



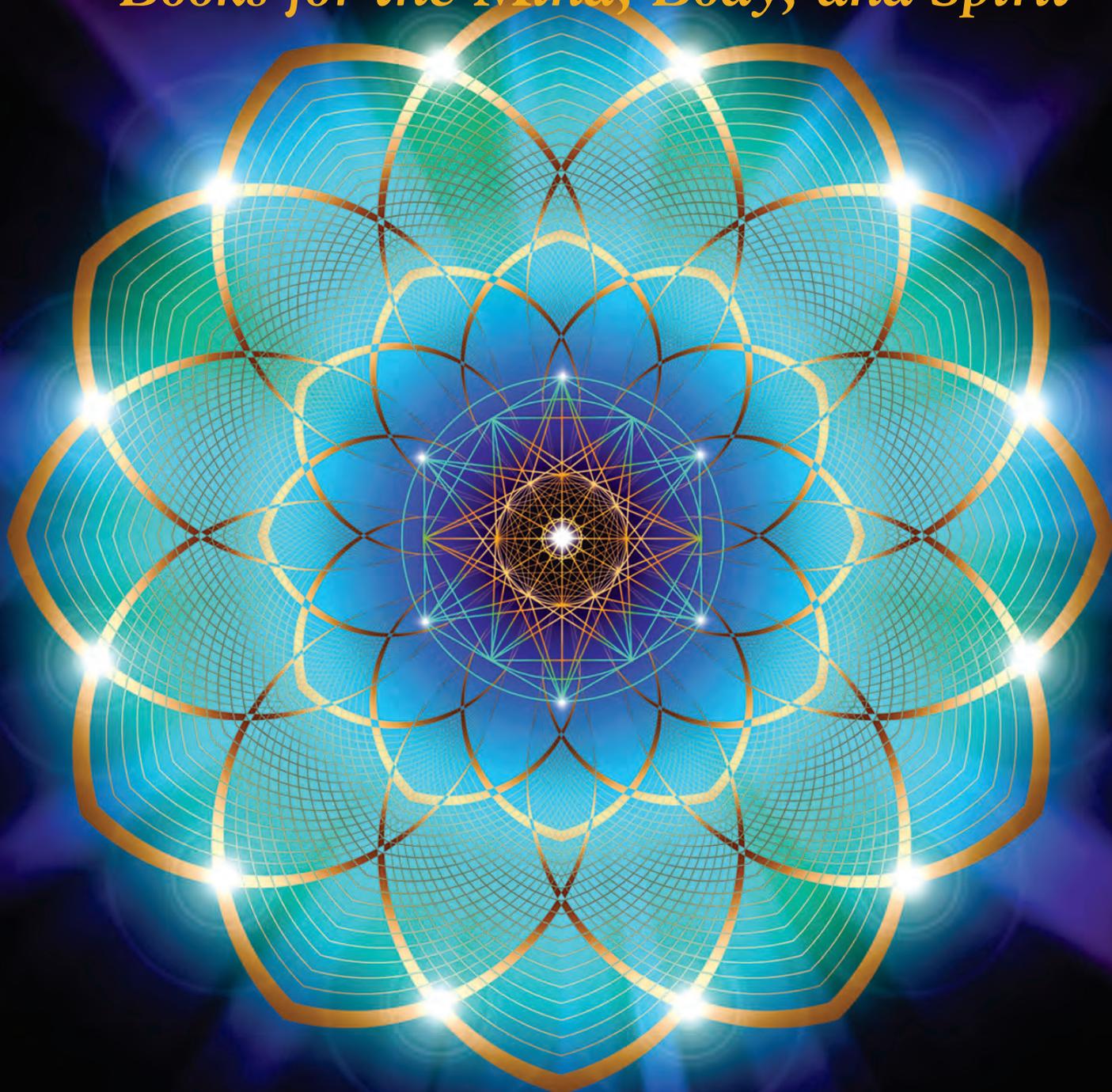
INNER TRADITIONS

BEAR & COMPANY



2018 Complete Titles Catalog

Books for the Mind, Body, and Spirit



1-800-246-8648 / www.InnerTraditions.com

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Inner Traditions has been publishing books for the spiritual and healing journey since 1975. With over 1,600 books in print, Inner Traditions/Bear & Co. is a rich source of wisdom and instruction for the spiritual aspirant and holistic health practitioner.

Our name says it all: "Inner" because our books address the dimension beyond the material plane and "Traditions" because ancient people have done it before (and often better!), although very often much of this wisdom has been lost, corrupted, or destroyed. It is our mission to rediscover, preserve, and protect the inner traditions of the world so that humanity will forever have the tools to create a better future that will celebrate and heal the earth.



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your first order at
InnerTraditions.com

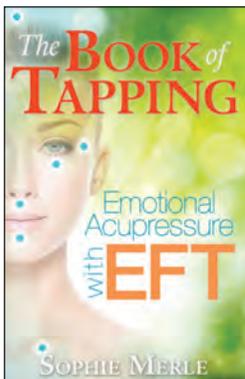


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(See order form for details)



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the book is also available
as an e-book.

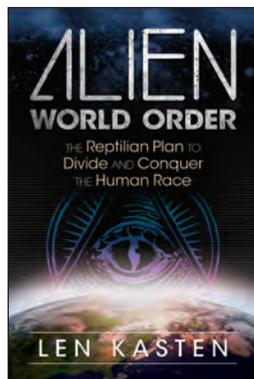
Featured Titles



The Book of Tapping

Emotional Acupressure with EFT

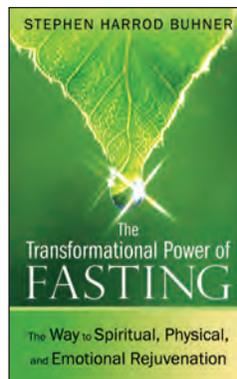
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Alien World Order

The Reptilian Plan to Divide and Conquer the Human Race

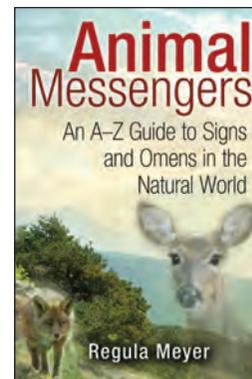
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The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

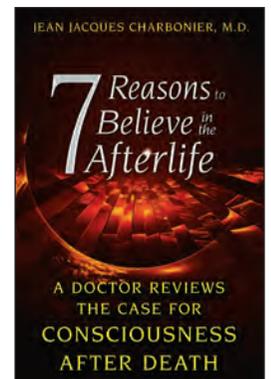
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Animal Messengers

An A-Z Guide to Signs and Omens in the Natural World

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7 Reasons to Believe in the Afterlife

A Doctor's Case for Consciousness after Death

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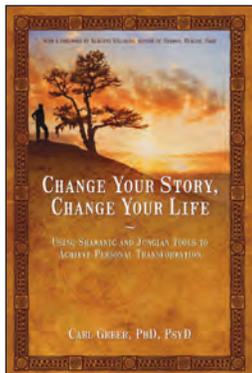


Inner Traditions Welcomes **f** **FINDHORN PRESS** to its Family of Visionary Publishers!

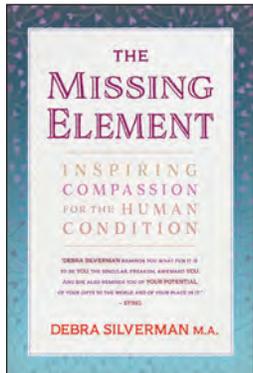
One of the world's leading independent publishers in the fields of spirituality, healing, and self-development, Findhorn Press began in 1971 with the publication of *God Spoke to Me* by Eileen Caddy. In addition to Eileen Caddy, their authors include Diana Cooper, Carl Greer, Margaret Ann Lembo, Stewart Pearce, Allan Hunter, and Jim PathFinder Ewing. Originally a branch of the legendary Findhorn Foundation spiritual community, co-founded by Caddy and famous for its miraculous gardens and sustainable ecovillage in northeast Scotland, Findhorn Press today is an independent Mind, Body, Spirit publishing house, yet their books still retain the essence of the original Findhorn mission: to make a positive, loving, and healing difference for you and our world.

Their new titles for Spring-Summer 2018, to be published as part of the Inner Traditions family, are on pages 5 and 6, followed by their backlist titles on pages 6–25.

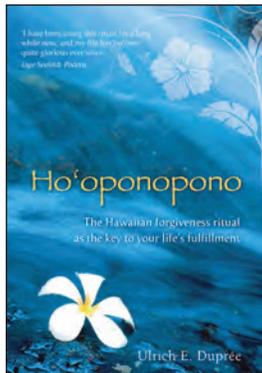




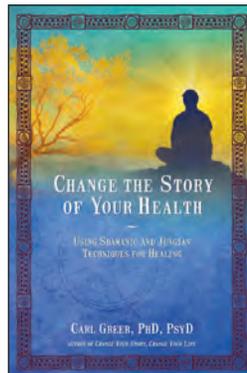
Change Your Story, Change Your Life
Using Shamanic and Jungian Tools to Achieve Personal Transformation
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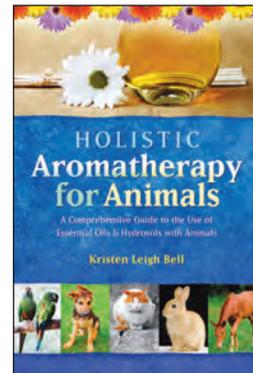
The Missing Element
Inspiring Compassion for the Human Condition
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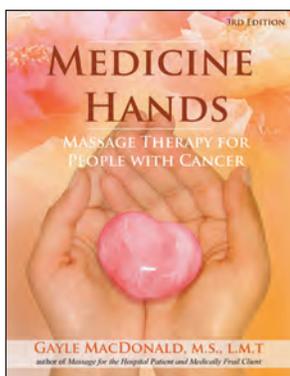
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The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment
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Change the Story of Your Health
Using Shamanic and Jungian Techniques for Healing
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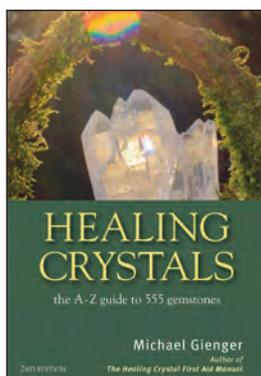
Holistic Aromatherapy for Animals
A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals
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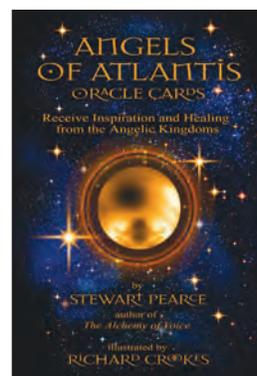
Revised Edition
Medicine Hands
Massage Therapy for People with Cancer
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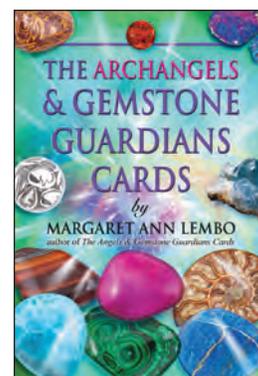
Jim's Flight
One Soul's Perspective from Heaven
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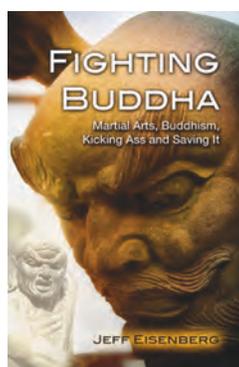
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The A-Z Guide to 555 gemstones
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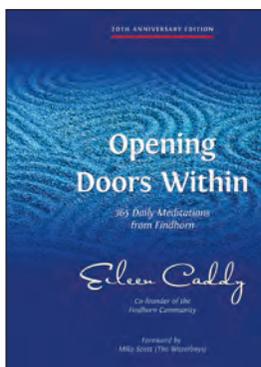
Angels of Atlantis Oracle Cards
Receive Inspiration and Healing from the Angelic Kingdoms
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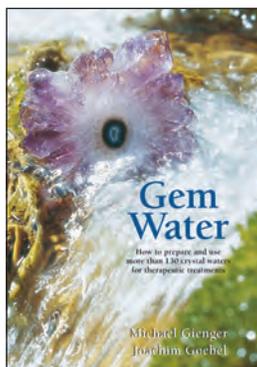
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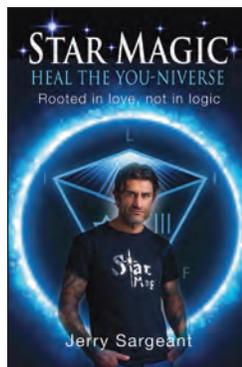
Fighting Buddha
Martial Arts, Buddhism, Kicking Ass and Saving It
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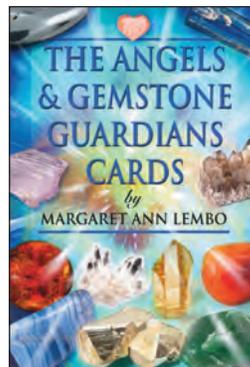
Enlarged Edition
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365 Daily Meditations from Findhorn
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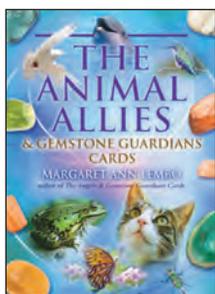
Gem Water
How to Prepare and Use More than 130 Crystal Waters for Therapeutic Treatments
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Star Magic: Heal the You-Niverse
Rooted in love, not in logic
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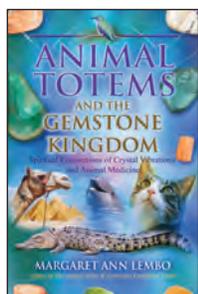


The Angels and Gemstone Guardians Cards
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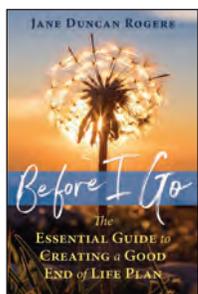
New—June 2018
The Animal Allies and Gemstone Guardians Cards

Margaret Ann Lembo
 Illustrated by Richard Crookes
 ISBN 978-1-84409-741-8
 \$15.99 (CAN \$19.99) Boxed set
 4 x 5.5
 Includes 44 full-color cards
 When an animal, insect, or bird appears repetitively, whether in real life or dreams, it is bringing you a message. This deck of 44 oracle cards pairs 44 gemstones with the teachings of their vibrationally matching animal allies to provide guidance and messages of hope, happiness, and well-being.



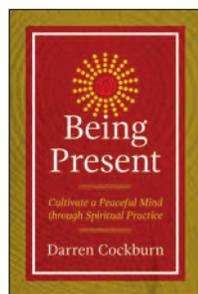
New—June 2018
Animal Totems and the Gemstone Kingdom

Spiritual Connections of Crystal Vibrations and Animal Medicine
 Margaret Ann Lembo
 ISBN 978-1-84409-742-5
 \$19.99 (CAN \$24.99) pb
 224 pages, 6.63 x 9.5
 Full-color throughout
 Connecting the teachings of animals with the teachings of gemstones, Margaret Ann Lembo explores 88 animal allies and their 88 vibrationally matching gems, stones, and crystals. She shows how every animal and stone pair has a teaching and a story to tell to help you find inner peace, knowledge, and wisdom.



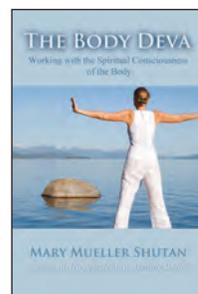
New—July 2018
Before I Go

The Essential Guide to Creating a Good End of Life Plan
 Jane Duncan Rogers
 ISBN 978-1-84409-750-0
 \$16.99 (CAN \$21.50) pb
 176 pages, 6 x 9
 10 b&w diagrams
 This compassionate, practical guide to end-of-life matters empowers us to clarify and share our wishes so we can continue to live life to the fullest. Includes guiding questions, exercises, and worksheet downloads to enable the reader to make well-informed decisions and facilitate conversations with family about this difficult topic.



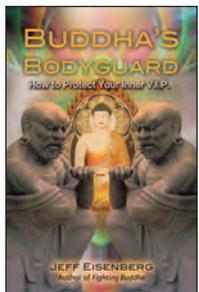
New—May 2018
Being Present

Cultivate a Peaceful Mind through Spiritual Practice
 Darren Cockburn
 ISBN 978-1-84409-746-3
 \$16.99 (CAN \$21.50) pb
 192 pages, 6 x 9
 4 b&w illustrations
 Providing insight into how to cultivate a peaceful mind through the power of the present moment, Darren Cockburn shares practical exercises, meditations, and supportive wisdom teachings centered on mindfulness, breath, and immersion in nature to simply your life, free yourself from unhelpful thought patterns, and have a calmer, more connected experience of life.



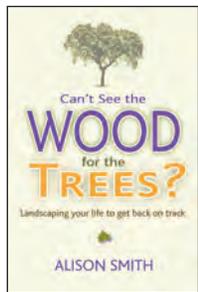
New—March 2018
The Body Deva

Working with the Spiritual Consciousness of the Body
 Mary Mueller Shutan
 ISBN 978-1-84409-745-6
 \$16.99 (CAN \$21.50) pb
 208 pages, 6 x 9
 5 b&w illustrations
 Explaining how our bodies hold traumatic energies, emotions, and restricting beliefs, causing us pain and feelings of disconnection, the author details how to work with your body deva, the consciousness of your body, to heal a variety of issues, from physical pains to past life patterns to limiting ideas about what we can accomplish.



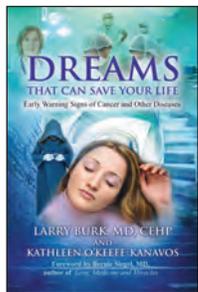
New—April 2018
Buddha's Bodyguard
How to Protect Your Inner V.I.P.

Jeff Eisenberg
 ISBN 978-1-84409-740-1
 \$14.99 (CAN \$18.99) pb
 160 pages, 6 x 9
 Drawing from his extensive experience as a professional protection agent, Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist "security plan" to protect one's self from the threat of suffering and victimization in our world.



New—August 2018
Can't See the Wood for the Trees?

Landscaping Your Life to Get Back on Track
 Alison Smith
 ISBN 978-1-84409-749-4
 \$19.99 (CAN \$24.99) pb
 176 pages, 6 x 9
 Full-color throughout
 If "you can't see the wood for the trees" or are "going around in circles," those phrases may offer a clue to where you'll find the solution. Alison Smith shows how metaphors allow your subconscious to communicate and how exploring them can bring clarity to a problem and allow solutions to emerge organically.



New—April 2018
Dreams That Can Save Your Life

Early Warning Signs of Cancer and Other Diseases
 Larry Burk, M.D., C.E.H.P. and Kathleen O'Keefe-Kanavos
 Foreword by Bernie Siegel, M.D.
 ISBN 978-1-84409-744-9
 \$17.99 (CAN \$22.50) pb
 288 pages, 6 x 9
 Your dreams can provide inner guidance filled with life-saving information. Showcasing the important role of dreams and their power to detect and heal illness, Dr. Larry Burk and Kathleen O'Keefe-Kanavos, a three-time breast cancer survivor, share amazing medical research and true stories of physical and emotional healings triggered by dreams.



New—July 2018
Ecovillages around the World

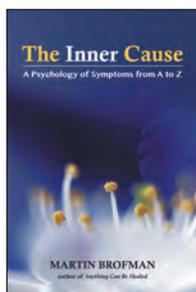
20 Regenerative Designs for Sustainable Communities
 Edited by Frederica Miller
 ISBN 978-1-84409-743-2
 \$19.99 (CAN \$24.99) pb
 176 pages, 7.88 x 10.63
 Full-color throughout
 Including more than 300 full-color photographs and diagrams, this beautiful book highlights 20 best practice designs from ecovillages around the world to show how we can live lightly on the planet no matter where on earth we live. Features Findhorn in Scotland, Auroville in India, and 18 others.



New—March 2018
Greek Mythology Reading Cards

Alison Chester-Lambert, MA
 Illustrated by Richard Crookes
 ISBN 978-1-84409-748-7
 \$19.99 (CAN \$24.99) Boxed set
 4 x 5.5
 Includes 112-page book with 50 full-color cards
 The mythology of ancient Greece gave the people their history, laws, and their spiritual support. Deities, such as Athena and Zeus, could be implored for support and guidance in times of stress. Now, with this full-color card set and guidebook, you can easily consult the Greek pantheon and receive their guidance and wisdom.

Findhorn and Earthdancer New Titles



New—May 2018

The Inner Cause

A Psychology of Symptoms from A to Z

Martin Brofman

Foreword by Christian Tal Schaller, M.D.

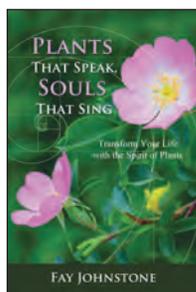
ISBN 978-1-84409-753-1

\$17.99 (CAN \$22.50) pb

256 pages, 6 x 9

2 color illustrations

Exploring the body as a map of consciousness, Martin Brofman explains how physical symptoms reflect stresses on your mind, emotions, and Spirit. In this book, he offers an A-to-Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to your consciousness.



New—June 2018

Plants That Speak, Souls That Sing

Transform Your Life with the Spirit of Plants

Fay Johnstone

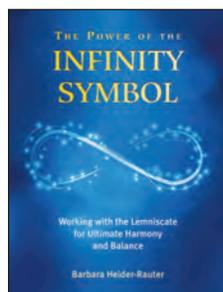
ISBN 978-1-84409-751-7

\$14.99 (CAN \$18.99) pb

128 pages, 6 x 9

Includes 4-page color insert

Fay Johnstone provides a practical guide to rekindling your connection with nature and opening up to plant consciousness. She includes more than 40 simple exercises, shamanic journeys, and meditations to guide you on a heart-centered journey of transformation as you commune with the environment, the seasons, the moon, plant spirits, and the Earth Heart.



New—March 2018

The Power of the Infinity Symbol

Working with the Lemniscate for Ultimate Harmony and Balance

Barbara Heider-Rauter

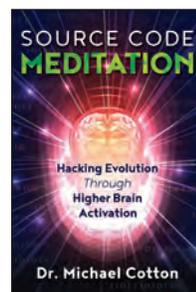
ISBN 978-1-84409-752-4

\$15.99 (CAN \$19.99) pb

128 pages, 5.75 x 7.5

Full-color throughout

This hands-on guide explores the spiritual world of the infinity symbol in a personal and practical way, allowing each of us to benefit from its positive influence for balance and harmony in ourselves and relationships. It includes visualizations, physical exercises, and directed drawing of the symbol to achieve practical results in daily life.



New—April 2018

Source Code Meditation

Hacking Evolution through Higher Brain Activation

Dr. Michael Cotton

ISBN 978-1-84409-747-0

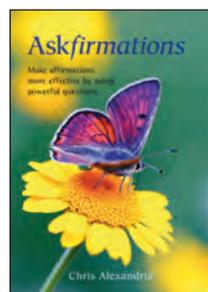
\$16.99 (CAN \$21.50) pb

176 pages, 6 x 9

26 b&w illustrations

With the techniques of Source Code Meditation, you can activate latent energy in your body to energize and awaken your higher brain before meditation begins. With the higher brain prepped and tuned, meditation is efficiently received, leading to quantum breakthroughs in higher consciousness as well as deep flow states.

Earthdancer Backlist Titles



Askfirmations

Make affirmations more effective by using powerful questions

Chris Alexandria

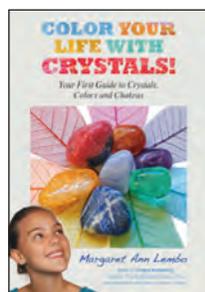
ISBN 978-1-84409-693-0

\$9.95 (CAN \$9.95) pb

96 pages, 4.5 x 6.5

20 color illustrations

Learn how to create effective affirmations and attract positive things into your life with Askfirmations.



Color Your Life with Crystals

Your First Guide to Crystals, Colors and Chakras

Margaret Ann Lembo

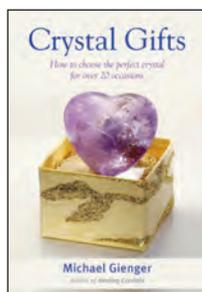
978-1-84409-605-3

\$15.95 (CAN \$15.95) pb

112 pages, 5.75 x 8.38

62 color halftones

Tapping into children's inherent love of rocks, this introduction to gemology provides youngsters with a basic understanding of crystals, the chakras, the power of colors, and the importance of positive thinking. Each crystal has a photograph and text describing its appearance and energy qualities. Also includes visualization exercises related to the chakras.



Crystal Gifts

How to choose the perfect crystal for over 20 occasions

Michael Gienger

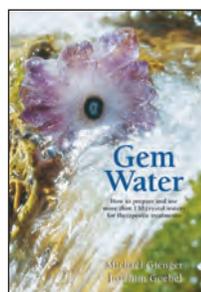
ISBN 978-1-84409-665-7

\$9.95 (CAN \$9.95) pb

98 pages, 4.5 x 6.5

111 color illustrations

A wonderful inspirational book, conveying the message of crystals for many different occasions in our lives.



Gem Water

How to Prepare and Use More than 130 Crystal Waters for Therapeutic Treatments

Michael Gienger and Joachim Goebel

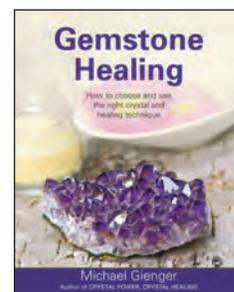
ISBN 978-1-84409-131-7

\$11.95 (CAN \$11.95) pb

96 pages, 4.63 x 6.75

Full-color throughout

Easy and efficient approaches to natural gem water therapies.



Gemstone Healing

How to choose and use the right crystal and healing technique

Michael Gienger

ISBN 978-1-84409-646-6

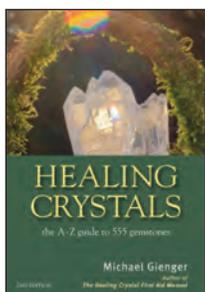
\$15.95 (CAN \$15.95) pb

104 pages, 6.75 x 8.38

- Details all the key crystal healing applications, with precise descriptions.

- Lists 36 healing crystals and their properties in an A-Z overview, with color photographs.

- Well-structured and attractive book design, with many charts and photographs accompanying the text.

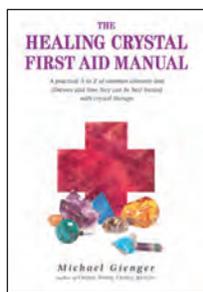


Healing Crystals

The A-Z Guide to 555 Gemstones

Michael Gienger
 ISBN 978-1-84409-647-3
 \$9.95 (CAN \$9.95) pb
 128 pages, 4.63 x 6.5
 555 color halftones

A comprehensive directory of all the gemstones currently in use in crystal healing, with color photographs of each crystal and descriptions of their characteristics and healing functions.

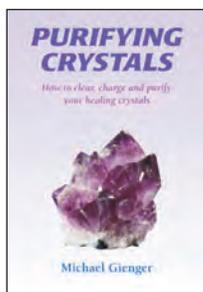


The Healing Crystals First Aid Manual

A Practical A to Z of Common Ailments and Illnesses and How They Can Be Best Treated with Crystal Therapy

Michael Gienger
 ISBN 978-1-84409-084-6
 \$28.95 (CAN \$28.95) pb
 320 pages, 6 x 8.25
 100 color halftones

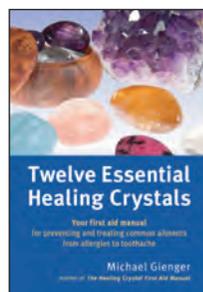
Precise descriptions of ailments and curative crystals.



Purifying Crystals
How to Clear, Charge and Purify Your Healing Crystals

Michael Gienger
 ISBN 978-1-84409-147-8
 \$9.95 (CAN \$12.50) pb
 64 pages, 4.38 x 6.25
 60 color halftones

New methods for cleansing and recharging corrupted crystals.

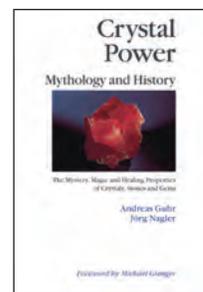


Twelve Essential Healing Crystals

Your first aid manual for preventing and treating common ailments from allergies to toothache

Michael Gienger
 ISBN 978-1-84409-642-8
 \$9.95 (CAN \$9.95) pb
 64 pages, 4.63 x 6.5
 15 color illustrations

A pocket pharmacy of twelve crystals to aid health and heal a variety of conditions.



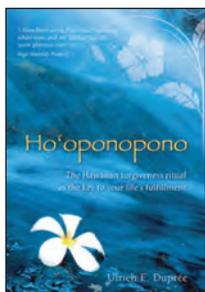
Crystal Power, Mythology and History

The Mystery, Magic and Healing Properties of Crystals, Stones and Gems

Andreas Guller and Jörg Nagler
 Foreword by Michael Gienger

ISBN 978-1-84409-085-3
 \$24.95 (CAN \$24.95) pb
 160 pages, 6.13 x 8.25
 39 color halftones

The historical allure of gems and crystals.

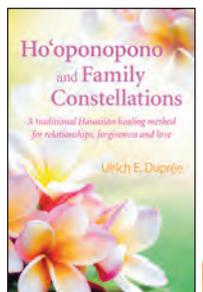


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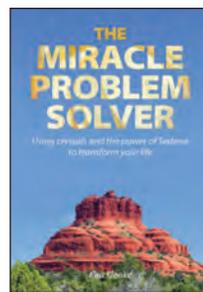


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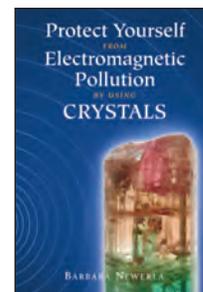


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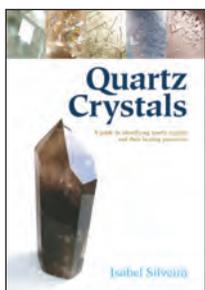
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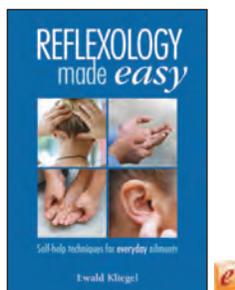
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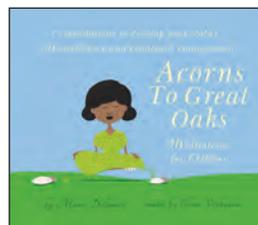
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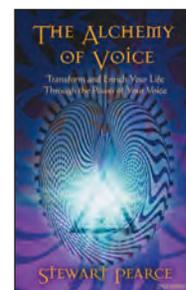
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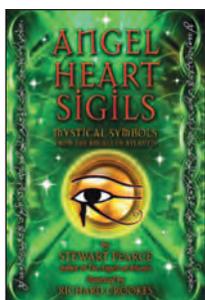
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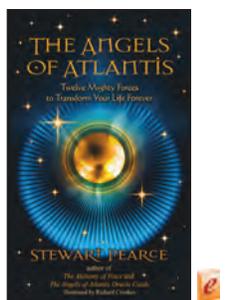
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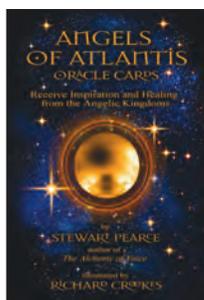
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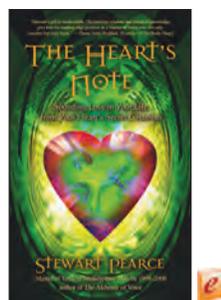
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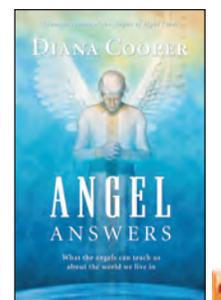
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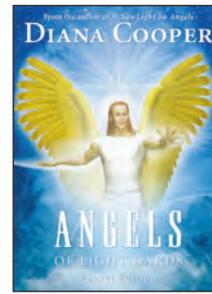
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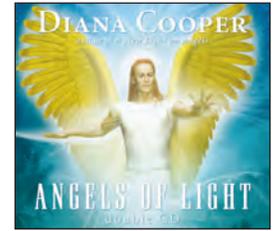
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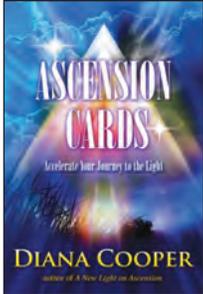
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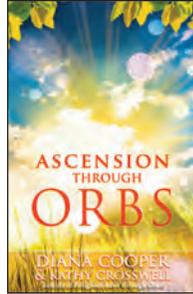
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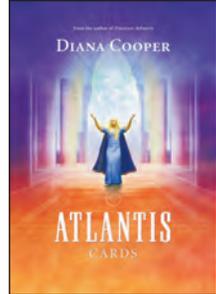
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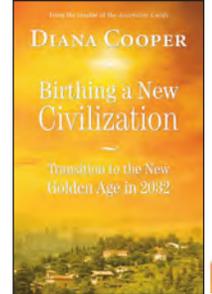
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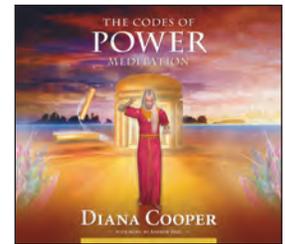
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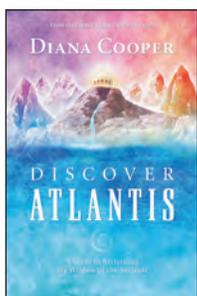
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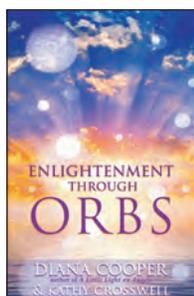
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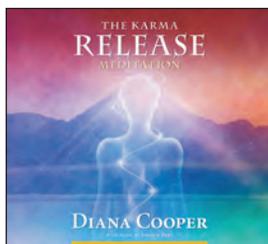
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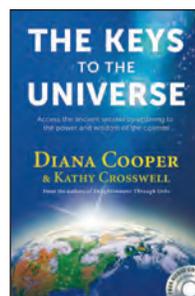
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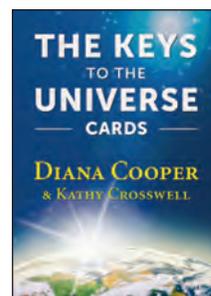
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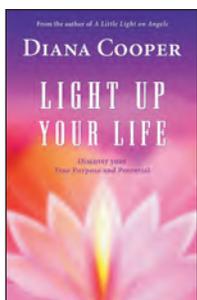
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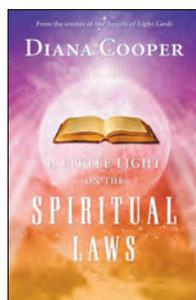
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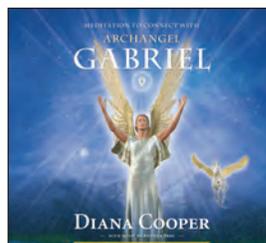
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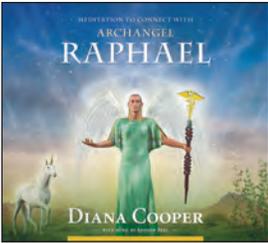
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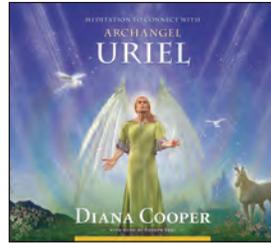
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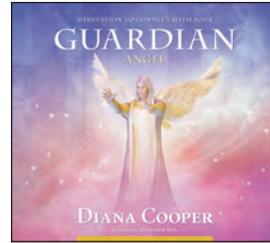
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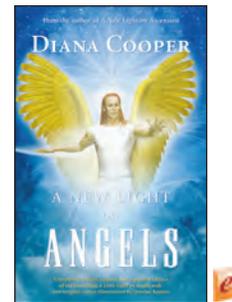
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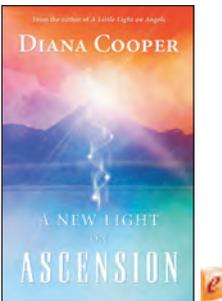
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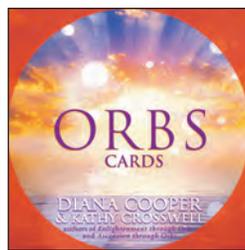
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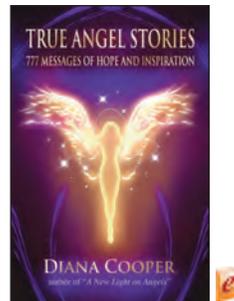
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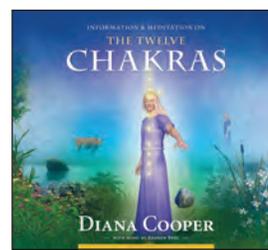
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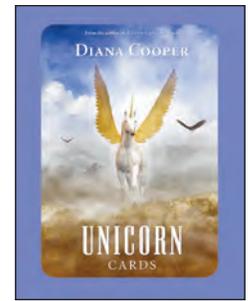
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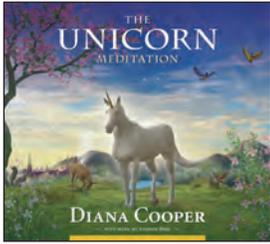
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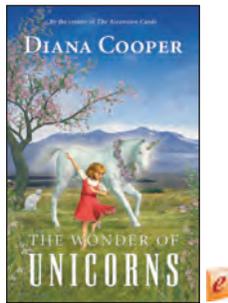
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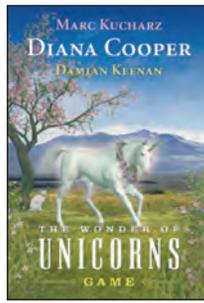
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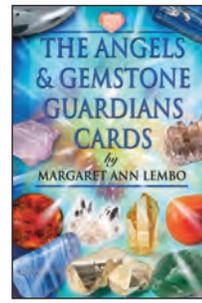
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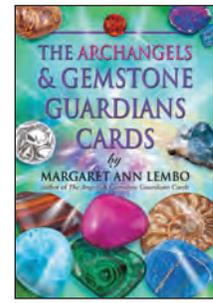
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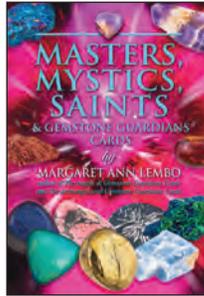
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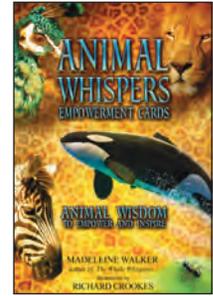
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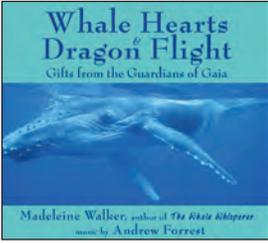
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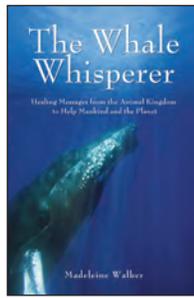
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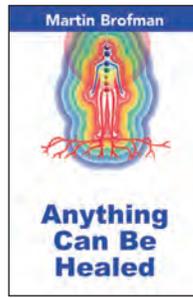
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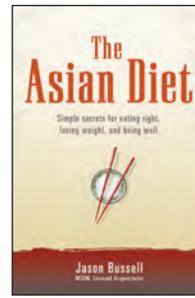


