x 11
507 b&w illustrations

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



Gemstone Reflexology

Nora Kircher

ISBN 978-1-59477-121-7
\$16.95 (CAN \$19.50) pb
112 pages, 6 x 9
92 four-color illustrations

Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The energies of the crystal combine with those released by the pressure on the reflexology point to produce a powerful force for healing.



The Handbook of Chinese Massage

Tui Na Techniques to Awaken Body and Mind

Maria Mercati

ISBN 978-0-89281-745-0
\$19.95 (CAN \$31.95) pb
144 pages, 7.5 x 9.63
140 color photographs

Britain's leading authority on Oriental massage integrates classic tui na techniques into a new, whole-body treatment never before seen in East or West.

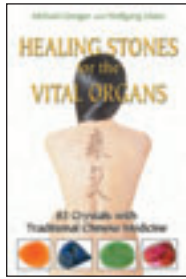


Hands-on Healing

A Practical Guide to Channeling Your Healing Energies
Jack Angelo

ISBN 978-0-89281-734-4
\$18.95 (CAN \$23.95) pb
256 pages, 7.25 x 9.25
53 b&w illustrations

An illustrated, step-by-step guide that makes it easy for anyone to awaken and develop their own healing gift. *Hands-on Healing* allows the reader to both understand the body's energies and to practice healing exercises. Chapters focus on such topics as healing touch, chakras, the wisdom of the body, visualization, and meditation.

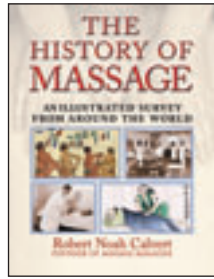


Healing Stones for the Vital Organs

83 Crystals with Traditional Chinese Medicine
Michael Gienger and Wolfgang Maier

ISBN 978-1-59477-275-7
\$16.95 (CAN \$22.95) pb
192 pages, 6 x 9
Full color throughout

This book explains how to use gems and crystals to tune the body's circadian rhythm or "organ clock." It shows how to select the right stones, the time of day they should be used, and how long treatment should last.

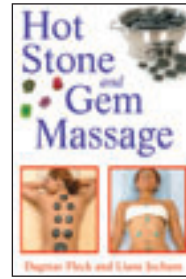


The History of Massage

An Illustrated Survey from around the World
Robert Noah Calvert

ISBN 978-0-89281-881-5
\$29.95 (CAN \$36.50) pb
288 pages, 8.5 x 11
200 b&w illustrations

Robert Noah Calvert offers a comprehensive history of massage that spans the globe. Starting with the healing art's ancient foundations, *The History of Massage* leads us through Greek temples and Middle Eastern bathhouses, Chinese martial arts traditions and Native American sweat lodges, to discover the significant role of touch therapy in the life of the world's people.

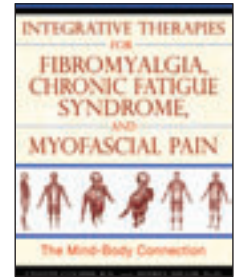


Hot Stone and Gem Massage

Dagmar Fleck and Liane Jochum

ISBN 978-1-59477-246-7
\$16.95 (CAN \$19.95) pb
160 pages, 6 x 9
Full color throughout

A fully illustrated guide to the ancient Hawaiian art of massage using hot stones. Included are instructions for each area of the body; information on the healing powers of gemstones; and recommendations on which base oils and essential oils enhance the treatment.



Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain

The Mind-Body Connection
Celeste Cooper, R.N., and Jeffrey Miller, Ph.D.

ISBN 978-1-59477-323-5
\$34.95 (CAN \$48.95) pb
448 pages, 8.5 x 11
25 b&w illustrations

Fibromyalgia, myofascial pain, and chronic fatigue are often seen as interchangeable. However, treatment of one can exacerbate the others. This thorough guide to natural treatments also offers techniques to dispel the "brain fog" that these disorders often create.



Is Acupuncture Right for You?

What It Is, Why It Works, and How It Can Help You
Ruth Lever Kidson

ISBN 978-1-59477-267-2
\$14.95 (CAN \$17.50) pb
192 pages, 6 x 9
15 b&w illustrations

Is Acupuncture Right for You? offers a concise introduction to acupuncture, one of the oldest known healing therapies. Recognized as an alternative to Western medicine, acupuncture is particularly effective for treating chronic pain. Ruth Lever Kidson explains diagnosis and treatment options.

"*Acupuncturists—this is the book to have in your waiting room.*"

Dan Brown, L.Ac.

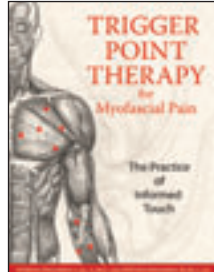


Acupoint and Trigger Point Therapy for Babies and Children

A Parent's Healing Touch
Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-189-7
\$19.95 (CAN \$22.95) pb
240 pages, 8.5 x 11
Two-color illustrations throughout

Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely, activating the body's remarkable healing abilities. Author Donna Finando reveals the importance of touch in both childhood development and healing, and details acupoint and trigger point therapy techniques for most common childhood ailments, including asthma.



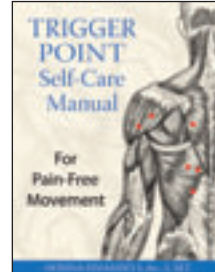
Trigger Point Therapy for Myofascial Pain

The Practice of Informed Touch
Donna Finando, L.Ac., L.M.T., and Steven Finando, Ph.D., L.Ac.

ISBN 978-1-59477-054-8
\$19.95 (CAN \$26.95) pb
256 pages, 8.38 x 10.88
147 two-color illustrations

Also available in hardcover: Informed Touch ISBN 978-089281-740-5 \$30.00 (CAN \$43.50)

In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points and alleviating pain. Detailed information on each muscle, including pain-pattern and trigger-point illustrations with specific palpation instructions, enable clinicians to locate specific areas quickly and accurately.



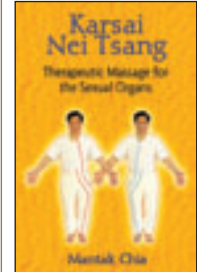
Trigger Point Self-Care Manual

For Pain-Free Movement
Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-080-7
\$19.95 (CAN \$25.95) pb
208 pages, 8.38 x 10.88
228 two-color illustrations

Also available in Spanish (see page 136)

Donna Finando presents at-home methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques. The pain associated with trigger points in each muscle of the body is identified and instructions are provided for palpating, treating, and stretching the muscle in order to release it.

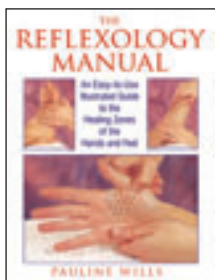


Karsai Nei Tsang

Therapeutic Massage for the Sexual Organs
Mantak Chia

ISBN 978-1-59477-114-9
\$16.95 (CAN \$19.95) pb
144 pages, 6 x 9
189 b&w illustrations

Illustrating complete sexual organ massages for women and for men, Karsai Nei Tsang treats common problems associated with the sexual organs including impotency, painful menstruation, and low libido. It is also effective in alleviating back pain and sciatica.



The Reflexology Manual

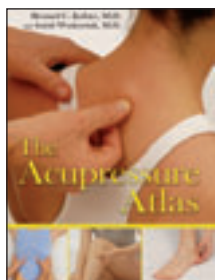
An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet

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

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

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

New Vision

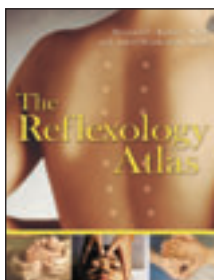


The Acupressure Atlas

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

ISBN 978-1-59477-207-8
\$29.95 (CAN \$27.95) pb
240 pages, 10 x 13
Full color throughout
ISBN 978-1-59477-175-0
\$39.95 (CAN \$45.00) hardcover

The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate a wide variety of health problems, including even the common cold.



The Reflexology Atlas

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

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

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

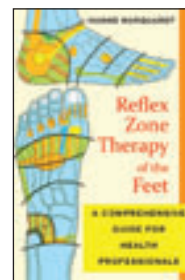


Reflexology Today

The Stimulation of the Body's Healing Forces through Foot Massage

Doreen E. Bayly
ISBN 978-0-89281-284-4
\$12.95 (CAN \$17.95) pb
68 pages, 5.25 x 8.5
17 photographs and illustrations

Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system, and can do much to retard the ageing process. Ailments that respond to reflexology, include glaucoma, migraine, liver disease, cataracts, asthma, neuritis, shingles (herpes zoster), arthritis, and sinus trouble.



Revised Edition
Reflex Zone Therapy of the Feet

A Comprehensive Guide for Health Professionals

Hanne Marquardt
ISBN 978-1-59477-361-7
\$19.95 (CAN \$23.50) pb
192 pages, 6 x 9
Full color throughout

This revised edition contains updated color illustrations, new case studies, and an expanded list of treatments. It reveals breakthrough discoveries in reflexology such as the solar plexus zone and includes a guide to treating many common ailments.



Reiki Energy Medicine

Bringing Healing Touch into Home, Hospital, and Hospice

Libby Barnett and Maggie Babb with Susan Davidson
ISBN 978-0-89281-633-0
\$14.95 (CAN \$18.95) pb
144 pages, 5.88 x 9
25 b&w illustrations

Also available in Spanish (see page 136)

As our health-care system challenges institutions to offer high-quality but cost-effective service, Reiki can be an important tool that can help maximize patient care and minimize recovery time. This is the first book to show how this ancient art of touch therapy can work within our mainstream health care system.

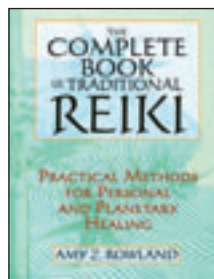


Intuitive Reiki for Our Times

Essential Techniques for Enhancing Your Practice
Amy Z. Rowland

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

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



Updated Second Edition of *Traditional Reiki for Our Times*
The Complete Book of Traditional Reiki

Practical Methods for Personal and Planetary Healing

Amy Z. Rowland
ISBN 978-1-59477-351-8
\$19.95 (CAN \$23.95) pb
288 pages, 8 x 10
83 b&w illustrations

Amy Rowland takes the reader through a traditional Reiki level I class. She discusses Reiki's origins, describes the attunement process by which a student is imbued with the power to channel life-force energy, and gives complete instructions for the basic and advanced healing hand positions.



Reiki for the Heart and Soul

The Reiki Principles as Spiritual Pathwork
Amy Z. Rowland

ISBN 978-1-59477-252-8
\$19.95 (CAN \$23.50) pb
256 pages, 8 x 10
32 b&w photographs

Explores how practitioners of all levels and lineages can use the five principles of Reiki for healing and for spiritual growth. Includes exercises for healing anger and fear, for living with gratitude, integrity, and compassion and meditations to deepen the practice of Reiki.

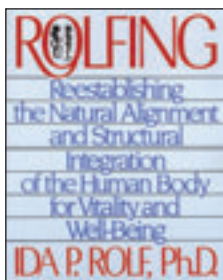


Right Brain/Left Brain Reflexology

Madeleine Turgeon, N.D.

ISBN 978-0-89281-432-9
\$16.95 (CAN \$23.95) pb
224 pages, 6 x 9

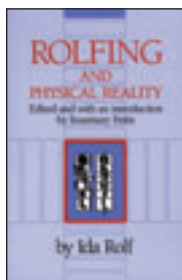
This self-help guide assists you in identifying right- or left-brain dominance, and suggests color, sound, and pressure point techniques to bring both hemispheres into balance.



Rolfing

Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being
Ida P. Rolf, Ph.D.

ISBN 978-0-89281-335-3
\$24.95 (CAN \$36.50) pb
304 pages, 8 x 10
600 b&w illustrations and photographs
Rolfing has helped thousands of people to look better, move with greater ease, and enjoy vitality and well-being. This classic text, with more than 600 illustrations and photographs, continues to be the most important reference for Rolfers around the world, and will also appeal to other professional bodyworkers and the layperson.



Rolfing and Physical Reality

Ida P. Rolf, Ph.D.

ISBN 978-0-89281-380-3
\$16.95 (CAN \$18.95) pb
224 pages, 5.38 x 8.25

A self-portrait of the warm, wise woman who created the therapy that bears her name. Here, Ida Rolf tells of her life and the wonder of the human body, and explains her technique of manipulating muscle tissue to induce correct alignment in the body.

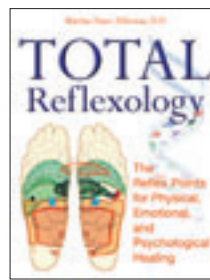


The Three Secrets of Reiki Tao Te Qi

The Original Teachings of Master Huang Zhen Hui
Idris Lahore

ISBN 978-1-59477-362-4
\$19.95 (CAN \$23.50) pb
224 pages, 8 x 10
Includes 151 b&w photographs

Reiki originated with the Chen Yen masters who called it Tao Te Qi. This illustrated guide reveals the 1st-, 2nd-, and 3rd-degree initiations transmitted to Idris Lahore by his grandfather, a student of Master Huang Zhen Hui.



Total Reflexology

The Reflex Points for Physical, Emotional, and Psychological Healing
Martine Faure-Alderson, D.O.

ISBN 978-1-59477-247-4
\$29.95 (CAN \$23.50) pb
176 pages, 8.5 x 11
Full color throughout
ISBN 978-1-59477-261-0
\$29.95 (CAN \$35.95) hardcover

This is the first truly complete book of reflexology, incorporating craniosacral therapy, acupuncture, naturopathy, homeopathy and the chakra system. Dr. Faure-Alderson has entirely remapped the feet, providing full-color, precise illustrations of the pressure points and how they relate to all the body's major systems.

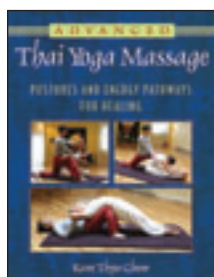


Soft-Tissue Manipulation

A Practitioner's Guide to the Diagnosis and Treatment of Soft-Tissue Dysfunction and Reflex Activity
Leon Chaitow, D.O., N.D.

ISBN 978-0-89281-276-9
\$49.95 (CAN \$80.00) hardcover
272 pages, 7.38 x 9.75
70 two-color illustrations

As techniques of physiotherapy have evolved and distinctions between methodologies have blurred, greater emphasis has been placed on Soft-Tissue Manipulation. Dr. Chaitow provides practitioners and students with up-to-date and complete information on the varieties of diagnostic and therapeutic techniques. Revised and expanded, this is a complete and indispensable textbook for students and therapists of all schools.

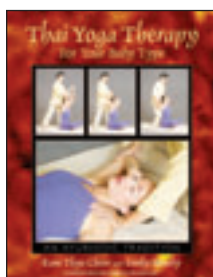


Advanced Thai Yoga Massage

Postures and Energy Pathways for Healing
Kam Thye Chow

ISBN 978-1-59477-427-0
\$24.95 (CAN \$29.50) pb
216 pages, 8.5 x 11
Includes 8-page color insert and 117 b&w illustrations

This book presents 50 advanced Thai yoga postures as well as treatment plans for 8 common ailments including back pain, headaches, and anxiety. Each treatment plan includes a one-hour Thai yoga routine and practices for continued healing.