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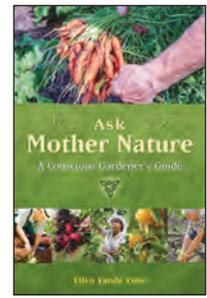
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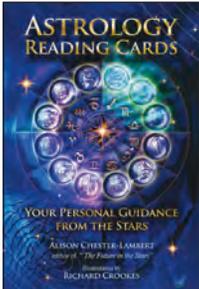


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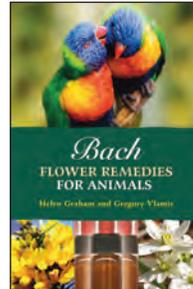


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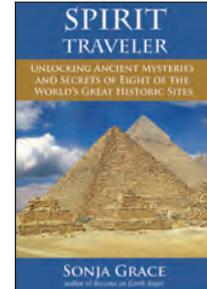
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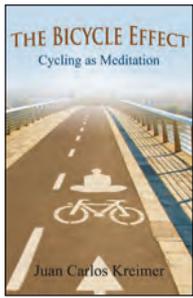
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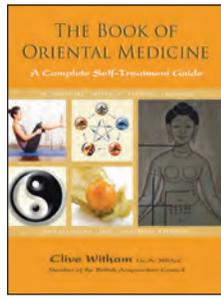
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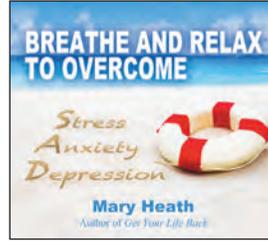
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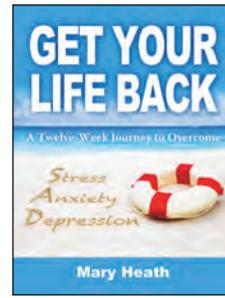
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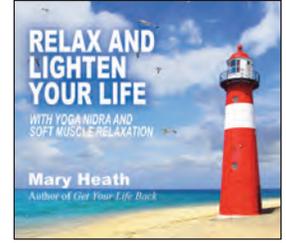
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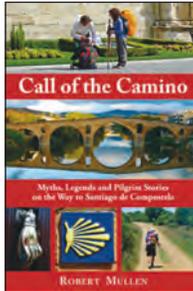
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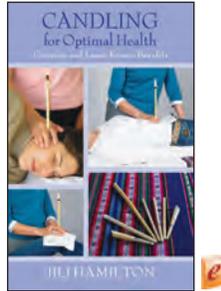
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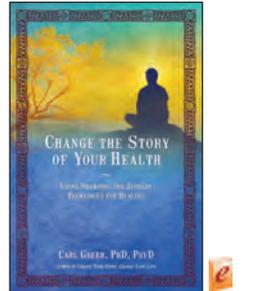
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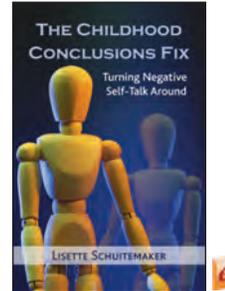
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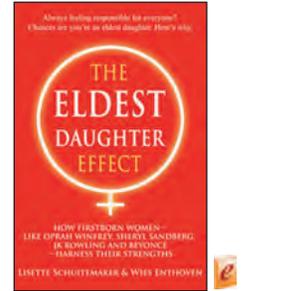
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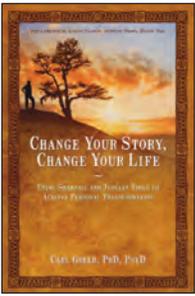
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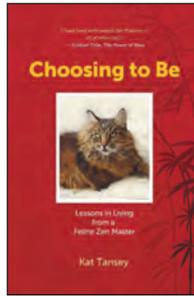
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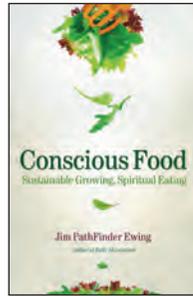
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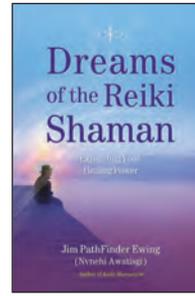


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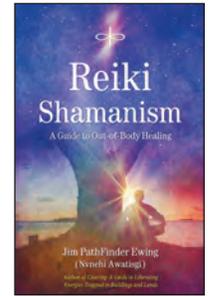
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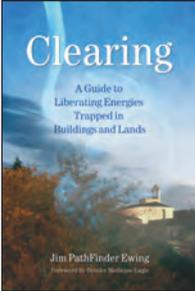
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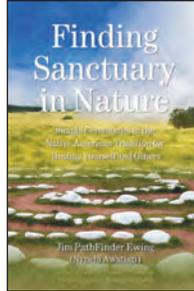
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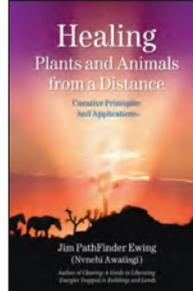
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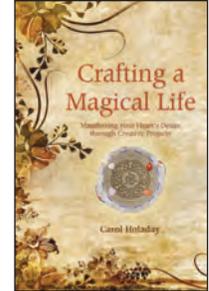
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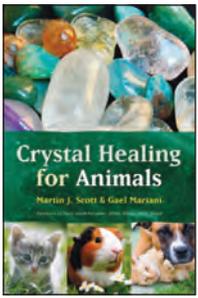
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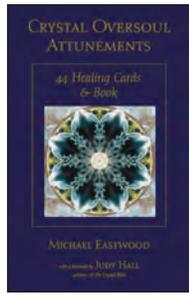


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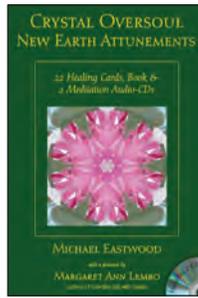
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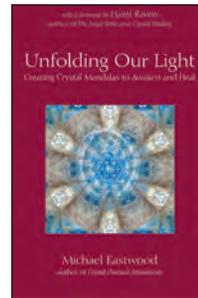
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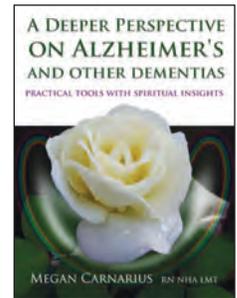
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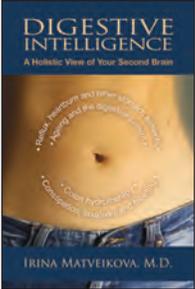
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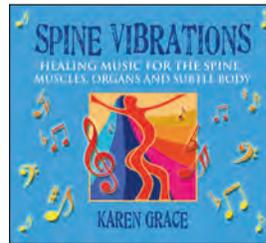


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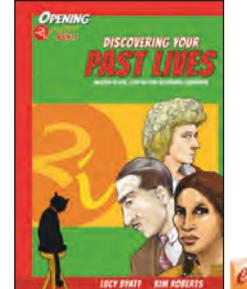
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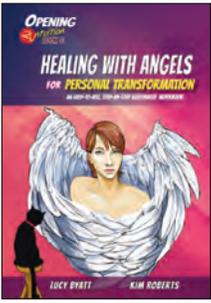
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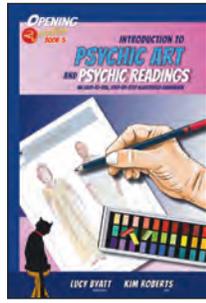


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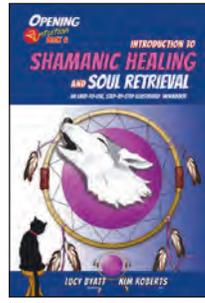


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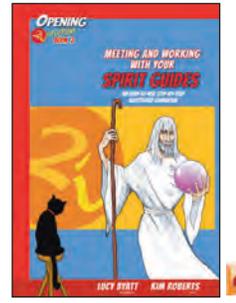


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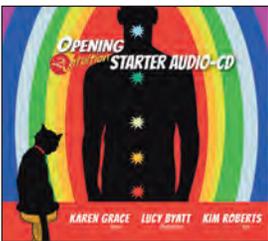


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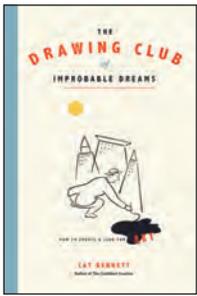


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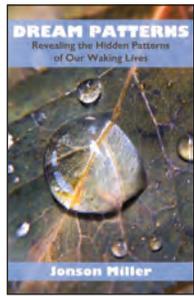


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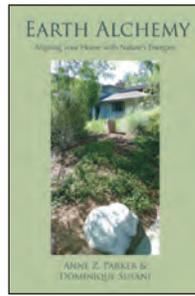


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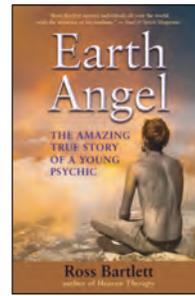


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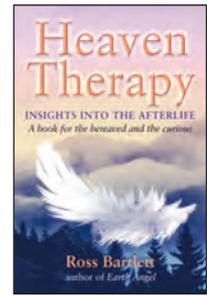


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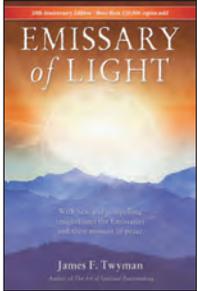


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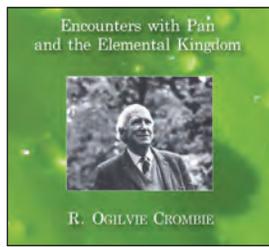
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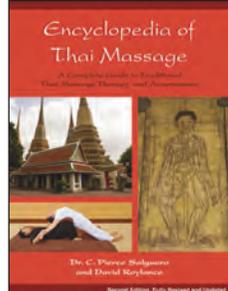


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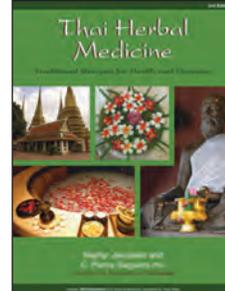


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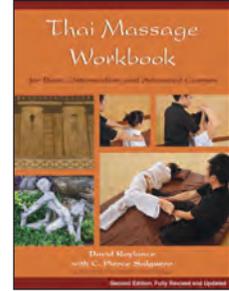


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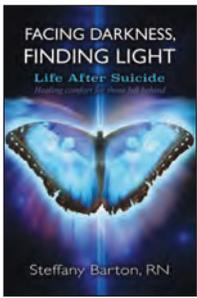


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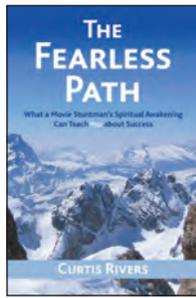


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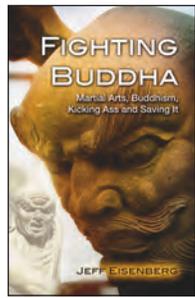


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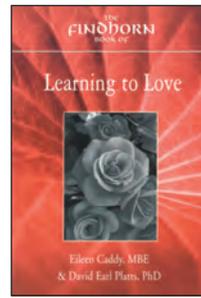


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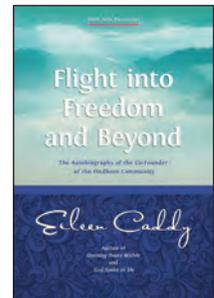


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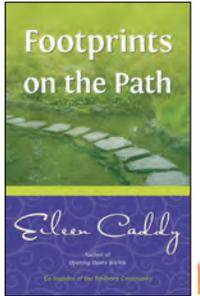


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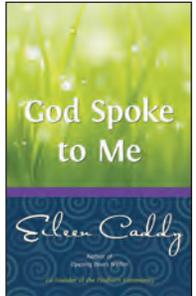


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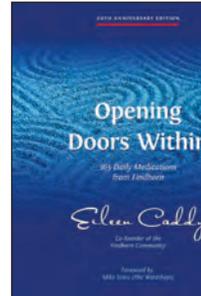


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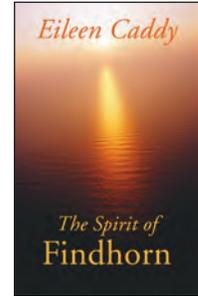


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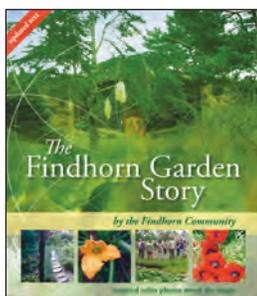


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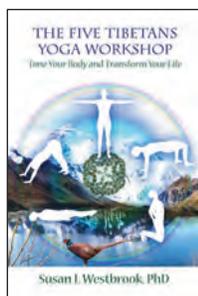
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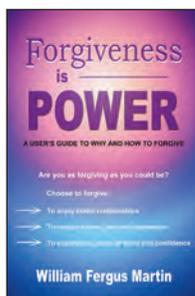
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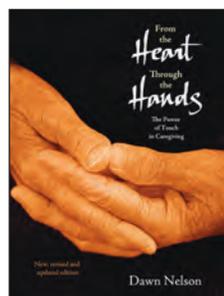


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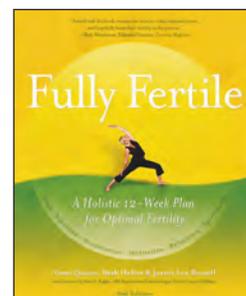


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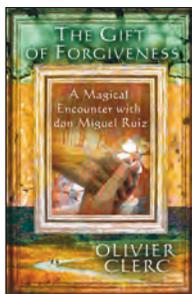
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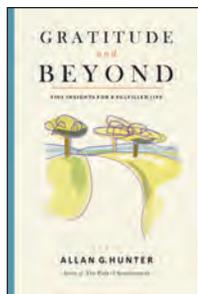
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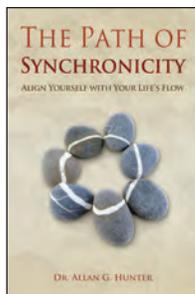
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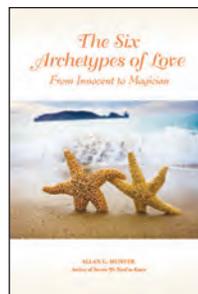
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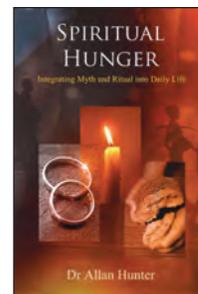
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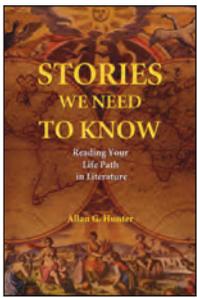
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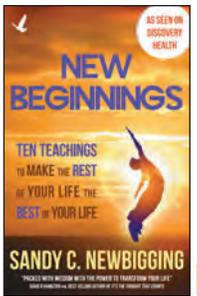
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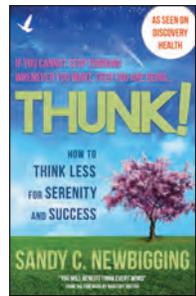
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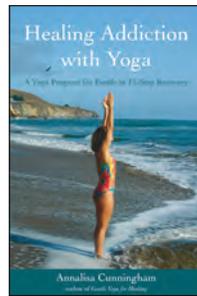
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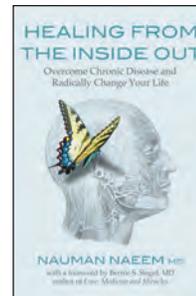
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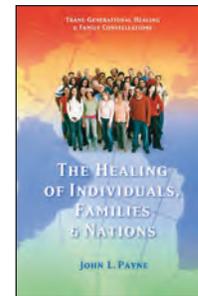
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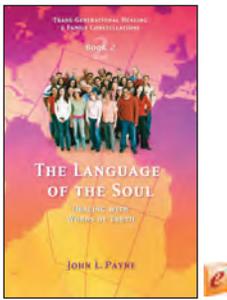
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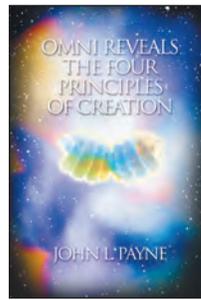
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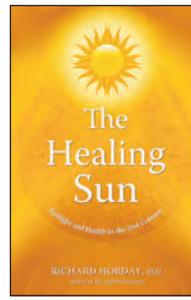


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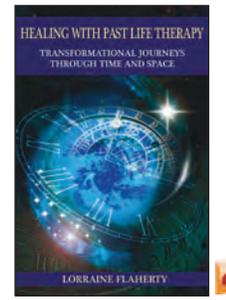
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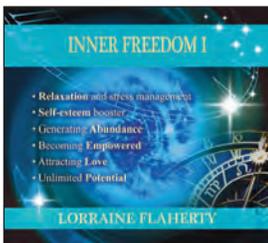
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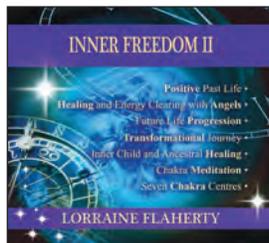


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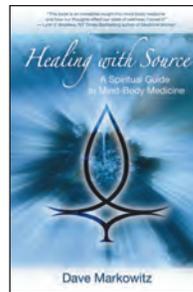


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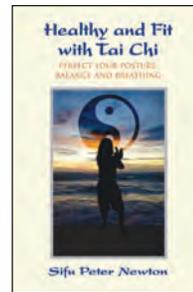
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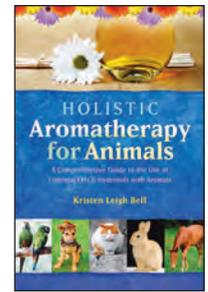
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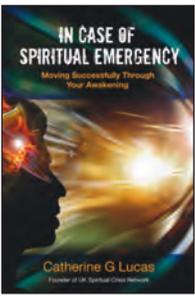
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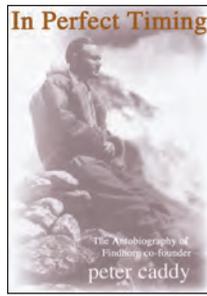
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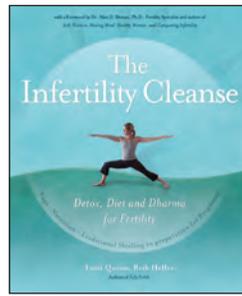
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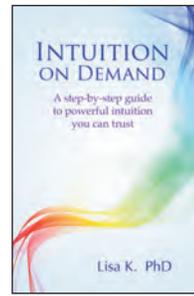
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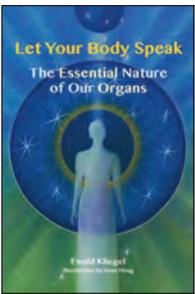
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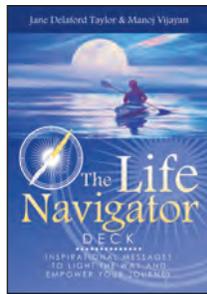


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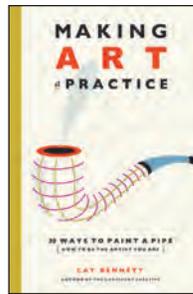


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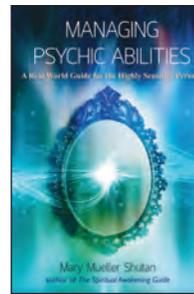
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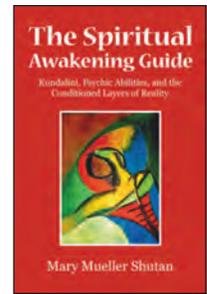
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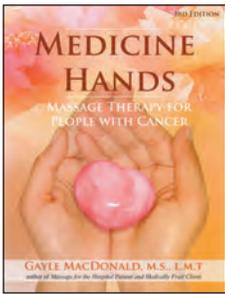
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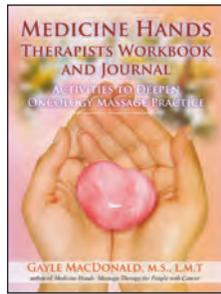
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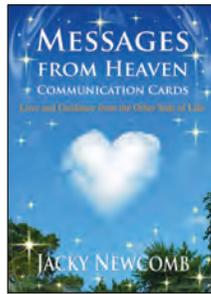
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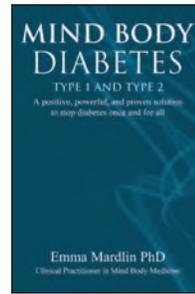
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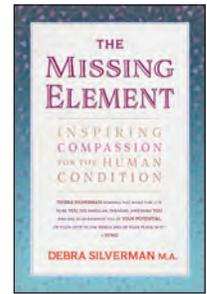
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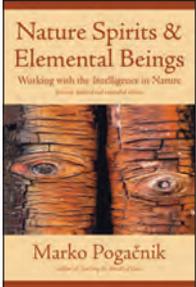
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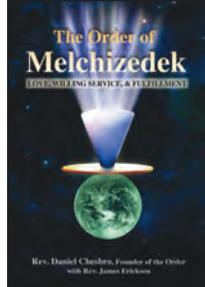
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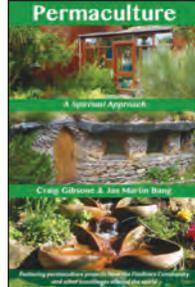
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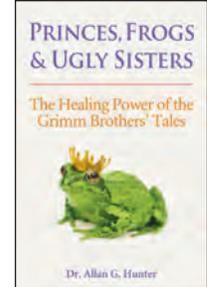
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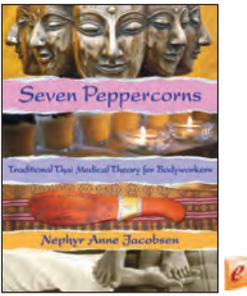
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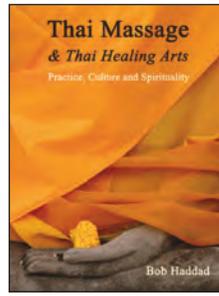
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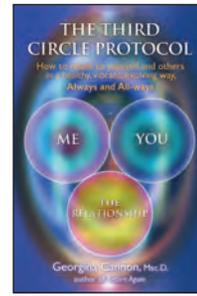
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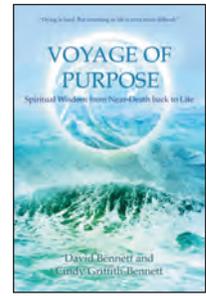
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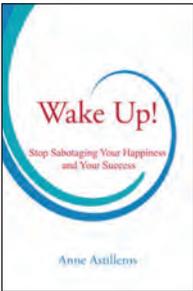
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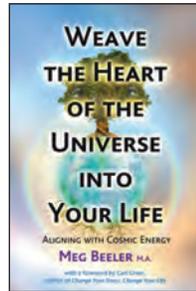
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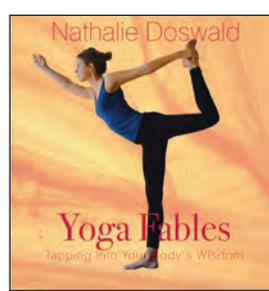
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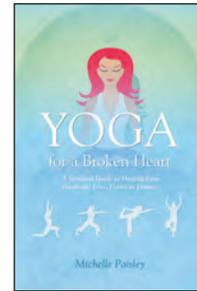
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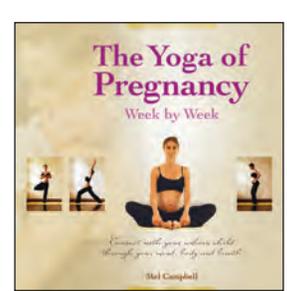
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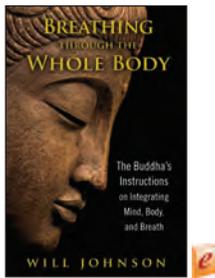
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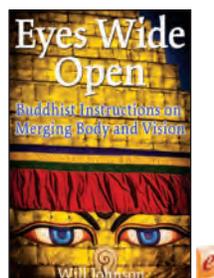
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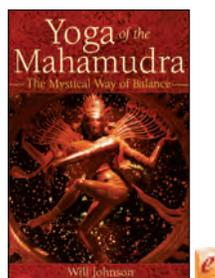
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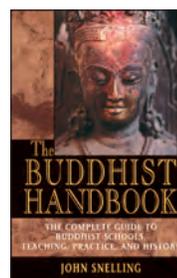
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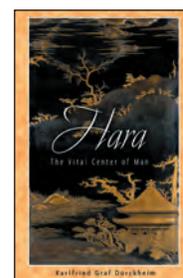
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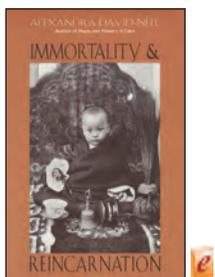
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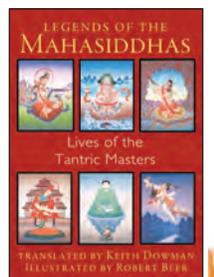
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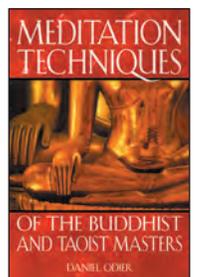
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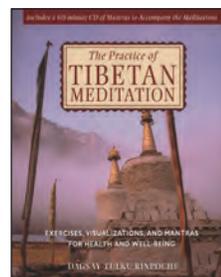
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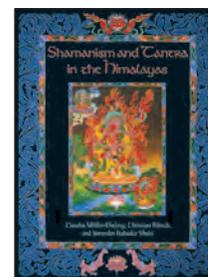
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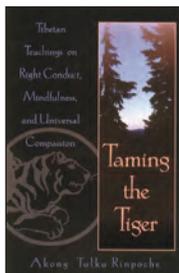
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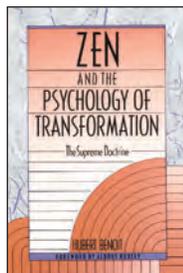
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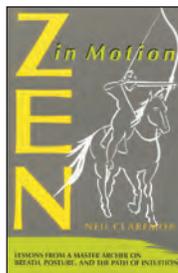
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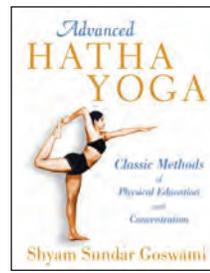
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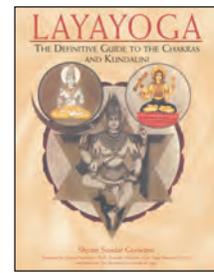
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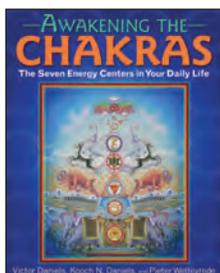
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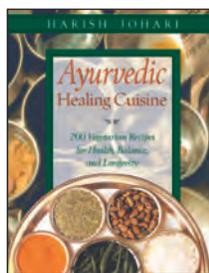
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Victor Daniels, Kooch N. Daniels, and Pieter Weltevrede

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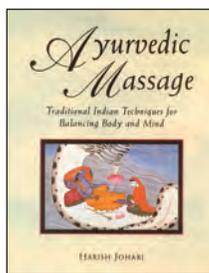


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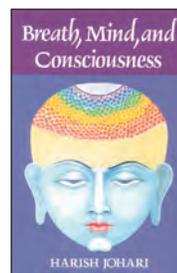
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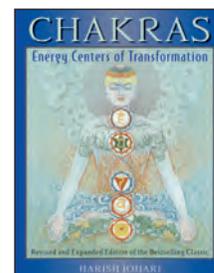
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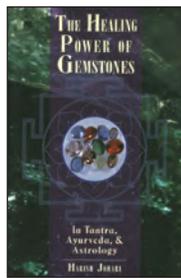
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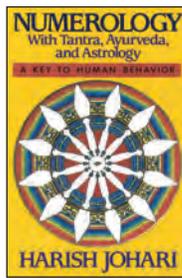
Hinduism Today



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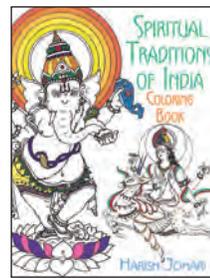


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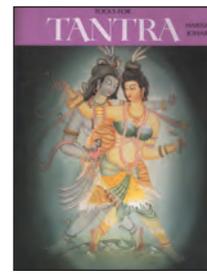
Harish Johari shows how to determine your psychic number (representing self-image), your destiny number (karma), and your name number (social and professional life). Based on your numbers, recommendations are given regarding favorable colors to be worn, meditations for prosperity, and advantageous times of the day or year.



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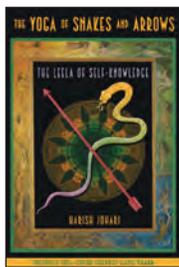
The *Spiritual Traditions of India Coloring Book* contains 42 full-page illustrations in lovely Sanskrit type with phonetic pronunciations from Indian artist, spiritual teacher, and bestselling author Harish Johari. Balance your chakras, enhance health and prosperity, and connect with Ganesh, Shiva, and other gods and goddesses, through meditative coloring and chanting.



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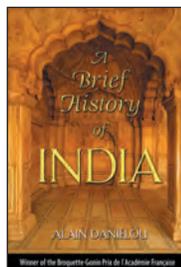


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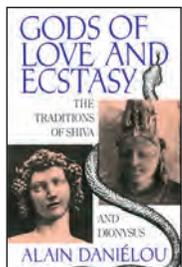


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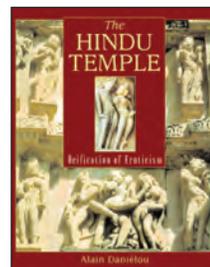


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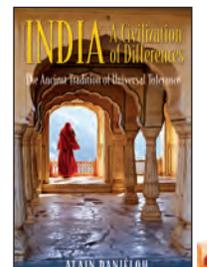
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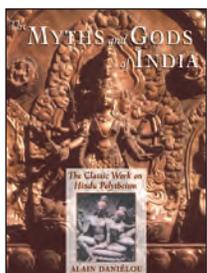


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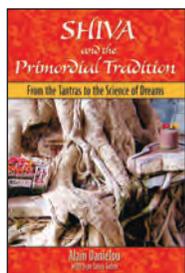
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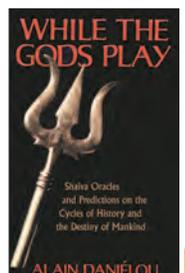
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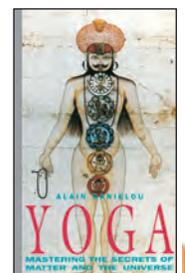
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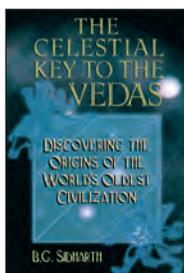
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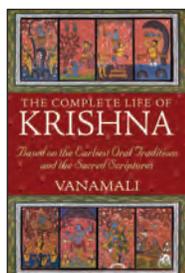
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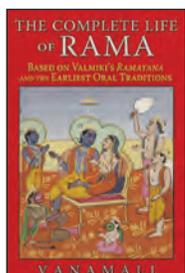
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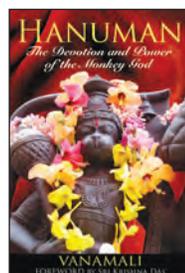
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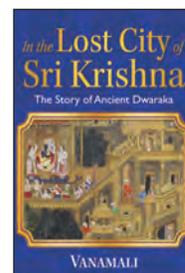
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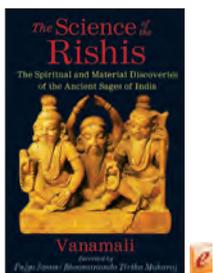
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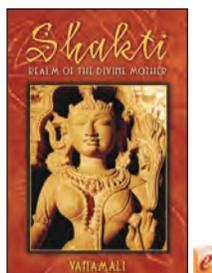
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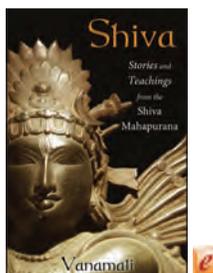
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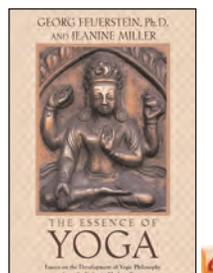
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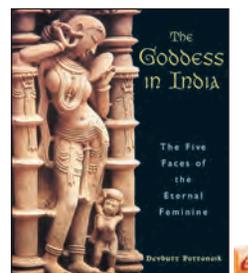
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Feuerstein and Miller examine the development of yogic thought across the ages finding similarities with the Christian mysticism of Meister Eckhart. *The Essence of Yoga* presents the authors’ seminal insights and is an essential reference for the serious yoga student.



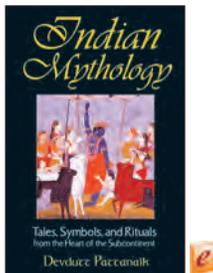
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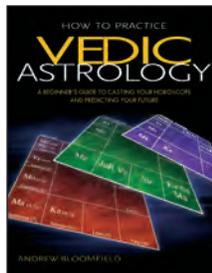
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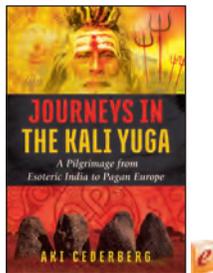
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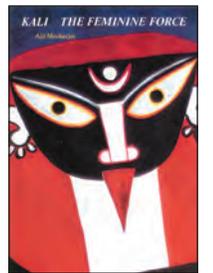
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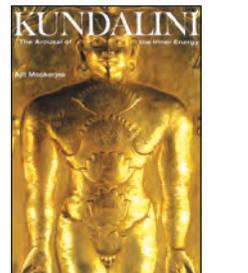
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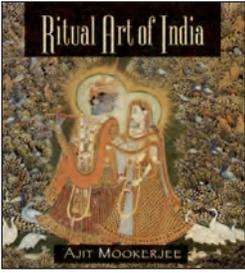
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In *Kundalini: The Arousal of the Inner Energy*, Ajit Mookerjee writes of the core experience of Tantra, the process in which the energy is awakened and rises throughout the energy centers (chakras) to unite with Pure Consciousness at the crown of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



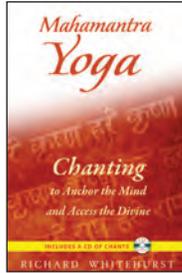
Ritual Art of India

Ajit Mookerjee
 ISBN 978-0-89281-721-4
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 101 color and 34 b&w photographs
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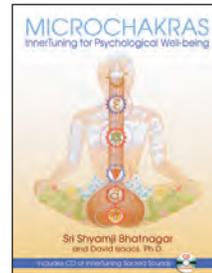
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Captain Sir Richard F. Burton
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 Captain Sir Richard F. Burton
 ISBN 978-0-89281-475-6
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 34 b&w illustrations
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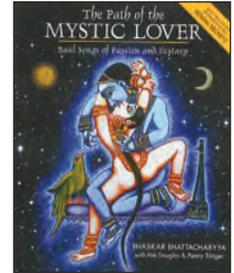
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 This book is a guide for those looking to awaken spiritual devotion in their physical yoga practice. It shows how to coordinate the breath, vocal cords, and mouth to practice devotional chanting consciously and joyfully. Includes a CD of mahamantra chants.



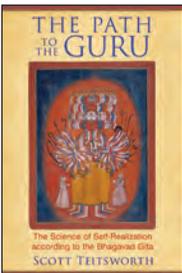
Microchakras InnerTuning for Psychological Well-being

Sri Shyamji Bhatnagar and David Isaacs, Ph.D.
 ISBN 978-1-59477-213-9
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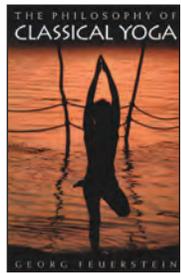
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Bhaskar Bhattacharyya with Nik Douglas and Penny Slinger
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 Carrying on the living tradition of mystic minstrels, the Bauls roam the countryside of eastern India enacting the spiritual love dalliance of Radha and Krishna through songs and dances. *The Path of the Mystic Lover* explores the Bauls' lifestyle and philosophy, describing their sexual and ritual practices as well as their sacred teachings.



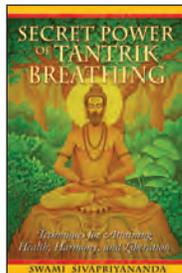
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 Scott Teitsworth
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 The first two chapters of the Bhagavad Gita contain lessons—encoded within Krishna's advice to Arjuna—that prepare the seeker to meet and work with a guru. Scott Teitsworth, drawing on 40 years of in-depth study under his guru, Nitya Chaitanya Yati, shows that the first two chapters of the Gita to contain not only a scientific approach to the process of self-realization but also a guide to the guru-disciple relationship.



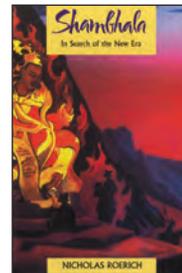
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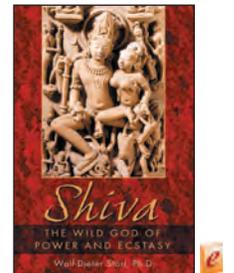
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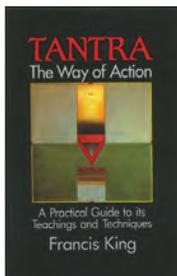
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Nicholas Roerich
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 Nicholas Roerich—artist, philosopher, and explorer—relates the remarkable encounters and events of his travels through central Asia and Tibet at the turn of the 20th century. In his detailed diary notes he chronicled the legends and tales of Shambhala, the long-awaited realization of paradise on earth. With chapters on Tibetan art, the desert cities, and subterranean dwellers, Shambhala reveals Roerich's vision of a new age of human achievement.



Shiva The Wild God of Power and Ecstasy

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



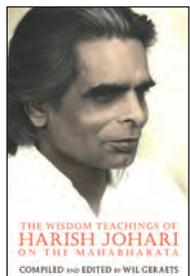
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A Practical Guide to Its Teachings and Techniques

Francis King

ISBN 978-0-89281-274-5
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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.

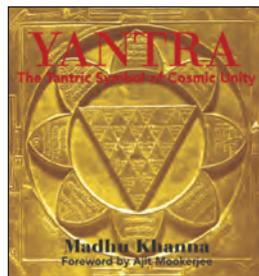


The Wisdom Teachings of Harish Johari on the Mahabharata

Compiled and Edited by Wil Geraets

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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.



Yantra

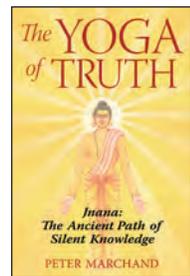
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Madhu Khanna

Foreword by Ajit Mookerjee

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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.



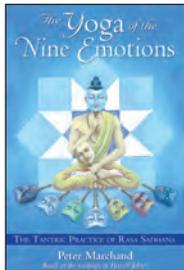
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Peter Marchand

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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

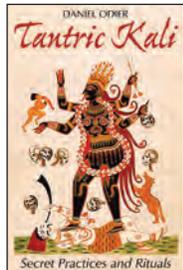
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Rasas are the essence of our emotions that exist in both the body and the mind. Peter Marchand offers practical physiological and philosophical tools that can help readers change their emotional patterns. Those who practice Rasa Sadhana learn to overcome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



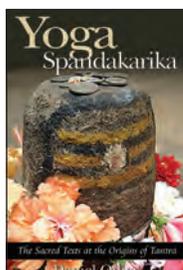
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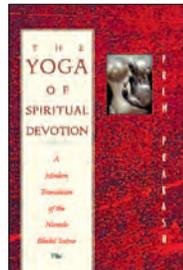
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The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult. Once mastered, the yogi or yogini is able to manifest the dance of Shiva, a tradition visible in the statuary of Tantric temples in India and Tibet. Daniel Odier passes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



The Yoga of Spiritual Devotion

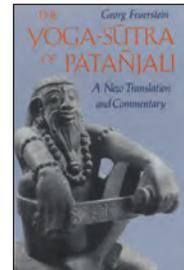
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Georg Feuerstein



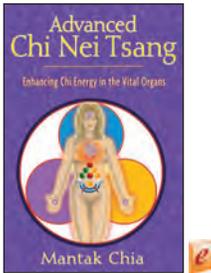
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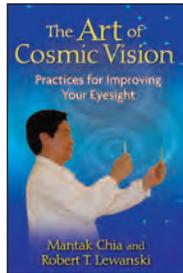
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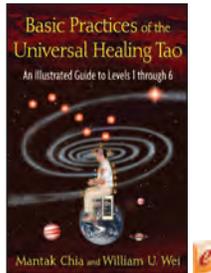
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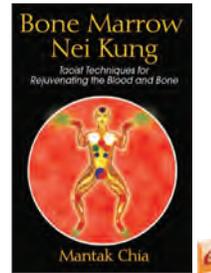
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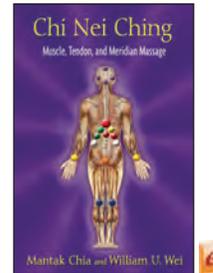
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Mantak Chia reveals the ancient mental and physical Taoist techniques used to "regrow" bone marrow, strengthen the bones, and rejuvenate the organs and glands. These techniques of bone breathing, bone compression, and sexual energy massage absorb energy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

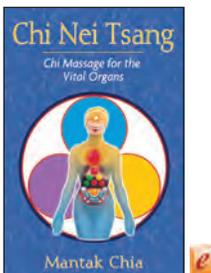


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Mantak Chia and William U. Wei

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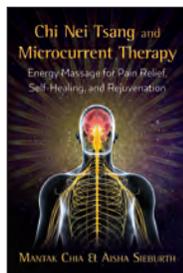
Chi Nei Tsang

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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.



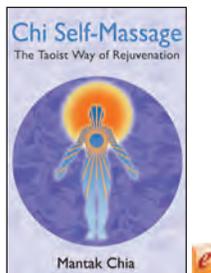
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Chi Nei Tsang and Microcurrent Therapy

Energy Massage for Pain Relief, Self-Healing, and Rejuvenation

Mantak Chia and Aisha Sieburth

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Recently it has been discovered that applying low-amperage electrical current to the body harmonizes cells and boosts the body's self-healing abilities. Combining this innovative therapy with ancient Taoist healing methods, the authors detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation.



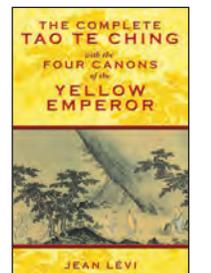
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In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen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

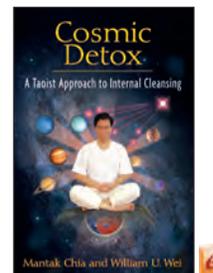


The Complete Tao Te Ching with the Four Canons of the Yellow Emperor

Jean Levi

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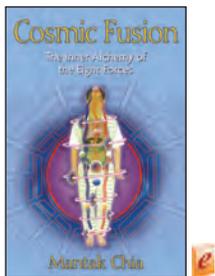
Cosmic Detox

A Taoist Approach to Internal Cleansing

Mantak Chia and William U. Wei

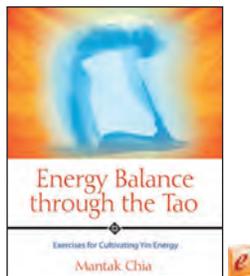
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52 b&w illustrations

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.



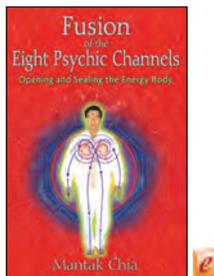
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Mantak Chia

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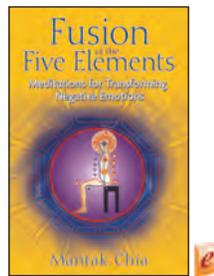
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Exercises for Cultivating Yin Energy
Mantak Chia

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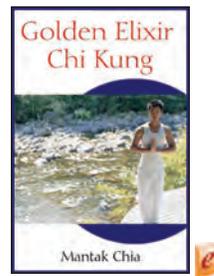
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Opening and Sealing the Energy Body
Mantak Chia

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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.



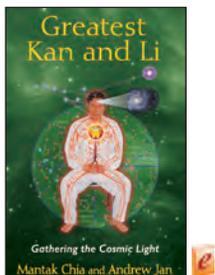
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Meditations for Transforming Negative Emotions
Mantak Chia

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\$14.95 (CAN \$17.95) pb
176 pages, 6 x 9
80 b&w illustrations
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.



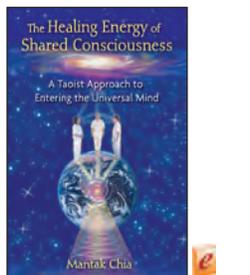
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Mantak Chia

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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.



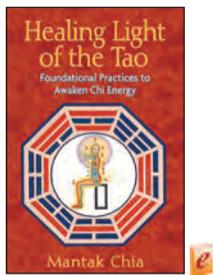
Greatest Kan and Li
Gathering the Cosmic Light
Mantak Chia and Andrew Jan

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272 pages, 6 x 9
Full-color throughout
This volume, for the advanced student who has mastered the practices of Lesser Kan and Li and Greater Kan and Li, explains how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces. Merging energy at the Heart Center then leads to the birth of the immortal spirit body, uniting the practitioner with the Tao and allowing him or her to draw limitless energy and power from the Cosmos.



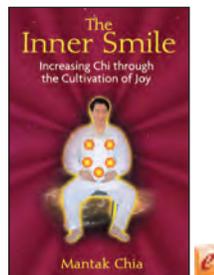
The Healing Energy of Shared Consciousness
A Taoist Approach to Entering the Universal Mind
Mantak Chia

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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.



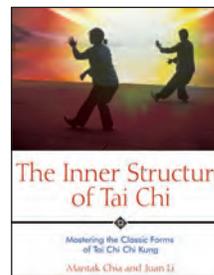
Healing Light of the Tao
Foundational Practices to Awaken Chi Energy
Mantak Chia

ISBN 978-1-59477-113-2
\$26.95 (CAN \$31.95) pb
608 pages, 6 x 9
374 b&w illustrations
This practical guide to health, sexual vitality, and emotional balance presents the Microcosmic Orbit's advanced methods of chi cultivation. By engaging and directing the three primordial forces of Earth, Heaven, and Higher Self, changes to the energy body are activated that lead to enlightenment and immortality.



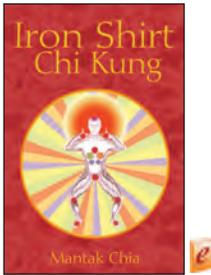
The Inner Smile
Increasing Chi through the Cultivation of Joy
Mantak Chia

ISBN 978-1-59477-155-2
\$12.95 (CAN \$15.95) pb
80 pages, 6 x 9
35 color and b&w illustrations
The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that cause illness. This internal awareness practice flushes the organs of low-grade energy, improving health.



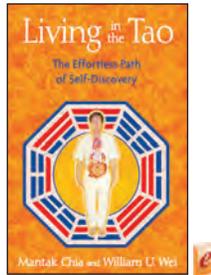
The Inner Structure of Tai Chi
Mastering the Classic Forms of Tai Chi Chi Kung
Mantak Chia and Juan Li

ISBN 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

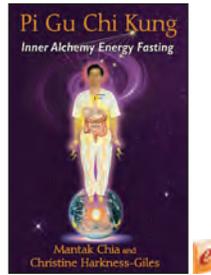
Mantak Chia
 ISBN 978-1-59477-104-0
 \$16.95 (CAN \$19.95) pb
 288 pages, 6 x 9
 300 b&w illustrations
 Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other benefits—strengthening the internal organs, establishing roots to the earth's energy, and unifying physical, mental, and spiritual health—remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth.



Living in the Tao

The Effortless Path of Self-Discovery

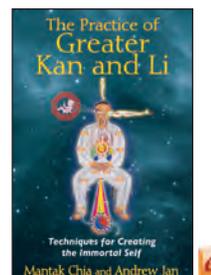
Mantak Chia and William U. Wei
 ISBN 978-1-59477-294-8
 \$22.95 (CAN \$26.95) pb
 416 pages, 6 x 9
 397 b&w illustrations
 In the West we think we can control our individual destinies by swimming against the current, but Living in the Tao is effortless. Mantak Chia and William Wei present techniques to help us learn to connect with the universal truth within—without striving.



Pi Gu Chi Kung

Inner Alchemy Energy Fasting

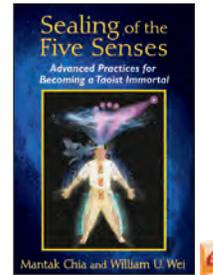
Mantak Chia and Christine Harkness-Giles
 ISBN 978-1-62055-425-8
 \$16.95 (CAN \$20.50) pb
 160 pages, 6 x 9
 Full-color throughout
 Pi Gu Chi Kung is an ancient Taoist method which centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises. Providing a step-by-step guide, Master Mantak Chia and coauthor Christine Harkness-Giles explain the pi gu diet, provide immortality tea recipes, and illustrate the corresponding chi kung energy exercises.



The Practice of Greater Kan and Li

Techniques for Creating the Immortal Self

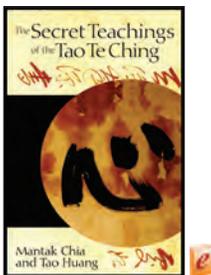
Mantak Chia and Andrew Jan
 ISBN 978-1-62055-085-4
 \$18.95 (CAN \$21.95) pb
 256 pages, 6 x 9
 Full-color throughout
 Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body.



Sealing of the Five Senses

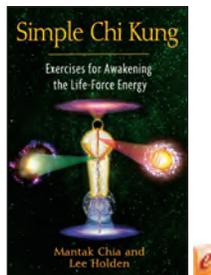
Advanced Practices for Becoming a Taoist Immortal

Mantak Chia and William U. Wei
 ISBN 978-1-62055-311-4
 \$18.95 (CAN \$22.95) pb
 176 pages, 6 x 9
 Full color throughout
 Misuse of the five senses leads to energy loss and degradation. The practice of Sealing of the Five Senses stops energy loss and gathers cosmic light to feed the immortal spirit body. The authors reveal the proper diet and eating habits in this practice, and show how to create the Crystal Room cauldron, where fire and water energy "steam" all the body's major organ systems.



The Secret Teachings of the Tao Te Ching

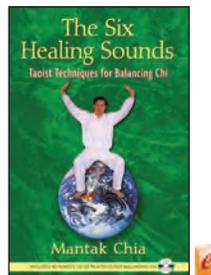
Mantak Chia and Tao Huang
 ISBN 978-0-89281-191-5
 \$16.95 (CAN \$19.95) pb
 256 pages, 6 x 9
 85 b&w illustrations
 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Taoist masters Mantak Chia and Tao Huang analyze Lao-tzu's teachings line by line and offer practical illustrations that clarify the true meaning and purpose of this classic text.



Simple Chi Kung

Exercises for Awakening the Life-Force Energy

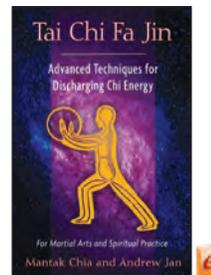
Mantak Chia and Lee Holden
 ISBN 978-1-59477-333-4
 \$16.95 (CAN \$19.95) pb
 144 pages, 6 x 9
 Full-color throughout
 In *Simple Chi Kung*, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices.



The Six Healing Sounds

Taoist Techniques for Balancing Chi

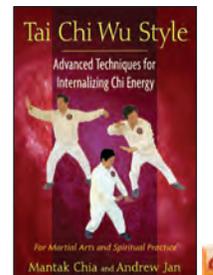
Mantak Chia
 ISBN 978-1-59477-156-9
 \$16.95 (CAN \$19.95) pb
 96 pages, 6 x 9
 Color and b&w illustrations throughout
 Includes a 40-minute CD
 Ancient Taoist masters discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.



Tai Chi Fa Jin

Advanced Techniques for Discharging Chi Energy

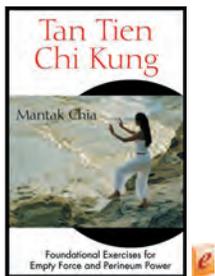
Mantak Chia and Andrew Jan
 ISBN 978-1-59477-428-7
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 288 pages, 6 x 9
 Full-color throughout
 Fa Jin, an advanced yang style of Tai Chi, enables the practitioner to harness energy in the lower tan tien and discharge it as an explosively powerful blow. Integrates the teachings of Bruce Lee who made the "one-inch punch" technique famous.



Tai Chi Wu Style

Advanced Techniques for Internalizing Chi Energy

Mantak Chia and Andrew Jan
 ISBN 978-1-59477-471-3
 \$18.95 (CAN \$21.95) pb
 304 pages, 6 x 9
 Full-color throughout
 Wu-Style Tai Chi follows, rather than directs, the flow of chi energy and is a gentle Tai Chi form for beginners. Centered on a stance with feet closer together and arms closer to the body, these techniques for building a personal short-form Tai Chi Wu practice can bring about a broad range of health benefits.



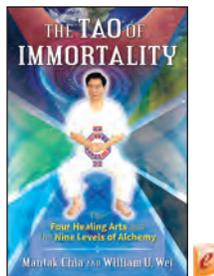
Tan Tien Chi Kung

Foundational Exercises for Empty Force and Perineum Power

Mantak Chia

ISBN 978-0-89281-195-3
\$18.95 (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.



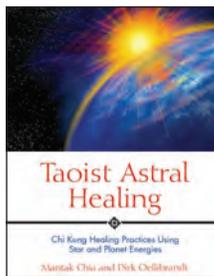
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The Tao of Immortality**

The Four Healing Arts and the Nine Levels of Alchemy

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Master Mantak Chia and William U. Wei offer a condensed approach to the advanced esoteric practices of the Universal Healing Tao system. They explain the Five Enlightenment and each of the 9 levels of Inner Alchemy and their more than 240 formulas—all aimed toward the survival of consciousness beyond death.



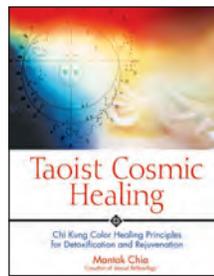
Taoist Astral Healing

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.



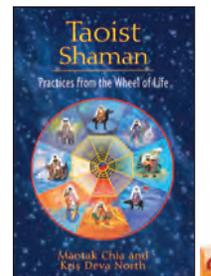
Taoist Cosmic Healing

Chi Kung Color Healing Principles for Detoxification and Rejuvenation

Mantak Chia

ISBN 978-0-89281-087-1
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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.



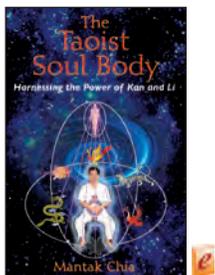
Taoist Shaman

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.



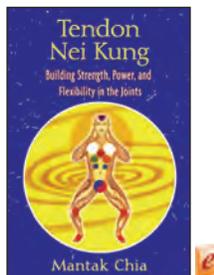
The Taoist Soul Body

Harnessing the Power of Kan and Li

Mantak Chia

ISBN 978-1-59477-137-8
\$18.99 (CAN \$22.95) 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 higher consciousness of the immortal spirit body.



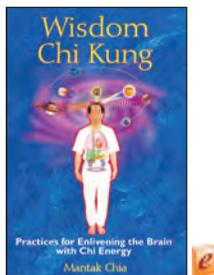
Tendon Nei Kung

Building Strength, Power, and Flexibility in the Joints

Mantak Chia

ISBN 978-1-59477-187-3
\$14.95 (CAN \$17.95) 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 \$19.95) pb
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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.



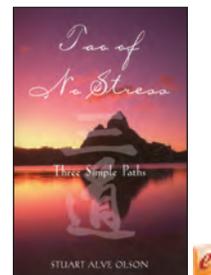
The Jade Emperor's Mind Seal Classic

The Taoist Guide to Health, Longevity, and Immortality

Stuart Alve Olson

ISBN 978-0-89281-135-9
\$14.99 (CAN \$17.99) 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.



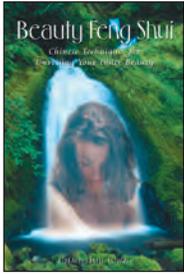
Tao of No Stress

Three Simple Paths

Stuart Alve Olson

ISBN 978-0-89281-987-4
\$9.95 (CAN \$11.95) 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.



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

ISBN 978-0-89281-852-5
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160 pages, 6 x 9
148 b&w illustrations

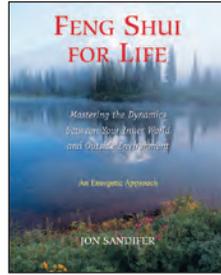
The same principles of feng shui that help us harmonize our environments can also be applied to our bodies. Focusing on the special needs of women, the author provides exercises and meditations that promote both inner and outer beauty.



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

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59 b&w illustrations

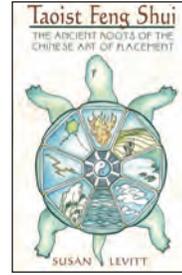
Feng shui is a time-honored system of principles that explain how our lives are pragmatically and spiritually linked to our environment. This book shows how these principles can be implemented at little cost, providing simple instructions for laying out any living space to create significant improvements in physical and financial well-being.



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

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\$16.95 (CAN \$19.95) pb
224 pages, 7.5 x 9.13
35 b&w illustrations

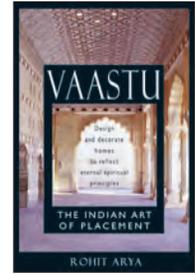
Feng shui consultant Jon Sandifer shows how the energy flow that affects our environments affects our selves as well. He provides complete guides to arranging your home and your lifestyle in ways most appropriate for who you are.



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

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160 pages, 5.88 x 9
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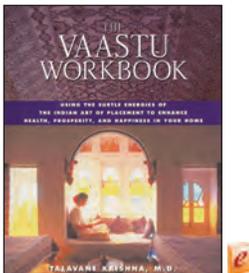
This is the first book to show how feng shui developed from the Taoist systems of astrology, yin and yang, and the five elements. The author provides examples from her own feng shui practice to help you harmonize your own space.



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 \$16.95) pb
128 pages, 6 x 9
48 line art illustrations

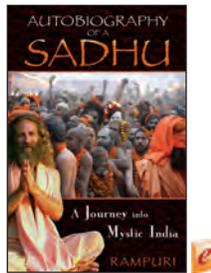
Vaastu is the Hindu art of environmental design and the ancient precursor to feng shui. From the placement of household items to guidelines for modifying existing buildings, this book can help you create a personal environment that promotes harmony, and health.



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.

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\$16.95 (CAN \$19.95) pb
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141 b&w illustrations

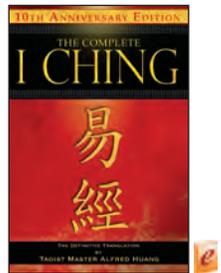
Using hundreds of clear line drawings, *The Vaastu Workbook* takes you through every conceivable vaastu situation, exploring the dos and don'ts of window and door placement, interior design, street focus, directional facing, landscaping, and much more.



Autobiography of a Sadhu
A Journey into Mystic India
Rampuri

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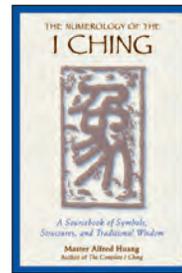
This autobiography is filled with true accounts of magic, miracles, ghosts, and austerities. Rampuri is the first foreigner to become a Naga Baba, an ancient and wild order of naked sadhus whom he calls the "Hell's Angels of Indian Spirituality."



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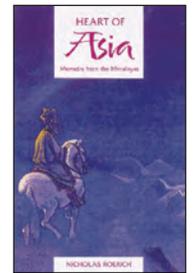
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As a native Chinese speaker, Master Huang has imbued this I Ching with an accuracy and authenticity not achieved in other English translations. He also returns to prominence the Ten Wings, the commentaries by Confucius that are essential to the I Ching's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



The Numerology of the I Ching
A Sourcebook of Symbols, Structures, and Traditional Wisdom
Master Alfred Huang

ISBN 978-0-89281-811-2
\$14.95 (CAN \$17.95) pb
192 pages, 6 x 9

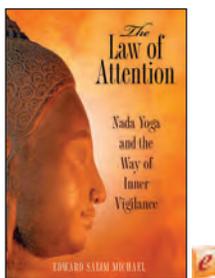
A must for serious I Ching students, this is the first book to bring the complete Taoist teachings on form, structure, and symbol in the I Ching to a Western audience.



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Memoirs from the Himalayas
Nicholas Roerich

ISBN 978-0-89281-302-5
\$12.95 (CAN \$20.95) pb
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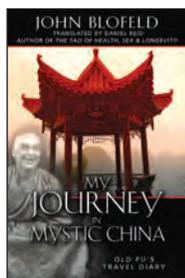
Roerich recounts his journeys to more than fifty monasteries and his meetings with lamas eager to share their spiritual insights and heritage with the Western world. His expeditions crossed thirty-five mountain passes, and included here are dramatic descriptions of snow blindness, mountain floods, and mysterious electrical phenomena, as well as intimate depictions of daily life in the rigorous yet beautiful Himalayan environment.



The Law of Attention
Nada Yoga and the Way of Inner Vigilance

Edward Salim Michael
ISBN 978-1-59477-304-4
\$19.95 (CAN \$27.95) pb
384 pages, 6 x 9
7 b&w illustrations

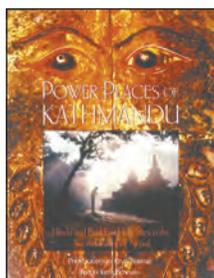
This book presents the spiritual teachings of Edward Salim Michael and the struggles that led to his enlightenment. Emphasizing inner attention and awareness, Michael's practices can help aspirants make direct contact with the divine source each of us carries within.



My Journey in Mystic China
Old Pu's Travel Diary

John Blofeld
Translated by Daniel Reid
Foreword by Chungliang Al Huang
ISBN 978-1-59477-157-6
\$24.95 (CAN \$27.95) hardcover
296 pages, 6 x 9
Includes 8-page b&w insert

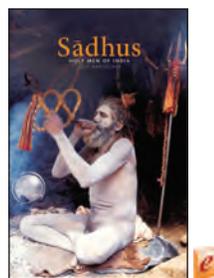
This translation of John Blofeld's memoirs as a Westerner living in pre-Communist Revolution China paints an intimate portrait of ancient Chinese civilization. Originally written in Chinese for Chinese readers, Blofeld's travel diary reveals a rare uncensored view of the culture of "old" China.



Power Places of Kathmandu
Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal

Photography by Kevin Bubriski
Text by Keith Dowman
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\$39.95 (CAN \$64.00) hardcover
144 pages, 10.50 x 13.5
108 color plates

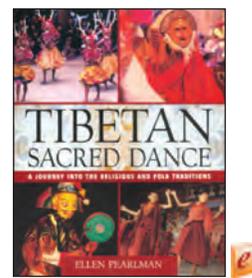
Award-winning photographer Kevin Bubriski captures in stunning detail the sacred places of Nepal's Kathmandu Valley. Noted scholar Keith Dowman provides history and commentary on the significance of the sites.



Sādhus
Holy Men of India

Dolf Hartsuiker
ISBN 978-1-62055-402-9
\$19.95 (CAN \$23.95) pb
176 pages, 6 x 9
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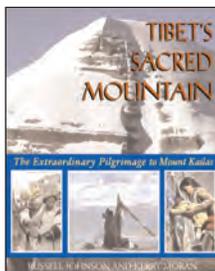
Numbering in the millions, the Sādhus of India are worshipped by Hindus as representatives of the gods. Their path is one of knowledge and devotion, renunciation and realization, sexual energy, spiritual power, divine intoxication, and mystical union. This full-color study captures their world of ancient magical rituals, religious symbols, and ascetic practices.