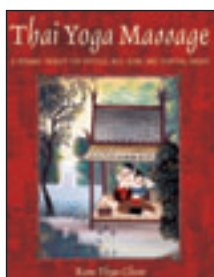


Thai Yoga Therapy for Your Body Type

An Ayurvedic Tradition
Kam Thye Chow and Emily Moody

Foreword by David Frawley
ISBN 978-0-89281-184-7
\$24.95 (CAN \$25.95) pb
240 pages, 8.5 x 11
152 b&w illustrations

Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips.

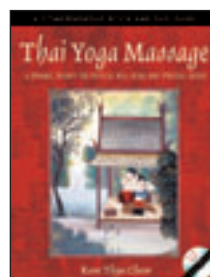


Thai Yoga Massage

A Dynamic Therapy for Physical Well-Being and Spiritual Energy
Kam Thye Chow

ISBN 978-0-89281-937-9
\$29.95 (CAN \$43.95) hardcover
160 pages, 8.5 x 11
144 b&w photographs and 49 b&w illustrations

In this comprehensive guide for practitioners, Kam Thye Chow leads readers through every aspect of this unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy, from its history and philosophy to an illustrated presentation of a complete Thai yoga massage session. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition.

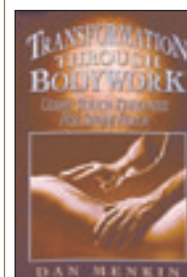


Thai Yoga Massage

A Dynamic Therapy for Physical Well-Being and Spiritual Energy
Book & DVD Set
Kam Thye Chow

ISBN 978-0-89281-146-5
\$24.95 (CAN \$34.95) pb
160 pages, 8.5 x 11
144 b&w photographs and 49 b&w illustrations
Includes 45-minute DVD

In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. In this paperback edition of *Thai Yoga Massage*, Kam Thye Chow leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed photographs, and he also demonstrates the techniques in the accompanying DVD.

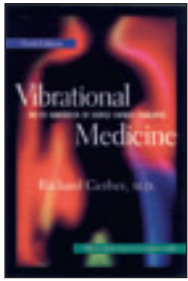


Transformation through Bodywork

Using Touch Therapies for Inner Peace
Dan Menkin

ISBN 978-1-879181-34-2
\$16.00 (CAN \$23.50) pb
252 pages, 6 x 9

Dan Menkin has facilitated thousands of sessions integrating spiritual and personal counseling with transformation-oriented bodywork. Here he asks us to discover inner peace through spiritually sensitive bodywork.



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



Addiction-Free Naturally

Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs
Brigitte Mars
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Addiction-Free—Naturally offers information on gentle but effective ways to ease cravings and nourish the body, as well as on cleansing the body of accumulated toxins and using natural remedies for stress relief.



Alchemical Medicine for the 21st Century

Spagyrics for Detox, Healing, and Longevity
Clare Goodrick-Clarke
ISBN 978-1-59477-319-8
\$16.95 (CAN \$19.95) pb
192 pages, 6 x 9
Developed in the 16th century, spagyrics is a branch of medicinal alchemy that captures the full therapeutic spectrum of plants, including the cosmic energies they have absorbed. This book contains detailed indications for using spagyrics to treat physical and mental disorders.



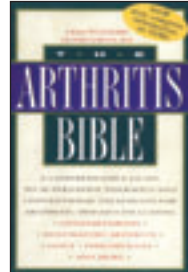
Alternative Health Care for Women

A Woman's Guide to Self-Help Treatments and Natural Therapies
Patsy Westcott and Leyardia Black, N.D.
ISBN 978-0-89281-245-5
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192 pages, 6.25 x 8.5
This overview discusses homeopathy, reflexology, herbalism, yoga, and other therapies especially suited to women's health needs.



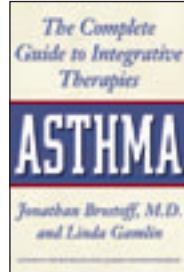
Amino Acids in Therapy

A Guide to the Therapeutic Application of Protein Constituents
Leon Chaitow, D.O., N.D.
ISBN 978-0-89281-287-5
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112 pages, 5.38 x 8.5
Directed primarily to the health professional, this book covers all aspects of amino acid therapy and discusses conditions that respond particularly well to this treatment.



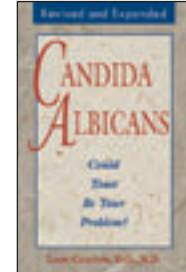
The Arthritis Bible

A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases Including Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and More
Craig Weatherby and Leonid Gordin, M.D.
ISBN 978-0-89281-825-9
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272 pages, 6 x 9
A specialist in functional medicine provides the most up-to-date information on a variety of treatments, including drugs, exercise, diet, vitamins, herbs, nutraceuticals, and homeopathy.



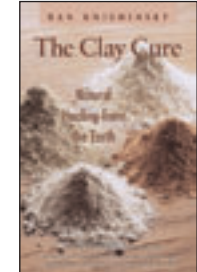
Asthma

The Complete Guide to Integrative Therapies
Jonathan Brostoff, M.D. and Linda Gamlin
ISBN 978-0-89281-932-4
\$19.95 (CAN \$30.95) pb
512 pages, 6 x 9
30 b&w illustrations
Almost everyone with asthma could be feeling better and using fewer drugs; this book shows you how. The authors provide a comprehensive step-by-step program to help you identify your personal asthma triggers and make changes in your environment, diet, and lifestyle that can reduce your exposure to allergens and your need for drugs.



Revised and Expanded
Candida Albicans

Could Yeast Be Your Problem?
Leon Chaitow, D.O., N.D.
ISBN 978-0-89281-795-5
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160 pages, 5 x 7.75
This revised, expanded, and updated guide to the health problems caused by yeast infection shows how to determine if yeast is your problem and, if so, how to control it.



The Clay Cure

Natural Healing from the Earth
Ran Knishinsky
ISBN 978-0-89281-775-7
\$10.95 (CAN \$15.95) pb
112 pages, 5 x 7.75
Eating clay can treat ailments affecting digestion, circulation, menstruation, and the liver, skin, and prostate. *The Clay Cure* contains complete information on choosing the appropriate type of clay, how and when to take it for your specific complaint, the science and history of ingesting clay, and the value of minerals contained in the many varieties of clay.



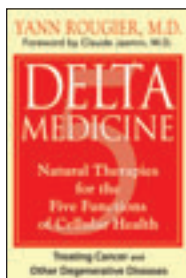
The Cox-2 Connection

Natural Breakthrough Treatment for Arthritis, Alzheimers & Cancer

James B. LaValle, R.Ph., N.M.D., C.C.N.

ISBN 978-0-89281-984-3
\$12.95 (CAN \$18.95) pb
176 pages, 6 x 9

In this innovative text, James LaValle clearly explains what can cause joint and muscle inflammation, then sets forward multiple treatments, with step-by-step instructions on how to use these treatments most effectively. Furthermore, he writes about exciting new studies that indicate the possible effectiveness of Cox-2 inhibitors in treating diseases such as cancer and Alzheimer's.



New-August 2012 Delta Medicine

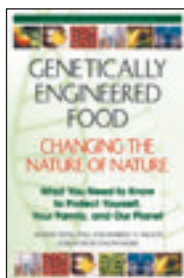
Natural Therapies for the Five Functions of Cellular Health

Yann Rougier, M.D.

Foreword by Claude Jasmin, M.D.

ISBN 978-1-59477-464-5
\$18.95 (CAN \$21.50) pb
288 pages, 6 x 9
19 b&w illustrations

Developed to reinforce health at the cellular level, where disease first manifests, Delta Medicine addresses the five basic functions of the cells with five corresponding practical tools, including breathwork, food guides, relaxation techniques, and detox for specific organs.



Genetically Engineered Food: Changing the Nature of Nature

What You Need to Know to Protect Yourself, Your Family, and Our Planet

Martin Teitel, Ph.D., and Kimberly A. Wilson

ISBN 978-0-89281-948-5
\$16.95 pb (CAN \$22.95)
208 pages, 6 x 9

Also available in Spanish (see page 132)

This revised and updated second edition is both an exposé and educational primer on this controversial technology that is already a part of every American's diet.



Gesundheit!

Bringing Good Health to You, the Medical System, and Society through Physician Service, Complementary Therapies, Humor, and Joy

Patch Adams, M.D., with Maureen Mylander

ISBN 978-0-89281-781-8
\$14.95 (CAN \$21.95) pb
256 pages, 6 x 9, 17 b&w photographs

Also available in Spanish (see page 134)

Today's high-tech medicine has become too costly, impersonal, and grim. In his frequent lectures to colleges, churches, community groups, medical schools, and conferences, Patch Adams shows how healing can be a loving, creative, humorous human exchange—not a business transaction. Here is his true story, popularized in the hit movie starring Robin Williams.



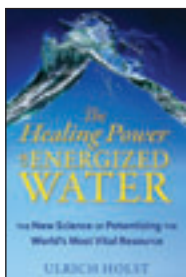
Hay Fever: The Complete Guide

Find Relief from Allergies to Pollens, Molds, Pets, Dust Mites, and more

Dr. Jonathan Brostoff and Linda Gamlin

ISBN 978-0-89281-988-1
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20 b&w line drawings

The authors explore all the issues of respiratory allergies, including the links between asthma and hay fever and suggest ways to prevent the development of allergies in children. They also discuss the role of food allergies and allergens and review the common myths surrounding them.



The Healing Power of Energized Water

The New Science of Potentiating the World's Most Vital Resource

Ulrich Holst

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Full color throughout

Most modern techniques for making water available have resulted in damage to its structure and vitality, reducing the benefits it can provide. But there are now methods—commercially available—that can transform depleted water back to its natural potent state.



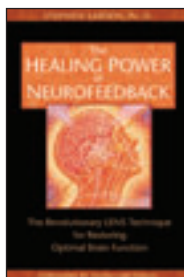
New-Available The Healing Power of Fever

Your Body's Natural Defense against Disease

Christopher Vasey, N.D.

ISBN 978-1-59477-437-9
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144 pages, 5.38 x 8.25
1 b&w illustration

Fever is not a symptom to be treated but a sign of a healthy immune system working naturally. Dr. Vasey explains how to create an artificial fever for detoxification, how to know when a fever is too high, and what to do to bring it down.



The Healing Power of Neurofeedback

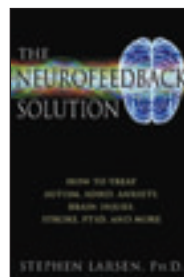
The Revolutionary LENS Technique for Restoring Optimal Brain Function

Stephen Larsen, Ph.D.

Foreword by Thom Hartmann

ISBN 978-1-59477-084-5
\$22.95 (CAN \$26.95) pb
456 pages, 6 x 9
Includes 8-page color insert and 21 b&w illustrations

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



New-Available The Neurofeedback Solution

How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More

Stephen Larsen, Ph.D.

ISBN 978-1-59477-366-2
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392 pages, 6 x 9
Includes 8-page color insert

Neurofeedback can be effective in diagnosing and treating autism, ADHD, depression, stroke, Alzheimer's and much more. Dr. Larson explains how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises.



The Journey Beyond Breast Cancer

From the Personal to the Political—Taking an Active Role in Prevention, Diagnosis, and Your Own Healing

Virginia M. Soffa

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272 pages, 6 x 9
21 b&w photographs

Virginia Soffa outlines a strategy to help women make informed choices about prevention, treatment, and rehabilitation.

"Informative and provocative. What distinguishes Soffa's book is her insider's view of the breast cancer grass-roots movement and its political issues. The Journey Beyond Breast Cancer sends a sobering message."
Natural Health



Second Edition

The High Blood Pressure Solution

A Scientifically Proven Program for Preventing Strokes and Heart Disease

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

ISBN 978-0-89281-975-1
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400 pages, 6 x 9
20 b&w illustrations

First edition also available in Spanish (see page 137)

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



Healing Springs

The Ultimate Guide to Taking the Waters

Nathaniel Altman

ISBN 978-0-89281-836-5
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336 pages, 6 x 9
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Healing Springs is the first book to present medical evidence that mineral springs can prevent and cure disease—and to tell you which spas are most effective. The author guides us through more than 200 of the best hot springs and mineral springs in the world.



The Honey Prescription

The Amazing Power of Honey as Medicine

Nathaniel Altman

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256 pages, 6 x 9
25 b&w illustrations

Nathaniel Altman explores both modern and ancient medicinal uses of honey and how these remedies can be used safely at home as well as by health practitioners. He also examines the problem of Colony Collapse Disorder, suggesting methods for protecting our precious hives.



Revised and Expanded Third Edition of *Oxygen Healing Therapies*

The Oxygen Prescription

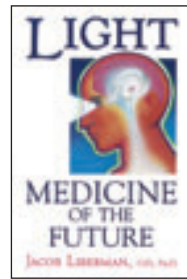
The Miracle of Oxidative Therapies

Nathaniel Altman

ISBN 978-1-59477-177-4
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384 pages, 6 x 9
21 b&w illustrations

First edition of *Oxygen Healing Therapies* also available in Spanish (see page 137)

This is the only book to place oxidative therapies in the context of holistic health. It presents treatments that stimulate the body's own ability to produce ozone to fight cancer, osteoporosis, and hepatitis, and treat heart disease, herpes, HIV, and diabetes.



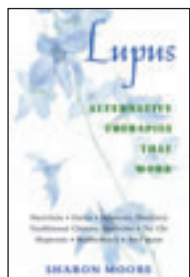
Light: Medicine of the Future

How We Can Use It to Heal Ourselves NOW

Jacob Liberman, O.D., Ph.D.

ISBN 978-1-879181-01-4
\$18.95 (CAN \$24.95) pb
304 pages, 6 x 9
Includes two 8-page color inserts

Light: Medicine of the Future ushers in a new era in medicine: the science of light, the core of the new "energy medicine." Dr. Jacob Liberman discusses the use of light in the treatment of cancer, depression, sexual dysfunction, learning disabilities, and the immune system and offers a foundation for a new paradigm in healing.



Lupus

Alternative Therapies That Work

Sharon Moore

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

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



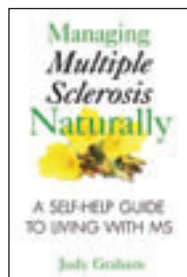
Magnet Therapy

The Gentle and Effective Way to Balance Body Systems

Ghanshyam Singh Birla with Colette Hemlin

ISBN 978-0-89281-841-9
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160 pages, 6 x 9
37 b&w illustrations

Based on their years of work using magnets within the ancient Ayurvedic healing tradition, the authors present the history and science of this increasingly popular treatment.



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Judy Graham

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Judy Graham shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition. Her methods include diet, detox, exercise, alternative therapies, and positive mental attitude.



The Natural Testosterone Plan

For Sexual Health and Energy

Stephen Harrod Buhner

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192 pages, 6 x 9

Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens—plant medicines that contain male hormones—can remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.