Tibetan Sacred Dance
A Journey into the Religious and Folk Traditions

Ellen Pearlman
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200 pages, 8 x 10
30 color, 70 b&w photographs

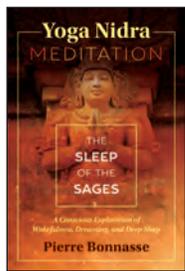
From the time Buddhism entered the mythical land of the snows, Tibetans have expressed their spiritual devotion and celebrated their culture with dance. This book—lavishly illustrated with color and rare historic photographs depicting the dances, costumes, and masks—is the first to explore the significance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



Tibet's Sacred Mountain
The Extraordinary Pilgrimage to Mount Kailas

Russell Johnson and Kerry Moran
ISBN 978-0-89281-847-1
\$25.00 pb
128 pages, 8.5 x 10.25
115 color photographs

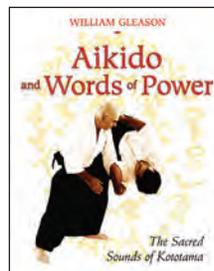
With spectacular color photography and vivid prose, *Tibet's Sacred Mountain* provides a stunning account of an awe-inspiring landscape and the pilgrims who venture there. Russell Johnson and Kerry Moran open a window on a magical land of pure light and dazzling color where the temporal and the eternal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



New—Available
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Pierre Bonnasse
ISBN 978-1-62055-677-1
\$16.95 (CAN \$21.50) pb
160 pages, 6 x 9

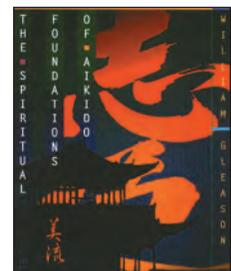
Yoga Nidra is an ancient Indian practice that allows you to consciously explore wakefulness, dream, deep sleep, and your emotional, mental, and energy bodies. Providing a step-by-step guide to Yoga Nidra, Pierre Bonnasse offers a full range of practices focused on the time of awakening and of going to sleep.



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

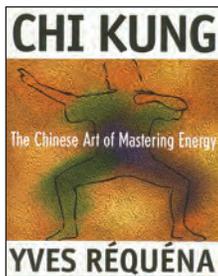
The secrets of the sacred sounds that unlock the principles and spiritual strength of aikido are explained, along with the nature of the five vowels governing physical manifestations of universal consciousness. The author uses photographs to demonstrate how this approach fosters advanced spiritual practice.



The Spiritual Foundations of Aikido

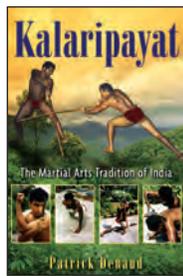
William Gleason
ISBN 978-0-89281-508-1
\$24.95 (CAN \$29.95) pb
216 pages, 8 x 10
180 b&w photographs

Aikido was founded not as a fighting method but a means of becoming one with the laws of universal order. William Gleason includes many of Morihei Ueshiba's teachings here for the first time in English, along with 160 photographs in 22 photographic sequences demonstrating several complete forms of the practice.



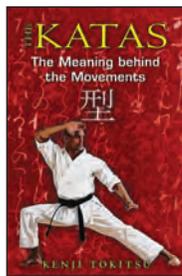
Chi Kung
The Chinese Art of Mastering Energy
Yves Réquena

ISBN 978-0-89281-639-2
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131 b&w illustrations
Here is a fully illustrated introduction to this ancient discipline. The techniques of deliberate movement, conscious breathing, and visualization will energize you and bring you to a new level of well-being.



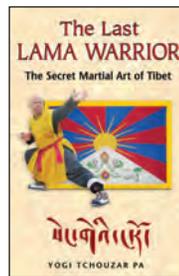
Kalaripayat
The Martial Arts Tradition of India
Patrick Denaud

Foreword by Marie-Claire Restoux, 1995 world Judo champion
ISBN 978-1-59477-315-0
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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.



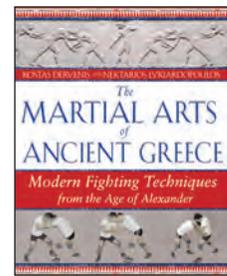
The Katas
The Meaning behind the Movements
Kenji Tokitsu

ISBN 978-1-59477-348-8
\$16.95 (CAN \$19.95) pb
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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.



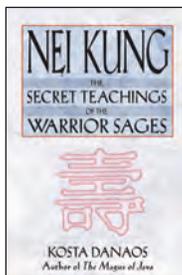
The Last Lama Warrior
The Secret Martial Art of Tibet
Yogi Tchouzar Pa

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.



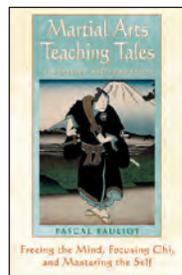
The Martial Arts of Ancient Greece
Modern Fighting Techniques from the Age of Alexander
Kostas Dervenis and Nektarios Lykiardopoulos

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.



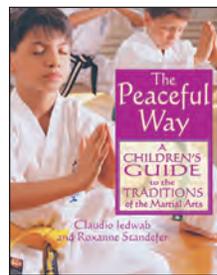
Nei Kung
The Secret Teachings of the Warrior Sages
Kosta Danaos

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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.



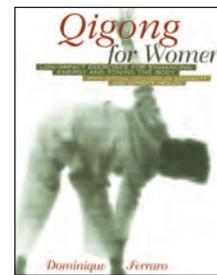
Martial Arts Teaching Tales of Power and Paradox
Freeing the Mind, Focusing Chi, and Mastering the Self
Pascal Fauliot

ISBN 978-0-89281-882-2
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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.



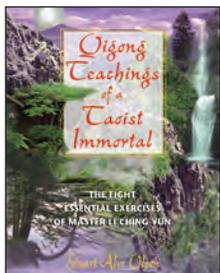
The Peaceful Way
A Children's Guide to the Traditions of the Martial Arts
Claudio Iedwab and Roxanne Standefer

ISBN 978-0-89281-929-4
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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

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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



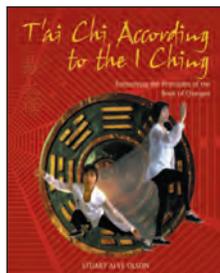
Qigong Teachings of a Taoist Immortal

The Eight Essential Exercises of Master Li Ching-yun

Stuart Alve Olson

ISBN 978-0-89281-945-4
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85 b&w illustrations

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



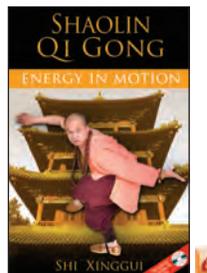
T'ai Chi According to the I Ching

Embodying the Principles of the Book of Changes

Stuart Alve Olson

ISBN 978-0-89281-944-7
\$22.95 (CAN \$31.50) pb
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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.



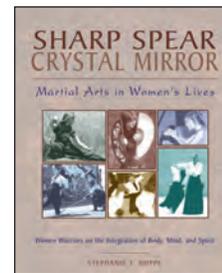
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Shi Xinggui

ISBN 978-1-59477-264-1
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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.



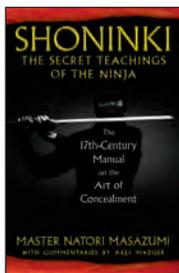
Sharp Spear, Crystal Mirror

Martial Arts in Women's Lives

Stephanie T. Hoppe

ISBN 978-0-89281-662-0
\$19.95 (CAN \$31.95) pb
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57 b&w photographs

The 24 female martial artists interviewed here discuss the challenges of their training and how it has helped bring new purpose to their lives. Some of these women were athletes before beginning, while others had never been comfortable with their bodies, yet all received deep spiritual nourishment through their practice.



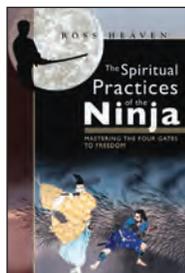
Shoninki: The Secret Teachings of the Ninja

The 17th-Century Manual on the Art of Concealment

Master Natori Masazumi

With commentaries by Axel Mazuer
ISBN 978-1-59477-343-3
\$19.95 (CAN \$24.00) hardcover
160 pages, 5.38 x 8.25
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.



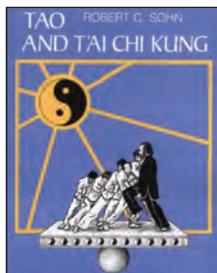
The Spiritual Practices of the Ninja

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.

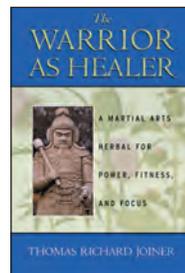


Tao and T'ai Chi Kung

Robert C. Sohn

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\$19.95 (CAN \$23.95) pb
152 pages, 8 x 10

Tao and T'ai Chi Kung grounds the practitioner deeply in both Taoist philosophy and the practical physiology of T'ai Chi Chuan. It delves into the more profound aspects of energy development, explaining how to use the mind to assume the correct "inner posture," ways to distinguish between intrinsic and extrinsic muscles, and how to become rooted in the tan tien.



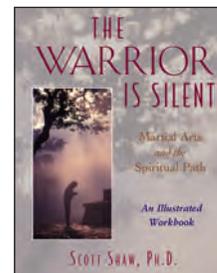
The Warrior As Healer

A Martial Arts Herbal for Power, Fitness, and Focus

Thomas Richard Joiner

ISBN 978-0-89281-796-2
\$14.95 (CAN \$23.95) pb
144 pages, 6 x 9
9 b&w illustrations

The Warrior As Healer provides more than 100 recipes that have been used for centuries to stop bleeding, speed the healing of fractured bones, as well as improve focus and calm the mind. The book also includes a guide to patent medicines available in Chinese apothecaries. The author, a Yodan fourth-degree black belt, is trained in traditional Chinese medicine.



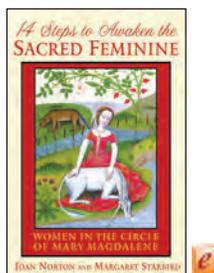
The Warrior Is Silent

Martial Arts and the Spiritual Path

Scott Shaw, Ph.D.

ISBN 978-0-89281-668-2
\$16.95 (CAN \$26.95) pb
144 pages, 8 x 10
80 b&w photographs

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

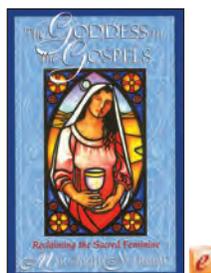


14 Steps to Awaken the Sacred Feminine

Women in the Circle of Mary Magdalene

Joan Norton and Margaret Starbird
ISBN 978-1-59143-091-9
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8 b&w illustrations

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.

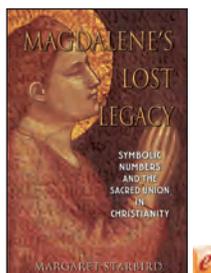


The Goddess in the Gospels

Reclaiming the Sacred Feminine

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ISBN 978-1-879181-55-7
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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

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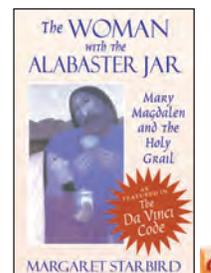
Using New Testament *gematria*, symbolic number values encoded in the Greek phrases, the author reveals that the sacred couple was one of the essential pillars of early Christian teachings, before being denied by the architects of institutional Christianity and obscured by later Church doctrine.



Mary Magdalene, Bride in Exile

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Includes three 8-page color inserts and 60-minute CD

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



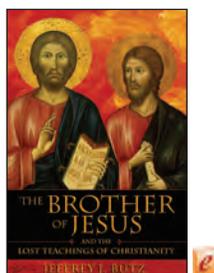
The Woman with the Alabaster Jar

Mary Magdalene and the Holy Grail

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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.

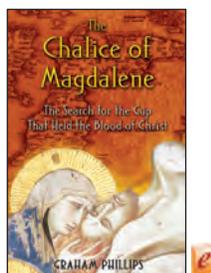
Available on audible.com



The Brother of Jesus and the Lost Teachings of Christianity

Jeffrey J. Bütz
ISBN 978-1-59477-043-2
\$14.95 (CAN \$17.95) pb
240 pages, 6 x 9

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

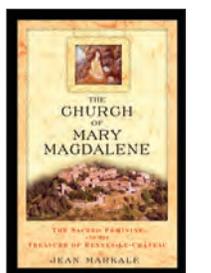


The Chalice of Magdalene

The Search for the Cup That Held the Blood of Christ

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

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

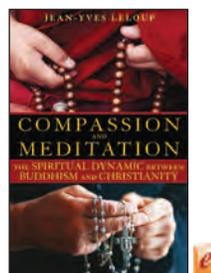


The Church of Mary Magdalene

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

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

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

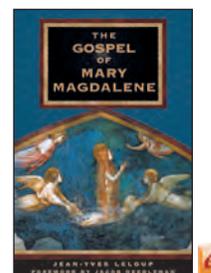


Compassion and Meditation

The Spiritual Dynamic between Buddhism and Christianity

Jean-Yves Leloup
ISBN 978-1-59477-277-1
\$14.95 (CAN \$19.95) pb
176 pages, 6 x 9

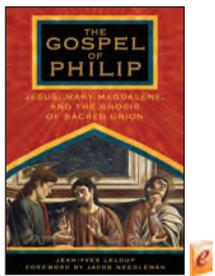
A profound reflection on how complementary themes in Buddhism and Christianity could serve as the basis for a truly ecumenical faith, this book shows how Buddha and Jesus represent the distinct yet complementary values of meditation and compassion.



The Gospel of Mary Magdalene

Jean-Yves Leloup
Foreword by Jacob Needleman
ISBN 978-0-89281-911-9
\$14.95 (CAN \$17.95) 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

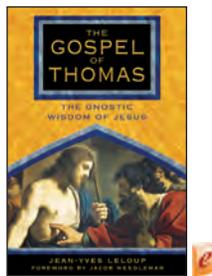
Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup

Foreword by
Jacob Needleman

ISBN 978-1-59477-022-7
\$14.95 (CAN \$17.95) pb
192 pages, 6 x 9

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



The Gospel of Thomas

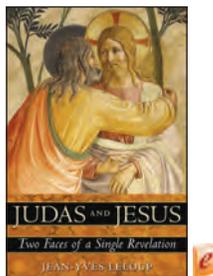
The Gnostic Wisdom of Jesus

Jean-Yves Leloup

Foreword by
Jacob Needleman

ISBN 978-1-59477-046-3
\$14.95 (CAN \$17.95) pb
240 pages, 6 x 9

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



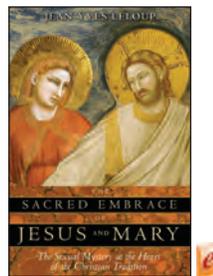
Judas and Jesus

Two Faces of a Single Revelation

Jean-Yves Leloup

ISBN 978-1-59477-166-8
\$14.95 (CAN \$18.95) pb
192 pages, 6 x 9

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



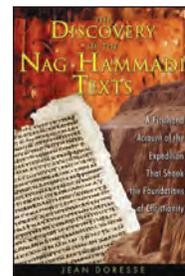
The Sacred Embrace of Jesus and Mary

The Sexual Mystery at the Heart of the Christian Tradition

Jean-Yves Leloup

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

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



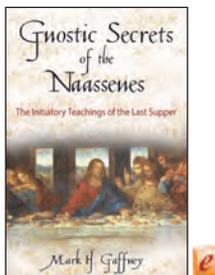
The Discovery of the Nag Hammadi Texts

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

Jean Doresse

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

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



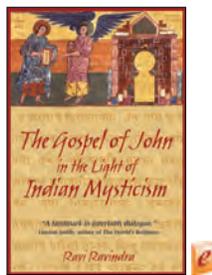
Gnostic Secrets of the Naassenes

The Initiatory Teachings of the Last Supper

Mark H. Gaffney

ISBN 978-0-89281-697-2
\$18.95 (CAN \$22.95) pb
304 pages, 6 x 9
12 b&w illustrations

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

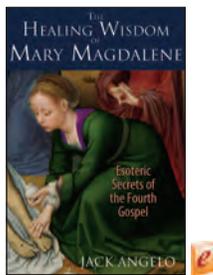


The Gospel of John in the Light of Indian Mysticism

Ravi Ravindra, Ph.D.

ISBN 978-1-59477-018-0
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272 pages, 6 x 9

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



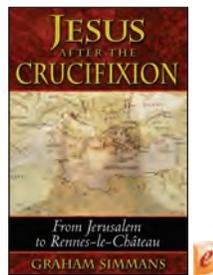
The Healing Wisdom of Mary Magdalene

Esoteric Secrets of the Fourth Gospel

Jack Angelo

ISBN 978-1-59143-199-2
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Inspired by a profound experience at the cave in France where Mary Magdalene is reputed to have spent her final years, Jack Angelo posits that the Gospel of John is actually a direct transcription of Mary Magdalene's oral teachings that was recast by conservative members of the Jesus movement to hide her authorship and suppress her role as head disciple.



Jesus after the Crucifixion

From Jerusalem to Rennes-le-Château

Graham Simmans

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

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



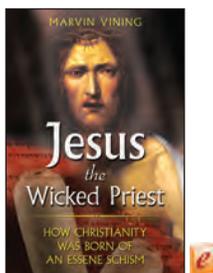
Jesus the Rabbi Prophet

A New Light on the Gospel Message

Jacques Baldet

ISBN 978-1-59477-070-8
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272 pages, 6 x 9

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.



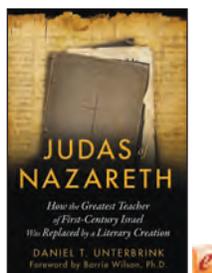
Jesus the Wicked Priest

How Christianity Was Born of an Essene Schism

Marvin Vining

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256 pages, 6 x 9

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.



Judas of Nazareth

How the Greatest Teacher of First-Century Israel Was Replaced by a Literary Creation

Daniel T. Unterbrink

Foreword by Barrie Wilson, Ph.D.

ISBN 978-1-59143-182-4
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384 pages, 6 x 9

Daniel Unterbrink contends that the real historical Jesus was Judas the Galilean, a messianic and Torah-observant revolutionary bent on overthrowing the Roman government. The New Testament Gospels, therefore, are not transcripts of actual history but creative works of historical fiction designed to promote Paul’s Christianity and serve the interests of the fledgling Gentile Christian communities.



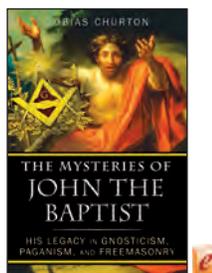
The Lost Art of Resurrection

Initiation, Secret Chambers, and the Quest for the Otherworld

Freddy Silva

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\$18.95 (CAN \$23.95) pb
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134 b&w illustrations

In *The Lost Art of Resurrection*, Freddy Silva reveals the radical ancient practice of living resurrection. Exploring this hidden art, Silva shows how this personal experience of the Divine opened the path to self-empowerment and higher consciousness, leading initiates to describe it as the pinnacle of spiritual development.



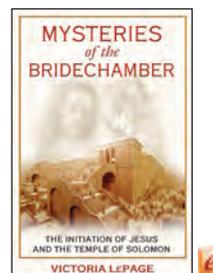
The Mysteries of John the Baptist

His Legacy in Gnosticism, Paganism, and Freemasonry

Tobias Churton

ISBN 978-1-59477-474-4
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288 pages, 6 x 9
3 b&w illustrations

This book investigates John the Baptist’s links with the Essenes and the Gnostics and exposes how the apostle Paul twisted John’s message to create the image of him as “merely” a herald. It shows that John and Jesus, as equal partners, launched an operation to overcome corruption in the Temple and re-initiate Israel.



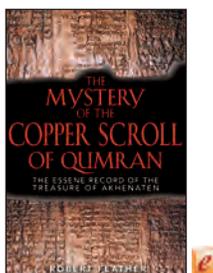
Mysteries of the Bridechamber

The Initiation of Jesus and the Temple of Solomon

Victoria LePage

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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

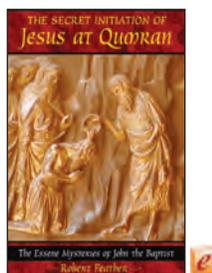
The Essene Record of the Treasure of Akhenaten

Robert Feather

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Includes 16-page color insert and 31 b&w illustrations

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.



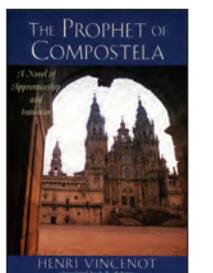
The Secret Initiation of Jesus at Qumran

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.



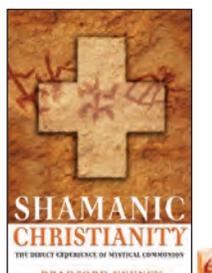
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An award-winning author explores the convergence of Church, Celtic mythology, and sacred architecture in this intriguing tale of a young man’s spiritual journey in 12th-century Burgundy.



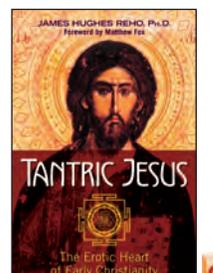
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Shamanic Christianity offers a chance to restore direct connection to the spirit world by rekindling the shamanic practices of Christianity. This reconnection, a contemplative practice, takes the form of devotions which serve to reintroduce Jesus,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



Tantric Jesus

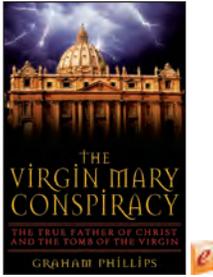
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James Hughes Reho, Ph.D.

Foreword by Matthew Fox

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In this guide to the history and modern practice of transformative Christianity, James Reho offers a new understanding of Jesus as guru and master of left-handed Tantra, revealing the original tantric wisdom of Jesus and the early Church. Reho provides step-by-step instructions for a series of Christian tantric practices.



The Virgin Mary Conspiracy

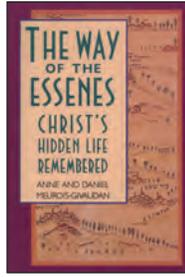
The True Father of Christ and the Tomb of the Virgin

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.



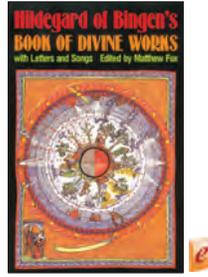
The Way of the Essenes

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.



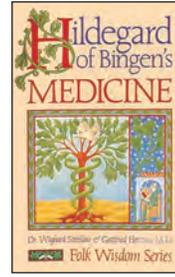
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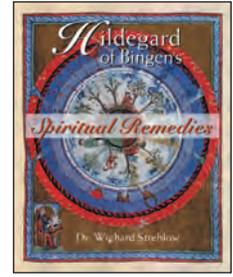


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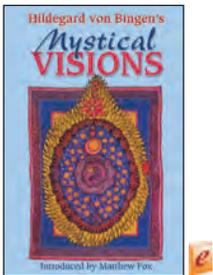


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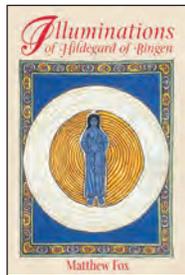
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Illuminations of Hildegard of Bingen

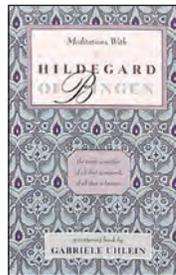
Matthew Fox

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Bernard W. Scholz,
The American
Benedictine Review



Meditations with Hildegard of Bingen

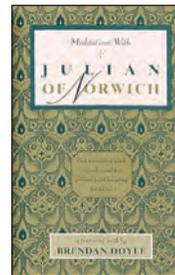
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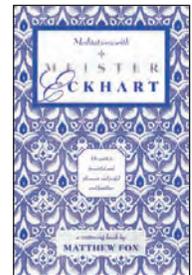


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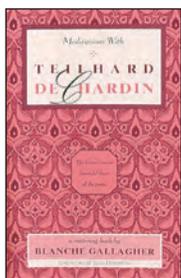


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Meister Eckhart was a 13th-century mystic and prophet, a declared heretic, and an early advocate of creation spirituality. This book of meditations reveals his simple path which demanded no gurus, no fanciful methods, no protracted exercises or retreats. He called it a "wayless way," adding that the person "who has found this way needs no other."

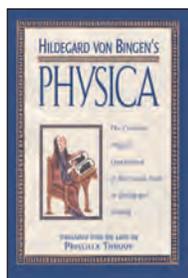


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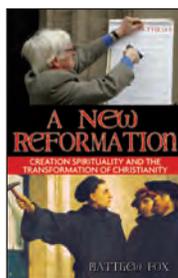


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Physica has a strong affinity with the Eastern medical approaches gaining great respect today. The modern reader interested in natural healing will recognize the enormous truth in the theories of this 12th-century physician, which remind us that our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

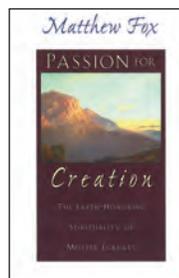


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Speaking to the loss of inspiration and resulting apathy that have emptied churches of all denominations, former Dominican priest Matthew Fox calls for a New Reformation—a reawakening of the Christian spirit that will allow us to move once again from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

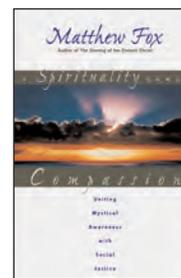


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Passion for Creation contains 37 sermons by the noted 14th-century mystic Meister Eckhart, along with Matthew Fox's original commentary. Eckhart's themes were the goodness of creation, the divine blood in each person, the need to let go and let be—a creation-centered spirituality—themes which Fox has championed as a spiritual path for the new millennium.

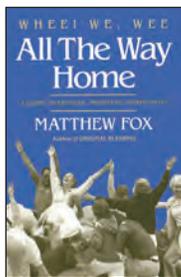


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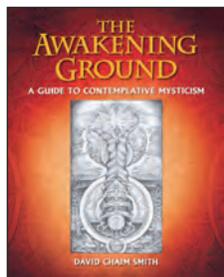


Whee! We, Wee All the Way Home

A Guide to Sensual Prophetic Spirituality

Matthew Fox
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This practical book leads us into a spirituality of passion that leads to compassion—coming to our senses in every meaning of the phrase.

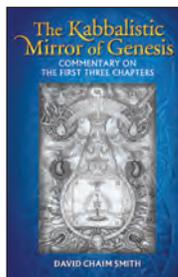


The Awakening Ground

A Guide to Contemplative Mysticism

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Author David Chaim Smith offers a guide to the practice of mystical contemplation and direct ecstatic revelation. He sets the process within the symbology of the kabbalah, introducing six stages or gates of contemplation, each illustrated by original works of art that elaborate the stage's main tendency, kabbalistic implications, and symbolic functioning.

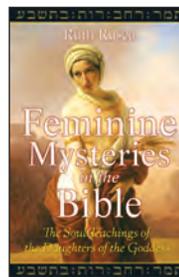


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Commentary on the First Three Chapters

David Chaim Smith
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Millennia of religious literalism has led us to believe that Genesis 1–3 is a primitive mythological explanation of the human moral disposition. But by understanding the text as pure kabbalistic metaphor, David Chaim Smith reveals a complete model of Divine creativity that removes the concept of a Creator God, and allows a new mystical understanding of the fathomless depth of Divinity.

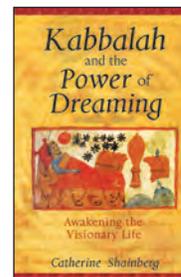


Feminine Mysteries in the Bible

The Soul Teachings of the Daughters of the Goddess

Ruth Rusca
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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.

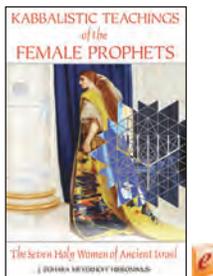


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6 b&w illustrations

[Also available in Spanish \(see page 183\)](#)
Drawing on the ancient Sephardic Kabbalah tradition, Catherine Shainberg unveils esoteric practices to unlock the dreaming mind's transformative and intuitive powers. By teaching the mind to become conscious in our sleeping dreams and the dreaming mind to manifest in daytime awareness, we are able to achieve revolutionary consciousness and open the pathways to self-realization.

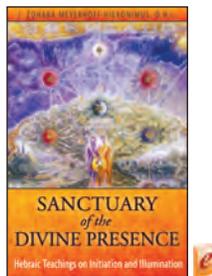


Kabbalistic Teachings of the Female Prophets

The Seven Holy Women of Ancient Israel

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

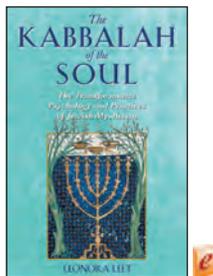


Sanctuary of the Divine Presence

Hebraic Teachings on Initiation and Illumination

J. Zohara Meyerhoff Hieronimus, D.H.L.
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512 pages, 6 x 9
18 b&w illustrations

This book of Kabbalistic initiatory teachings reveals how the practitioner may become a vessel for illumination, prophecy, and peace by creating an inner dwelling place for God's divine presence.

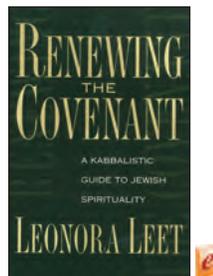


The Kabbalah of the Soul

The Transformative Psychology and Practices of Jewish Mysticism

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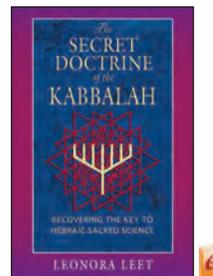


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Leonora Leet describes three ancient covenants associated with a particular spiritual practice: the Patriarchal Covenant with Father Isaac's practice of meditation; The Sinai Covenant of Holiness with the observance of the Sabbath, and the Moab Covenant of Love with the practice of prayer. This ladder of practices can enable one to ascend to ever higher levels of mystical realization.

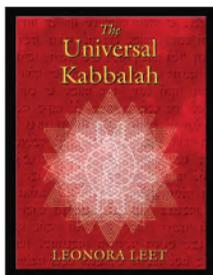


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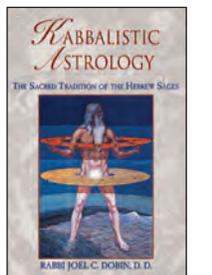
The Secret Doctrine of the Kabbalah resurrects this ancient body of knowledge to reveal eternal truths that profoundly impact contemporary spirituality. Experimental methods of practicing Hebraic sacred science are explored that explain, as never before, the meaning of the cosmological diagram of the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



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Leonora Leet, Ph.D.
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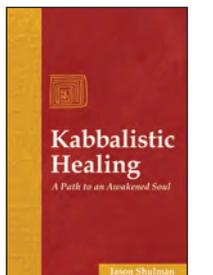
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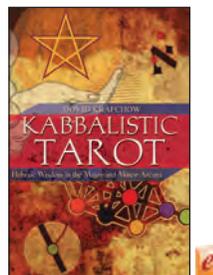


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A Path to an Awakened Soul

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

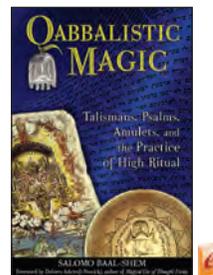


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When the Greeks invaded Israel and forbade study of the Torah, the Jewish people began a secret method of Toranic study that appeared to be merely playing cards, enabling study of the Torah without detection. In *Kabbalistic Tarot* Dovid Krafchow details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



Qabbalistic Magic

Talismans, Psalms, Amulets, and the Practice of High Ritual

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

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Jewish esoteric tradition is richly woven with magical practices. *Qabbalistic Magic* explains how to authentically perform these rituals, which range from "everyday" magic for health, prosperity, and love to advanced magic invoking the highest angelic powers or creating an astral life-form.



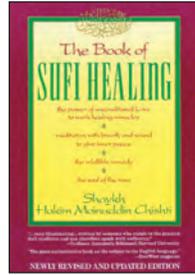
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Embracing the Full Essence of the Divine

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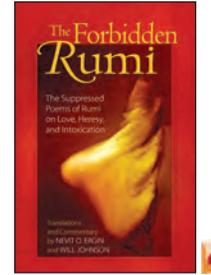
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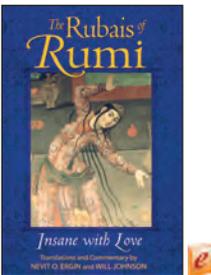
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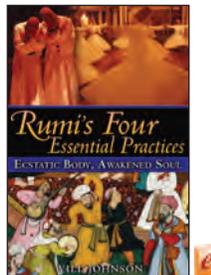
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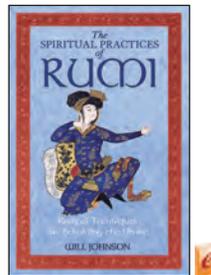
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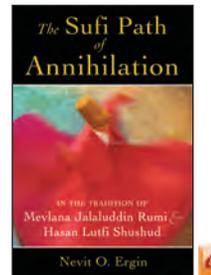
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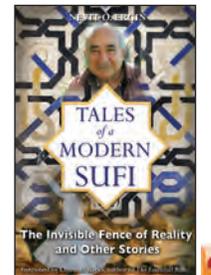
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Itlak Yolu, the Sufi path of annihilation, contains three main facets: zikr or breathing exercises; fasting; and mental suffering. The author illustrates how suffering—“the searing fire of contrition”—is the most effective instrument of spiritual progress, for it is suffering that burns and purifies the Self. Through faithful practice, the Self is ultimately annihilated so that higher levels of perception take hold and one finds oneself on the path to sainthood and immortality.



Tales of a Modern Sufi

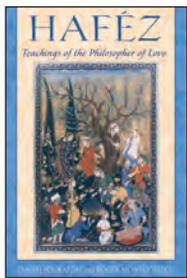
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Nevit O. Ergin

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A collection of modern Sufi tales by renowned Rumi translator and Sufi initiate Nevit Ergin containing 24 deceptively simple stories that take readers from basic perception to states of extraordinary awareness. The stories invoke questioning while expanding the notion of reality.



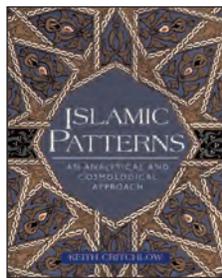
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For 600 years the Persian poet Haféz has been read, quoted, and loved by millions. Like his predecessor Rumi, he is a spiritual guide in our search for life's essence. *Haféz: Teachings of the Philosopher of Love* is the perfect introduction to the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



Islamic Patterns

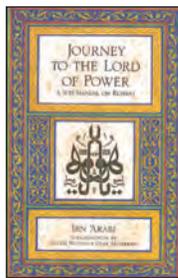
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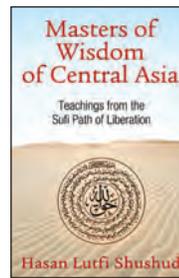
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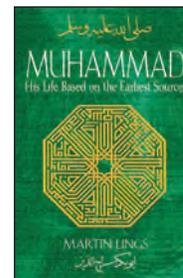
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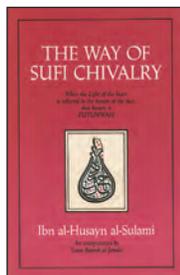
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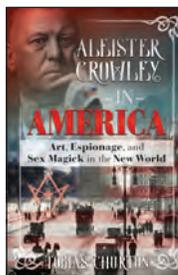
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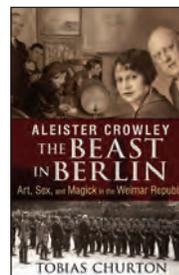
New—Available Aleister Crowley in America

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Using previously unpublished diaries and letters, Tobias Churton traces Crowley's extensive travels through America, including details of his five-year stay from 1914 to 1919, his involvement with the birth of the Greenwich Village radical art scene, and his work to undermine German propaganda to keep the United States out of World War I.



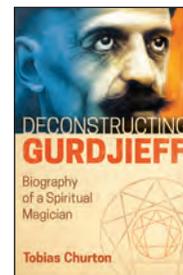
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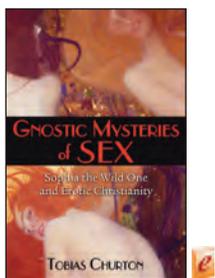
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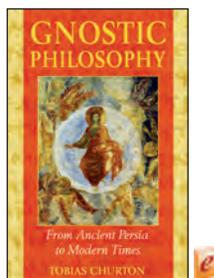
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There is a long tradition in Christianity of higher union with God through the sacrament of sex. For example, the Barbelo Gnostics practiced a spiritual sexuality known as “redemption by sin,” the mystery of Sophia can be seen in the philosophy of the Troubadours; and William Blake was influenced by a secret Renaissance sexual mysticism.



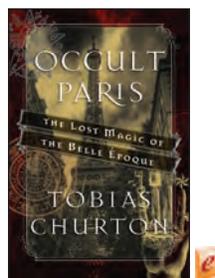
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From Ancient Persia to Modern Times

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



Occult Paris

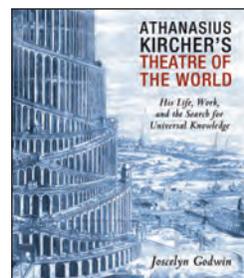
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Tobias Churton

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Historian Tobias Churton explores the magical, artistic, and intellectual world of the Belle Époque Paris. He brings into full perspective the personalities and forces that made Paris a global magnet and which allowed later cultural movements, such as the “psychedelic 60s,” to rise from the ashes of post-war Europe.



Athanasius Kircher's Theatre of the World

His Life, Work, and the Search for Universal Knowledge

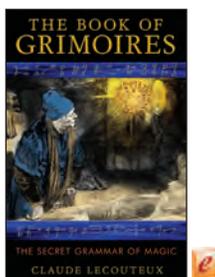
Joscelyn Godwin

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Athanasius Kircher was the last true Renaissance man, a Christian Hermeticist whose work also examined alchemy, the Kabbalah, and the Egyptian mystery tradition. Includes hundreds of stunning engravings that were a distinguishing feature of his work.



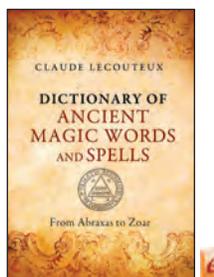
The Book of Grimoires

The Secret Grammar of Magic

Claude Lecouteux

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45 b&w illustrations

Grimoires began simply as quick-reference “grammar books” for sorcerers and magicians, but over time many of the abbreviations were misinterpreted and magical words misspelled, rendering them ineffective. In *The Book of Grimoires* Professor Lecouteux provides exact reproductions of various secret alphabets, symbols, and glyphs with instructions for their correct use.



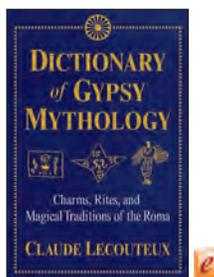
Dictionary of Ancient Magic Words and Spells

From Abraxas to Zoar

Claude Lecouteux

ISBN 978-1-62055-374-9
\$35.00 (CAN \$40.00) hardcover
448 pages, 6 x 9
214 b&w illustrations

This comprehensive dictionary includes magic words and phrases from many traditions including ancient Scandinavia, ancient Egypt, and the Hispano-Arabic magic of Spain before the Reconquista. It explains the origin and evolution of each spell through the centuries, and examines secret magical alphabets, including those based on Hebrew letters and runes.



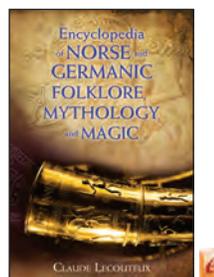
New—July 2018 Dictionary of Gypsy Mythology

Charms, Rites, and Magical Traditions of the Roma

Claude Lecouteux

ISBN 978-1-62055-667-2
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192 pages, 6 x 9
38 b&w illustrations

Drawing on sources never before available outside of Eastern Europe, Claude Lecouteux reconstructs the oral traditions of the Rom to provide a comprehensive A-to-Z look at gypsy mythology, including their folktales, rites, songs, nursery rhymes, jokes, and magical traditions. He also explores the full range of supernatural beings that inhabit the gypsy world.

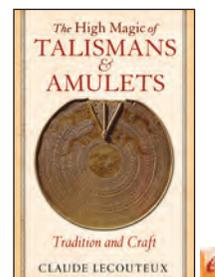


Encyclopedia of Norse and Germanic Folklore, Mythology, and Magic

Claude Lecouteux

ISBN 978-1-62055-480-7
\$29.95 (CAN \$35.95) hardcover
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109 b&w illustrations

The legends of the Norse and Germanic regions of Europe—spanning from Germany and Austria across Scandinavia to Iceland and England—include a broad range of mythical characters and places from Odin to the Valkyries. In this encyclopedia, Claude Lecouteux explores the origins, connections, and tales behind many gods, goddesses, magical beings, rituals, folk customs, and mythical places of Norse and Germanic tradition.



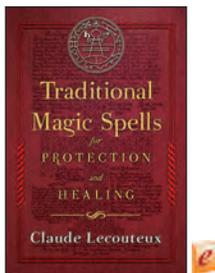
The High Magic of Talismans and Amulets

Tradition and Craft

Claude Lecouteux

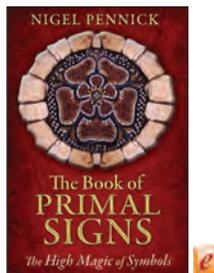
ISBN 978-1-62055-279-7
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272 pages, 6 x 9
38 b&w illustrations

Professor Lecouteux reveals the chains of sympathy, astrological geography, and invocations used since ancient times to activate the powers of amulets and talismans. He examines many different kinds of talismans, such as the rabbit’s foot, horseshoe, and gris-gris bag, revealing the principles and symbology behind each object, and showing that their use is as widespread today as at any time in the past.



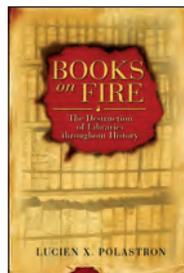
New—Available
Traditional Magic Spells for Protection and Healing

Claude Lecouteux
 ISBN 978-1-62055-621-4
 \$29.95 (CAN \$37.50) hardcover
 336 pages, 6 x 9
 79 b&w line illustrations
 Drawing on his extensive knowledge of ancient texts, Claude Lecouteux presents more than 600 magical prescriptions from both pagan and Christian sources. He examines the folk practice of diagnosing illness through magic, explores protection magic and evil spells such as curses, and includes spells from the gypsy tradition of magic and healing.



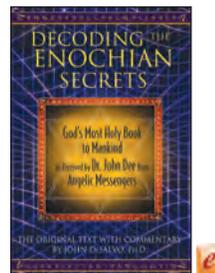
The Book of Primal Signs
The High Magic of Symbols

Nigel Pennick
 ISBN 978-1-62055-315-2
 \$16.95 (CAN \$20.50) pb
 240 pages, 6 x 9
 340 b&w illustrations
 Since ancient times, human beings have created symbols to convey deeper information that can not be communicated in words. Many glyphs have retained their meanings over millennia whereas some have modern meanings vastly different from the original connotation. This study, with more than 300 unique woodcuts, drawings, calligraphy, and photographs, examines ancient and enduring glyphs in detail, revealing how symbols link the cosmic with the terrestrial and allow us to infuse the mundane with the numinous.



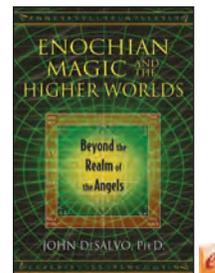
Books on Fire
The Destruction of Libraries throughout History

Lucien X. Polastron
 ISBN 978-1-59477-167-5
 \$24.95 (CAN \$29.95) hardcover
 384 pages, 6 x 9
 Almost as old as the idea of the library is the urge to destroy it. Author Lucien X. Polastron traces the history of this destruction, examining the causes for these disasters, the treasures that have been lost, and where the surviving books, if any, have ended up. *Books on Fire* received the 2004 Société des Gens de Lettres Prize for Nonfiction/History in Paris.



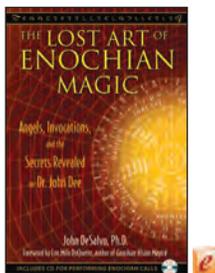
Decoding the Enochian Secrets
God's Most Holy Book to Mankind as Received by Dr. John Dee from Angelic Messengers

John DeSalvo, Ph.D.
 ISBN 978-1-59477-364-8
 \$19.95 (CAN \$24.95) hardcover
 240 pages 6 x 9
 100 b&w illustrations
 In 1580, the Book of Enoch was conveyed by angels directly to Dr. John Dee. Reproduced here for the first time, this book includes the correct phonetic pronunciations of the Enochian Calls written by Dee in the margins of his record.



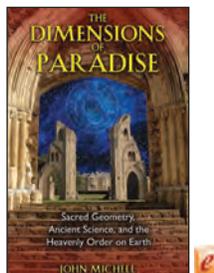
Enochian Magic and the Higher Worlds
Beyond the Realm of the Angels

John DeSalvo, Ph.D.
 ISBN 978-1-62055-301-5
 \$16.95 (CAN \$20.50) pb
 168 pages 6 x 9
 Includes 8-page color insert and 2 b&w illustrations
 The magic system transmitted by angels to John Dee and Edward Kelley in the 16th century has until now remained incomplete and thus not as powerful as the angels intended. John DeSalvo has discovered additional key pieces to this magical system that enable the practitioner to reach higher spiritual worlds and receive more powerful knowledge.



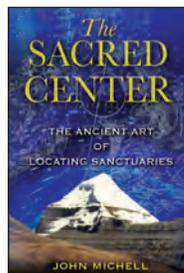
The Lost Art of Enochian Magic
Angels, Invocations, and the Secrets Revealed to Dr. John Dee

John DeSalvo, Ph.D.
 Foreword by Lon Milo DuQuette
 ISBN 978-1-59477-344-0
 \$16.95 (CAN \$19.95) pb
 232 pages, 6 x 9
 Includes 8-page color insert, 35 b&w illustrations, and a 20-minute CD of Enochian calls
 John DeSalvo deciphers the original phonetic notations found in the margins of Dr. John Dee's diaries, and shows how to properly invoke the "Enochian calls," which act like mantras in opening higher realms and invoking angels. Includes a CD of the calls.



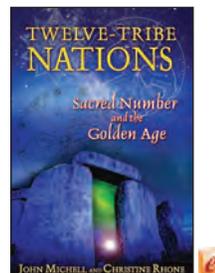
The Dimensions of Paradise
Sacred Geometry, Ancient Science, and the Heavenly Order on Earth

John Michell
 ISBN 978-1-59477-198-9
 \$16.95 (CAN \$19.95) pb
 256 pages, 6 x 9
 70 b&w illustrations
 John Michell reveals a structure of geometry and number that represents the essential order of the heavens and functions as a map of paradise. He demonstrates that the same numerical code underlying sacred structures from ancient times to the Christian era is the science and cosmology on which the ancient world order was founded.



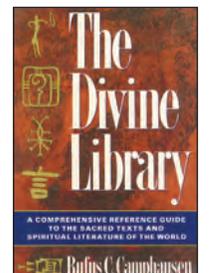
The Sacred Center
The Ancient Art of Locating Sanctuaries

John Michell
 ISBN 978-1-59477-284-9
 \$16.95 (CAN \$22.95) pb
 192 pages, 6 x 9
 56 b&w illustrations
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.



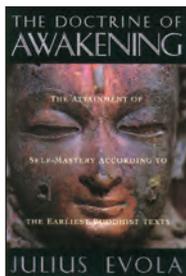
Twelve-Tribe Nations
Sacred Number and the Golden Age

John Michell and Christine Rhone
 ISBN 978-1-59477-237-5
 \$16.95 (CAN \$19.95) pb
 240 pages, 6 x 9
 77 b&w illustrations
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.



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

Rufus C. Camphausen
 ISBN 978-0-89281-351-3
 \$12.95 (CAN \$20.95) pb
 224 pages, 6 x 9
 This directory to the primary religious literature of past and present cultures includes references to available editions, translations, and commentaries.

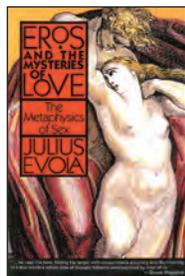


The Doctrine of Awakening

The Attainment of Self-Mastery According to the Earliest Buddhist Texts

Julius Evola
ISBN 978-0-89281-553-1
\$18.95 (CAN \$22.00) pb
272 pages, 6 x 9

Italian philosopher Julius Evola pares away centuries of adaptations to reveal Buddhist practice in its original context. Most surprisingly, he argues that the widespread belief in reincarnation is not an original Buddhist tenet. Evola presents actual practices of concentration and visualization, and places them in the larger metaphysical context of the Buddhist model of mind and universe.

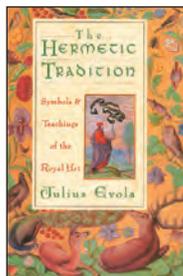


Eros and the Mysteries of Love

The Metaphysics of Sex

Julius Evola
ISBN 978-0-89281-315-5
\$19.95 (CAN \$23.95) pb
336 pages, 6 x 9

A comprehensive work on the metaphysical aspects of sexuality. Julius Evola sheds new light on the mystical and spiritual expression of sexual love. This in-depth study explores the sexual rites of sacred traditions, and shows how religion, mysticism, folklore, and mythology all contain erotic forms in which the deep potentialities of human beings are recognized.

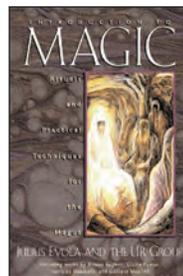


The Hermetic Tradition

Symbols and Teachings of the Royal Art

Julius Evola
ISBN 978-0-89281-451-0
\$18.95 (CAN \$22.95) pb
240 pages, 6 x 9

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

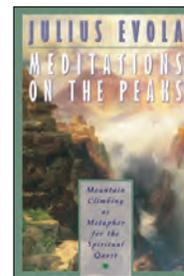


Introduction to Magic

Rituals and Practical Techniques for the Magus

Julius Evola and the UR Group
ISBN 978-0-89281-624-8
\$24.95 (CAN \$29.95) pb
416 pages, 6 x 9

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

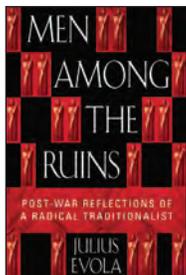


Meditations on the Peaks

Mountain Climbing as Metaphor for the Spiritual Quest

Julius Evola
ISBN 978-0-89281-657-6
\$12.95 (CAN \$20.95) pb
144 pages, 6 x 9

Evola articulates the close relationship between the physical rigors of mountain climbing and the ascent of the initiate toward self-transcendence. He combines recollections of his own experiences with reflections on other inspirational men and women who shared his view of the transcendent greatness of mountains.

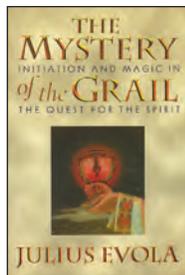


Men among the Ruins

Post-War Reflections of a Radical Traditionalist

Julius Evola
ISBN 978-0-89281-905-8
\$24.95 (CAN \$29.95) pb
328 pages, 6 x 9

Evola viewed the forces of history as comprised by two factions: "history's demolition squad" enslaved by blind faith in the future and those individuals whose watchword is Tradition. These latter stand in this world of ruins at a higher level and are capable of letting go of what needs to be abandoned in order that what is truly essential not be compromised.

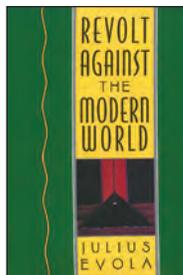


The Mystery of the Grail

Initiation and Magic in the Quest for the Spirit

Julius Evola
ISBN 978-0-89281-573-9
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9

One of Europe's greatest esoteric philosophers explores the pre-Christian sources of this powerful symbol that is so central to Western mythology and culture, tracing its mythology from Nordic sagas through the Middle Ages. This excursion into the realm of the Grail throws new light on an endlessly fascinating subject.

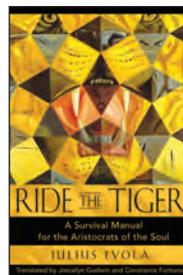


Revolt Against the Modern World

Politics, Religion, and Social Order in the Kali Yuga

Julius Evola
ISBN 978-0-89281-506-7
\$29.95 (CAN \$35.95) hardcover
412 pages, 6 x 9

In what many consider to be his masterwork, Evola contrasts the characteristics of the modern world with those of traditional societies, from politics and institutions to views on life and death.

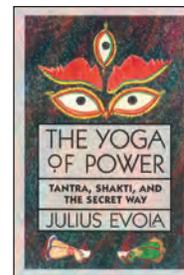


Ride the Tiger

A Survival Manual for the Aristocrats of the Soul

Julius Evola
Translated by Joscelyn Godwin and Constance Fontana
ISBN 978-0-89281-125-0
\$25.00 (CAN \$29.95) hardcover
256 pages, 6 x 9

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.

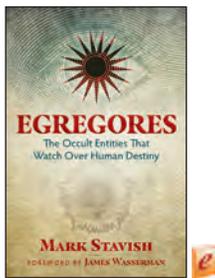


The Yoga of Power

Tantra, Shakti, and the Secret Way

Julius Evola
ISBN 978-0-89281-368-1
\$16.95 (CAN \$19.95) pb
256 pages, 6 x 9

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.

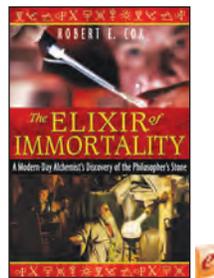


New—July 2018
Egregores

The Occult Entities That Watch Over Human Destiny
Mark Stavish

Foreword by James Wasserman
ISBN 978-1-62055-577-4
\$16.99 (CAN \$21.50) pb
160 pages, 6 x 9

Examining the ancient and modern history of the *egregore*, an autonomous psychic entity created by a collective group mind, Mark Stavish explains how to identify an *egregore*, providing detailed and documented examples, and explores how they are created, sustained, directed, and destroyed.

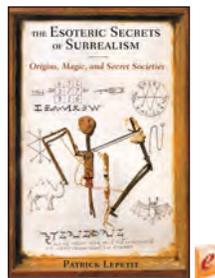


The Elixir of Immortality

A Modern-Day Alchemist's Discovery of the Philosopher's Stone
Robert E. Cox

ISBN 978-1-59477-303-7
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9
3 b&w illustrations

In 1989, a mysterious white powder possessing marvelous healing powers was discovered in Arizona. It bore eerie resemblance to the ultimate quest of the alchemists: the elixir of immortality. Robert Cox pursues alchemical secrets that have been hidden for centuries.

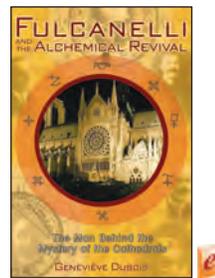


The Esoteric Secrets of Surrealism

Origins, Magic, and Secret Societies
Patrick Lepetit

Foreword by Bernard Roger
ISBN 978-1-62055-175-2
\$29.95 (CAN \$35.95) pb
544 pages, 6 x 9
Includes 16-page color insert

Drawing on an extensive range of writings by the surrealists and those in their circle of influence, Patrick Lepetit shows how the surrealists employed mythology, gnostic principles, tarot, voodoo, and alchemy not simply as reference points but as significant elements of their ongoing investigations into the fundamental nature of consciousness.

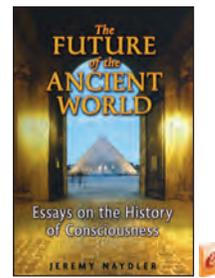


Fulcanelli and the Alchemical Revival

The Man Behind the Mystery of the Cathedrals
Geneviève Dubois

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

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

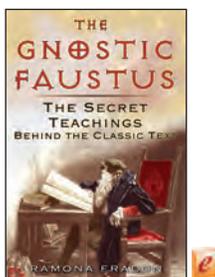


The Future of the Ancient World

Essays on the History of Consciousness
Jeremy Naydler

ISBN 978-1-59477-292-4
\$19.95 (CAN \$26.95) pb
320 pages, 6 x 9
111 b&w illustrations

In *The Future of the Ancient World* Jeremy Naydler examines the evolution of human consciousness over the past five thousand years, revealing how we lost our ability to connect with the invisible world of gods, spirits and ancestors, and how we can find our way back.

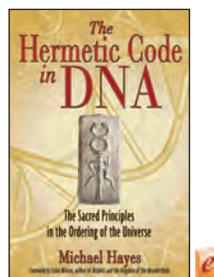


The Gnostic Faustus

The Secret Teachings behind the Classic Text
Ramona Fradon

ISBN 978-1-59477-204-7
\$19.95 (CAN \$26.95) pb
384 pages, 6 x 9

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

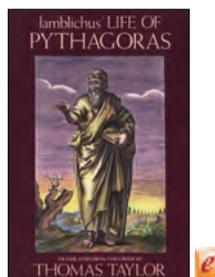


The Hermetic Code in DNA

The Sacred Principles in the Ordering of the Universe
Michael Hayes

Foreword by Colin Wilson
ISBN 978-1-59477-218-4
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9
12 b&w illustrations

This book reveals distinct numerical patterns that connect ancient philosophies, religion, the harmonic ratios of music, and modern science. These patterns, the Hermetic Code, reveal a resonance between biology and cosmology most strikingly in the helical structure of life itself: DNA.

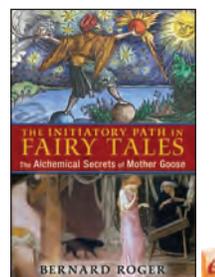


Iamblichus' Life of Pythagoras

Thomas Taylor

ISBN 978-0-89281-152-6
\$19.95 (CAN \$23.95) pb
272 pages, 6 x 9

Iamblichus' biography of Pythagoras is universally acknowledged as deriving from sources of the highest antiquity. This translation was first printed in 1818 and is brought again to light in this modern edition. Included with the biography are excerpts from Pythagoras' teachings, substantial sections on the Fragments of the Ethical Writings (the work of very early Pythagoreans), and the Pythagoric Sentences.

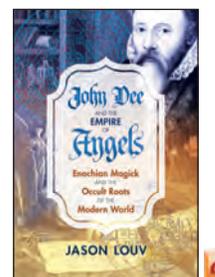


The Initiatory Path in Fairy Tales

The Alchemical Secrets of Mother Goose
Bernard Roger

ISBN 978-1-62055-403-6
\$19.95 (CAN \$23.95) pb
320 pages, 6 x 9

In his *Mystery of the Cathedrals*, the great alchemist Fulcanelli revealed the hermetic secrets encoded in the architecture of the great cathedrals of Europe. What he did for churches, his disciple Bernard Roger does here for fairy tales. Roger reveals how the tales illustrate each stage of the Great Work and the alchemical iterations required to achieve them.

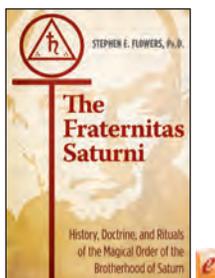


New—April 2018
John Dee and the Empire of Angels

Enochian Magick and the Occult Roots of the Modern World
Jason Louv

ISBN 978-1-62055-589-7
\$40.00 (CAN \$50.00) hardcover
560 pages, 6 x 9
Includes 16-page color insert and 79 b&w illustrations

Presenting a comprehensive look at the life and continuing influence of 16th-century genius and occultist Dr. John Dee, Jason Louv examines Dee's scientific achievements, intelligence and spy work, imperial strategizing, and his methods of communicating with angels. He also explores Enochian in precise detail and reconstructs Dee's Spirit Diaries.



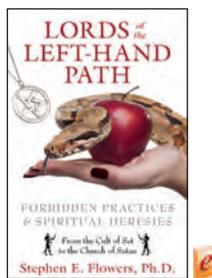
New—June 2018
The Fraternitas Saturni

History, Doctrine, and Rituals of the Magical Order of the Brotherhood of Saturn

Stephen E. Flowers, Ph.D.

ISBN 978-1-62055-721-1
\$18.99 (CAN \$23.99) pb
208 pages, 6 x 9
35 b&w illustrations

The most influential magical group in Germany during the 20th century, the Fraternitas Saturni, or Brotherhood of Saturn, was almost entirely secret until 1970. Stephen Flowers examines the history of the Order, its path of initiation, secret doctrines, ritual practices, and magical formulas. He also offers biographies of the Order's most prominent members.



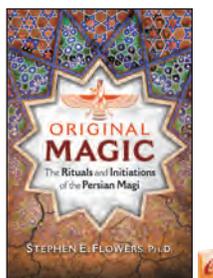
Lords of the Left-Hand Path

Forbidden Practices and Spiritual Heresies

Stephen E. Flowers, Ph.D.

ISBN 978-1-59477-467-6
\$24.95 (CAN \$30.00) pb
512 pages, 6 x 9
17 b&w illustrations

This book examines the practices of many occult groups, including the Cult of Set, the Yezidi Devil Worshipers, the Assassins, the Hell-Fire Club, the occult Nazis, and several heretical Sufi, Zoroastrian, Christian, and Muslim sects.



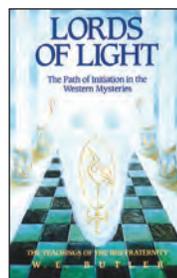
New—Available
Original Magic

The Rituals and Initiations of the Persian Magi

Stephen E. Flowers, Ph.D.

ISBN 978-1-62055-644-3
\$16.95 (CAN \$21.50) pb
192 pages, 6 x 9
12 b&w illustrations

Stephen Flowers explores the history, theory, practice, rituals, and initiations of the Mazdan magical system practiced by the Magi of ancient Persia. He details a complete curriculum of magical study and initiation based on exercises keyed to the sacred Zoroastrian calendar and also offers advanced magical rituals based on archaic Persian formulas.



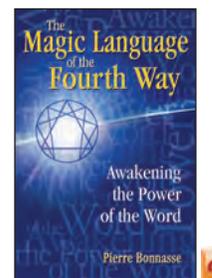
Lords of Light

The Path of Initiation in the Western Mysteries

W. E. Butler

ISBN 978-0-89281-308-7
\$16.95 (CAN \$19.95) pb
192 pages, 5.38 x 8.25

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



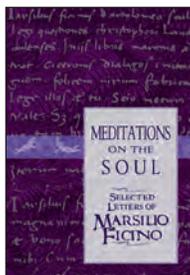
The Magic Language of the Fourth Way

Awakening the Power of the Word

Pierre Bonnasse

ISBN 978-1-59477-232-0
\$24.95 (CAN \$29.50) pb
384 pages, 6 x 9
33 b&w illustrations

Words possessed magical powers in the first days of humanity when they created the reality of what they described. Pierre Bonnasse applies the esoteric teachings of G. I. Gurdjieff and René Daumal to show how the power given to words by the notes of the scale can lead to spiritual advancement.



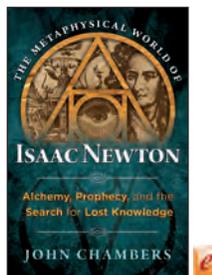
Meditations on the Soul

Selected Letters of Marsilio Ficino

Edited by Clement Salaman

ISBN 978-0-89281-658-3
\$19.95 (CAN \$26.95) pb
304 pages, 6 x 9

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



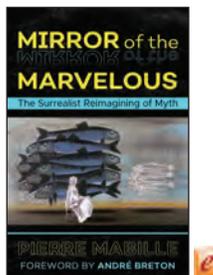
New—Available
The Metaphysical World of Isaac Newton

Alchemy, Prophecy, and the Search for Lost Knowledge

John Chambers

ISBN 978-1-62055-204-9
\$35.00 (CAN \$43.95) hardcover
480 pages, 6 x 9

At the same time Newton was writing *Principia Mathematica*, he was writing a twin volume on theology. This book explores Newton's secret masterpiece, including his essays on alchemy, spirituality, Atlantis, metaphysics, "corrupted texts" in the Bible, and his prediction of an Apocalypse in the year 2060.



New—April 2018

New Paperback Edition

Mirror of the Marvelous

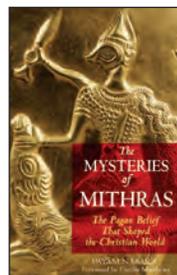
The Surrealist Reimagining of Myth

Pierre Mabille

Foreword by André Breton

ISBN 978-1-62055-733-4
\$19.99 (CAN \$24.99) pb
320 pages, 6 x 9
5 b&w illustrations

One of the most significant surrealist books, this classic explains how "the marvelous" is more than a synonym for "the fantastic" because it engages the entire emotional realm. Drawing on sacred and modern texts, the author defines "the marvelous" by showing its presence in those works where it burns the brightest.



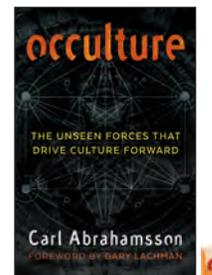
The Mysteries of Mithras

The Pagan Belief That Shaped the Christian World

Payam Nabarz

Foreword by Caitlín Matthews
ISBN 978-1-59477-027-2
\$16.95 (CAN \$19.95) pb
240 pages, 6 x 9
34 b&w illustrations

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



New—March 2018
Occulture

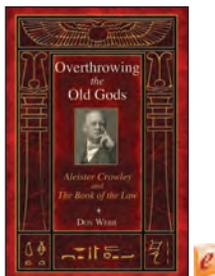
The Unseen Forces That Drive Culture Forward

Carl Abrahamsson

Foreword by Gary Lachman

ISBN 978-1-62055-703-7
\$18.99 (CAN \$23.99) pb
256 pages, 6 x 9

Art, magic, and the occult have been intimately linked since the time of our ancestors. Blending magical history and esoteric philosophy, Carl Abrahamsson reveals the integral role played by magic and occultism in the development of culture throughout history, including deep looks at major figures such as Carl Jung and Aleister Crowley.



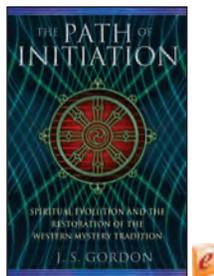
Overthrowing the Old Gods

Aleister Crowley and the Book of the Law

Don Webb

ISBN 978-1-62055-189-9
\$19.95 (CAN \$22.95) pb
352 pages, 6 x 9

This volume offers new commentaries on Aleister Crowley's Book of the Law. It shows how the Book of the Law is connected to both Right- and Left-Hand Paths and reveals how Crowley's magical path of mastery over the self and Cosmos overthrew the gods of old religion, which had kept humanity asleep to dream the nightmare of history.



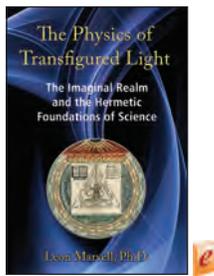
The Path of Initiation

Spiritual Evolution and the Restoration of the Western Mystery Tradition

J. S. Gordon

ISBN 978-1-62055-173-8
\$29.95 (CAN \$34.50)
Paper with French flaps
608 pages, 6 x 9
60 b&w illustrations

This book investigates initiatic practices from the ancient Mystery schools to the works of H. P. Blavatsky and Alice Bailey. It reveals that the Adepts are preparing humanity for the Age of Aquarius, creating the ideal preconditions for spiritual evolution and an eventual restoration of the Mysteries in the modern era.



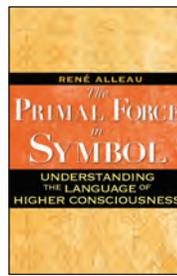
The Physics of Transfigured Light

The Imaginal Realm and the Hermetic Foundations of Science

Leon Marvell, Ph.D.

Foreword by Arthur Versluis
ISBN 978-1-62055-482-1
\$29.95 (CAN \$35.95) hardcover
352 pages, 6 x 9

Leon Marvell shows how three main Hermetic ideas—the divine spark within each individual, the subtle body, and the anima mundi or world soul are at the heart of what modern physics is now rediscovering: that energetic consciousness permeates everything and the universe cannot be understood through the mechanistic perspective.



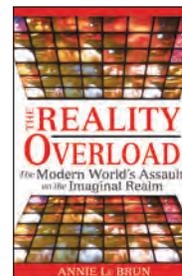
The Primal Force in Symbol

Understanding the Language of Higher Consciousness

René Alleau

ISBN 978-1-59477-249-8
\$19.95 (CAN \$26.95) pb
304 pages, 6 x 9

In this exhaustive study of symbology, Rene Alleau examines diverse aspects of symbol in a wide variety cultures, both ancient and modern. He reveals how symbols form a language akin to music that allows one to understand the primal force in the universal order.



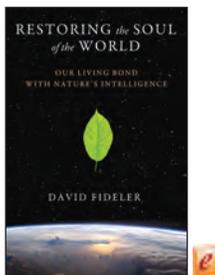
The Reality Overload

The Modern World's Assault on the Imaginal Realm

Annie Le Brun

ISBN 978-1-59477-244-3
\$16.95 (CAN \$19.95) pb
240 pages, 6 x 9

The constant force-feeding of too much information causes a reality overload that robs us of our living connection to time, the physical world, and each other. The degradation of the environment mirrors what is happening to us in our own imaginal realm, the home of our dreams, creativity, and individuality.



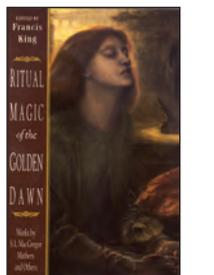
Restoring the Soul of the World

Our Living Bond with Nature's Intelligence

David Fideler

ISBN 978-1-62055-359-6
\$18.95 (CAN \$22.95) pb
320 pages, 6 x 9
30 b&w illustrations

With the arrival of the Scientific Revolution the world came to be viewed as a mechanism bound by the laws of physics, rather than a constantly developing organism, a view that has led to humanity's profound sense of alienation. This book reveals that even at the molecular level, natural systems engage in self-organization and creative problem solving, mirroring the ancient idea of a creative intelligence at the heart of nature.