New-March 2012

New Edition of *The Fasting Path*

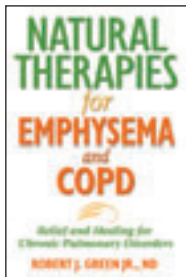
The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

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224 pages, 5.38 x 8.25

During a fast, the body enters the same healing cycle it normally enters during sleep allowing its systems to purify and be refreshed. This step-by-step guide to fasting offers a means to truly inhabit the body, experience its sacredness, and help or heal many chronic conditions.



Revised Edition of *Emphysema and Chronic Obstructive Pulmonary Disease*

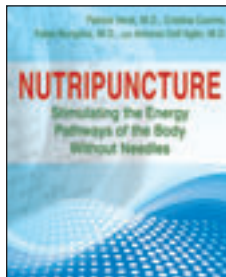
Natural Therapies for Emphysema and COPD

Relief and Healing for Chronic Pulmonary Disorders

Robert J. Green Jr., ND

ISBN 978-1-59477-163-7
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208 pages, 6 x 9
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The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach. Robert Green shows that holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. He also details how to stop smoking and includes resources for alternative health practitioners.



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Stimulating the Energy Pathways of the Body Without Needles

Patrick Veret, M.D.,
Cristina Cuomo, Fabio
Burigana, M.D., and
Antonio Dell'Aglio, M.D.

ISBN 978-1-59477-429-4
\$19.95 (CAN \$22.50) pb
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Includes 8-page color insert
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Nutripuncture is a revolutionary nutrient therapy that stimulates the energetic pathways of the body to improve physical and psychological health—without needles—by reinforcing the life energy within our cells and balancing and nourishing the meridians.



The Power Behind Your Eyes

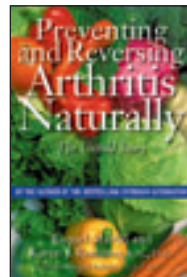
Improving Your Eyesight with Integrated Vision Therapy

Robert-Michael Kaplan, O.D.

ISBN 978-0-89281-536-4
\$18.95 (CAN \$24.95) pb
192 pages, 8 x 10
23 b&w illustrations

Also available in Spanish (see page 135)

Dr. Kaplan addresses eyesight problems from a holistic and psychospiritual perspective, empowering readers to begin a self-healing journey.



Preventing and Reversing Arthritis Naturally

The Untold Story

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

ISBN 978-0-89281-891-4
\$19.95 (CAN \$22.95) pb
272 pages, 6 x 9

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

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

Ralph C. Lee, M.D.

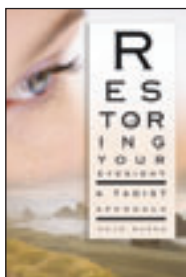


Radical Medicine
Cutting-Edge Natural Therapies That Treat the Root Causes of Disease

Louisa L. Williams, M.S., D.C., N.D.

ISBN 978-1-59477-411-9
\$75.00 (CAN \$87.95) hardcover
712 pages, 8.5 x 11
Includes 8-page color insert
and 81 b&w illustrations

Radical medicine is needed to survive the onslaught of pollutants and chemicals in our lives. *Radical Medicine* reveals health problems triggered by dental amalgams, vaccinations, antibiotics, and chemical-laden products, and provides information on antitoxin, detoxification treatments, drainage and nutritional therapies.

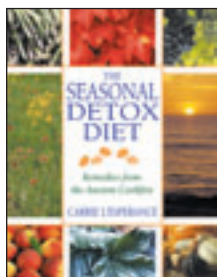


Restoring Your Eyesight

A Taoist Approach
Doug Marsh

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

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.

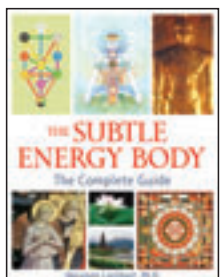


The Seasonal Detox Diet

Remedies from the Ancient Cookfire
Carrie L'Esperance

ISBN 978-0-89281-982-9
\$16.95 (CAN \$21.95) pb
280 pages, 7 x 9

Unlike modern notions of fasting, the concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain.

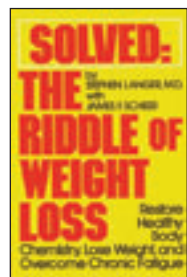


The Subtle Energy Body

The Complete Guide
Maureen Lockhart, Ph.D.

ISBN 978-1-59477-339-6
\$29.95 (CAN \$35.95) pb
416 pages, 8.5 x 11
Includes 32-page color insert
and b&w illustrations throughout

Knowledge of the subtle energy body exists in many traditions, including Gnostic, Sufi, Native American, Vedic, Chinese, and Greek. The fields of the subtle energy body serve as a map of consciousness through which one may seek knowledge of the self and the nature of God.



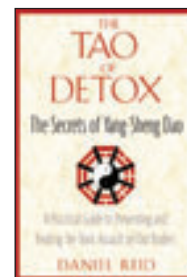
Solved: The Riddle of Weight Loss

Restore Healthy Body Chemistry, Lose Weight, and Overcome Chronic Fatigue

Stephen Langer, M.D.,
with James F. Scheer

ISBN 978-0-89281-296-7
\$16.95 (CAN \$20.95) pb
256 pages, 5.38 x 8.25

A doctor's nutritional and medical breakthrough reveals common, unsuspected reasons for chronic overweight conditions and shows how these can be corrected.



The Tao of Detox

The Secrets of Yang-Sheng Dao
Daniel Reid

ISBN 978-1-59477-142-2
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9
12 b&w illustrations

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



The Traveler's Natural Medicine Kit

Easy and Effective Remedies for Staying Healthy on the Road

Pamela Hirsch

ISBN 978-0-89281-947-8
\$12.00 (CAN \$17.50) pb
176 pages, 5 x 7.75

In this pocket guide, Pamela Hirsch shares her hard-won secrets for getting through your business or pleasure trips with an easy stomach and a calm mind. Using herbs, aromatherapy, homeopathy, and supplements, the author shows you how to prepare a lightweight travel kit of remedies especially suited to your trip and your body's individual needs.



Fourth Edition
The Estrogen Alternative

A Guide to Natural Hormonal Balance

Raquel Martin and Judi Gerstung, D.C.
Foreword by John Hart, M.D.
ISBN 978-1-59477-033-3
\$16.95 (CAN \$24.95) pb
352 pages, 6 x 9

Second Edition also available in Spanish (see page 132)

Despite increasing awareness, confusion about the risks of conventional hormone replacement therapy remains widespread. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural Hormone Replacement Therapy (HRT), can provide safe, natural relief.



The Antibiotic Alternative

The Natural Guide to Fighting Infection and Maintaining a Healthy Immune System

Cindy L. A. Jones, Ph.D.
ISBN 978-0-89281-877-8
\$16.95 (CAN \$21.95) pb
248 pages, 6 x 9

While antibiotics have their place in treating acute life-threatening conditions, *The Antibiotic Alternative* shows how the best defense against infectious disease is to strengthen your own immune system. With advice on stress management and diet and complete monographs of a dozen readily available herbs, Dr. Jones shows you how to ward off infectious disease naturally without antibiotic overdependence.



The Prozac Alternative

Natural Relief from Depression with St. John's Wort, Kava, Ginkgo, 5-HTP, Homeopathy, and Other Alternative Therapies

Ran Knishinsky
ISBN 978-0-89281-791-7
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9

Also available in Spanish (see page 132)

The Prozac Alternative offers a comprehensive look at St. John's wort, including its history in herbalism, current clinical uses, and safety and side effects, as well as how it compares with other natural alternatives such as Kava, Melatonin, and 5-HTP. It also discusses other uses of these natural substances.

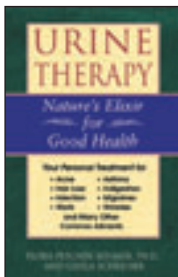


The Viagra Alternative

The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, M.D.
ISBN 978-0-89281-789-4
\$16.95 (CAN \$22.95) pb
232 pages, 6 x 9

Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques.



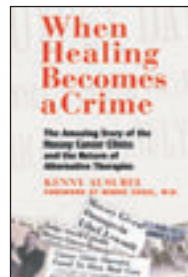
Urine Therapy

Nature's Elixir for Good Health

Flora Peschek-Böhmer, Ph.D., and Gisela Schreiber

ISBN 978-0-89281-799-3
\$12.95 (CAN \$16.95) pb
160 pages, 5 x 7.75

This introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments.

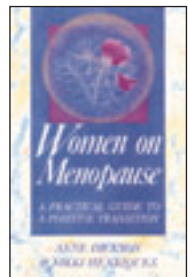


When Healing Becomes a Crime

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

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

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



Women on Menopause

A Practical Guide to a Positive Transition

Anne Dickson and Nikki Henriques
ISBN 978-0-89281-237-0
\$9.95 (CAN \$15.95) pb
120 pages, 5.38 x 8.25

Interviews with women, including medical specialists, offer helpful guidance for women entering menopause, their families, and those in the health care professions.



Adaptogens

Herbs for Strength, Stamina, and Stress Relief

David Winston and Steven Maimes

ISBN 978-1-59477-158-3
\$18.95 (CAN \$23.95) pb
336 pages, 6 x 9
24 b&w illustrations

Adaptogens help the body to "adapt" to the many health challenges it encounters—particularly stress. They increase stamina and counter the effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness.



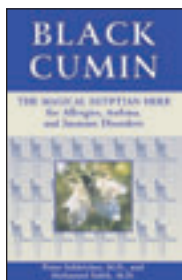
Aloe Vera

Nature's Soothing Healer
Diane Gage

ISBN 978-0-89281-627-9
\$12.95 (CAN \$15.95) pb
128 pages, 5 x 7.75

Also available in Spanish
(see page 136)

The author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by cultures as diverse as the ancient Egyptian and Native American. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to its best advantage for a wide variety of problems.



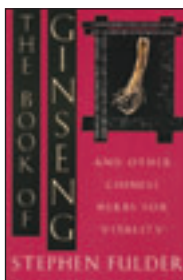
Black Cumin

The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

Peter Schleicher, M.D., and Mohamed Saleh, M.D.

ISBN 978-0-89281-843-3
\$10.95 (CAN \$17.50) pb
96 pages, 5 x 7.75
10 b&w photographs

Written by leading experts on black cumin, this is the first book to fully explore the amazing effectiveness of this herb against immune-system disorders, allergies, asthma, and skin problems.

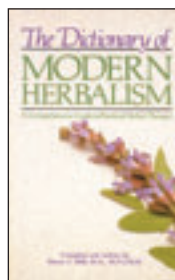


The Book of Ginseng

And Other Chinese Herbs for Vitality
Stephen Fulder, Ph.D.

ISBN 978-0-89281-491-6
\$14.95 (CAN \$23.95) pb
328 pages, 6 x 9

A doctor of pharmacology examines the healing properties and immune-boosting power of vitalizing plant substances, including ginseng, that have been valued in Chinese medicine for thousands of years.



The Dictionary of Modern Herbalism

A Comprehensive Guide to Practical Herbal Therapy
Simon Mills

ISBN 978-0-89281-238-7
\$14.95 (CAN \$23.95) pb
224 pages, 5.38 x 8.25

This clear and comprehensive reference on the full range of healing herbs is an indispensable guide to the herbal remedies most used in the Anglo-American and European traditions. Each remedy is defined in terms of its main pharmacological actions and its therapeutic application to modern health problems.

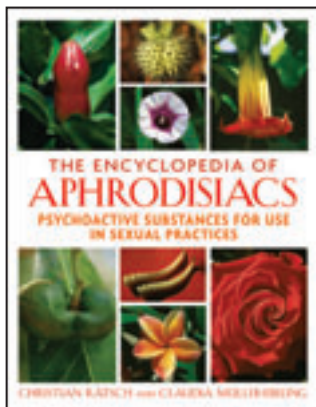


Echinacea

Nature's Immune Enhancer
Steven Foster

ISBN 978-0-89281-386-5
\$8.95 (CAN \$13.95) pb
160 pages, 5 x 7.75

Echinacea provides both a contemporary and historical view of this important herb and its healing properties. Known as a non-specific stimulant to the immune system, it was highly valued in Native American medicine and was used more frequently than any other plant. Today, research shows clear scientific reasons for its effectiveness.



New-June 2012

The Encyclopedia of Aphrodisiacs

Psychoactive Substances for Use in Sexual Practices

Christian Rätsch and Claudia Müller-Ebeling

ISBN 978-1-59477-169-9
\$125.00 (CAN \$140.00) hardcover
784 pages, 8.5 x 11
Full color throughout

This stunning encyclopedia examines the botany, pharmacology, history, preparation, dosage, and practical use of more than 400 erotically stimulating substances from antiquity to the present day. Richly illustrated with more than 800 color photographs.

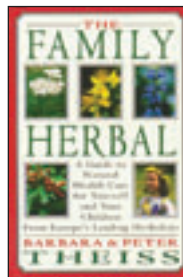


Evening Primrose Oil

Judy Graham

ISBN 978-0-89281-288-2
\$12.95 (CAN \$13.95) pb
112 pages, 5.25 x 8.5

Here is the story of the remarkable evening primrose, and the uses to which the oil from its seeds can be put—one of the major ones being in the treatment of premenstrual tension. Unlike most natural products which are on the whole useful for one condition only, the oil of the evening primrose has properties which make it useful for a wide range of conditions, among them: MS, arthritis, vascular problems, and PMS.



The Family Herbal

A Guide to Natural Health Care for Yourself and Your Children from Europe's Leading Herbalists

Barbara & Peter Theiss

ISBN 978-0-89281-484-8
\$24.95 (CAN \$28.95) pb
288 pages, 6 x 9
70 color plates

Barbara and Peter Theiss share their knowledge as parents and their professional experience in naturopathy, pharmacology, and herbalism to show how herbal medicine is the safest and most reliable method to care for most of your family's health needs. Includes chapters on healing herbs, emergency first aid, and growing your own herb garden.



Garlic

Nature's Original Remedy

Stephen Fulder, Ph.D. and John Blackwood

ISBN 978-0-89281-725-2
\$8.95 (CAN \$13.95) pb
144 pages, 5 x 7.75

Also available in Spanish
(see page 131)

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the latest research, explaining how garlic works and how to get the most benefit from it. *Garlic* is the complete guide to this remarkable natural medicine.



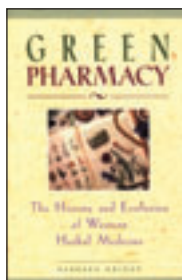
Gemmotherapy

The Science of Healing with Plant Stem Cells

Roger Halfon, M.D.

ISBN 978-1-59477-341-9
\$14.95 (CAN \$17.50) pb
128 pages, 6 x 9
1 b&w illustration

Gemmotherapy—the medicinal use of plant buds and young shoots—harnesses the healing power of trees and shrubs at the peak of their energetic activity. These plant “stem cells” are perfect for combatting the pollutants we encounter in modern society, and are primarily aimed at draining the body of toxins.



Green Pharmacy

The History and Evolution of Western Herbal Medicine

Barbara Griggs

ISBN 978-0-89281-727-6
\$24.95 pb
448 pages, 6 x 9

An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.



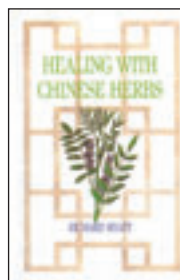
The Green Witch Herbal

Restoring Nature's Magic in Home, Health, and Beauty Care

Barbara Griggs

ISBN 978-0-89281-496-1
\$16.95 pb
168 pages, 8 x 10
30 b&w illustrations

Centuries ago, every woman was an herbal expert by necessity, and her garden supplied medicines, cosmetics, and soaps. Today, as we seek natural alternatives to synthetic products, researchers are discovering that herbal legends often turn out to encode hard medical fact. This modern compendium of herbal remedies shows how to tap the astonishing power of plants and herbs.



Healing with Chinese Herbs

Richard Hyatt

ISBN 978-0-89281-277-6
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9

Recent evidence suggests that certain drugs taken in their unrefined state, and in accordance with the laws of traditional Chinese medicine, are vastly more effective than synthetic medicines used in the West. This guide to the Chinese herbal healing arts includes history, diagnosis, a pharmacopia, and methods of preparation.



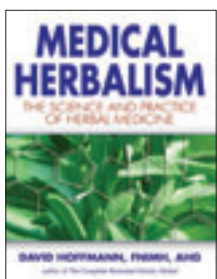
Health from God's Garden

Herbal Remedies for Glowing Health and Well-Being

Maria Treben

ISBN 978-0-89281-235-6
\$16.95 (CAN \$23.95) pb
128 pages, 8.5 x 11
16 color plates

Herbalist Maria Treben reveals the herbal formulas—including Swedish Bitters—that made her famous in Europe, where millions have been healed using her herbal remedies.



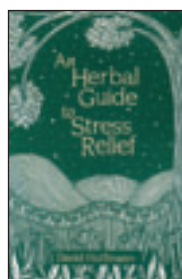
Medical Herbalism

The Science and Practice of Herbal Medicine

David Hoffmann, FNIMH, AHG

ISBN 978-0-89281-749-8
\$60.00 (CAN \$72.00) hardcover
672 pages, 8.5 x 11
487 b&w illustrations

Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect. It also includes information on toxicology, contraindications, and dosages.



An Herbal Guide to Stress Relief

Gentle Remedies and Techniques for Healing and Calming the Nervous System

David Hoffmann

ISBN 978-0-89281-426-8
\$14.95 (CAN \$20.95) pb
192 pages, 5.38 x 8.25

David Hoffmann looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating and controlling the many physical and mental problems caused by the stress of modern living.



The Herbal Handbook

A User's Guide to Medical Herbalism

David Hoffmann

ISBN 978-0-89281-782-5
\$16.95 (CAN \$22.95) pb
240 pages, 6.25 x 8.38

In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.



Revised Edition of *An Elders' Herbal*
Herbal Prescriptions after 50

Everything You Need to Know to Maintain Vibrant Health

David Hoffmann

ISBN 978-1-59477-180-4
\$24.95 (CAN \$31.95) pb
352 pages, 8 x 10

The natural healing properties of herbs provide a welcome alternative to the unpleasant and sometimes dangerous side effects that can be brought on by synthetic drugs. The remedies offered in *Herbal Prescriptions after 50* are designed to promote robust, lasting health and provide a way to age with grace.



Herbal Emissaries

Bringing Chinese Herbs to the West: A Guide to Gardening, Herbal Wisdom, and Well-Being

Steven Foster and Yue Chongxi

ISBN 978-0-89281-349-0
\$19.95 (CAN \$27.95) pb
368 pages, 6 x 9
8 color plates

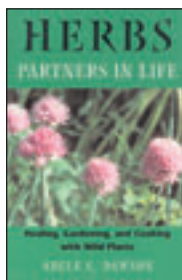
Herbal Emissaries is the first collaboration between a Chinese scientist and an American herbalist, blending traditional wisdom from both cultures with scientific verification of the effectiveness of forty-four medicinal plants. The authors supply specific techniques for cultivating these Chinese herbs and flowers in Western gardens and explain their medicinal use.



Herbal Teas for Health and Healing

Ceres
 ISBN 978-0-89281-646-0
 \$9.95 (CAN \$14.50) pb
 96 pages, 5 x 7.75

Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an “out-of-gear” system back to complete health. The author describes a wide range of tea-making herbs and gives instructions for their preparation and use.



Herbs: Partners in Life

Healing, Gardening, and Cooking with Wild Plants
 Adele G. Dawson

ISBN 978-0-89281-934-8
 \$16.95 (CAN \$25.95) pb
 296 pages, 6 x 9
 104 b&w illustrations

Vermont herbalist Dawson traces the human-plant relationship through the seasons, providing practical and enlightening information about every aspect of herbalism. Includes chapters on how to identify, collect, and preserve herbs as well as detailed illustrations of plants and their anatomy.



Medicine Grove

A Shamanic Herbal
 Loren Cruden

ISBN 978-0-89281-647-7
 \$16.95 (CAN \$21.95) pb
 224 pages, 6 x 9

Medicine Grove includes listings for every common herb and many wild plants of North America, with descriptions of the part of the plant used, notes on preparation, lists of symptoms alleviated by the herb, and common effects. But Cruden goes further, offering guidelines for incorporating herbs into one’s spiritual life, based on the author’s lifetime of work with Native American practices.



Miracle Medicines of the Rainforest

A Doctor’s Revolutionary Work with Cancer and AIDS Patients

Dr. Thomas David
 ISBN 978-0-89281-746-7
 \$19.95 (CAN \$31.95) pb
 144 pages, 7.25 x 10.25
 83 color and 44 b&w photographs

Dr. David’s story is significant not only for its account of research that may herald a major breakthrough in curing diseases that have been the scourge of the modern world, but also for its emphasis on the vast and largely unrecognized pharmacopoeia of the rainforest that is in imminent danger of being lost forever.



Neem

India’s Miraculous Healing Plant
 Ellen Norten

Edited by Jean Pütz
 ISBN 978-0-89281-837-2
 \$9.95 (CAN \$14.50) pb
 96 pages, 5 x 7.75
 16 b&w photographs

Used in India for more than 4,000 years, neem is a powerful blood purifier, anti-viral agent, and immune system enhancer.



Of People and Plants

The Autobiography of Europe’s Most Celebrated Healer

Maurice Mességué
 ISBN 978-0-89281-437-4
 \$19.95 (CAN \$20.95) pb
 336 pages, 5.38 x 8.25

This autobiography, flavored by Messeque’s rich French heritage and the depth of his knowledge of native plant medicine, offers detailed information about the use of specific plants in treating a wide variety of ailments. Comprehensive appendices describe preparations for the principal chronic diseases and provide recommendations for seasonal and nutritional use of plants for optimal health.



Pau d’Arco

Immune Power from the Rain Forest

Kenneth Jones
 ISBN 978-0-89281-497-8
 \$12.95 (CAN \$15.95)
 160 pages, 5 x 7.75

Once again, the South American rain forest yields up a healing treasure—the bark of the pau d’arco tree. The author describes its value in treating allergies and immune system disorders, and gives directions for preparation and dosage.

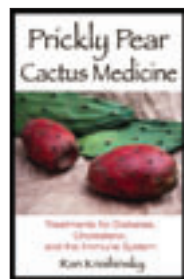


Planting the Future

Saving Our Medicinal Herbs
 Edited by Rosemary Gladstar and Pamela Hirsch

ISBN 978-0-89281-894-5
 \$29.95 (CAN \$33.50) pb
 328 pages, 8 x 10
 37 color photographs

Planting the Future shows how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.



Prickly Pear Cactus Medicine

Treatments for Diabetes, Cholesterol, and the Immune System
 Ran Knishinsky

ISBN 978-0-89281-149-6
 \$12.95 (CAN \$17.50) pb
 144 pages, 5 x 7.75

Also available in Spanish (see page 137)

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



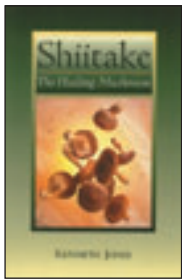
A Russian Herbal

Traditional Remedies for Health and Healing

Igor Vilevich Zevin with Nathaniel Altman and Lilia Vasilevna Zevin

ISBN 978-0-89281-549-4
 \$14.95 (CAN \$23.95) pb
 240 pages, 6 x 9
 79 b&w illustrations

Russia’s rich folk heritage of herbal healing is detailed by a native son who shares his grandmother’s knowledge of many healing herbs widely available in North America.



Shiitake
The Healing Mushroom
Kenneth Jones

ISBN 978-0-89281-499-2
\$12.95 (CAN \$17.95) pb
128 pages, 5 x 7.75

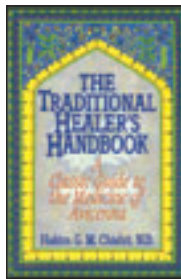
Discover the healing properties of this gourmet delicacy, from folk remedies to the latest research on its benefits in lowering blood cholesterol, prevention of heart disease, and in immunotherapy.



The Spice Lilies
Eastern Secrets to Healing with Ginger, Turmeric, Cardamom, and Galangal
Susanne Poth and Gina Sauer

ISBN 978-0-89281-890-7
\$9.95 (CAN \$15.50) pb
136 pages, 5 x 7.75

From Thai soups to piquant chutneys, the recipes provided here offer more than good taste. Learn how people throughout history have used the spice lilies for their healing properties.



The Traditional Healer's Handbook
A Classic Guide to the Medicine of Avicenna
Hakim G. M. Chishti, N.D.

ISBN 978-0-89281-438-1
\$24.95 (CAN \$33.95) pb
416 pages, 6 x 9
25 b&w illustrations

This comprehensive guide to healing synthesizes the principles and practices of Hippocratic, Chinese, Ayurvedic, and Persian medicine, and includes the first English translation of one of the handbooks of Avicenna.

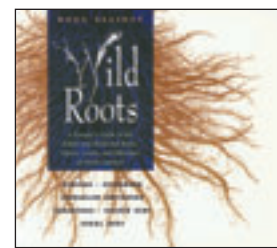
"A serviceable history of classical herbal medicine . . . still used by over half the world's population . . . a practical manual."
Los Angeles Times



Western Herbs according to Traditional Chinese Medicine
A Practitioner's Guide
Thomas Avery Garran

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

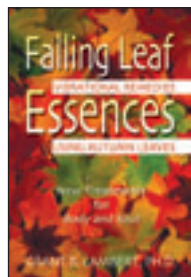
This is the first book to guide practitioners of Chinese medicine in the use of Western herbs. Including 58 monographs of common Western healing herbs, and detailing how each plant is used clinically, it explains how to combine and modify the standard TCM formulas to non-Chinese herbs.



Wild Roots
A Forager's Guide to the Edible and Medicinal Roots, Tubers, Corms, and Rhizomes of North America
Written and illustrated by Doug Elliott

ISBN 978-0-89281-538-8
\$16.95 (CAN \$22.95) pb
128 pages, 9 x 8
66 b&w illustrations

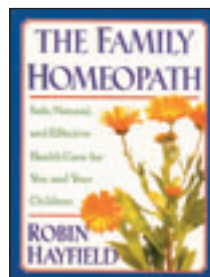
For more than two decades Doug Elliott has wandered the fields, forests, and marshlands of North America gathering roots and herbs, and plant lore. A labor of love, *Wild Roots* is filled with practical information, extraordinary drawings and lively commentary, and offers a wealth of information about the roots, rhizomes, and tubers of North America.



Falling Leaf Essences
Vibrational Remedies Using Autumn Leaves
Grant R. Lambert, Ph.D.

ISBN 978-0-89281-928-7
\$14.95 (CAN \$23.95) pb
224 pages, 6 x 9

Essences prepared from autumn leaves demonstrate unique healing qualities that can relieve the physical, emotional, and spiritual ailments that are associated with the autumn experiences of our lives: separation, job changes, or the simple release of old patterns. This comprehensive guide contains descriptions of 160 essences and their individual healing properties.



The Family Homeopath
Safe, Natural, and Effective Health Care for You and Your Children
Robin Hayfield

ISBN 978-0-89281-532-6
\$16.95 (CAN \$26.95) pb
144 pages, 7.88 x 10.38
62 color photographs and illustrations

This handsomely illustrated, easy-to-use reference manual is filled with practical information for safe and effective family health care. It suggests homeopathic treatments for more than 50 common ailments.

"I think this is one of the clearest and most practical books on first aid and common ailments that I have come across."
Sarah Byfield



Homeopathic Medicine for Mental Health
Trevor Smith, M.D.

ISBN 978-0-89281-291-2
\$18.95 (CAN \$21.95) pb
216 pages, 5.38 x 8.25

A physician and psychiatrist, Trevor Smith shows how homeopathy can be used effectively to treat a wide range of emotional and mental problems, including anxiety; depression and withdrawal; insecurity, shyness, and immaturity; fears and phobias; schizophrenia; and obsessional disorders.



Homeopathic Medicine for Women
An Alternative Approach to Gynecological Health Care
Trevor Smith, M.D.

ISBN 978-0-89281-236-3
\$12.95 (CAN \$20.95) pb
176 pages, 5.38 x 8.25

Many women's health concerns can be effectively addressed with homeopathic remedies. Here, Dr. Smith discusses both homeopathic and conventional treatments for a variety of conditions.



Homeopathic Medicine

First Aid and Emergency Care

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN 978-0-89281-249-3
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

Discover how homeopathic remedies can be used as a gentle first aid treatment for a wide variety of illnesses and injuries.



Homeopathic Treatment of Sports Injuries

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN 978-0-89281-227-1
\$12.95 (CAN \$20.95) pb
136 pages, 5.38 x 8.25

Dr. Morgan details the homeopathic remedies that are most effective in treating injuries commonly encountered in sports.



Homeopathy

From Alchemy to Medicine

Elizabeth Danciger

ISBN 978-0-89281-290-5
\$12.95 (CAN \$20.95) pb
118 pages, 5.38 x 8.25

The author traces the development of homeopathy, showing that Hahnemann's discoveries can only be understood in context of earlier developments, including the groundbreaking work of the great 16th century physician, Paracelsus.



Homeopathy and Your Child

A Parent's Guide to Homeopathic Treatment from Infancy Through Adolescence

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN 978-0-89281-330-8
\$12.95 (CAN \$20.95) pb
128 pages, 5.38 x 8.25

Also available in Spanish (see page 134)

Dr. Morgan discusses a wide range of homeopathic remedies for childhood disorders and examines alternatives to controversial immunization and antibiotic treatments.

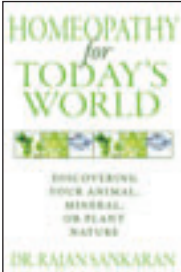


Homeopathy for Menopause

Beth MacEoin

ISBN 978-0-89281-648-4
\$14.95 pb
256 pages, 5.38 x 8.25

This positive, holistic approach to menopause shows how to safely treat its symptoms with gentle, all-natural homeopathic remedies. Common discomforts that may arise before, during, or after menopause, and that can be treated homeopathically include: menstrual irregularities, hot flashes, night sweats, depression, low self-esteem, weight gain, sleep disturbances, and aching joints.