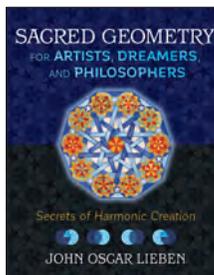
Ritual Magic of the Golden Dawn

Works by S. L. MacGregor Mathers and Others

Edited by Francis King

ISBN 978-0-89281-617-0
\$16.95 (CAN \$19.95) pb
288 pages, 5.38 x 8.25

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



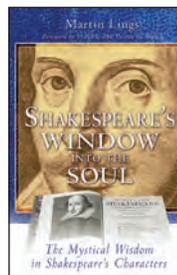
**New—August 2018
Sacred Geometry for Artists, Dreamers, and Philosophers**

Secrets of Harmonic Creation

John Oscar Lieben

ISBN 978-1-62055-701-3
\$40.00 (CAN \$50.00) hardcover
288 pages, 8 x 10
245 two-color illustrations

Exploring the art and science of harmonics, John Oscar Lieben shows how to create harmonious forms using the ancient tools of number, geometry, and musical tone. He demonstrates many practical applications for harmonics, including gardens based on harmonic principles and ceremonial spaces that honor cosmic harmonies and sacred geometric relationships.



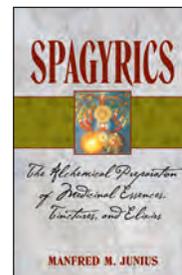
Shakespeare's Window into the Soul

The Mystical Wisdom in Shakespeare's Characters

Martin Lings

Foreword by H.R.H. The Prince of Wales
ISBN 978-1-59477-120-0
\$14.95 (CAN \$19.50) pb
224 pages, 6 x 9

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



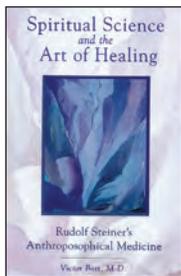
Spagyrics

The Alchemical Preparation of Medicinal Essences, Tinctures, and Elixirs

Manfred M. Junius

ISBN 978-1-59477-179-8
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9
47 b&w illustrations

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

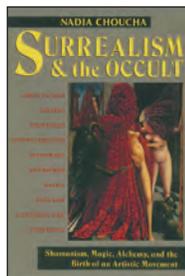


Spiritual Science and the Art of Healing

Rudolf Steiner's Anthroposophical Medicine
Victor Bott, M.D.

ISBN 978-0-89281-636-1
\$16.95 (CAN \$19.95) pb
208 pages, 5.38 x 8.25

Rudolf Steiner's anthroposophical medicine, highly regarded and widely practiced in Europe, integrates allopathic medical practices with alternative remedies, including dietary and nutritional therapies, massage, hydrotherapy, art therapy, and counseling.

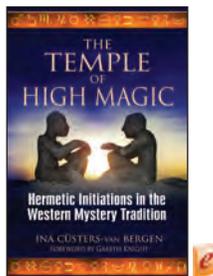


Surrealism and the Occult

Shamanism, Magic, Alchemy, and the Birth of an Artistic Movement
Nadia Choucha

ISBN 978-0-89281-373-5
\$12.95 (CAN \$14.95) pb
152 pages, 6 x 9
15 b&w photographs

An art historian shows how many surrealists and their predecessors were steeped in magical ideas that were expressed in their art: the sorcery of Dali, the alchemy of Picasso, the Theosophy of Kandinsky, and the shamanism of Ernst and Carrington.

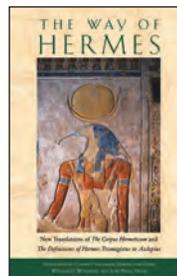


The Temple of High Magic

Hermetic Initiations in the Western Mystery Tradition
Ina Custers-van Bergen
Foreword by Gareth Knight

ISBN 978-1-59477-308-2
\$19.95 (CAN \$27.95) pb
400 pages, 6 x 9
28 b&w illustrations

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.

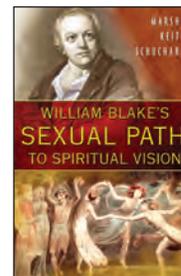


The Way of Hermes
New Translations of The Corpus Hermeticum and The Definitions of Hermes Trismegistus to Asclepius

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

ISBN 978-0-89281-186-1
\$14.95 (CAN \$17.95) pb
132 pages, 5.38 x 8.25
Includes 4-page b&w insert

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



William Blake's Sexual Path to Spiritual Vision

Marsha Keith Schuchard

ISBN 978-1-59477-211-5
\$19.95 pb
416 pages, 6 x 9
53 b&w illustrations

William Blake is 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.



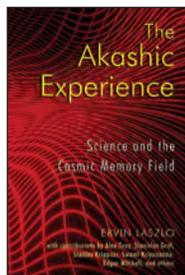
7 Reasons to Believe in the Afterlife

A Doctor Reviews the Case for Consciousness after Death

Jean Jacques Charbonier, M.D.

ISBN 978-1-62055-380-0
\$14.95 (CAN \$17.95) pb
160 pages, 6 x 9

As an anesthesiologist and intensive care physician, Dr. Charbonier studied hundreds of accounts of patients who returned from clinical death. He distills his findings into seven cogent arguments, refuting the objections of materialists point by point. Death, he finds, is simply a transition, and understanding this can enable us to live more fully and peacefully in the now.



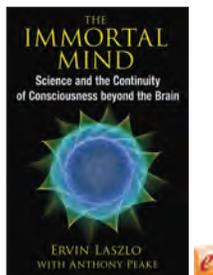
The Akashic Experience

Science and the Cosmic Memory Field

Ervin Laszlo

ISBN 978-1-59477-298-6
\$16.95 (CAN \$19.95) pb
288 pages, 6 x 9

Twenty cultural and scientific leaders describe their experience of the Akashic Field, a cosmic memory field that contains all information—past, present and future. These testimonies, from a wide range of authorities, mark an evolution of human consciousness that is under way today.



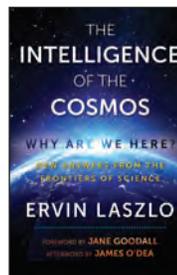
The Immortal Mind
Science and the Continuity of Consciousness beyond the Brain

Ervin Laszlo with Anthony Peake

ISBN 978-1-62055-303-9
\$16.95 (CAN \$19.95) pb
176 pages, 6 x 9

Also available in Spanish (see page 186)

The notion that consciousness can exist without connection to a living organism is supported by evidence from near-death experiences, after-death communication, and neurosensory information received in altered states. Indeed, cutting-edge physics now posits that things in our plane of time and space are not intrinsically real but are manifestations of a dimension where they exist as superstrings and energy matrices.



New—Available
The Intelligence of the Cosmos

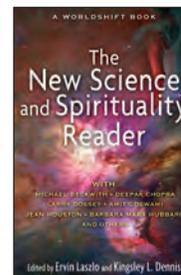
Why Are We Here? New Answers from the Frontiers of Science

Ervin Laszlo

Foreword by Jane Goodall
Afterword by James O'Dea

ISBN 978-1-62055-731-0
\$16.95 (CAN \$21.50) pb
192 pages, 6 x 9

The new paradigm emerging in science shows how the world is an interconnected, coherent whole, informed by cosmic intelligence. Ervin Laszlo shows how this integrates seamlessly with the wisdom traditions and enables us to evolve consciously and re-discover our purpose, revealing a way forward into a new era of peace and global wellbeing.



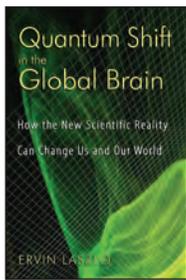
A WorldShift Book

The New Science and Spirituality Reader

Edited by Ervin Laszlo and Kingsley L. Dennis

ISBN 978-1-59477-476-8
\$14.95 (CAN \$16.95) pb
192 pages, 6 x 9

This volume brings together the thoughts of 28 leading scientists and spiritual thinkers. Contributors include Michael Beckwith, Deepak Chopra, Larry Dossey, Amit Goswami, Stanislaw Grof, Jean Houston, Barbara Marx Hubbard, José Arguëlles, and Peter Russell.



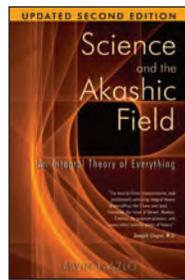
Quantum Shift in the Global Brain

How the New Scientific Reality Is Changing Us and Our World

Ervin Laszlo

ISBN 978-1-59477-233-7
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192 pages, 6 x 9
10 b&w illustrations

Ervin Laszlo presents a "reality map" to guide us through today's quantum world shifts. We need this map to understand what we must do during this time of great transition as old ways of thinking yield to new multi-dimensional realities.



Science and the Akashic Field

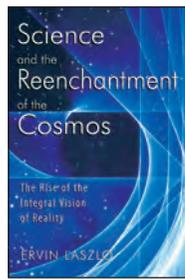
An Integral Theory of Everything

Ervin Laszlo

ISBN 978-1-59477-181-1
\$14.95 (CAN \$17.95) pb
208 pages, 6 x 9

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

Available on audible.com



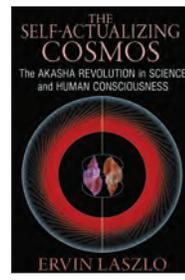
Science and the Reenchantment of the Cosmos

The Rise of the Integral Vision of Reality

Ervin Laszlo

ISBN 978-1-59477-102-6
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224 pages, 6 x 9

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.



The Self-Actualizing Cosmos

The Akasha Revolution in Science and Human Consciousness

Ervin Laszlo

ISBN 978-1-62055-276-6
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208 pages, 6 x 9
29 b&w illustrations

Science evolves through radical shifts. In just the 20th century science has shifted from the Newtonian worldview to Einstein's relativity paradigm to the quantum paradigm. Now we arrive at the Akasha paradigm, an inclusive way of understanding that reaffirms the age-old comprehension of deep connections among people, societies, and nature, and integrates and transcends classical religious and scientific paradigms.



WorldShift 2012

Making Green Business, New Politics, and Higher Consciousness Work Together

Ervin Laszlo

Forewords by Deepak Chopra and Mikhail Gorbachev
ISBN 978-1-59477-328-0
\$14.95 pb
144 pages, 6 x 9

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.



Alternative Science

Challenging the Myths of the Scientific Establishment

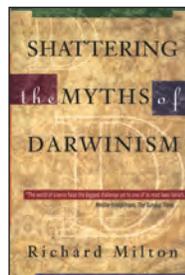
Richard Milton

ISBN 978-0-89281-631-6
\$19.95 (CAN \$23.95) 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

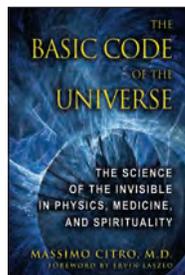
Richard Milton

ISBN 978-0-89281-884-6
\$16.95 (CAN \$19.95) pb
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



The Basic Code of the Universe

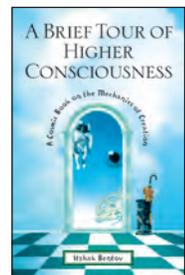
The Science of the Invisible in Physics, Medicine, and Spirituality

Massimo Citro, M.D.

Foreword by Ervin Laszlo

ISBN 978-1-59477-391-4
\$25.00 (CAN \$30.00) hardcover
288 pages, 6 x 9
40 b&w illustrations

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.



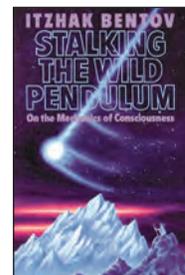
A Brief Tour of Higher Consciousness

A Cosmic Book on the Mechanics of Creation

Itzhak Bentov

ISBN 978-0-89281-814-3
\$12.95 (CAN \$14.95) pb
144 pages, 5.25 x 8.25
63 b&w illustrations

Anyone interested in the inner reaches of the mind, the greater structure of the cosmos, and the spiritual evolution of humanity will find this book an informed and delightful read. Bentov explains the Kabbalistic principles of number and sound, the meaning of cosmic symbols, and ultimately, shows that the universe and thought are inseparable.



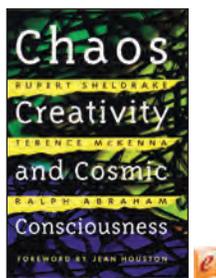
Stalking the Wild Pendulum

On the Mechanics of Consciousness

Itzhak Bentov

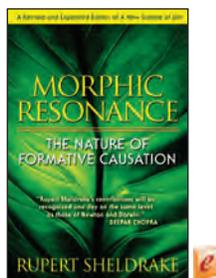
ISBN 978-0-89281-202-8
\$14.95 (CAN \$17.95) pb
208 pages, 5.38 x 8.25

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



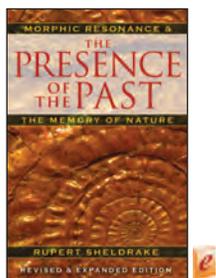
Chaos, Creativity, and Cosmic Consciousness

Rupert Sheldrake, Terence McKenna, and Ralph Abraham
Foreword by Jean Houston
ISBN 978-0-89281-977-5
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9
23 b&w photographs and illustrations
In this book, Sheldrake, Abraham, and McKenna discuss questions that lie at the intersection of physical and metaphysical reality, opening windows into what Jean Houston calls "the dreamscapes of our everyday waking life."



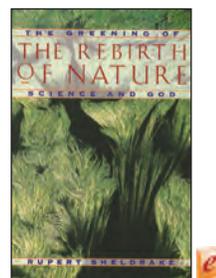
Morphic Resonance
The Nature of Formative Causation

Rupert Sheldrake
ISBN 978-1-59477-317-4
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9
39 b&w illustrations
In this updated edition of *A New Science of Life*, Rupert Sheldrake presents further evidence for his controversial theory of morphic resonance—the observation that past behavior influences present organisms, unconfined by time and space.



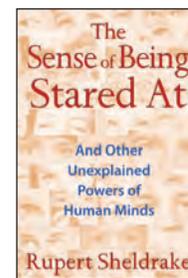
The Presence of the Past
Morphic Resonance and the Memory of Nature

Rupert Sheldrake
ISBN 978-1-59477-461-4
\$24.95 (CAN \$27.95) pb
480 pages, 6 x 9
Rupert Sheldrake lays out new evidence in support of his theory of morphic resonance, which proposes that all self-organizing systems inherit a collective memory and that evolution is an interplay of habit and creativity rather than merely "survival of the fittest."



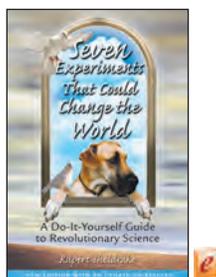
The Rebirth of Nature
The Greening of Science and God

Rupert Sheldrake
ISBN 978-0-89281-510-4
\$16.95 (CAN \$21.95) pb
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Rupert Sheldrake, one of the world's preeminent biologists, has revolutionized scientific thinking with his vision of a living, developing universe. In *The Rebirth of Nature* Sheldrake transports us to the threshold of a new paradigm in which traditional wisdom, intuitive experience, and scientific insight can co-exist and be mutually enriching.



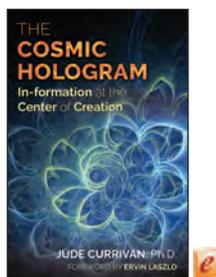
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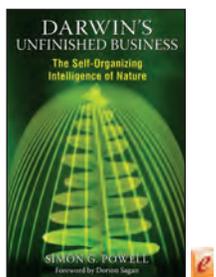
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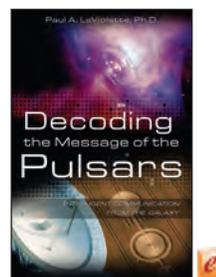
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Jude Curriwan, Ph.D.
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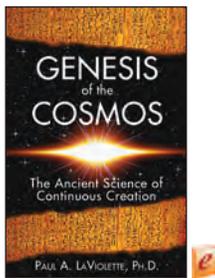
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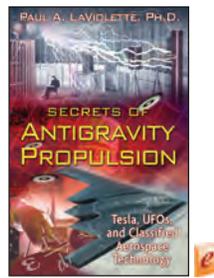
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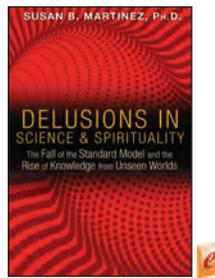
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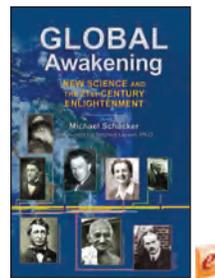
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Global Awakening

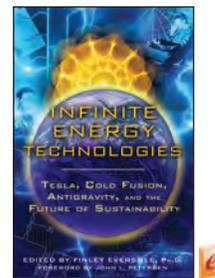
New Science and the 21st-Century Enlightenment

Michael Schacker

Introduction by Stephen Larsen, Ph.D.

ISBN 978-1-59477-482-9
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40 b&w illustrations

Global Awakening profiles the creative geniuses behind many paradigm shifts in history, from Galileo to Gandhi. It details the stages through which every shift progresses and shows how we can contribute to global regeneration today.



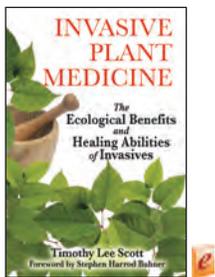
Infinite Energy Technologies

Tesla, Cold Fusion, Antigravity, and the Future of Sustainability

Ed. by Finley Eversole, Ph.D.

Foreword by John L. Petersen
ISBN 978-1-59477-380-8
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400 pages, 6 x 9, 74 b&w illustrations

This book gathers together the research of five geniuses—John Worrell Keely, Nikola Tesla, Viktor Schauburger, Royal Raymond Rife, and T. Townsend Brown—who made revolutionary discoveries about free energy, electricity, water vortex motion, electric ray technology, and antigravity. These suppressed scientists developed technologies that, if fully implemented, could establish truly sustainable energy systems.



Invasive Plant Medicine

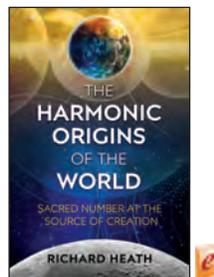
The Ecological Benefits and Healing Abilities of Invasives

Timothy Lee Scott

Foreword by Stephen Harrod Buhner

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Timothy Scott shows how invasive plants—mostly originating in Asia where they are used in traditional healing—perform an essential ecological function and are far less a threat to the environment than the cocktails of toxic pesticides used to control them.



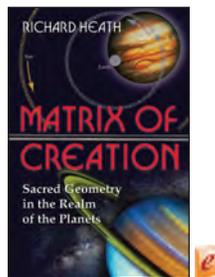
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Richard Heath

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Exploring the simple mathematical relationships that underlie the cycles of the solar system and the music of Earth, Richard Heath reveals how Neolithic astronomers discovered these ratios using megalithic monuments like Stonehenge and the Carnac stones. He shows how this harmonic knowledge inspired the earliest religious systems and spread around the world.



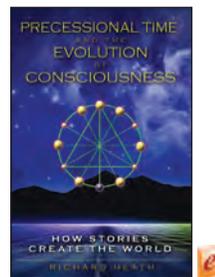
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Richard Heath

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Sacred numbers arose from ancient man's observation of the heavens, and represent the secrets of cosmic proportion and alignment. The ancients understood that the ripeness of the natural world is the perfection of ratio and that the planetary system—and time itself—is a creation of number. We have forgotten what our ancestors once knew: that numbers and their properties create the forms of the world.



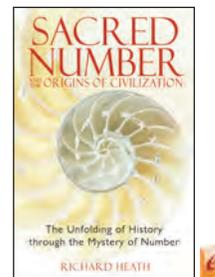
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Richard Heath

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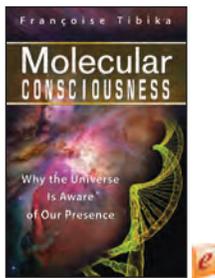
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Richard Heath

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122 b&w illustrations

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



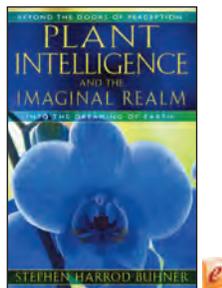
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Why the Universe Is Aware of Our Presence

Françoise Tibika

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The molecules of living organisms are in constant communication, storing and transmitting information both at the intracellular level as well as across vast distances. Each imperishable atom of the universe is intrinsically linked with all other atoms. Thus, by effecting conscious change our actions have significance in a universe that is not blind to our presence.



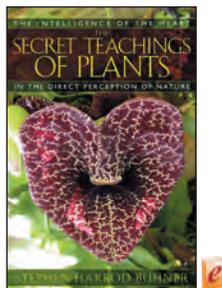
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All life forms on Earth possess intelligence, language, and the ability to dream. The capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. By consciously opening the doors of perception, we may directly experience the meanings that flow through each living form, not least of all through the plant world.



The Secret Teachings of Plants

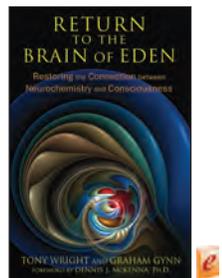
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Stephen Harrod Buhner

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Also available in Spanish (see page 186)

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.



Return to the Brain of Eden

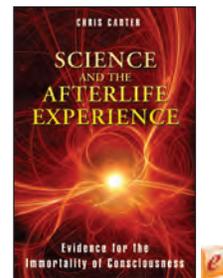
Restoring the Connection between Neurochemistry and Consciousness

Tony Wright and Graham Gynn

Foreword by Dennis J. McKenna, Ph.D.

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14 b&w illustrations

For over a million years the human brain expanded at a rapid rate, and then 200,000 years ago the expansion abruptly stopped. Why? The move away from the diet of early humans led to aggressive behavior and the suppression of higher capabilities. This book offers protocols that can reverse this degeneration and help us regain the brain of Eden.



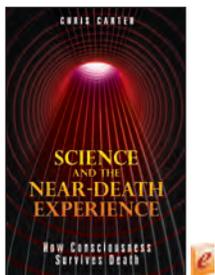
Science and the Afterlife Experience

Evidence for the Immortality of Consciousness

Chris Carter

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384 pages, 6 x 9

Evidence of life beyond death exists and has been around for millennia, predating any organized religion. Chris Carter examines 125 years of scientific studies that rule out hoaxes, fraud, and hallucinations and prove that afterlife phenomena are real, findings that are ignored and denied because they are incompatible with the prevailing doctrine of materialism.



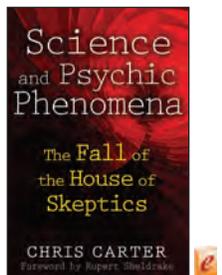
Science and the Near-Death Experience

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Chris Carter

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Materialistic thinking suggests that perceptions of life after death are a creation of the brain. Using evidence from scientific studies, Chris Carter shows that consciousness does not depend on the brain, and that near-death experiences may truly provide a glimpse of an awaiting afterlife.



Science and Psychic Phenomena

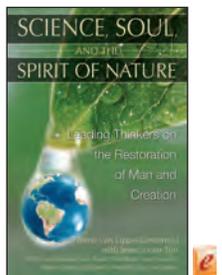
The Fall of the House of Skeptics

Chris Carter

Foreword by Rupert Sheldrake

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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.



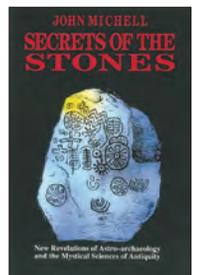
Science, Soul, and the Spirit of Nature

Leading Thinkers on the Restoration of Man and Creation

Irene van Lippe-Biesterfeld with Jessica van Tijn

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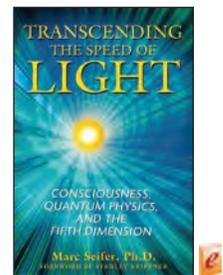
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John Michell

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Transcending the Speed of Light

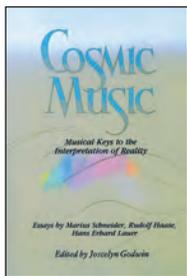
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Marc Seifer, Ph.D.

Foreword by Stanley Krippner

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The space-time continuum of physics ignores the realm of the mind. But consciousness is unconfinned 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.



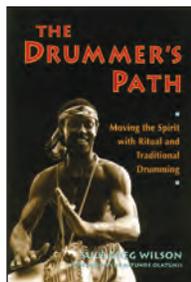
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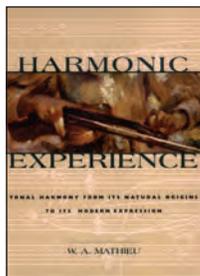
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Moving the Spirit with Ritual and Traditional Drumming

Sule Greg Wilson
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Tonal Harmony from Its Natural Origins to Its Modern Expression

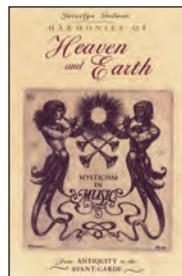
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"Mathieu's books are worth reading for anyone in any field of music—jazz, classical, gospel, or any other. He's found the words to tell the power of music."

Pete Seeger, folksinger



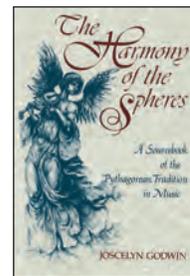
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Joscelyn Godwin

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All those who have ever reflected on music's inner reality have felt its universal and mystical aspects. Joscelyn Godwin turns to the metaphysical accounts of the higher worlds that are the birthplace of Harmony, following the path of musical inspiration on its descent to Earth, and illuminating the archetypal currents that lie beneath Western musical history.



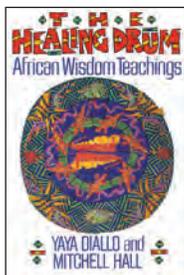
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Joscelyn Godwin

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Harmony of the Spheres traces the history of the idea that the whole cosmos, with its circling planets and stars, is in some way a harmonious or musical entity. This rich anthology shows how the concept of cosmic harmony has inspired philosophers, astronomers, and mystics from antiquity to the present day.



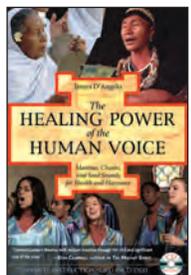
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The Healing Power of the Human Voice

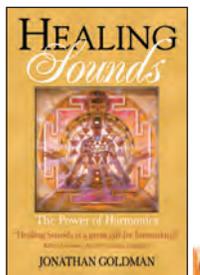
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James D'Angelo

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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.



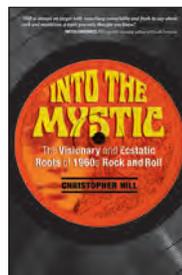
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Jonathan Goldman

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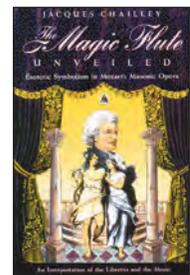
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Christopher Hill

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Music critic Christopher Hill examines the visionary, spiritual, and mystical influences on the Beatles, the Rolling Stones, the Grateful Dead, Bob Dylan, Van Morrison, the Incredible String Band, the Velvet Underground, and others to show how 1960s rock and roll music transformed consciousness on both the individual and collective levels.



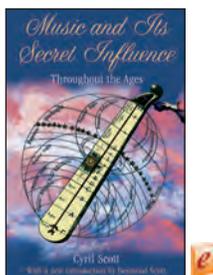
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Jacques Chailley

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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.



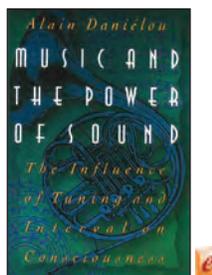
Music and Its Secret Influence

Throughout the Ages

Cyril Scott

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Paper with French flaps
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The works of Bach, Handel, Beethoven, Mendelssohn, Schumann, Chopin, Wagner, and others were actively influenced by a hierarchy of initiates and evolved spiritual intelligences. The author explains how humans are composed not only of a physical, emotional, and mental body but also a sensation body that acts as the bridge between the physical and higher realms.



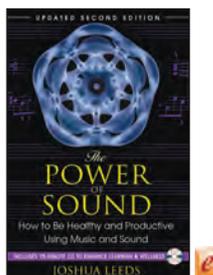
Music and the Power of Sound

The Influence of Tuning and Interval on Consciousness

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ISBN 978-0-89281-336-0
\$24.95 (CAN \$29.95) hardcover
192 pages, 6 x 9

Music has always been esteemed for its power to speak directly to our higher consciousness. Alain Daniélou traces the development of musical scales and tuning from their origins in both China and India, through their merging in ancient Greece, and on to the development of the Western traditions of modal and polyphonic music.



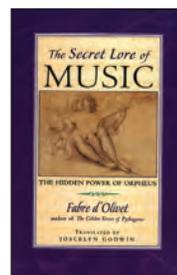
The Power of Sound

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.



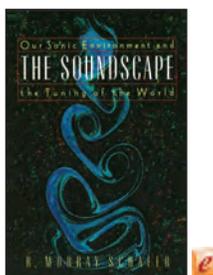
The Secret Power of Music

The Transformation of Self and Society through Musical Energy

David Tame

ISBN 978-0-89281-056-7
\$16.95 (CAN \$19.95) 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.



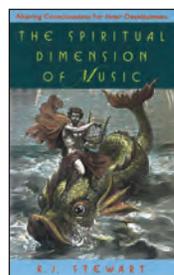
The Soundscape

Our Sonic Environment and the Tuning of the World

R. Murray Schafer

ISBN 978-0-89281-455-8
\$16.95 (CAN \$19.95) 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.



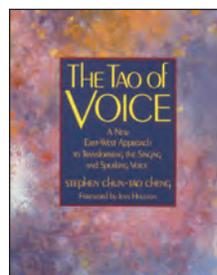
The Spiritual Dimensions of Music

Altering Consciousness for Inner Development

R. J. Stewart

ISBN 978-0-89281-312-4
\$16.95 (CAN \$19.95) 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.



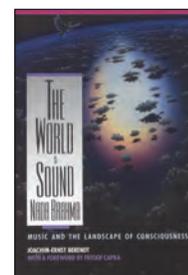
The Tao of Voice

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 \$18.95) 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.



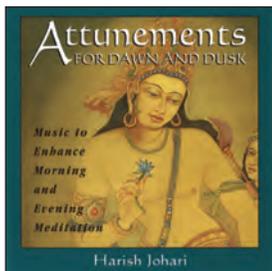
The World Is Sound: Nada Brahma

Music and the Landscape of Consciousness

Joachim-Ernst Berendt

ISBN 978-0-89281-318-6
\$18.95 (CAN \$22.95) 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.



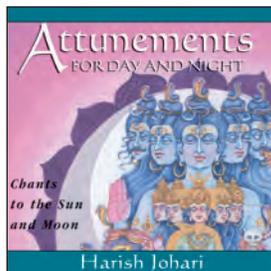
Attunements for Dawn and Dusk

Music to Enhance Morning and Evening Meditation

Harish Johari

ISBN 978-0-89281-853-2
\$24.95 (CAN \$38.95)
Two 60-minute CDs

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



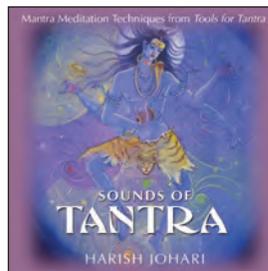
Attunements for Day and Night

Chants to the Sun and Moon

Harish Johari

ISBN 978-1-59477-073-9
\$12.95 (CAN \$15.95)
60-minute CD

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



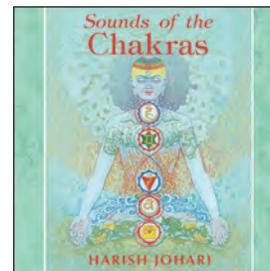
Sounds of Tantra

Mantra Meditation Techniques from Tools for Tantra

Harish Johari

ISBN 978-1-59477-003-6
\$19.95 (CAN \$24.95)
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.

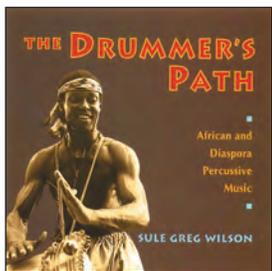


Sounds of the Chakras

Harish Johari

ISBN 978-1-59477-001-2
\$12.95 (CAN \$15.95)
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.



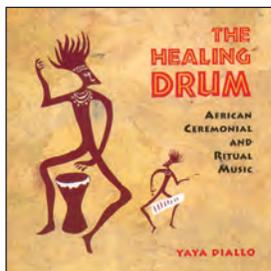
The Drummer's Path

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.



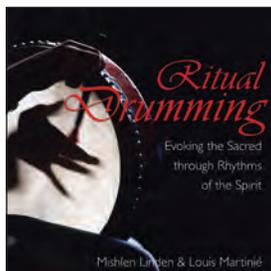
The Healing Drum

African Ceremonial and Ritual Music

Yaya Diallo

ISBN 978-0-89281-505-0
\$14.95 (CAN \$17.95)
42-minute CD

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



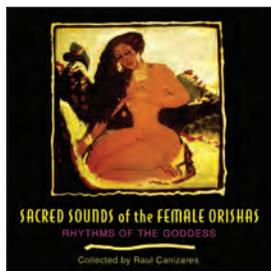
Ritual Drumming

Evoking the Sacred through Rhythms of the Spirit

Mishlen Linden and Louis Martinié

ISBN 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.



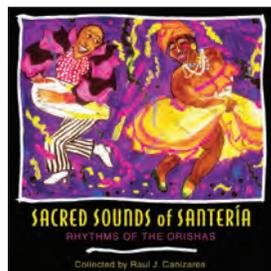
Sacred Sounds of the Female Orishas

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



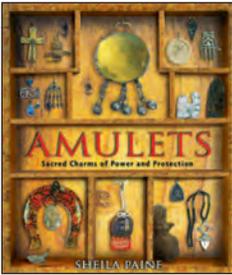
Sacred Sounds of Santería

Rhythms of the Orishas

Collected by Raul J. Canizares

ISBN 978-1-59477-002-9
\$14.95 (CAN \$17.95)
60-minute CD

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

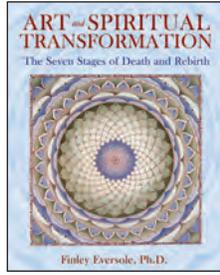


Amulets

Sacred Charms of Power and Protection
Sheila Paine

ISBN 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.

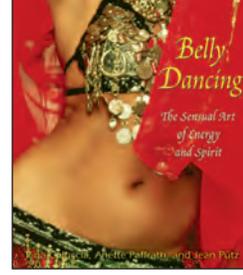


The Ayahuasca Visions of Pablo Amaringo

Howard G. Charing,
Peter Cloudsley,
and Pablo Amaringo

ISBN 978-1-59477-345-7
\$40.00 (CAN \$48.00) hardcover
192 pages, 10.5 x 13.5
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.