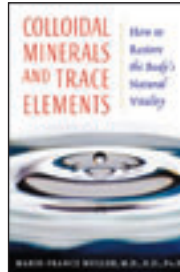
Homeopathy for Today's World

Discovering Your Animal, Mineral, or Plant Nature

Dr. Rajan Sankaran

ISBN 978-1-59477-403-4
\$18.95 (CAN \$22.50) pb
288 pages, 6 x 9
32 b&w illustrations

This new method of homeopathic diagnosis—the Sensation Method—reveals that we are shaped by an inner “song,” analogous to either the animal, plant, or mineral kingdom, revealing itself as an underlying felt sensation and expressed through illness.



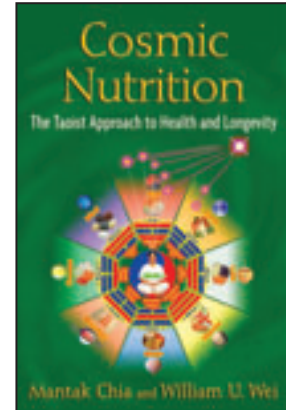
Colloidal Minerals and Trace Elements

How to Restore the Body's Natural Vitality

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

ISBN 978-1-59477-023-4
\$14.95 (CAN \$20.95) pb
224 pages, 6 x 9

Colloidal mineral supplements allow 98 percent of the supplement to be absorbed by the body, as opposed to the 3 to 5 percent absorption of standard mineral supplements. *Colloidal Minerals and Trace Elements* details 55 trace elements, their beneficial effects, and the ideal combinations of colloidal supplements to use based on your health concerns.



New-June 2012

Cosmic Nutrition

The Taoist Approach to Health and Longevity

Mantak Chia and William U. Wei

ISBN 978-1-59477-470-6
\$24.95 (CAN \$27.95) pb
448 pages, 6 x 9
B&w illustrations throughout

The secret to true health and longevity lies in keeping one's physical, emotional, mental, and spiritual bodies vibrant and balanced. *Cosmic Nutrition* provides guidelines on what to eat for different yin-yang constitutions, and for specific health problems and organ systems.

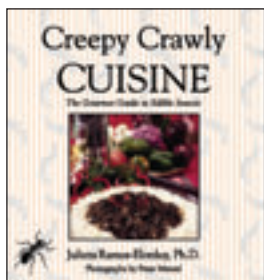


Cooking with Sea Vegetables

Peter and Montse Bradford

ISBN 978-0-89281-283-7
\$14.95 (CAN \$17.50) pb
144 pages, 5.25 x 8.5

High in minerals and protein and low in calories, sea vegetables have always been valued for their rejuvenating and purifying properties. They can be combined with other foods to form the basis of a balanced diet free from meat, dairy products and additives. This book is a comprehensive guide to this traditional food of the future.



Creepy Crawly Cuisine

The Gourmet Guide to Edible Insects

Julieta Ramos-Elorduy, Ph.D.

ISBN 978-0-89281-747-4
\$16.00 (CAN \$23.50) pb
160 pages, 8 x 8

16 color and 10 b&w photographs
This book tells you everything you need to know to make insects a part of your diet. It includes an overview of the use of edible insects by indigenous cultures, information on where to obtain insects and how to store and prepare them, and over 60 gourmet recipes, complete with stunning color photographs.



The Every Day Gourmet

Quick and Healthy Recipes from Around the World

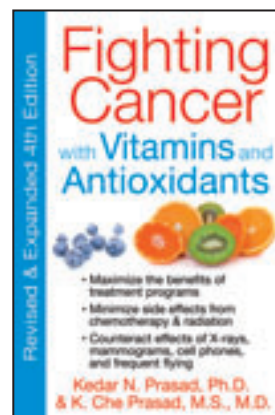
Michael Malkoff

ISBN 978-0-89281-785-6
\$16.00 (CAN \$25.50) pb
160 pages, 8 x 8

Here is a collection of more than 100 healthy and easy-to-make recipes for exotic dishes that use delicious, natural, whole foods. Included are tips on the shortcuts many professionals use to make shopping, cooking, and cleanup easier.

"In his search for the perfect meal, Michael Malkoff introduces us to a world of smart cooking tips and great recipes."

Chris Kilham, author of *The Whole Food Bible*

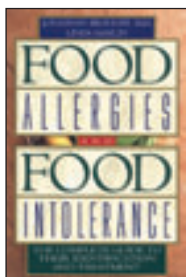


Fighting Cancer with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D., and K. Che Prasad, M.S., M.D.

ISBN 978-1-59477-423-2
\$16.95 (CAN \$18.95) pb
288 pages, 6 x 9

This book reveals the latest revolutionary discoveries in the use of micro-nutrients, vitamins, and antioxidants to prevent and treat cancer—and also help with heart disease, Alzheimer's, and Parkinson's. The authors include a simple nutritional program for you to follow.



Food Allergies and Food Intolerance

The Complete Guide to Their Identification and Treatment

Jonathan Brostoff, M.D., and Linda Gamlin

ISBN 978-0-89281-875-4
\$19.95 pb
480 pages, 6 x 9
11 line illustrations

Food sensitivity is behind many chronic and misdiagnosed ailments. The authors show how to systematically identify and eliminate problem foods to achieve dramatic improvements and lasting health.



Food Combining for Health

Get Fit with Foods that Don't Fight

Doris Grant and Jean Joice

ISBN 978-0-89281-348-3
\$14.95 (CAN \$20.95) pb
248 pages, 5.25 x 8.5

Based on the Hay system of separating incompatible foods, this program shows you how to alleviate symptoms of gastric disturbance and food allergies, and enhance well-being.



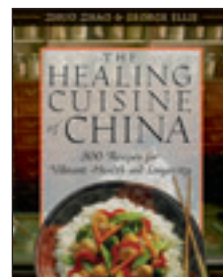
Fruit-Sweet and Sugar-Free

Prize-Winning Pies, Cakes, Pastries, Muffins, and Breads from the Ranch Kitchen Bakery

Janice Feuer

ISBN 978-0-89281-449-7
\$19.95 (CAN \$27.50) pb
216 pages, 8 x 10
8 color plates

b&w illustrations throughout
A Cordon Bleu-trained pastry chef transforms traditional bakery favorites into lighter, healthier alternatives.



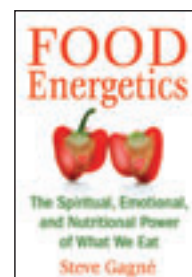
The Healing Cuisine of China

300 Recipes for Vibrant Health and Longevity

Zhuo Zhao and George Ellis

ISBN 978-0-89281-778-8
\$19.95 (CAN \$28.95) pb
288 pages, 8.5 x 11
14 b&w photographs

This collection not only offers more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality, but also explains the theories behind traditional Chinese beliefs about health and diet and reconciles these with contemporary Western medical knowledge.



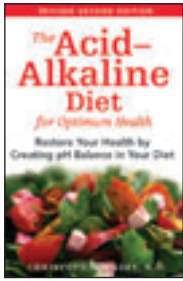
Food Energetics

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

Steve Gagné

ISBN 978-1-59477-242-9
\$24.95 (CAN \$29.50) pb
576 pages, 6 x 9

Ancient peoples understood that food is more than fuel—it imparts a living wisdom that is beyond the science of calories and nutrient values. *Food Energetics* shows how to revitalize our connection to food and use the wisdom of food energetics to remedy physical and psychic imbalances.



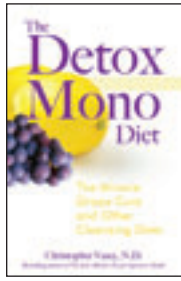
Revised Second Edition
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

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

Naturopath and detoxification expert Christopher Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification, and how to design a diet best suited for your health needs.

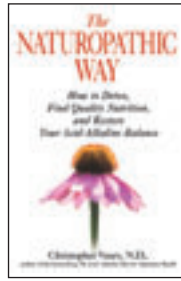


The Detox Mono Diet

The Miracle Grape Cure and Other Cleansing Diets

Christopher Vasey, N.D.
 ISBN 978-1-59477-126-2
 \$12.95 (CAN \$16.50) pb
 176 pages, 5.38 x 8.25

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



The Naturopathic Way

How to Detox, Find Quality Nutrition, and Restore Your Acid-Alkaline Balance

Christopher Vasey, N.D.

ISBN 978-1-59477-260-3
 \$14.95 (CAN \$19.95) pb
 144 pages, 5.38 x 8.25
 5 b&w illustrations

This naturopathic guide to health and healing shows how to remove toxins from the body using fasts and detoxifying cleanses, reveals the role of the acid-alkaline balance in maintaining peak energy and explains how supplements can restore nutritional deficiencies.



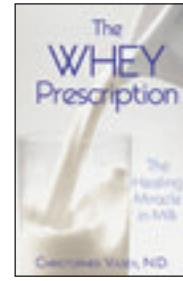
The Water Prescription

For Health, Vitality, and Rejuvenation

Christopher Vasey, N.D.

ISBN 978-1-59477-095-1
 \$12.95 (CAN \$16.95) pb
 160 pages, 5.38 x 8.25
 7 b&w illustrations

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



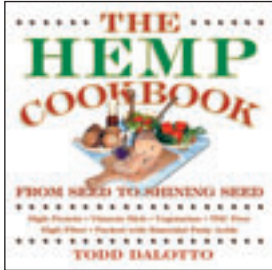
The Whey Prescription

The Healing Miracle in Milk

Christopher Vasey, N.D.

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

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



The Hemp Cookbook

From Seed to Shining Seed

Todd Dalotto

ISBN 978-0-89281-787-0
 \$14.95 (CAN \$22.95) pb
 192 pages, 8 x 8

9 b&w photographs
 With chapters providing complete nutritional information on hemp seed, a culinary history of cannabis around the world, a listing of sources for hemp foods, and instructions for creating your own hemp oils, flours, milks, and butters, *The Hemp Cookbook* is the first and last word on cannabis cuisine.



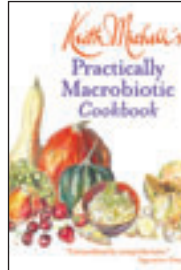
Optimal Digestive Health

A Complete Guide

Edited by Trent W. Nichols, M.D., and Nancy Faass, MSW, MPH

ISBN 978-1-59477-036-4
 \$24.95 (CAN \$28.95) pb
 608 pages, 6 x 9
 12 b&w illustrations

Drawing on the expertise of 25 practitioners, *Optimal Digestive Health* explores the symptoms, causes, and effective treatments for 30 digestive disorders. The best of mainstream medicine and complementary therapies are paired with intelligent self-care in this integrated approach to health and healing.

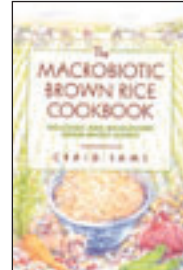


Keith Michell's Practically Macrobiotic Cookbook

Keith Michell

ISBN 978-0-89281-848-8
 \$29.95 (CAN \$36.50) pb
 256 pages, 7.25 x 9.75
 38 color and 21 b&w illustrations

International stage and screen actor Keith Michell tells how to benefit from a "practically macrobiotic" lifestyle. More than 200 delicious recipes, illustrated in full color by the author.

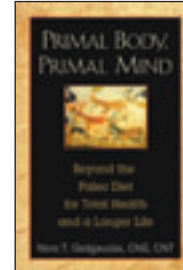


The Macrobiotic Brown Rice Cookbook

Craig Sams

ISBN 978-0-89281-447-3
 \$12.95 (CAN \$17.50) pb
 128 pages, 5.38 x 8.25

Craig Sams' collection of recipes features brown rice in delicious macrobiotic dishes, including soups, salads, main courses, and desserts. The authors offer tasty recipes for sauces as well as other information and advice for making this nutritious grain a delectable part of your diet.



Primal Body, Primal Mind

Beyond the Paleo Diet for Total Health and a Longer Life

Nora T. Gedgaudas, CNS, CNT

ISBN 978-1-59477-413-3
 \$19.95 (CAN \$23.50) pb
 416 pages, 6 x 9
 28 b&w illustrations

Examining the healthy lives of our Paleolithic ancestors, this book shows how our modern diet leads to weight gain and "diseases of civilization," and provides dietary strategies to counter the nutritional problems of eating grains, gluten, soy, dairy, and starchy vegetables.



Meals That Heal

A Nutraceutical Approach to Diet and Health

Lisa Turner

ISBN 978-0-89281-625-5
\$21.95 (CAN \$31.95) pb
248 pages, 8 x 10

Presents a compilation of the most recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases. More than 100 recipes by a macrobiotic chef for creating healthy and delicious meals. Here is the perfect guide to eating well and living well.



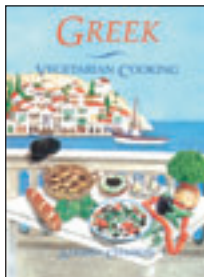
Mostly Macro

A Guide to Healthy Cuisine for the Discriminating Palate

Lisa Turner

ISBN 978-0-89281-534-0
\$18.95 (CAN \$26.95) pb
232 pages, 8 x 10
19 b&w illustrations

More than thirty years ago George Ohsawa introduced the principles of macrobiotics, a diet based on whole grains, vegetables, and fresh foods. Now, Lisa Turner summarizes these principles and provides practical information on how to use natural ingredients to plan healthy meals. One hundred twenty palate-pleasing dishes use the best macrobiotic principles adapted to our Western lifestyle and taste.

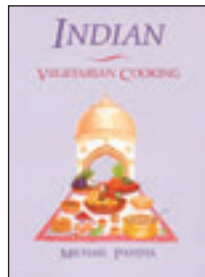


Greek Vegetarian Cooking

Alkmini Chaitow

ISBN 978-0-89281-340-7
\$12.95 (CAN \$16.50) pb
128 pages, 6 x 8.5

The author, herself a native of Greece, offers ideas for gluten- and dairy-free cooking with 110 colorful dishes from the eastern shores of the Mediterranean as well as tips for the proper presentation and balance of Greek cuisine. Dips, soups, raw and cooked salads, main courses, and desserts are all easily achieved with readily available ingredients.

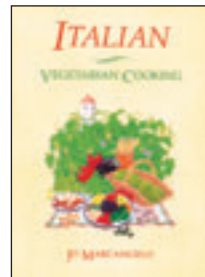


Indian Vegetarian Cooking

Michael Pandya

ISBN 978-0-89281-342-1
\$12.95 (CAN \$20.95) pb
208 pages, 6.25 x 8.5

Vegetarian cooking has been an important part of the Indian way of life for more than 4,000 years. Here, the author has assembled a definitive collection of vegetarian and whole food dishes, both traditional and original.

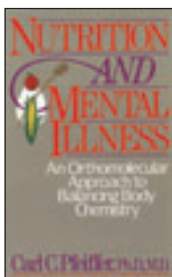


Italian Vegetarian Cooking

Jo Marcangelo

ISBN 978-0-89281-343-8
\$9.95 (CAN \$15.95) pb
160 pages, 6.25 x 8.5

This wide and varied range of vegetarian fare features the finest of Italy's regional recipes, passed down through many generations of Italian family cooking. The 115 distinctively delicious recipes are accompanied by an introduction to the cheeses, herbs, and other essential ingredients that make Italian cuisine unique throughout the world.



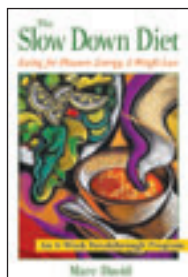
Nutrition and Mental Illness

An Orthomolecular Approach to Balancing Body Chemistry

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

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

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



The Slow Down Diet

Eating for Pleasure, Energy and Weight Loss

Marc David

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

Also available in Spanish (see page 134)

The Slow Down Diet presents an eight-week program allowing readers to shed excess pounds, with the new understanding that fully enjoying each meal is an important part of optimal health. Marc David shows how to increase energy and enhance digestion, while feeling rejuvenated and inspired. The author reveals the shortcomings of quick-fix fad diets, and offers the practical tools that will yield life-transforming, sustainable results.

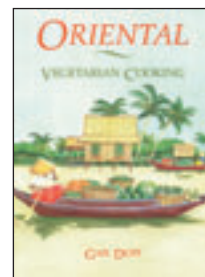


Mexican Vegetarian Cooking

Edith Metcalfe de Plata

ISBN 978-0-89281-341-4
\$14.95 (CAN \$17.50) pb
128 pages, 6.25 x 8.5

The author compiled this fascinating and accessible cookbook from first-hand experience as manager of a vegetarian restaurant in Guadalajara, Mexico. More than 100 authentic national dishes are represented in these distinctive and delicious recipes. Exotic and spicy, de Plata's Mexican cuisine adds a new and welcome dimension to vegetarian dining.



Oriental Vegetarian Cooking

Gail Duff

ISBN 978-0-89281-344-5
\$12.95 (CAN \$20.95) pb
208 pages, 6.25 x 8.5

Blending adventurous, exotic ingredients with familiar whole foods, fruits, and vegetables, one of Europe's leading natural-cooking writers brings together the flavors and culinary techniques of the Orient. Contains 160 recipes.



Vegetables the French Way

Jack Santa Maria

ISBN 978-0-89281-331-5
\$10.95 (CAN \$17.50) pb
192 pages, 6.25 x 8.5

Jack Santa Maria shows how interesting sauces, charming presentation, and exciting aromas transform mere vegetables into tantalizing main and side dishes. The more than 200 new and traditional French recipes are easy to prepare.



The Spice of Vegetarian Cooking

Ethnic Recipes from India, China, Mexico, Southeast Asia, the Middle East, and Europe
Martha Rose Shulman

ISBN 978-0-89281-399-5
\$10.95 (CAN \$17.50) pb
208 pages, 6.25 x 8.5

Martha Rose Shulman—former food editor with *Cosmopolitan* and winner of the Tastemaker Award—brings her expertise to this inspired selection of vegetarian recipes from India, China, Mexico, Southeast Asia, the Middle East, Europe, and the United States. Each dish is characterized by its unique combination of spices—the ingredients that have for centuries given ethnic food its distinctive allure.



Traditional Foods Are Your Best Medicine

Improving Health and Longevity with Native Nutrition
Ronald F. Schmid, N.D.

ISBN 978-0-89281-735-1
\$16.95 (CAN \$21.95) pb
288 pages, 6 x 9
20 b&w photographs

Traditional Foods Are Your Best Medicine traces the cause of many chronic health problems to our modern diet and shows how a return to traditional foods can improve one's well-being. Ronald F. Schmid, N.D., explains how a return to a traditional diet can increase your life-expectancy and help you reduce your risk of heart attack by 50 percent.



The Whole Food Bible

How to Select & Prepare Safe, Healthful Foods
Chris Kilham

ISBN 978-0-89281-626-2
\$19.95 (CAN \$31.95) pb
272 pages, 8 x 10

Recipes and nutrition information; the latest findings on food additives, irradiation, pesticide residues and how to avoid them; information on selecting and preparing safe, healthful foods—it's all here in one big volume. This book was featured in the bestseller *The Perricone Promise*.

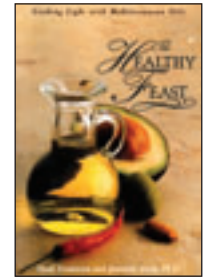


Whole Food Facts

The Complete Reference Guide
Evelyn Roehl

ISBN 978-0-89281-635-4
\$19.95 (CAN \$28.95) pb
296 pages, 8 x 10
20 b&w illustrations

No kitchen should be without this A-Z reference guide to natural foods. From amazake to shiitake, it offers up-to-date information on selecting and preparing all kinds of whole foods. Includes detailed nutritional charts.



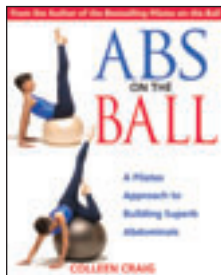
The Healthy Feast

Cooking Light with Mediterranean Oils
Mark Emmerson and Jeannette Ewin, Ph.D.

ISBN 978-0-89281-742-9
\$12.95 (CAN \$20.95) pb
160 pages, 6.25 x 9

A restaurant chef and a nutritionist team up to bring you more than 50 recipes using healthful oils in incredibly flavorful, satisfying dishes that eliminate saturated fat from your diet.

**Healing Arts Press—
Yoga & Exercise**



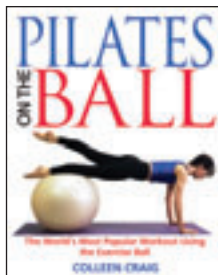
Abs on the Ball

A Pilates Approach to Building Superb Abdominals
Colleen Craig

ISBN 978-0-89281-098-7
\$19.95 (CAN \$25.95) pb
200 pages, 8 x 10
262 b&w photographs and illustrations

Also available in Spanish (see page 131)

Colleen Craig shows how traditional sit-ups and “ab” machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles. Includes a 10- and 20-minute workout.



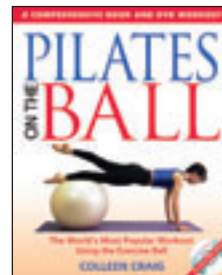
Pilates on the Ball

The World's Most Popular Workout Using the Exercise Ball
Colleen Craig

ISBN 978-0-89281-981-2
\$19.95 (CAN \$27.50) pb
192 pages, 8 x 10
182 b&w photographs and illustrations
No DVD included

Also available in Spanish (see page 135)

In a first-of-its-kind fusion, *Pilates on the Ball* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball, used by Olympic coaches, dancers, and athletes to fine-tune body awareness and enhance physical performance.

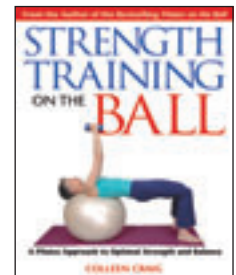


Pilates on the Ball

A Comprehensive Book and DVD Workout
Colleen Craig

ISBN 978-0-89281-095-6
\$24.95 (CAN \$34.95) pb
192 pages, 8 x 10
182 b&w photographs and illustrations
Includes 45-minute DVD

In her bestselling book *Pilates on the Ball*, certified Pilates trainer Colleen Craig combines the effectiveness of the Pilates workout with the unique capabilities of the Swiss exercise ball, providing an innovative and low-impact way to stay fit. The accompanying DVD allows readers to see the body in motion and follow along as if in a class setting.

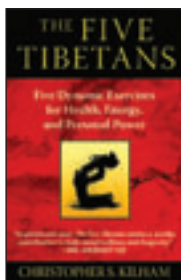


Strength Training on the Ball

A Pilates Approach to Optimal Strength and Balance
Colleen Craig

ISBN 978-1-59477-011-1
\$18.00 (CAN \$23.95) pb
272 pages, 8 x 10
140 b&w photographs

Strength Training on the Ball offers step-by-step photographs for each exercise, realistic yet motivating goals, and teaching tips for physical educators. Three specialized workouts are included: a therapeutic workout for recovery from injuries, a basic beginner's workout, and a challenging workout for athletes and gym enthusiasts. Safe for beginners, children, teenagers and seniors, with new challenges for the seasoned athlete.



New-Available

New Edition

The Five Tibetans

Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham

ISBN 978-1-59477-444-7
\$9.95 (CAN \$10.95) pb
96 pages, 5.38 x 8.25
18 b&w photographs

First edition also available in Spanish (see page 133)

The yogic exercises known as the Five Tibetans can dramatically increase energy, suppleness, and mental acuity. In this new edition the author shares his own positive experiences from more than 30 years' devotion to the practice.

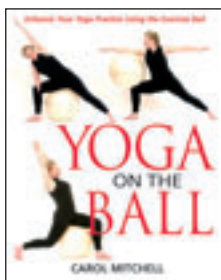


Awakening Kundalini for Health, Energy, and Consciousness

Chris Kilham

ISBN 978-1-59477-004-3
\$12.95 (CAN \$18.95)
60-minute CD

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



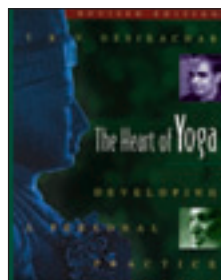
Yoga on the Ball

Enhance Your Yoga Practice Using the Exercise Ball
Carol Mitchell

ISBN 978-0-89281-999-7
\$18.00 (CAN \$28.95) pb
192 pages, 8 x 10
240 b&w photographs and illustrations

Also available in Spanish (see page 137)

Moving through yoga postures while using the exercise ball is meditation in motion. The exercise ball provides a cushioning base for the strong stretches and graceful movements of the yoga exercises, and with only a slight roll of the ball, the deep stretches can be altered to target different areas of the muscles.



The Heart of Yoga

Developing a Personal Practice
T. K. V. Desikachar

ISBN 978-0-89281-764-1
\$19.95 (CAN \$28.95) pb
272 pages, 8 x 10
100 b&w photographs and 200 b&w illustrations

Also available in Spanish (see page 133)

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



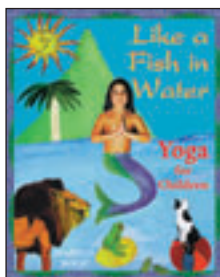
The Inner Glide

The Tao of Skiing, Snowboarding, and Skwalling

Patrick Thias Balmain

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

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



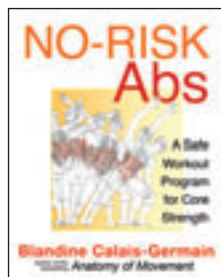
Like a Fish in Water

Yoga for Children

Isabelle Koch

ISBN 978-0-89281-773-3
\$12.95 (CAN \$18.95) pb
56 pages, 7.63 x 9.5
Full-color art throughout

Here is a playful introduction to the practice of yoga that children and parents can do together. With more than 20 postures, colorful step-by-step instructions, and poetic narrative, children will learn the basics of breathing and a variety of relaxation exercises to get them started on a healthy daily practice. For children ages 4–8.



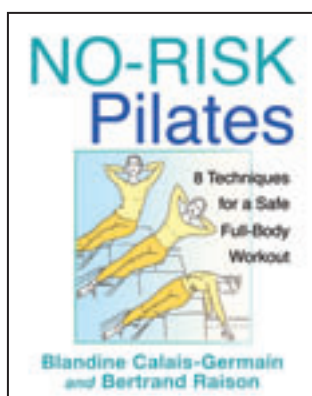
No-Risk Abs

A Safe Workout Program for Core Strength

Blandine Calais-Germain

ISBN 978-1-59477-389-1
\$19.95 (CAN \$23.50) pb
176 pages, 8 x 10
Full color throughout

Blandine Calais-Germain reveals how to build your core without hurting yourself. Using her trademark anatomical style, this book shows that strength alone is not the sole factor in a flat stomach and includes tips to get rid of belly fat.



**New-June 2012
No-Risk Pilates**

8 Techniques for a Safe Full-Body Workout
Blandine Calais-Germain and Bertrand Raison

ISBN 978-1-59477-443-0
\$19.95 (CAN \$22.50) pb
128 pages, 8 x 10
Full color throughout

Practiced improperly, Pilates exercises can lead to injuries such as pinched discs or low-back pain. *No-Risk Pilates* examines the body's movements during eight basic Pilates exercises showing how to avoid specific risks and common mistakes.



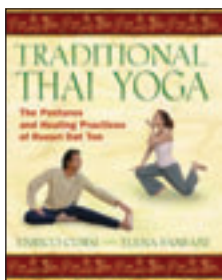
Self-Awakening Yoga

The Expansion of Consciousness through the Body's Own Wisdom

Don Stapleton, Ph.D.

ISBN 978-0-89281-183-0
\$24.95 (CAN \$32.95) pb
320 pages, 8 x 10
617 b&w photographs
Includes 60-minute CD-V

After 30 years of extensive yoga training, an accident left artist and professor Don Stapleton with a severe spinal injury. Faced with this challenge, he drew on his knowledge of yoga to create exercises that allowed him to recover freedom of movement and unleash his spiritual and physical potential. More than a technique for health and fitness, *Self-Awakening Yoga* draws on the roots of yoga as a creative learning process and an expansion of consciousness.



Traditional Thai Yoga

The Postures and Healing Practices of Ruesri Dat Ton

Enrico Corsi and Elena Fanfani

ISBN 978-1-59477-205-4
\$19.95 (CAN \$22.50) pb
192 pages, 8 x 10
Full color throughout

A complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga, presenting sixty postures for self-healing, energy rebalancing and enhanced well-being. Thai yoga was developed by Buddha's physician Jivaka Kumarabhadra.



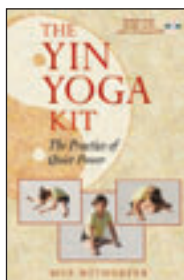
The Therapeutic Yoga Kit

Sixteen Postures for Self-Healing through Quiet Yin Awareness

Cheri Clampett and Biff Mithoefer

ISBN 978-1-59477-251-1
\$29.95 (CAN \$39.95)
Boxed Set, 6 x 9
256-page book with 75 b&w illustrations, 16 color cards, and a 75-minute CD

Therapeutic Yoga is a gentle technique for people who require support to perform the yoga postures. It is ideal for those with injury, pregnancy, illness or suffering the effects of aging. Includes a deck of 16 posture cards and a 75-minute audio CD of guided practices.

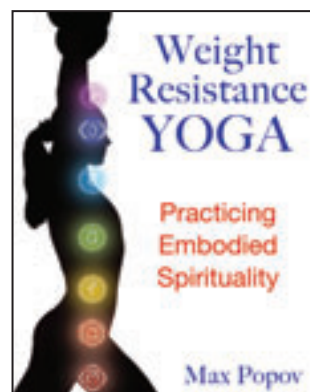


The Yin Yoga Kit

The Practice of Quiet Power
Biff Mithoefer

ISBN 978-1-59477-116-3
\$24.95 (CAN \$32.50)
Boxed set, 6 x 9
144-page book with 70 b&w illustrations, 14 color cards and a 75-minute CD

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



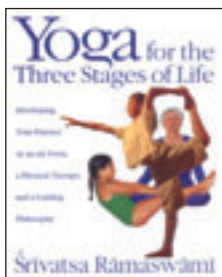
Weight-Resistance Yoga

Practicing Embodied Spirituality

Max Popov

ISBN 978-1-59477-390-7
\$18.95 (CAN \$21.50) pb
224 pages, 8 x 10
Includes 87 b&w illustrations

Applying the wisdom of hatha yoga to weight-lifting exercises, *Weight-Resistance Yoga* reveals how to transform a strength-training session into a mindful, calm, and meditative yoga practice. Includes 26 fully illustrated exercises and 20 themed meditations.