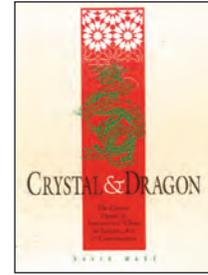


Belly Dancing

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

ISBN 978-1-59477-021-0
\$24.95 (CAN \$27.95) pb
192 pages, 8 x 9
Full-color throughout

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



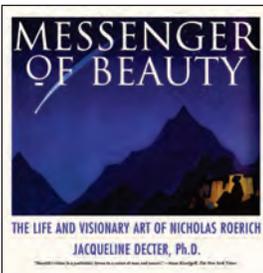
Crystal and Dragon

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

David Wade

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

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



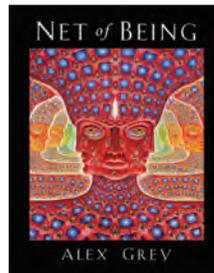
Messenger of Beauty

The Life and Visionary Art of Nicholas Roerich

Jacqueline Decter, Ph.D.

ISBN 978-0-89281-493-0
\$24.95 (CAN \$39.95) pb
192 pages, 10.5 x 10.5
88 color art reproductions
35 b&w photographs

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.



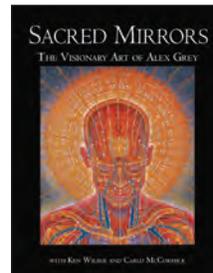
Net of Being

Alex Grey with Allyson Grey

ISBN 978-1-59477-384-6
\$40.00 (CAN \$48.00) hardcover
208 pages, 10.5 x 13.5
Full-color throughout

Also available in Spanish
(see page 185)

This new collection of Alex Grey's art presents over 200 images, including the masterworks *St. Albert and the LSD Revelation Revolution* and *Godself*. Grey's art progresses through a successive expansion of identity—from the self, to self and beloved, to self and community, world spirit, and cosmic consciousness, where bodies are transparent to galactic energies.



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 \$39.95) pb
96 pages, 10.5 x 13.5
50 color plates
ISBN 978-0-89281-257-8
\$39.95 (CAN \$49.95) hardcover

Also available in Spanish
(see page 185)

Alex Grey sees in the human anatomy a microcosm of the many levels of order in nature. His paintings in *Sacred Mirrors* take the viewer on an extraordinary visionary journey through the physical, metaphysical, and spiritual anatomy of the self.

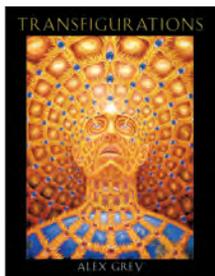


Sacred Mirrors Cards

Alex Grey

ISBN 978-1-59477-162-0
\$19.95 (CAN \$24.00)
4.75 x 8
Boxed set of 23 full-color cards

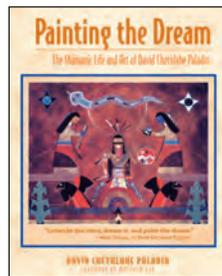
Featuring reproductions of all twenty-one of Alex Grey's *Sacred Mirrors* paintings plus two additional images, this deck leads the viewer through the process of theosis—that is, coming closer to God—through contemplation of iconic archetypes and seeing oneself, each other, and the world as a reflection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



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 \$59.95) hardcover
 Also available in Spanish
 (see page 185)

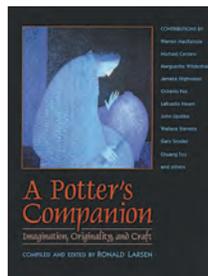
Transfigurations is the eagerly awaited follow-up to *Sacred Mirrors*, one of the most successful art books of the 1990s. Grey's luminous paintings of human beings blend scientific detail with the visionary depictions of universal life energy, leading us on the soul's journey from the material world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



Painting the Dream

The Shamanic Life and Art of David Chethlahe Paladin
 David Chethlahe Paladin
 Foreword by Matthew Fox
 ISBN 978-1-59143-013-1
 \$24.95 (CAN \$39.95) pb
 120 pages, 8.5 x 11
 34 color plates

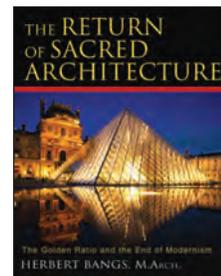
A shaman as well as the leading Navajo modern artist, Paladin was one of the first Native American painters to move beyond traditional themes and styles. Praised by the renowned artist Marc Chagall, Paladin's brilliant and evocative paintings are admired for their exuberance, eclecticism, spirituality,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



A Potter's Companion
Imagination, Originality, and Craft

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

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

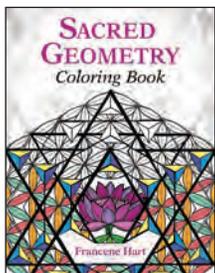


The Return of Sacred Architecture

The Golden Ratio and the End of Modernism
 Herbert Bangs, M.Arch.

ISBN 978-1-59477-132-3
 \$24.95 (CAN \$29.95) pb
 240 pages, 8 x 10
 201 b&w illustrations

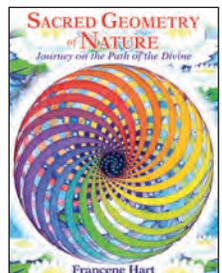
In early times, the architect worked within a sacred and esoteric tradition, incorporating ancient laws of proportion and number that expressed the harmonious relationship between man and the cosmos. Today, that tradition has been abandoned in favor of efficiency and economy. Architect Herbert Bangs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



Sacred Geometry Coloring Book

Francene Hart
 ISBN 978-1-62055-652-8
 \$14.95 (CAN \$18.95) pb
 96 pages, 8.5 x 11
 45 b&w illustrations and
 2 color images

This coloring book includes 45 beautiful line-art depictions of the intricate paintings of visionary artist Francene Hart. Each piece is accompanied by brief, insightful commentary about the symbols and animals shown. Hart's art intertwines the complex forms of Sacred Geometry with the beauty of Nature, including dolphins, dragonflies, trees, and many other forms and symbols.



Sacred Geometry of Nature

Journey on the Path of the Divine
 Francene Hart
 ISBN 978-1-59143-273-9
 \$35.00 (CAN \$43.95) hardcover
 224 pages, 8.5 x 11
 Full-color throughout

Francene Hart, whose artwork is featured in the *Sacred Geometry Oracle Deck* and *Sacred Geometry Cards for the Visionary Path*, recounts the evolution of her art from her formative influences to her masterful integrations of Nature, Spirit, and Sacred Geometry in this lavishly illustrated memoir.

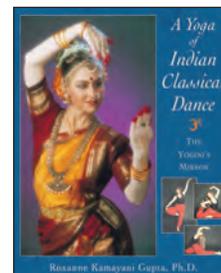


Sacred Woman, Sacred Dance

Awakening Spirituality Through Movement and Ritual
 Iris J. Stewart

ISBN 978-1-62055-250-6
 \$19.95 (CAN \$23.95) pb
 256 pages, 8 x 10
 151 b&w illustrations
 and photographs

There was a time when dance was practiced as communion with the divine. It was most valued in goddess-worshipping cultures where women served as priestesses. This book investigates how dance came to be excluded from worship and how it is once again being integrated into spiritual practice, allowing women to integrate the movements of faith, healing, and power into their daily life.

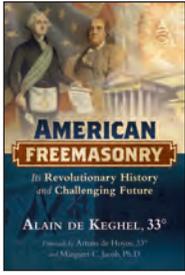


A Yoga of Indian Classical Dance

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

ISBN 978-0-89281-765-8
 \$25.00 (CAN \$36.50) pb
 216 pages, 8 x 10
 406 b&w photographs
 and 23 color plates

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 are provided, all drawing upon the sacred feminine energy of the *yogini*, who dances with one foot in nature and the other in the realm of the gods.

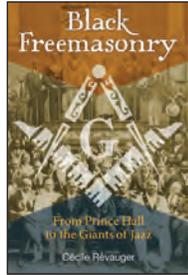


New—Available
American Freemasonry

Its Revolutionary History and Challenging Future

Alain de Keghel
Foreword by Arturo de Hoyos
Foreword by Margaret C. Jacob, Ph.D.
ISBN 978-1-62055-605-4
\$30.00 (CAN \$36.00) hardcover
216 pages, 6 x 9
Includes 8-page color insert and 10 b&w line illustrations

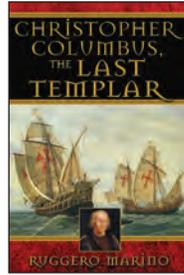
A lifetime member of the Scottish Rite Research Society examines the history of Freemasonry in the United States from the colonial era to the present offering an unobstructed view of the strengths and failings of the American system.



Black Freemasonry
From Prince Hall to the Giants of Jazz

Cécile Révauger
ISBN 978-1-62055-487-6
\$29.95 (CAN \$35.95) hardcover
320 pages, 6 x 9
29 b&w photographs

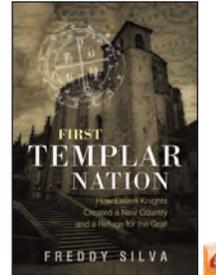
Cécile Révauger traces the history of black Freemasonry from the late 1700s through the 1960s. Black lodges were instrumental in helping American blacks transcend the horrors of slavery and prejudice, achieve higher social status, and create their own spiritually-based social structure, which in some cities arose prior to the establishment of black churches.



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

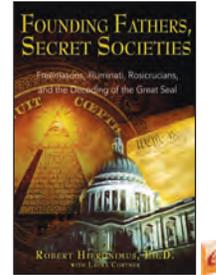
According to historic documents and maps revealed by Ruggero Marino, Columbus knew, sailing west, he would find the “New World,” not Asia. *Christopher Columbus, the Last Templar* is the untold story of the secret alliance behind the “discovery” of America, revealing how a utopian dream of brotherhood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



New—Available
New Edition
First Templar Nation
How Eleven Knights Created a New Country and a Refuge for the Grail

Freddy Silva
ISBN 978-1-62055-654-2
\$19.95 (CAN \$24.95) pb
448 pages, 6 x 9
139 b&w illustrations

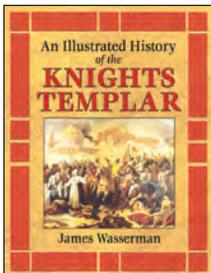
Revealing Portugal, not Jerusalem, as the first Templar stronghold, Freddy Silva shows how the Knights Templar existed a decade prior to their established founding date, how they formed Europe’s first nation-state with the Cistercian monks and the Order of Sion, and how the Grail remains hidden in plain sight to this day.



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

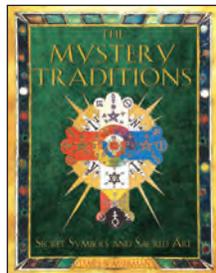
All children growing up in America learn who the Founding Fathers were. Most, however, never learn of the founders’ connections to the Freemasons, the Rosicrucians, and other esoteric orders. In *Founding Fathers, Secret Societies*, Robert Hieronimus investigates these important connections and how their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



An Illustrated History of the Knights Templar

James Wasserman
ISBN 978-1-59477-117-0
\$19.95 (CAN \$24.95) pb
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175 color illustrations

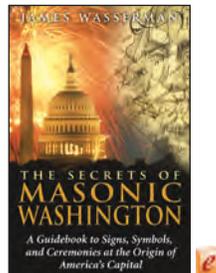
With period illustrations and manuscripts from the Crusades, interpretive romantic paintings from the 18th and 19th centuries, and contemporary photos by Steven Brooke and others of former Templar strongholds in Europe and Jerusalem, James Wasserman provides a fascinating history of the Order and the 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
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135 color and 36 b&w illustrations

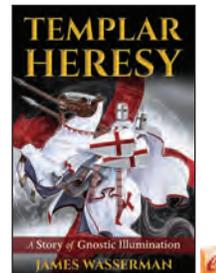
In *The Mystery Traditions*, James Wasserman offers a full-color lexicon of occult imagery accompanied by commentary on each image’s significance and the wisdom teachings from which it derives. This new edition also looks at the pivotal role played by secret societies in safeguarding and transmitting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



The 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

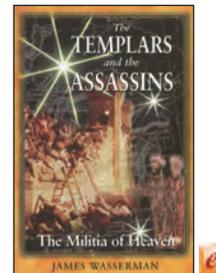
Esoteric symbols abound in Washington D.C. This illustrated guidebook provides a walking tour of the Masonic sites and symbols of the national capital and will be welcomed by students of esoteric symbolism as well as fans of Dan Brown’s novels and the *National Treasure* movies.



Templar Heresy
A Story of Gnostic Illumination

James Wasserman with Keith Stump and Harvey Rochman
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\$16.95 (CAN \$21.50) pb
224 pages, 6 x 9

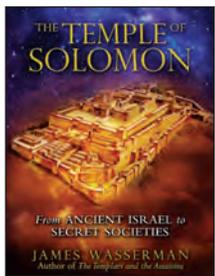
Set within the dramatic tableau of the medieval Crusades, this story of initiation, adventure, and romance follows members of the Knights Templar and Assassins as they discover a mystical tradition with the potential to unify, protect, and liberate humankind—the very heresy for which the Knights Templar were later condemned.



The Templars and the Assassins
The Militia of Heaven

James Wasserman
ISBN 978-0-89281-859-4
\$16.95 (CAN \$19.95) 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 Temple of Solomon

From Ancient Israel to Secret Societies

James Wasserman

ISBN 978-1-59477-220-7

\$29.95 (CAN \$33.50) pb

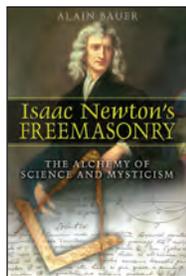
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Full-color throughout

ISBN 978-1-59477-483-6

\$50.00 (CAN \$56.95) hardcover

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.



Isaac Newton's Freemasonry

The Alchemy of Science and Mysticism

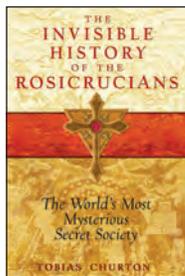
Alain Bauer

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 Invisible History of the Rosicrucians

The World's Most Mysterious Secret Society

Tobias Churton

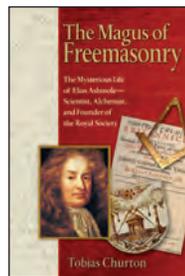
ISBN 978-1-59477-255-9

\$24.95 (CAN \$33.95) pb

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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.



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The Jerusalem Parchment

A Kabbalist's Search for an Esoteric Map in the Time of the Crusades

Tuvia Fogel

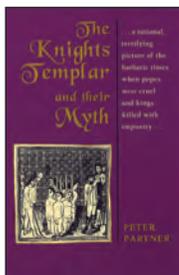
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Set in the 13th century, this sweeping historical novel tells a story of forbidden love and religious war centered on the quest to find the mysterious Parchment of Circles, an ancient map said to lead to a startling secret with profound religious significance for the future of humanity.



The Knights Templar and Their Myth

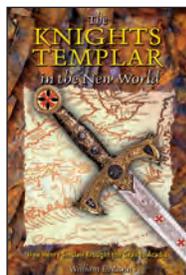
Peter Partner

ISBN 978-0-89281-273-8

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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

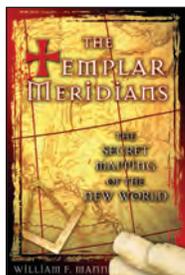
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64 b&w illustrations

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

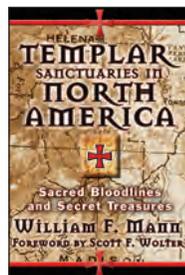
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87 b&w illustrations

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.



Templar Sanctuaries in North America

Sacred Bloodlines and Secret Treasures

William F. Mann

Foreword by Scott F. Wolter

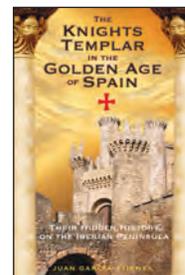
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William Mann examines new evidence of the Knights Templar in the New World long before Columbus and their mission to protect the Holy Bloodline of Jesus and Mary Magdalene. He reveals the secret settlements they built as they moved westward across North America along with other related theories.



The Knights Templar in the Golden Age of Spain

Their Hidden History on the Iberian Peninsula

Juan García Atienza

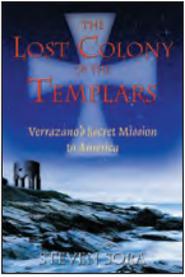
ISBN 978-1-59477-098-2

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304 pages, 6 x 9

35 b&w illustrations

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



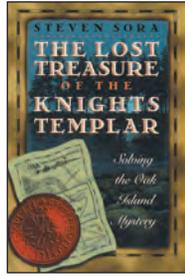
The Lost Colony of the Templars

Verrazano's Secret Mission to America

Steven Sora

ISBN 978-1-59477-019-7
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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.



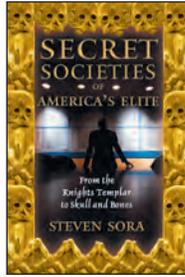
The Lost Treasure of the Knights Templar

Solving the Oak Island Mystery

Steven Sora

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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.



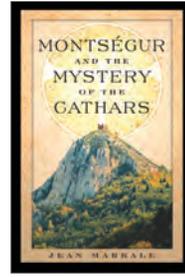
Secret Societies of America's Elite

From the Knights Templar to Skull and Bones

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



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Jean Markale

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



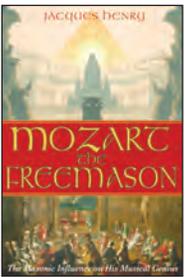
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This groundbreaking, international bestseller popularized occultism, alchemy, and paranormal phenomena in the 1960s. It provides insights into our perceptions of reality, telepathy, mutants, and parallel universes, reveals occult influences on the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



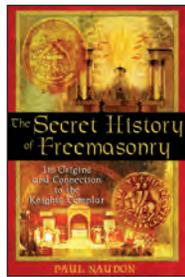
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Mozart's understanding of the use of symbol allowed him to create music that would lead the listener into a harmony that transcended earthly existence. Jacques Henry provides a rigorous and original analysis of Mozart's works that reveals their inner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



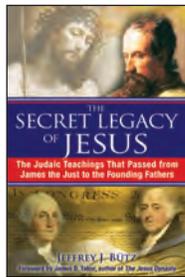
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The Secret Legacy of Jesus

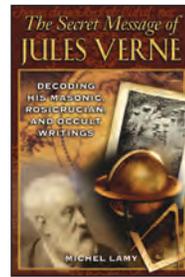
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The true teachings of Jesus are thought to have been expunged by the Church of Paul. But an underground stream of Christ's original teachings survived, surfacing eventually in America where the Founding Fathers used these principles to establish a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



The Secret Message of Jules Verne

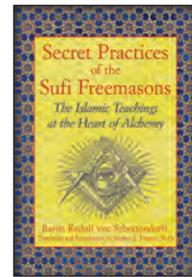
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Lamy investigates Jules Verne's connections to the prominent secret societies of his time—Freemasons, Golden Dawn, Angelic Society, and Rosicrucians—and explains how Verne used his writings to encrypt the secrets and sacred symbolism of these orders.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



Secret Practices of the Sufi Freemasons

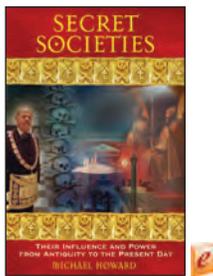
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Baron Rudolf von Sebottendorff,

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Translation and introduction by Stephen E. Flowers, Ph.D.

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Originally published in 1924, this rare book reveals the secret spiritual exercises of the Bektashi Order of Sufis. The order, known as Oriental Freemasonry, has preserved ancient spiritual doctrines forgotten by modern Freemasons. The book explains how to draw spiritual power into the body and transform the soul from its base state into a noble, godlike state.



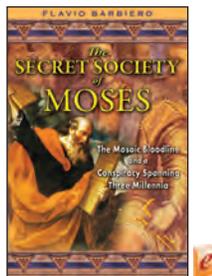
Secret Societies

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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.



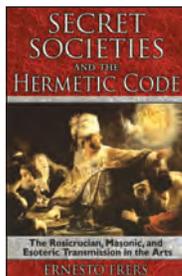
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The descendants of Moses all mysteriously vanish from the Bible. But surviving members of Moses's lineage wielded significant influence in ancient Rome and subsequently reemerged in the aristocracy of medieval Europe influencing secret societies like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



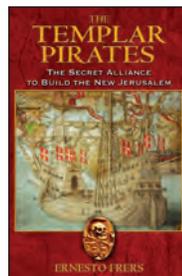
Secret Societies and the Hermetic Code

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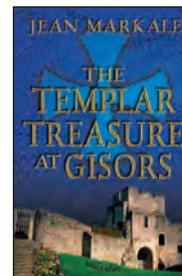
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The Secret Alliance to Build the New Jerusalem

Ernesto Frers

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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.

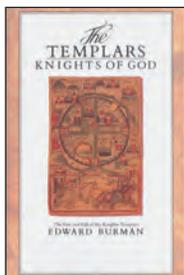


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A comprehensive examination of the enigma of the Templars and the unsolved mystery of their lost treasure. Celtic and medieval scholar Jean Markale goes back to original source documents to shine new light on the mysteries of the Templars and evidence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



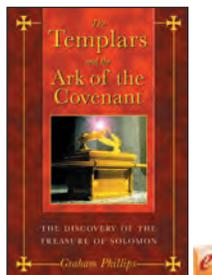
The Templars

Knights of God

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



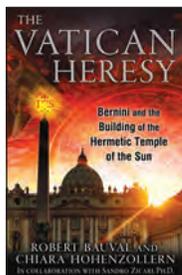
The Templars and the Ark of the Covenant

The Discovery of the Treasure of Solomon

Graham Phillips

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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.



The Vatican Heresy

Bernini and the Building of the Hermetic Temple of the Sun

Robert Bauval and Chiara Hohenzollern

With Sandro Zicari, Ph.D.

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The design of St. Peter's Square was influenced by both the Hermetic Movement—a form of natural magic—and the Heliocentric Movement, launched by Copernicus. Despite the Church's rejection of these movements St. Peter's Square in fact became the largest Sun Temple in the world, built according to Hermetic principles.



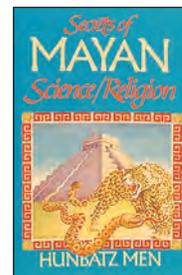
The 8 Calendars of the Maya

The Pleiadian Cycle and the Key to Destiny

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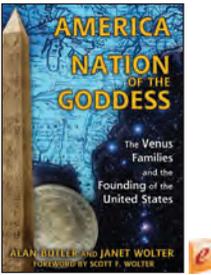


Secrets of Mayan Science/Religion

Hunbatz Men

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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.



America: Nation of the Goddess

The Venus Families and the Founding of the United States

Alan Butler and Janet Wolter

Foreword by Scott F. Wolter

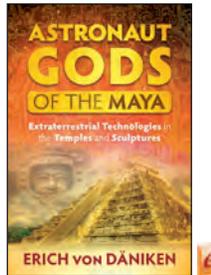
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55 b&w illustrations

This book reveals how a secret cabal of influential "Venus" families, working through the Freemasons and later the Grange, planned the American Revolution and set the stage for the layout of Washington, D.C. according to the principles of sacred geometry.



Astronaut Gods of the Maya

Extraterrestrial Technologies in the Temples and Sculptures

Erich von Däniken

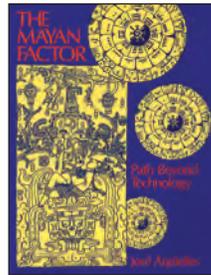
ISBN 978-1-59143-235-7

\$22.00 (CAN \$27.50) pb

272 pages, 6 x 9

Full-color throughout

Sharing more than 200 full-color photographs from his personal archives, bestselling author Erich von Däniken provides clear evidence of ancient alien contact and technology among the archaeological sites of the Maya as well as Aztec and the Hindu and other ancient cultures.



The Mayan Factor

Path Beyond Technology

José Argüelles

ISBN 978-0-939680-38-2

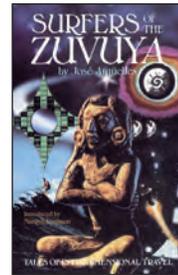
\$16.00 (CAN \$20.00) pb

224 pages, 7 x 9

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

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

Barbara Hand Clow, author of *The Pleiadian Agenda*



Surfers of the Zuvuya

Tales of Interdimensional Travel

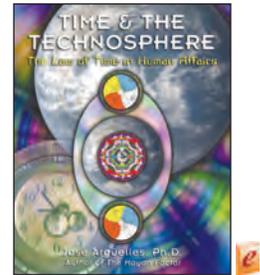
José Argüelles

ISBN 978-0-939680-55-9

\$16.00 (CAN \$21.95) pb

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

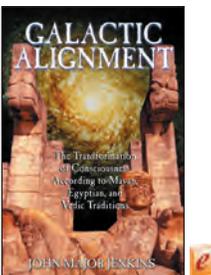
ISBN 978-1-879181-99-1

\$29.95 (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.



Galactic Alignment

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

John Major Jenkins

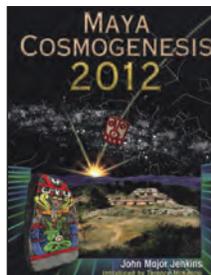
ISBN 978-1-879181-84-7

\$18.00 (CAN \$25.95) pb

312 pages, 6 x 9

107 b&w illustrations

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



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 Meso-american 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.



Pyramid of Fire: The Lost Aztec Codex

Spiritual Ascent at the End of Time

John Major Jenkins and Marty Matz

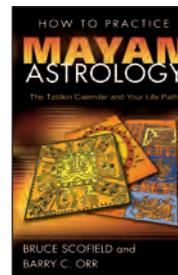
ISBN 978-1-59143-032-2

\$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.



How to Practice Mayan Astrology

The Tzolkin Calendar and Your Life Path

Bruce Scofield and Barry C. Orr

ISBN 978-1-59143-064-3

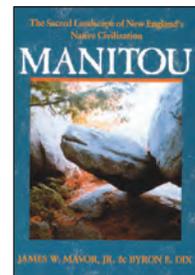
\$20.00 (CAN \$25.95) pb

336 pages, 6 x 9

15 b&w illustrations

Also available in Spanish (see page 184)

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



Manitou

The Sacred Landscape of New England's Native Civilization

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

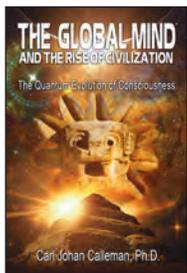
ISBN 978-0-89281-078-9

\$29.95 (CAN \$35.00) 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.



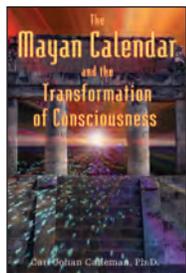
The Global Mind and the Rise of Civilization

The Quantum Evolution of Consciousness

Carl Johan Calleman, Ph.D.

ISBN 978-1-59143-241-8
\$20.00 (CAN \$23.95) pb
320 pages, 6 x 9
60 b&w illustrations

Outlining the historical, psychological, geophysical, and neurological roots of the modern human mind, Calleman shows how studying early civilizations offers a means of understanding the evolution of consciousness.



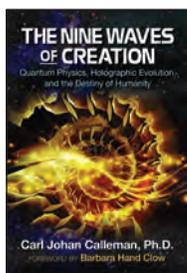
The Mayan Calendar and the Transformation of Consciousness

Carl Johan Calleman, Ph.D.

ISBN 978-1-59143-028-5
\$18.00 (CAN \$22.00) pb
320 pages, 6 x 9
93 b&w illustrations

Also available in Spanish (see page 183)

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.



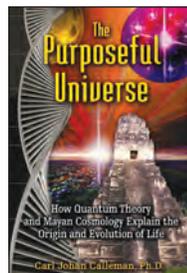
The Nine Waves of Creation

Quantum Physics, Holographic Evolution, and the Destiny of Humanity

Carl Johan Calleman, Ph.D.

Foreword by Barbara Hand Clow
ISBN 978-1-59143-277-7
\$20.00 (CAN \$24.95) pb
320 pages, 6 x 9
72 b&w illustrations

Carl Calleman explains the quantum physics behind the Waves of the Mayan Calendar system and how these Waves allow us to understand the shifting eras on Earth as well as the possibilities of the future. Calleman reveals how we can consciously work to deactivate the negative patterns of the Sixth Wave and manifest the unity consciousness of the Ninth Wave.



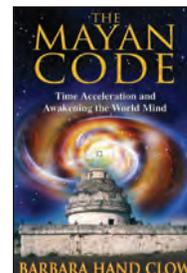
The Purposeful Universe

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.



The Mayan Code

Time Acceleration and Awakening the World Mind

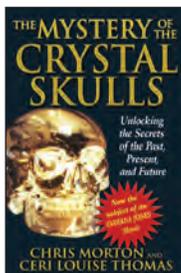
Barbara Hand Clow

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 184)

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.



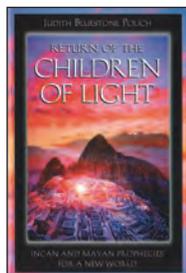
The Mystery of the Crystal Skulls

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*.



Return of the Children of Light

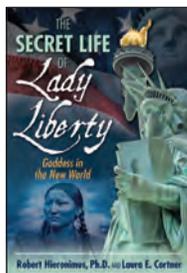
Incan and Mayan Prophecies for a New World

Judith Bluestone Polich

ISBN 978-1-879181-69-4
\$15.00 (CAN \$18.00) pb
176 pages, 6 x 9

Also available in Spanish (see page 188)

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.



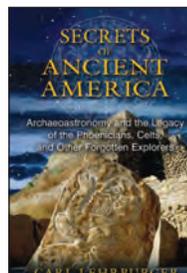
The Secret Life of Lady Liberty

Goddess in the New World

Robert Hieronimus, Ph.D., and Laura E. Cortner

ISBN 978-1-59477-493-5
\$19.95 (CAN \$23.95) pb
448 pages, 6 x 9
103 b&w illustrations

Authors Bob Hieronimus and Laura Cortner explain the forgotten lineage of the Statue of Liberty, including how she is based on a female symbol representing America on the earliest maps of the continent—a Native American "Queen." They further reveal how Lady Liberty has become the conscience of our nation.



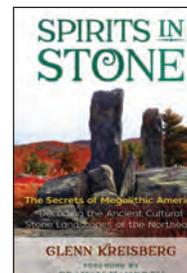
Secrets of Ancient America

Archaeoastronomy and the Legacy of the Phoenicians, Celts, and Other Forgotten Explorers

Carl Lehrburger

ISBN 978-1-59143-193-0
\$25.00 (CAN \$29.95) pb
480 pages, 6.63 x 9.5
Includes 32-page color insert and 280 b&w illustrations

This book provides more than 300 photographs and drawings of sites, relics, and rock art as evidence that trans-Atlantic and trans-Pacific explorers, miners, and settlers made it to the Americas long before 1492. Expanding upon the work of diffusionists such as Barry Fell and Gunnar Thompson, it exposes as myth the narrative that Columbus discovered America.



**New—April 2018
Spirits in Stone**

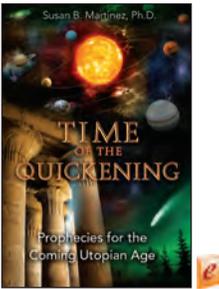
The Secrets of Megalithic America

Glenn Kreisberg

Foreword by Graham Hancock

ISBN 978-1-59143-162-6
\$25.00 (CAN \$31.50) pb
432 pages, 6.63 x 9.5
376 b&w illustrations

In this comprehensive field guide to hundreds of lost, forgotten, and misidentified megalithic stone structures in northeastern America, Glenn Kreisberg documents many enigmatic formations still standing across the Catskill Mountain and Hudson Valley region, complete with functioning solstice and equinox alignments. Sites include the Wall of Manitou, Devil's Tombstone, and Overlook Mountain.

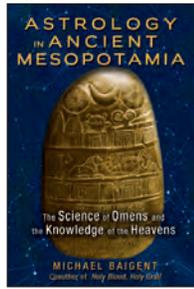


Time of the Quickening

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 "Quickening" of the human race.

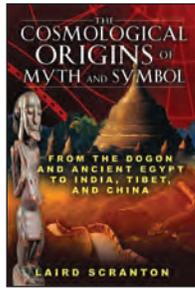


Astrology in Ancient Mesopotamia

The Science of Omens and the Knowledge of the Heavens
Michael Baigent

ISBN 978-1-59143-221-0
\$18.00 (CAN \$21.50) pb
256 pages, 6 x 9

Among the many artifacts excavated from King Ashurbanipal's library in Nineveh were tablets documenting the development of Mesopotamian astrology, now recognized as the earliest astrological science. Michael Baigent (*Holy Blood, Holy Grail*) traces the transmission of this knowledge over the centuries from Mesopotamia, through Egypt and Florence, to modern times.

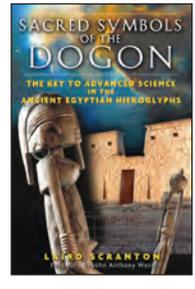


The Cosmological Origins of Myth and Symbol

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

ISBN 978-1-59477-376-1
\$18.95 (CAN \$22.95) 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.

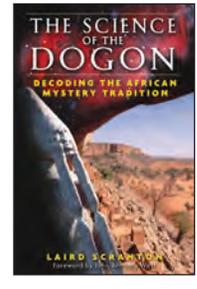


Sacred Symbols of the Dogon

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 \$21.95) 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.

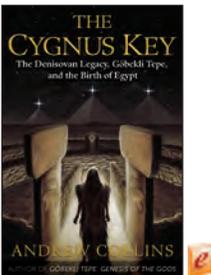


The Science of the Dogon

Decoding the African Mystery Tradition
Laird Scranton

Foreword by John Anthony West
ISBN 978-1-59477-133-0
\$18.95 (CAN \$21.95) 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.

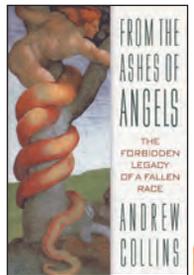


New—May 2018
The Cygnus Key

The Denisovan Legacy, Göbekli Tepe, and the Birth of Egypt
Andrew Collins

ISBN 978-1-59143-299-9
\$24.00 (CAN \$29.99) pb
464 pages, 6.63 x 9.5
Includes 16-page color insert and 75 b&w illustrations

Built around 9600 BCE, Göbekli Tepe was designed to align with the constellation of the celestial swan, Cygnus. The Giza pyramids in Egypt also align with Cygnus. Andrew Collins explores this connection and traces it to the Altai-Baikal region of Russian Siberia and the extinct advanced human population known as the Denisovans.

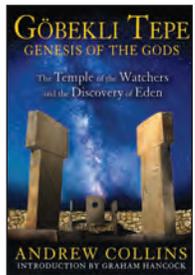


From the Ashes of Angels

The Forbidden Legacy of a Fallen Race
Andrew Collins

ISBN 978-1-879181-72-4
\$24.00 (CAN \$29.95) 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.