Yoga for the Three Stages of Life

Developing Your Practice As an Art Form, a Physical Therapy, and a Guiding Philosophy
Srivatsa Ramaswami

ISBN 978-0-89281-820-4
\$24.95 (CAN \$31.95) pb
272 pages, 8 x 10
100 b&w photographs

After studying with the legendary T. Krishnamacharya for 33 years, the author developed his teaching into a program that focuses on adapting yoga to individual needs and different stages of life.



El 2012 y el centro galáctico
(2012 and the Galactic Center)

El retorno de la Gran Madre
Christine R. Page, M.D.

ISBN 978-1-59477-327-3
\$16.95 (CAN \$23.75) pb
256 pages, 6 x 9
77 b&w illustrations

In 2012, the sun will align with the Galactic Center, opening a window of opportunity to create an era of higher consciousness. Learn how to use sacred spiritual tools unlocked during the alignment to merge with the Great Mother and expand awareness of ourselves as eternal beings.



Abdominales con Balón
(Abs on the Ball)

Aprovechando Pilates para construir Excelentes Abdominales

Colleen Craig
De la Autora del Best-seller *Pilates con Balón*

ISBN 978-1-59477-006-7
\$18.00 (CAN \$25.95) pb
200 pages, 8 x 10
262 b&w photographs and illustrations

Colleen Craig, author of the bestselling book *Pilates on the Ball*, demonstrates why the exercise ball is unmatched as a tool for building superb abdominal strength. *Abdominales con Balón* includes over 100 innovative exercises for all ability levels designed to build the abdominal core and increase overall body strength, balance, and coordination.



El ajo
(Garlic)

Un remedio natural
Stephen Fulder, Ph.D., y John Blackwood

ISBN 978-0-89281-580-7
\$6.95 (CAN \$10.95) pb
128 pages, 5.25 x 8.06

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the latest research, explaining how garlic works and how to get the most benefit from it. *El Ajo* is the complete guide to this remarkable natural medicine.



Alimentos Genéticamente Modificados: Cambiando la Naturaleza de la Naturaleza
(Genetically Engineered Food: Changing the Nature of Nature)

Qué necesita saber para proteger a usted mismo, a su familia y a nuestro planeta

Martin Teitel, Ph.D.,
y Kimberly A. Wilson
Prólogo de Ralph Nader

ISBN 978-0-89281-143-4
\$14.95 (CAN \$23.95) pb
202 pages, 6 x 9

This book is both an exposé and educational primer on this controversial technology that is already a part of every American's diet.



Alternativa al uso del estrógeno
(The Estrogen Alternative)

Terapia hormonal con progesterona natural

Raquel Martin
con Judi Gerstung

ISBN 978-0-89281-589-0
\$14.95 (CAN \$23.95) pb
248 pages, 6 x 9

The authors sift through the many studies of controversial hormone replacement therapy and suggest natural alternatives.



Alternativas para el Prozac
(The Prozac Alternative)

Remedios naturales para la depresión
Ran Krishinsky

ISBN 978-0-89281-591-3
\$12.95 (CAN \$19.95) pb
160 pages, 6 x 9

The Prozac Alternative offers a comprehensive look at St. John's wort, including its history in herbalism, current clinical uses, and safety and side effects, as well as how it compares with other natural alternatives such as Kava, Melatonin, and 5-HTP. It also discusses other uses of these natural substances.



Aromaterapia: El olor y la psique
(Aromatherapy: Scent and Psyche)

Utilización de los aceites esenciales para el bienestar físico y emocional
Peter y Kate Damian

ISBN 978-0-89281-473-2
\$16.95 (CAN \$26.95) pb
264 pages, 6 x 9

The authors—professional aromatherapists—delve into the physiology and psychology of scent, citing research and clinical studies. They profile 44 essential oils, and give instructions for creating your own blends.

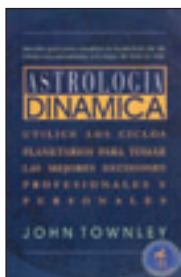


Aromaterapia libro práctico
(Aromatherapy Workbook)

Marcel Lavabre
ISBN 978-0-89281-464-0
\$12.95 (CAN \$20.95) pb
212 pages, 6 x 9

Learn how essential oils can benefit both mind and body.

"An accessible, comprehensive guide to the history, folklore, chemistry, and art of this ancient healing system. This is a fascinating introduction to the world of fragrances."
Yoga Journal



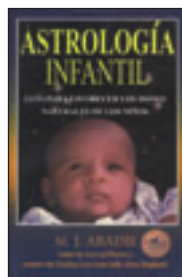
Astrología dinámica
(Dynamic Astrology)

Utilice los ciclos planetarios para tomar las mejores decisiones profesionales y personales

John Townley

ISBN 978-0-89281-587-6
\$12.95 (CAN \$20.95) pb
208 pages, 6 x 9
42 b&w illustrations

Move beyond a static interpretation of your natal chart to an understanding of how planetary cycles affect such things as one's career, finances, and opportunities. John Townley discusses the principles of dynamic astrology and shows how the cycles of the planets and important degrees in your chart play a continuing role in your life.



Astrología infantil
(Child Astrology)

Guía para favorecer los dones naturales de los niños

M. J. Abadie

ISBN 978-0-89281-962-1
\$14.95 (CAN \$23.95) pb
272 pages, 6 x 9
11 astrological tables

Professional astrologer and psychotherapist M. J. Abadie offers a hands-on guide to the planets and their influence on your child's emotional, intellectual, physical, and spiritual development.



El baño curativo
(The Healing Bath)

Usos de la terapia de aceites esenciales para equilibrar la energía del cuerpo

Milli D. Austin

ISBN 978-0-89281-582-1
\$12.95 (CAN \$20.95) pb
160 pages, 6 x 9
20 b&w illustrations

This book focuses on the use of essential oils for deep healing, suggesting ways to cleanse the energy field surrounding the physical body.



Bendita pena
(Good Grief)

Sanar a través del dolor y la pérdida

Deborah Morris Coryell

ISBN 978-1-59477-301-3
\$14.95 (CAN \$19.95) pb
160 pages, 5.38 x 8.25

In *Bendita pena*, Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love. She reminds us that all losses must be grieved, and that paying attention to even the most minute experience of loss can help us to be more in tune with ourselves, allowing us to once again join the rhythm of life from which we have become disconnected.



La cábala y el poder de soñar
(Kabbalah and the Power of Dreaming)

Despertar a una vida visionaria

Catherine Shainberg

ISBN 978-1-59477-326-6
\$16.95 (CAN \$23.75) pb
240 pages, 6 x 9
6 b&w illustrations

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



El Calendario Maya y la Transformación de la Consciencia
(The Mayan Calendar and the Transformation of Consciousness)

Carl Johan Calleman, Ph.D.
ISBN 978-1-59477-038-8
\$18.00 (CAN \$26.95) pb
320 pages, 6 x 9
93 b&w illustrations

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



Catastrofia
(Catastrophobia)

La verdad detrás de los cambios de la tierra en el arribo de la era de luz
Barbara Hand Clow

ISBN 978-0-89281-140-3
\$16.00 (CAN \$25.50) pb
320 pages, 6 x 9
76 b&w illustrations

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

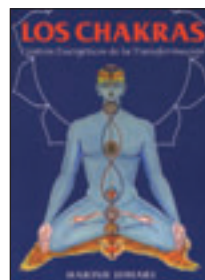


Centrarse
(Centering)

Guía para el crecimiento interior
Sanders G. Laurie y Melvin J. Tucker

ISBN 978-0-89281-579-1
\$9.95 (CAN \$15.95) pb
224 pages, 6 x 9

A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



Los chakras
(Chakras)

Centros energéticos de la transformación
Harish Johari

ISBN 978-0-89281-469-5
\$19.95 (CAN \$23.95) pb
132 pages, 8.25 x 10.75

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



Los chakras en la práctica chamánica
(The Chakras in Shamanic Practice)

Ocho etapas de sanación y transformación

Susan J. Wright
Preface by John Perkins

ISBN 978-1-59477-279-5
\$16.95 (CAN \$19.95) pb
290 pages, 6 x 9

1 color and 45 b&w illustrations
Susan Wright explains how to work with the chakra centers to heal unresolved psychic wounds. She identifies eight key developmental stages of life, from birth to old age/death, linking each stage to a particular chakra. Physical exercises and guided meditations are provided for each chakra, allowing practitioners a way to heal these locked-in traumas.



Los Cinco Tibetanos
(The Five Tibetans)

Cinco ejercicios dinámicos para lograr buena salud, energía, y poder personal
Christopher Kilham

ISBN 978-0-89281-466-4
\$9.95 (CAN \$15.95) pb
96 pages, 6 x 9
18 b&w photographs

These highly energizing yoga exercises take a minimum of time and effort but offer dramatic results in increased strength, suppleness, and mental acuity. Regular practice relieves stress, benefits the cardiovascular system, and leads to well-being.

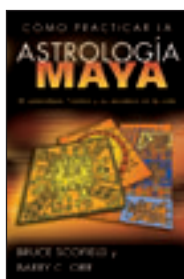


El código maya
(The Mayan Code)

La aceleración del tiempo y el despertar de la conciencia mundial
Barbara Hand Clow

ISBN 978-1-59477-238-2
\$18.00 (CAN \$20.95) pb
336 pages, 6 x 9
43 b&w illustrations

Barbara Hand Clow shows how the Mayan Calendar is a bridge to galactic wisdom that fosters personal growth and human evolution. The author draws on the work of biologist Carl Johan Calleman and many other New Paradigm researchers to unearth the deeper meaning behind the calendar and its message for modern civilization, especially during its final five years.



Cómo practicar la astrología maya
(How to Practice Mayan Astrology)

El calendario Tzolkin y su sendero en la vida
Bruce Scofield and Barry C. Orr

ISBN 978-1-59477-300-6
\$19.95 (CAN \$26.95) pb
336 pages, 6 x 9

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



El corazón del Yoga
(Heart of Yoga)

Desarrollando una práctica personal

T. K. V. Desikachar
ISBN 978-0-89281-593-7
\$19.95 (CAN \$31.95) pb
272 pages, 8 x 10
100 b&w photographs and 200 b&w illustrations

Here is the first yoga text to outline a step-by-step sequence for developing a complete practice according to *vinayoga*—yoga adapted to the needs of the individual. The author is a world-renowned teacher and the son of Krishnamacharya, whose work was made popular by B. K. S. Iyengar. This expanded edition includes 32 poems by Krishnamacharya that capture the essence of his teachings.

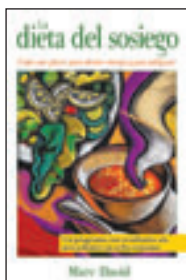


La Destrucción de la Atlántida
(The Destruction of Atlantis)

Convincente evidencia de la repentina caída de la legendaria civilización
Frank Joseph

ISBN 978-0-89281-141-0
\$18.00 (CAN \$28.95) pb
288 pages, 6 x 9
Includes 16-page color insert

All indigenous cultures share the myth of an ancient deluge. In *La Destrucción de la Atlántida*, author Frank Joseph links this worldwide cultural phenomenon to the story of the lost civilization of Atlantis.



**La dieta del sosiego
(The Slow Down Diet)**

Comer por placer, para obtener energía y para adelgazar

Marc David

ISBN 978-1-59477-239-9
\$14.95 (CAN \$17.50) pb
240 pages, 6 x 9

The Slow Down Diet presents an eight-week program allowing readers to shed excess pounds, with the new understanding that fully enjoying each meal is an important part of optimal health. Marc David shows how to increase energy and enhance digestion, while feeling rejuvenated and inspired. The author reveals the shortcomings of quick-fix fad diets, and offers the practical tools that will yield life-transforming, sustainable results.



**New-May 2012
DMT: La molécula del espíritu
(DMT: The Spirit Molecule)**

Las revolucionarias investigaciones de un médico sobre la biología de las experiencias místicas y cercanas a la muerte

Dr. Rick Strassman

ISBN 978-1-59477-445-4
\$19.95 (CAN \$22.50) pb
400 pages, 6 x 9
14 b&w illustrations

Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by René Descartes to be the seat of the soul. *DMT: The Spirit Molecule* makes the bold case that DMT, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences.



**El Dominio de la Conciencia
(Mastery of Awareness)**

Viviendo los Acuerdos

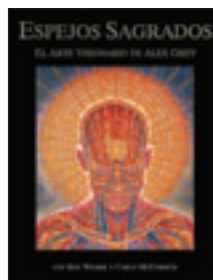
Doña Bernadette Vigil
con Arlene Broska, Ph.D.

Foreword by don Miguel Ruiz,
author of the bestselling
The Four Agreements

ISBN 978-0-89281-695-8
\$14.00 (CAN \$21.95) pb
176 pages, 5.38 x 8.25
18 b&w line illustrations

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

- Create new agreements with yourself
- Speak your truth and embrace true freedom
- Live life in each moment



**Espejos Sagrados
(Sacred Mirrors)**

El arte visionario de Alex Grey

Alex Grey con Ken Wilber
y Carlo McCormick

ISBN 978-0-89281-462-6
\$29.95 (CAN \$48.00) pb
96 pages, 10.5 x 13.5
50 color plates

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



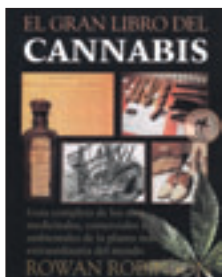
**iGesundheit!
(Gesundheit!)**

Por la buena salud del individuo, el sistema médico, y la sociedad a través de servicios médicos, terapias complementarias, humor y alegría

Patch Adams, M.D., with
Maureen Mylander

ISBN 978-1-59477-369-3
\$14.95 (CAN \$17.50) pb
264 pages, 6 x 9
17 b&w photographs

Today's high-tech medicine has become too costly, impersonal, and grim. In his frequent lectures to colleges, churches, community groups, medical schools, and conferences, Patch Adams shows how healing can be a loving, creative, humorous human exchange—not a business transaction. Here is his true story, popularized in the hit movie starring Robin Williams.



**El gran libro del cannabis
(The Great Book of Hemp)**

Guía completa de los usos medicinales, comerciales y ambientales de la planta más extraordinaria del mundo

Rowan Robinson

ISBN 978-0-89281-585-2
\$19.95 (CAN \$31.95) pb
256 pages, 8 x 10
92 b&w illustrations

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



**New-May 2012
La historia prohibida
(Forbidden History)**

Las tecnologías prehistóricas, la intervención extraterrestre y la información sobre los verdaderos orígenes de la civilización

Edited by J. Douglas Kenyon

ISBN 978-1-59477-446-1
\$18.95 (CAN \$21.50) pb
360 pages, 6 x 9
Includes 8-page color insert
and 108 b&w illustrations

J. Douglas Kenyon offers 42 essays from the archives of the journal *Atlantis Rising*, providing an overview of the fields of ancient mysteries and alternative history. An excellent introduction to alternative accounts of history including essays on Earth Changes, Civilization's Greater Antiquity, Darwinism Under Fire, Ancestors from Space, Ancient High Tech, and The Search for Lost Origins.



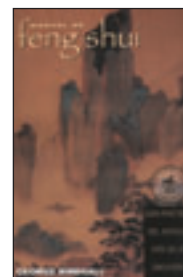
**La homeopatía y su hijo
(Homeopathy and Your Child)**

Para niños desde la infancia hasta la adolescencia

Lyle W. Morgan, Ph.D.

ISBN 978-0-89281-468-8
\$9.95 (CAN \$15.95) pb
128 pages, 6 x 9

Dr. Morgan discusses a wide range of homeopathic remedies for childhood disorders and examines alternatives to controversial immunization and antibiotic treatments.



**Manual de feng shui
(The Feng Shui Companion)**

Guía práctica del antiguo arte de la ubicación

George Birdsall

ISBN 978-0-89281-595-1
\$12.95 (CAN \$18.50) pb
208 pages, 5.38 x 8.25
59 b&w illustrations

Discover how just a few simple changes in your personal environment can have amazing effects on your physical and financial well-being.



**Más allá de los niños índigo
(Beyond the Indigo Children)**

Los nuevos niños y la llegada del quinto mundo

P. M. H. Atwater, L.H.D.
ISBN 978-1-59477-215-3
\$16.00 (CAN \$19.50) pb
288 pages, 6 x 9

Beyond the Indigo Children is the first major study of today's children and their place in our rapidly changing world, that combines objective research with mystical revelation and prophecy. P. M. H. Atwater connects the arrival of the "new children" with the fulfillment of the Fifth World of the Mayan Calendar and the worldwide ascension of energy now occurring, which will take humanity to the next level of development.



Las enseñanzas secretas de las plantas
(The Secret Teachings of Plants)

La inteligencia del corazón en la percepción directa de la naturaleza

Stephen Harrod Buhner

ISBN 978-1-59477-414-0
\$18.95 (CAN \$22.50) pb
352 pages, 6 x 9
4 b&w illustrations

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



Medicina con plantas sagradas
(Sacred Plant Medicine)

La sabiduría del herbalismo de los aborígenes norteamericanos

Stephen Harrod Buhner

Foreword by
Brooke Medicine Eagle
ISBN 978-1-59477-355-6
\$16.95 (CAN \$21.50) pb
256 pages, 6 x 9
27 b&w illustrations

Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring this sacred relationship. Stephen Harrod Buhner examines the techniques and states of mind these cultures use to explore the dimension of plant and human interactions and the territory where plants are an expression of Spirit.



El mundo es como uno lo sueña
(The World Is As You Dream It)

Enseñanzas chamánicas del Amazonas y los Andes

John Perkins

ISBN 978-0-89281-465-7
\$10.95 (CAN \$17.50) pb
160 pages, 6 x 9

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



Las nuevas reglas de la postura
(The New Rules of Posture)

Cómo sentarse, pararse, y moverse en el mundo moderno

Mary Bond

ISBN 978-1-59477-422-5
\$18.95 (CAN \$22.50) pb
256 pages, 8 x 10
41 b&w illustrations

Mary Bond explains that healthy posture comes not by training our muscles into an ideal shape, but from a new sense that we can develop by learning to feel. She identifies the key anatomical features that impact alignment, and, proposing six zones that help create postural changes, she offers self-help exercises that enable healthy function in each zone.



Numerología
(Numerology)

Con Tantra, Ayurveda, y Astrología

Harish Johari

ISBN 978-0-89281-463-3
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Numerology reveals fascinating characteristics about human personality. Johari's unique system combines numerical calculations, astrological data, and Ayurvedic principles.



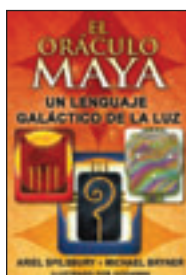
Opciones para un parto suave
(Gentle Birth Choices)

Guía para tomar decisiones informadas acerca de centros de alumbramiento, asistentes al parto, parto en el agua, parto en casa, y parto en el hospital

Barbara Harper, R.N.
Photographs by Suzanne Arms

ISBN 978-0-89281-471-8
\$24.95 (CAN \$31.95) pb
300 pages, 7.75 x 7.88
55 b&w photographs

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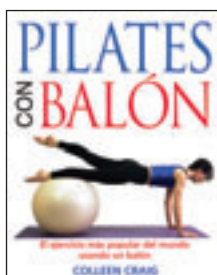
El oráculo maya
(The Mayan Oracle)

Un lenguaje galáctico de la luz

Ariel Spilsbury and Michael Bryner

Illustrated by Oceanna
ISBN 978-1-59477-392-1
\$30.00 (CAN \$34.95)
Boxed set, 6 x 9

Includes 336-page book with 56 b&w illustrations and 44 full-color cards
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Pilates con Balón
(Pilates on the Ball)

El ejercicio más popular del mundo usando un balón

Colleen Craig

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El poder curativo de la mente
(The Healing Power of the Mind)

Técnicas prácticas para gozar de buena salud y aumentar el poder mental

Rolf Alexander, M.D.

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El poder detrás de sus ojos
(The Power Behind Your Eyes)

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Robert-Michael Kaplan

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(Psychonavigation)**

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John Perkins

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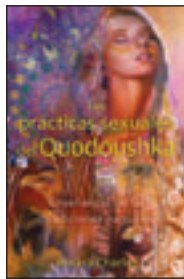
**Puntos de activación:
Manual de autoayuda
(Trigger Point
Self-Care Manual)**

Movimiento sin dolor

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

ISBN 978-1-59477-280-1
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228 two-color illustrations

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**New-August 2012
Las prácticas sexuales del
Quodoushka
(The Sexual Practices of
Quodoushka)**

Enseñanzas de las tradiciones nagueales

Amara Charles

ISBN 978-1-59477-478-2
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Based on ancient Mayan, Olmec, and Toltec teachings passed down by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, Quodoushka offers practical guidance on sex, intimacy, and relationships that bring the sacred back into lovemaking.



**Reiki medicina energética
(Reiki Energy Medicine)**

El toque curativo aplicado en casa, en hospitales y asilos

Libby Barnett y
Maggie Babb
con Susan Davidson

ISBN 978-0-89281-594-4
\$12.95 (CAN \$20.95) pb
144 pages, 6 x 9
25 b&w illustrations

As our health-care system challenges institutions to offer high-quality but cost-effective service, Reiki can be an important tool that can help maximize patient care and minimize recovery time. This is the first book to show how this ancient art of touch therapy can work within our mainstream health care system.



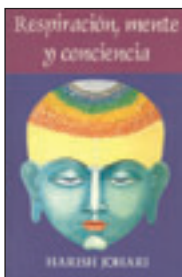
**El regreso de los niños de la luz
(Return of the Children of Light)**

Profecías de los Inca y Maya para un nuevo mundo

Judith Bluestone Polich

ISBN 978-1-59477-216-0
\$14.00 (CAN \$16.95) pb
208 pages, 6 x 9

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



**Respiración, mente, y conciencia
(Breath, Mind, and Consciousness)**

Harish Johari

ISBN 978-0-89281-474-9
\$12.95 (CAN \$15.95) pb
96 pages, 5.38 x 8.25

This is the first guidebook for Westerners to explain the teachings of *Swara Yoga*—the conscious observation and control of breathing to maximize physical and psychic energy.



**La sábila
(Aloe Vera)**

Suavizante y curativo natural

Diane Gage

ISBN 978-0-89281-583-8
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128 pages, 5.38 x 8.25

The author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by cultures as diverse as the ancient Egyptian and Native American. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to its best advantage for a wide variety of problems.



**Salud Natural después del Parto
(Natural Health after Birth)**

La Guía Completa para una Buena Salud Postparto

Aviva Jill Romm

ISBN 978-0-89281-696-5
\$16.95 (CAN \$26.95) pb
276 pages, 6 x 9

Salud Natural después del Parto addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who are stay-at-home moms and those who must return to their jobs soon after the birth.



**Santería Cubana
(Cuban Santería)**

El Sendero de la Noche

Raul J. Canizares

ISBN 978-0-89281-961-4
\$14.95 (CAN \$23.95) pb
176 pages, 6 x 9
Includes 8-page color insert

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



**Secretos sexuales
(Sexual Secrets)**

La alquimia del éxtasis: el arte amoroso de las civilizaciones más exquisitas

Nik Douglas y Penny Slinger

ISBN 978-0-89281-588-3
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"For twenty years Sexual Secrets has been the spiritual person's guide to celestial copulation. Flesh meets faith inside this book and each is the better for it."
ForeWord



Secretos Tántricos para Hombres
(Tantric Secrets for Men)

Lo que toda mujer le gustaría que su hombre supiera acerca de intensificar el éxtasis sexual
Kerry Riley con Diane Riley,
Co-autores del video *The Secrets of Sacred Sex*

ISBN 978-1-59477-007-4
\$18.95 (CAN \$28.50) pb
272 pages, 6 x 9
17 b&w illustrations

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

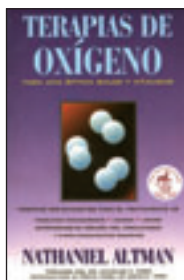


La solución para la hipertensión
(The High Blood Pressure Solution)

Prevención y cura natural con el factor K

Dr. Richard D. Moore
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376 pages, 6 x 9

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it.

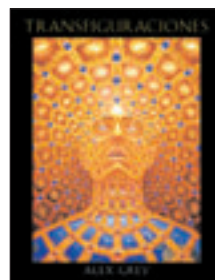


Terapias de oxígeno
(Oxygen Healing Therapies)

Para una óptima salud y vitalidad
Nathaniel Altman

ISBN 978-0-89281-472-5
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(Transfigurations)

Alex Grey

ISBN 978-0-89281-142-7
\$39.95 (CAN \$64.00) pb
176 pages, 10.5 x 13.5
202 color and 93 b&w images

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



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(Shapeshifting)

Técnicas chamánicas para la transformación global y personal
John Perkins

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\$12.95 (CAN \$18.50) pb
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13 b&w photographs

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



El uso mágico y ritual de las hierbas
(The Magical and Ritual Use of Herbs)

Richard Alan Miller

ISBN 978-0-89281-467-1
\$12.95 (CAN \$20.95) pb
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"Fascinating. . . Miller's range of practical and arcane knowledge is impressive. This integration of the scientific with the mystical is one of the most interesting facets of the book."

The Herb Companion



El uso mágico y ritual de los afrodisíacos
(The Magical and Ritual Use of Aphrodisiacs)

Richard Alan Miller

ISBN 978-0-89281-581-4
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176 pages, 6 x 9

The author shows how intent and motivation can be focused to augment the physical effects of aphrodisiacs and suggests rituals drawn from Tantric yoga and Western magic.



Usos médicos del nopal
(Prickly Pear Cactus Medicine)

Tratamientos para la diabetes, el colesterol y el sistema inmunológico
Ran Knishinsky

ISBN 978-1-59477-354-9
\$12.95 (CAN \$16.50) pb
160 pages, 5 x 7.75

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



Vacunas: Una Guía para Padres Inteligentes

(Vaccinations: A Thoughtful Parent's Guide)

Cómo tomar decisiones seguras y sensatas sobre los riesgos, beneficios, y alternativas
Aviva Jill Romm

ISBN 978-1-59477-005-0
\$16.95 (CAN \$24.95) pb
320 pages, 6 x 9

Aviva Jill Romm presents the complete spectrum of options available to parents: full vaccination on a standardized or individualized schedule, selective vaccination, or no vaccination at all. The book suggests ways to strengthen children's immune systems and maintain optimum health, and offers herbal and homeopathic remedies for childhood ailments.



Yoga con Balón
(Yoga on the Ball)

Realce su Práctica de Yoga, usando el Balón de Ejercicios
Carol Mitchell

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\$18.00 (CAN \$28.95) pb
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240 b&w photographs and illustrations

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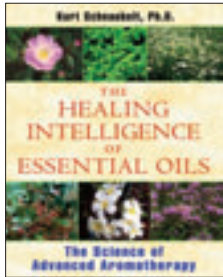
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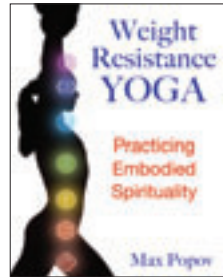


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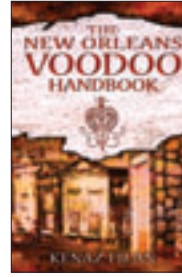


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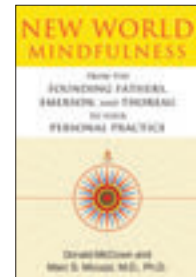
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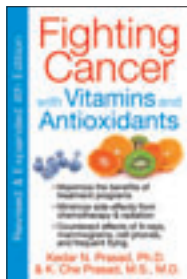


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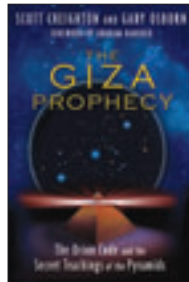
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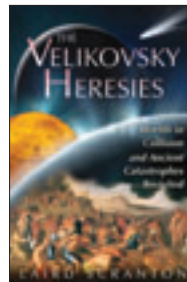


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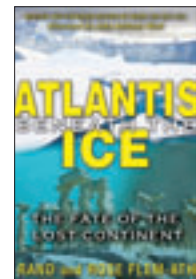


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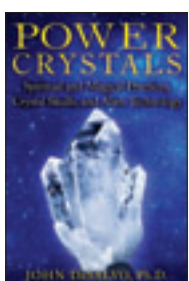
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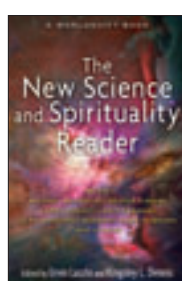


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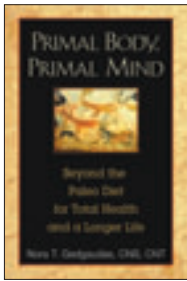


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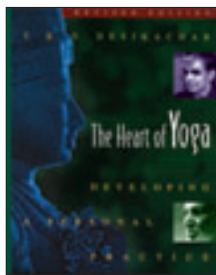
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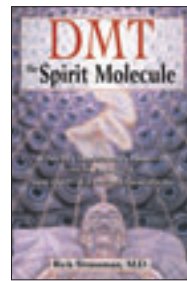
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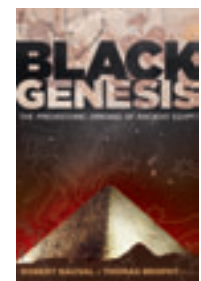
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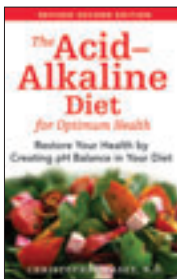
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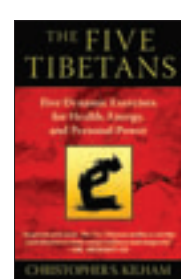
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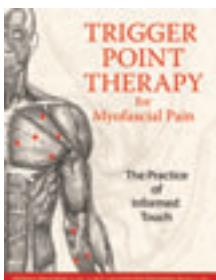
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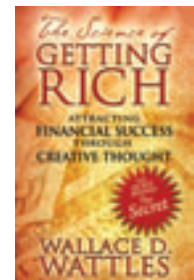
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