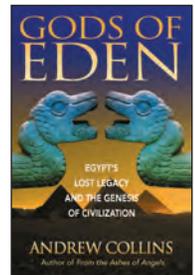


Göbekli Tepe: Genesis of the Gods

The Temple of the Watchers and the Discovery of Eden
Andrew Collins

Introduction by Graham Hancock
ISBN 978-1-59143-142-8
\$24.00 (CAN \$28.95) pb
464 pages, 6.63 x 9.5
Includes 16-page color insert and 84 b&w inserts

The stone temple complex of Göbekli Tepe in Turkey, built at the end of the last ice age with stones weighing from 10 to 15 tons, shows a level of sophistication that was unmatched until the much later rise of Sumer, Egypt, and Babylon. Was it built in response to the Great Flood, and were the Watchers of the Book of Enoch and the Anunnaki gods of Sumerian tradition behind its construction?

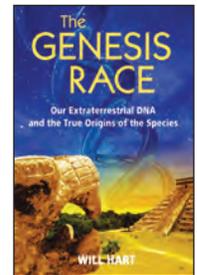


Gods of Eden

Egypt's Lost Legacy and the Genesis of Civilization
Andrew Collins

ISBN 978-1-879181-76-2
\$24.00 (CAN \$30.00) pb
400 pages, 6 x 9
Includes two 8-page b&w inserts

The ancient Egyptians claimed they inherited their advanced culture from a race of Elder gods who lived during a previous age. *Gods of Eden* describes how the Egyptians mastered acoustic technology, using sound to raise heavy objects and pierce holes through solid rock.

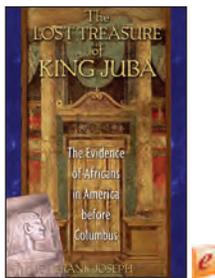


The Genesis Race

Our Extraterrestrial DNA and the True Origins of the Species
Will Hart

ISBN 978-1-59143-018-6
\$18.00 (CAN \$22.00) 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 3000 BCE, 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.



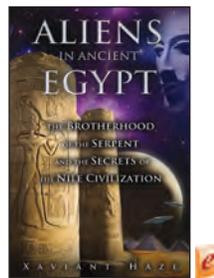
The Lost Treasure of King Juba

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.



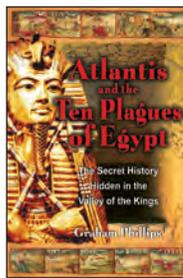
Aliens in Ancient Egypt

The Brotherhood of the Serpent and the Secrets of the Nile Civilization

Xaviant Haze

ISBN 978-1-59143-159-6
\$20.00 (CAN \$24.00) pb
320 pages, 6 x 9
Includes 58 color and 170 b&w illustrations

Egyptian civilization arose seemingly overnight, complete with advanced levels of art, agriculture, astronomy, and physics. Xaviant Haze examines evidence of a prior Golden Age and finds that knowledge of stargates, free energy, and antigravity technologies were handed down from an advanced interstellar race in the remote past.



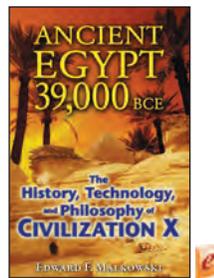
Atlantis and the Ten Plagues of Egypt

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.



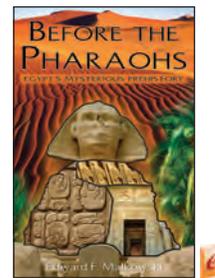
Ancient Egypt 39,000 BCE

The History, Technology, and Philosophy of Civilization X

Edward F. Malkowski

ISBN 978-1-59143-109-1
\$24.00 (CAN \$22.00) 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.



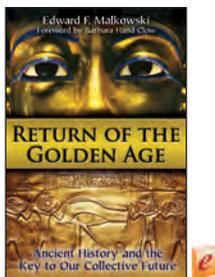
Before the Pharaohs

Egypt's Mysterious Prehistory

Edward F. Malkowski

ISBN 978-1-59143-048-3
\$18.00 (CAN \$22.00) 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.



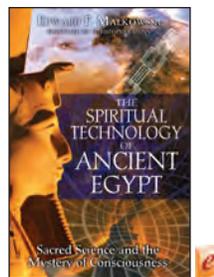
Return of the Golden Age

Ancient History and the Key to Our Collective Future

Edward F. Malkowski

Foreword by Barbara Hand Clow
ISBN 978-1-62055-197-4
\$19.95 (CAN \$22.95) pb
320 pages, 6 x 9

Malkowski explores the hidden meaning behind stories such as the Epic of Gilgamesh, Plato's Atlantis, and myths of a new sky and a new sun, of great floods and the death of the gods, and of the preceding Golden Age. He connects these myths to a real extinction event that occurred 12,000 years ago.



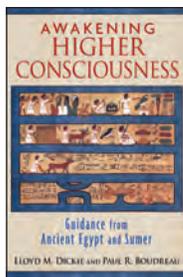
The Spiritual Technology of Ancient Egypt

Sacred Science and the Mystery of Consciousness

Edward F. Malkowski

Foreword by Christopher Dunn
ISBN 978-1-59477-186-6
\$24.95 (CAN \$29.95) 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.



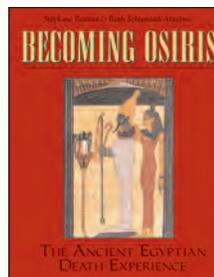
Awakening Higher Consciousness

Guidance from Ancient Egypt and Sumer

Lloyd M. Dickie and Paul R. Boudreau

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The ancient storytellers used myths as a vehicle for esoteric teachings because story has a seed-like capacity to implant itself in the unconscious. Thus, many classic myths are not merely morality tales but actual delineations of how a higher order can arise within each of us. This book reveals the guidance for awakening higher consciousness embedded in these ancient tales.



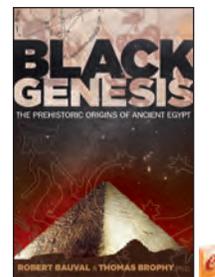
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Ruth Schumann Antelme and Stéphane Rossini

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In their Book of the Dead, the ancient Egyptians left humanity a comprehensive understanding of the death experience and the afterlife. *Becoming Osiris* is an accessible account of the initiatic stages of the immortalization process and the techniques necessary for the soul to achieve its objective of becoming a solarized being after death.



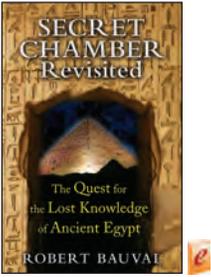
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The Prehistoric Origins of Ancient Egypt

Robert Bauval and Thomas Brophy, Ph.D.

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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.



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Robert Bauval

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In this updated edition of *Secret Chamber*, Robert Bauval continues his investigation of clandestine events at Giza since the 1980s. The strange but true story implicates American business moguls, the National Geographic Society, several Ivy League universities, and the Egyptian government, and raises important questions about the meaning of Egypt's ancient structures and the very origins of civilization.



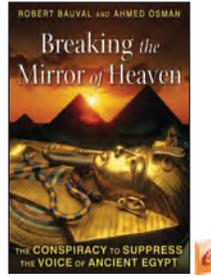
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Restoring the Spiritual Engine of the World

Robert Bauval and Ahmed Osman

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In ancient times, Egyptian civilization lived in a state of spiritual balance and harmony known as "living in *Maat*." Sadly, this golden civilization gave way to many waves of conquest and destruction. This book examines each phase of Egyptian history, and sounds the call for a return to the original tenets of Egyptian civilization.



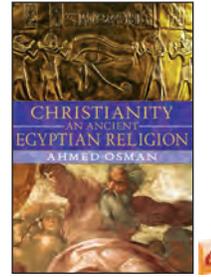
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The Conspiracy to Suppress the Voice of Ancient Egypt

Robert Bauval and Ahmed Osman

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384 pages, 6 x 9
Includes 16-page color insert and 60 b&w illustrations

Egypt, the "Mirror of Heaven" and birthplace of civilization, has suffered considerable destruction over the centuries. This book reveals how the degradation of monuments, theft of relics, and censorship of ancient teachings continue to this day, and exposes crimes and cover-ups during the tenure of Antiquities Minister Zahi Hawass.

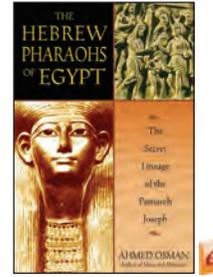


Christianity: An Ancient Egyptian Religion

Ahmed Osman

ISBN 978-1-59143-046-9
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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.



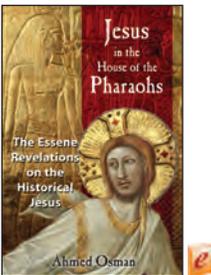
The Hebrew Pharaohs of Egypt

The Secret Lineage of the Patriarch Joseph

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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.



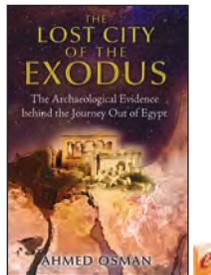
Jesus in the House of the Pharaohs

The Essene Revelations on the Historical Jesus

Ahmed Osman

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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.



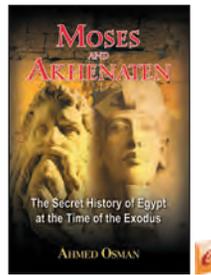
The Lost City of the Exodus

The Archaeological Evidence behind the Journey Out of Egypt

Ahmed Osman

ISBN 978-1-59143-189-3
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15 b&w illustrations

Many scholars have dismissed the Exodus narrative as a myth because archeologists have been unable to find the ancient city where the Road to Canaan would have begun. But if the Exodus took place not during the reign of Ramses II but during that of his grandfather Ramses I, this lost city would be located at Tell Heboua at the ruins of the fortified city of Zarw.



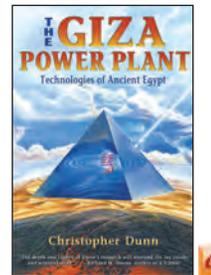
Moses and Akhenaten

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Ahmed Osman

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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.



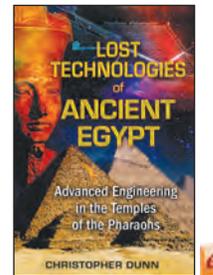
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Christopher Dunn

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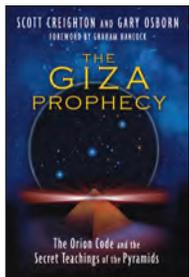
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Advanced Engineering in the Temples of the Pharaohs

Christopher Dunn

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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.



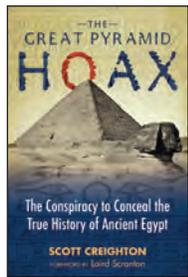
The Giza Prophecy

The Orion Code and the Secret Teachings of the Pyramids

Scott Creighton and Gary Osborn

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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.



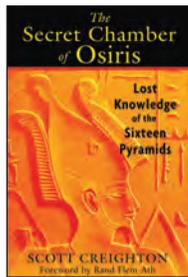
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The Conspiracy to Conceal the True History of Ancient Egypt

Scott Creighton

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Scott Creighton reveals how the only hard evidence that dates the Great Pyramid—the quarry marks discovered by Colonel Vyse in 1837—was forged. Creighton’s study strikes down one of the most fundamental assertions of orthodox Egyptologists and reopens long-standing questions about the Great Pyramid’s true age, who really built it, and why.



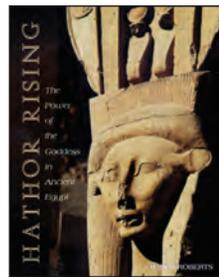
The Secret Chamber of Osiris

Lost Knowledge of the Sixteen Pyramids

Scott Creighton

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 ISBN 978-1-59143-769-7
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 74 b&w illustrations

A growing body of evidence suggests the first sixteen pyramids of ancient Egypt were not royal tombs but recovery vaults designed to revive civilization after an anticipated major catastrophe. The pyramids acted as storehouses for seeds and tools, but the treasures necessary to restore the culture of ancient Egypt were secured in a secret chamber, and the three great pyramids of Giza “point” to this secret location.

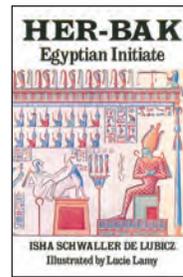


Hathor Rising

The Power of the Goddess in Ancient Egypt

Alison Roberts, Ph.D.

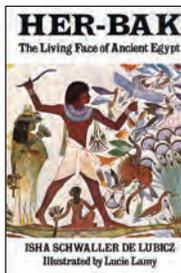
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 Drawing from temple art, myths, rituals, and poetry, Dr. Roberts examines the female aspect of the complex Egyptian pantheon, particularly the goddess Hathor-Sekhmet, providing a powerful new perspective on women’s theology.



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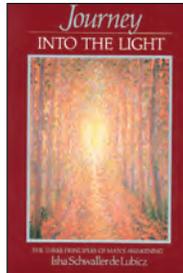
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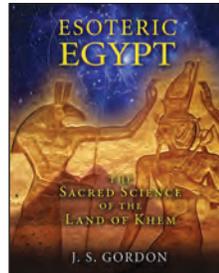
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Here, the author of the two Her-Bak novels provides specific tools that instruct in the comprehension and application of those teachings, and help us recognize that it is by the path of silence and meditation that we are guided to the intelligence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



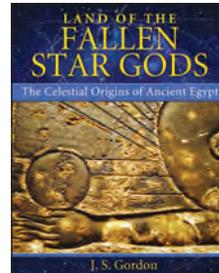
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Esoteric Egypt reveals how the sacred science and wisdom tradition of ancient Egypt—the Land of Khem—stems from an advanced prehistoric worldwide civilization. The author investigates the people who colonized greater Egypt 100,000 years ago, the progenitors of Egyptian civilization descended from the 4th- and 5th-Root Race Atlanteans.



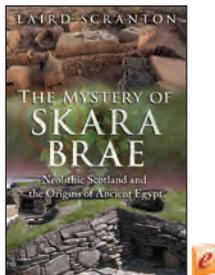
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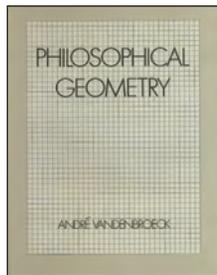
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Laird Scranton reveals the striking similarities between Skara Brae, a Neolithic farming village on Orkney Island and the traditions of pre-dynastic ancient Egypt as preserved by the Dogon people of Mali. He examines the similarities between Skara Brae and Göbekli Tepe and how Skara Brae may have been a secondary center of learning for the ancient world.

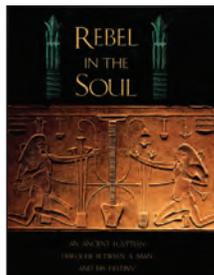


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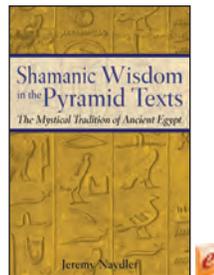
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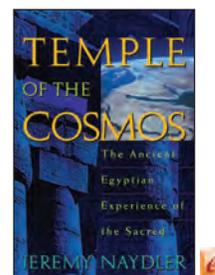
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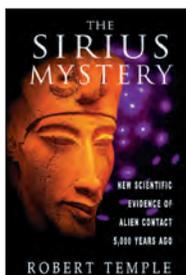
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In this guide to the cosmology of ancient Egypt, Jeremy Naydler recreates the experience of living in another time and place. *Temple of the Cosmos* explores Egypt's sacred geography and mythology, revealing with unprecedented clarity an ancient consciousness in tune with the rhythms of the earth. It also breaks new ground by placing the work of other Egyptologists in a magical context.



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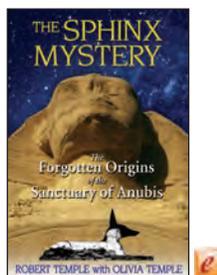
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Time



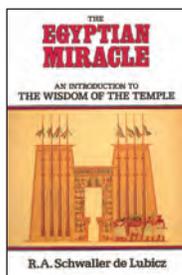
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The Egyptian Miracle

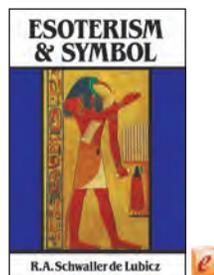
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The discoveries of R. A. Schwaller de Lubicz are proof that the temple is the true embodiment of the ancient Egyptian wisdom. Presented here in the more accessible language of oral tradition, *The Egyptian Miracle* is an indispensable guide to the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

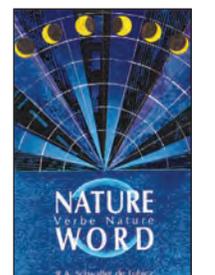


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R. A. Schwaller de Lubicz

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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.

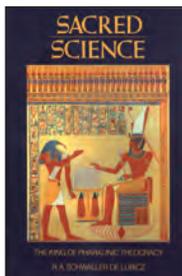


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The first part of the book, written in a single, uninterrupted flow of inspiration, takes the form of answers from the word of nature to questions posed by the rational mind. The second part of the book consists of philosophical reflections on the first and proposes the practice of imagination as a way of evolutionary development.



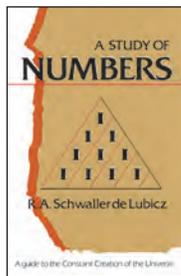
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R. A. Schwaller de Lubicz (1887–1961), one of the most important Egyptologists of this century, links the sacred science of the Ancients to its rediscovery in our own time. *Sacred Science* represents the first major breakthrough in understanding ancient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



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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.



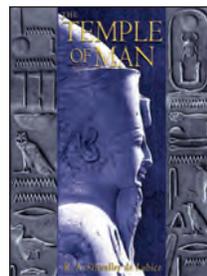
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R. A. Schwaller de Lubicz

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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 of Man

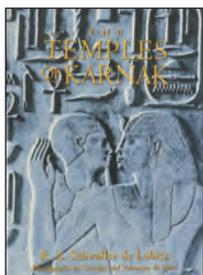
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400 b&w illustrations

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*

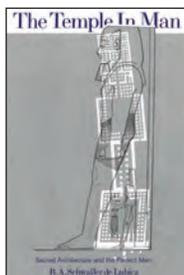


The Temples of Karnak

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 *The Temple of Man*.

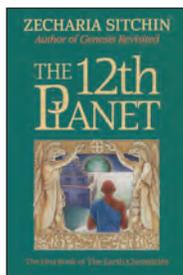


The Temple in Man
Sacred Architecture and the Perfect Man

R. A. Schwaller de Lubicz
Illustrated by Lucie Lamy

ISBN 978-0-89281-021-5
\$12.99 (CAN \$14.95) 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.

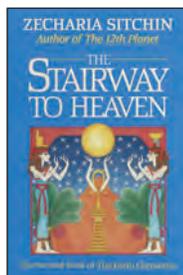


The 12th Planet (Book I)

Zecharia Sitchin

ISBN 978-0-939680-88-7
\$24.00 (CAN \$30.00) 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.

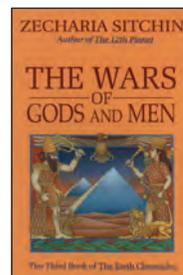


The Stairway to Heaven (Book II)

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.

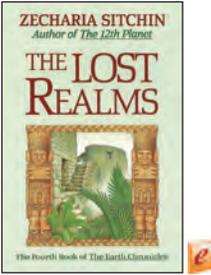


The Wars of Gods and Men (Book III)

Zecharia Sitchin

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

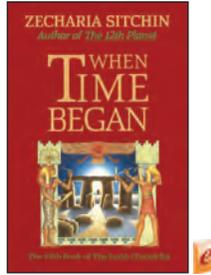
The Wars of Gods and Men, the third book, additionally embraces Canaanite, Hittite, and Hindu sources to include in these investigations the incidents of the Tower of Babel and the upheaval of Sodom and Gomorrah, concluding that nuclear weapons were used on Earth 4,000 years ago.



The Lost Realms (Book IV)

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

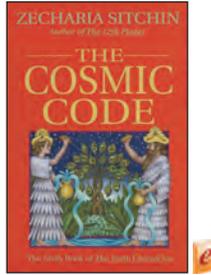
The Lost Realms, the fourth book, transports readers to the pre-Columbian civilizations and ancient empires of the Americas, revealing hitherto unrecognized golden links between ancient Near Eastern civilizations and the “cities of the gods” of the Olmecs, Mayas, Aztecs and Incas.



When Time Began (Book V)

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

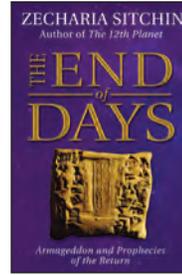
When Time Began, the fifth book, explores ancient knowledge of Heaven and Earth and the interwoven cycles that gave rise to astronomy, the zodiac and astrology, and stone calendars such as Stonehenge, revealing the secret of New Ages past and future.



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 End of Days (Book VII)

Armageddon and Prophecies of the Return
 Zecharia Sitchin
 ISBN 978-1-59143-200-5
 \$24.00 (CAN \$30.00) hardcover
 320 pages, 6 x 9

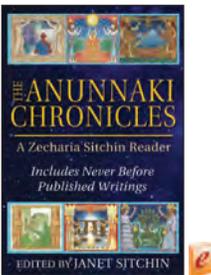
Zecharia Sitchin’s *The 12th Planet* brought to life the Anunnaki, extraterrestrials who fashioned man and gave mankind civilization and religion. In this final volume of the Earth Chronicles Series, Sitchin posits that our current twenty-first century A.D. is very similar to the twenty-first century B.C., and may reveal what is to come in the end times.



The Complete Earth Chronicles

Zecharia Sitchin
 ISBN 978-1-59143-201-2
 \$99.00 (CAN \$120.00) boxed set
 Cased set of seven hardcover editions: 384 pages, 336 pages, 384 pages, 304 pages, 416 pages, 304 pages, and 320 pages, 6 x 9

The Earth Chronicles series is the culmination of the late Zecharia Sitchin’s 30 years of research into the history and prehistory of humankind as recorded by the ancient civilizations of the Near East. This boxed set of hardcover collector’s editions with enhanced maps and diagrams is complete with all seven volumes of the series.

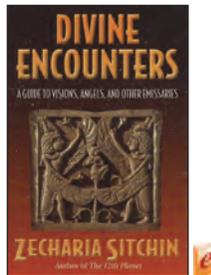


The Anunnaki Chronicles

A Zecharia Sitchin Reader
 Zecharia Sitchin
 Edited and Introduced by Janet Sitchin

ISBN 978-1-59143-229-6
 \$24.00 (CAN \$28.95) hardcover
 384 pages, 6 x 9
 100 b&w illustrations

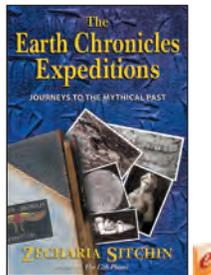
This collection of Zecharia Sitchin’s work includes never-before-published letters, articles, and lectures culled from his decades of presentations, revealing the man behind the controversial claim of Anunnaki influence on Sumerian civilization. Each piece is introduced by Sitchin’s niece, offering context and insight into his passionate work.



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

Zecharia Sitchin
 ISBN 978-1-879181-88-5
 \$24.00 (CAN \$29.95) hardcover
 400 pages, 6 x 9
 115 b&w illustrations

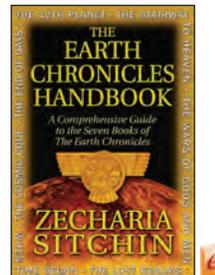
Divine Encounters draws on basic Judeo-Christian texts to analyze the creation myths, paralleling Biblical stories to the myths of Sumer and Mesopotamia, in order to show that humanity did not evolve without assistance.



The Earth Chronicles Expeditions

Zecharia Sitchin
 ISBN 978-1-59143-076-6
 \$16.00 (CAN \$20.00) pb
 288 pages, 6 x 9
 Includes 158 b&w illustrations and a 32-page b&w insert
 ISBN 978-1-59143-036-0
 \$24.00 (CAN \$32.95) hardcover
 Includes 158 b&w illustrations and a 32-page color insert

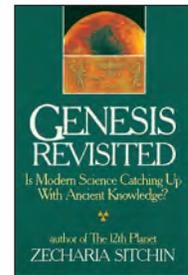
Zecharia Sitchin, author of the *Earth Chronicles* series, reveals the research supporting his conclusion that ancient myths are recollections of actual events, the gods of ancient peoples were visitors from another planet, and that we are not alone in our solar system. *The Earth Chronicles Expeditions*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



The 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 \$29.95) hardcover
 240 pages, 6 x 9

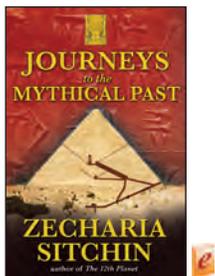
Offering detailed information about the myriad characters and subjects covered by The Earth Chronicle series, this book provides an encyclopedic compendium of the myths and events from humanity’s ancient civilizations, revealing how visitors from the 12th planet—the Anunnaki, came to earth.



Genesis Revisited
Is Modern Science Catching Up With Ancient Knowledge?

Zecharia Sitchin
 ISBN 978-1-879181-90-8
 \$24.00 (CAN \$29.95) hardcover
 352 pages, 6 x 9
 107 b&w illustrations

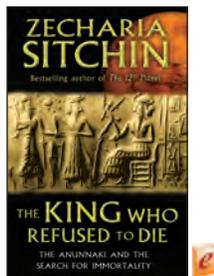
Zecharia Sitchin shows that discoveries in modern astrophysics, astronomy, and genetics have already been revealed in ancient texts. The Book of Genesis in fact contains the highest levels of scientific understanding including what we regard today as the “mysteries” of alchemy and the creation of life.



Journeys to the Mythical Past

Zecharia Sitchin
 ISBN 978-1-59143-108-4
 \$18.00 (CAN \$22.00) pb
 256 pages, 6 x 9
 Includes 32-page b&w insert and 130 b&w illustrations
 ISBN 978-1-59143-080-3
 \$24.00 (CAN \$28.95) hardcover

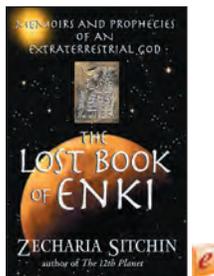
Renowned researcher of antiquity Zecharia Sitchin tells his own story, revealing for the first time how his life was at risk inside the Great Pyramid and documenting the existence of a secret chamber. Sitchin's firsthand accounts take the reader into the inner workings of the Vatican, and report on the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



The King Who Refused to Die

The Anunnaki and the Search for Immortality
 Zecharia Sitchin
 ISBN 978-1-59143-177-0
 \$24.00 (CAN \$27.50) hardcover
 256 pages, 6 x 9

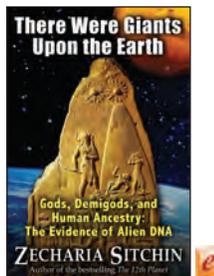
The late Zecharia Sitchin's final work, *The King Who Refused to Die* is a tale of ancient ceremony, accidental betrayal, gods among men, interplanetary travel, and a quest for immortality spanning millennia. Written in secret, this posthumous novel brings to life the key concepts of his bestselling book *The 12th Planet*.



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

Zecharia Sitchin
 ISBN 978-1-59143-037-7
 \$16.00 (CAN \$18.95) pb
 336 pages, 6 x 9
 14 b&w illustrations
 ISBN 978-1-879181-83-0
 \$24.00 (CAN \$29.95) 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.

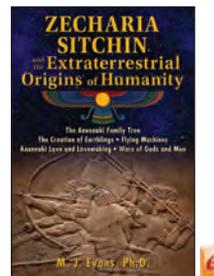


There Were Giants Upon the Earth

Gods, Demigods, and Human Ancestry: The Evidence of Alien DNA

Zecharia Sitchin
 ISBN 978-1-59143-194-7
 \$16.00 (CAN \$19.50) pb
 352 pages, 6 x 9
 148 b&w illustrations
 ISBN 978-1-59143-121-3
 \$24.00 (CAN \$29.95) hardcover

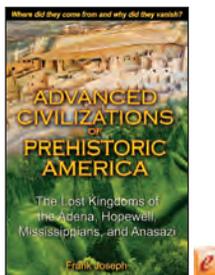
Zecharia Sitchin has asserted that man was genetically engineered by adding Anunnaki genes to those of an existing hominid. Here he leads the reader to the Royal Tombs of Ur revealing a DNA source that could conclusively prove biblical and Sumerian tales to be true.



Zecharia Sitchin and the Extraterrestrial Origins of Humanity

M. J. Evans, Ph.D.
 ISBN 978-1-59143-255-5
 \$18.00 (CAN \$21.95) pb
 256 pages, 6 x 9
 Includes 16-page color insert and 11 b&w illustrations

Drawing upon her many conversations with Zecharia Sitchin over nearly 20 years, M. J. Evans, Ph.D., longtime Sitchin friend and colleague, provides an in-depth analysis of Sitchin's revelations about the Anunnaki including an examination of Sitchin's prediction of a nuclear event on Earth in 2024.

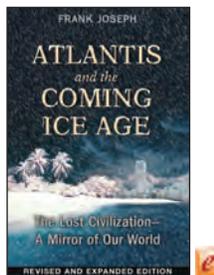


Advanced Civilizations of Prehistoric America

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

Frank Joseph
 ISBN 978-1-59143-107-7
 \$18.00 (CAN \$22.00) pb
 328 pages, 6 x 9
 Includes 8-page color insert

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.

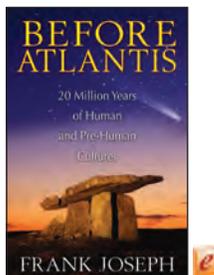


Atlantis and the Coming Ice Age

The Lost Civilization—A Mirror of Our World

Frank Joseph
 ISBN 978-1-59143-204-3
 \$18.00 (CAN \$21.50) pb
 296 pages, 6 x 9, Includes 8-page color insert and 19 b&w illustrations

The civilizations of Atlantis and Lemuria predicted an eternal cycle of global creation, destruction, and renewal. Our own civilization is on the brink of a destructive phase—political and economic upheaval is paralleled by extreme weather, massive solar flares, and tectonic disturbances—suggesting we are headed into another ice age. But by recognizing the self-destructive patterns, we can reestablish the cosmic balance.

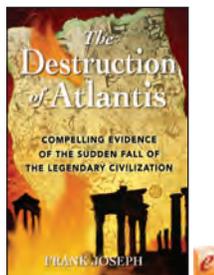


Before Atlantis

20 Million Years of Human and Pre-Human Cultures

Frank Joseph
 ISBN 978-1-59143-157-2
 \$20.00 (CAN \$25.00) pb
 336 pages, 6 x 9
 Includes 24 color and 25 b&w illustrations

Before Atlantis compellingly challenges conventional theories of evolution and the origins of civilization. The author traces the genesis of modern human civilization to Indonesia and the Central Pacific 75,000 years ago, launched by a catastrophic volcanic eruption that abruptly reduced humanity from two million to a few thousand individuals.

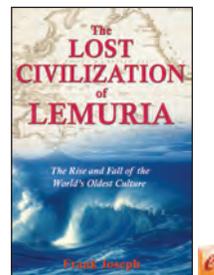


The Destruction of Atlantis

Compelling Evidence of the Sudden Fall of the Legendary Civilization

Frank Joseph
 ISBN 978-1-59143-019-3
 \$20.00 (CAN \$24.00) pb
 288 pages, 6 x 9
 Includes 16-page b&w insert

Also available in Spanish (see page 184)
 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.

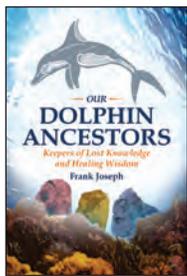


The Lost Civilization of Lemuria

The Rise and Fall of the World's Oldest Culture

Frank Joseph
 ISBN 978-1-59143-060-5
 \$20.00 (CAN \$23.95) 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.



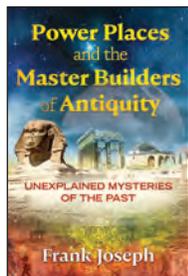
Our Dolphin Ancestors

Keepers of Lost Knowledge and Healing Wisdom

Frank Joseph

ISBN 978-1-59143-231-9
\$18.00 (CAN \$21.95) pb
312 pages, 6 x 9
Includes 8-page color insert and 41 b&w illustrations

Integrating scientific research on dolphin intelligence, communication, and physiology with enduring myths from some of the world's oldest cultures, such as the Aborigines, Norse, Greeks, and Celts, the author examines our physical commonalities with dolphins, including their vestigial thumbs and legs, birth processes, and body temperature.



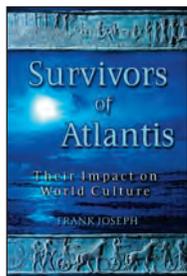
Power Places and the Master Builders of Antiquity

Unexplained Mysteries of the Past

Frank Joseph

ISBN 978-1-59143-313-2
\$18.00 (CAN \$22.50) pb
320 pages, 6 x 9
57 b&w illustrations

Sharing his personal investigations into a wide range of ancient mysteries and paranormal enigmas in America and abroad, Frank Joseph explores sacred sites and strange phenomena in Egypt, China, Ireland, and throughout North America, including Oak Island, Florida's Coral Castle, Wisconsin's UFO hotspot, Aztec cities in Kansas, and giant-built constructions in Illinois.



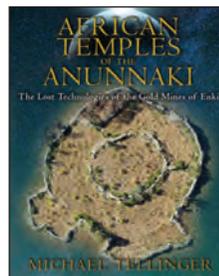
Survivors of Atlantis

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. Menomonie Indian tradition speaks of fair skinned mariners from the past who came to "dig out the shiny bones" of the Earth Mother. In this sequel to *The Destruction of Atlantis*, Frank Joseph contends that the mariners described by the North American Menomonie Indians were Atlanteans.



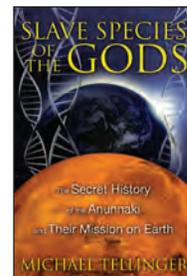
African Temples of the Anunnaki

The Lost Technologies of the Gold Mines of Enki

Michael Tellinger

ISBN 978-1-59143-150-3
\$25.00 (CAN \$29.95) pb
240 pages, 8 x 10
Full-color throughout

This book provides the physical proof of Zecharia Sitchin's theories on the Anunnaki origins of humanity. Michael Tellinger documents prehistoric ruins in South Africa that contain the remains of Tesla-like technology that was used to generate energy and carve immensely long tunnels straight into the Earth in search of gold—tunnels that still exist and whose origins have until now been a mystery.



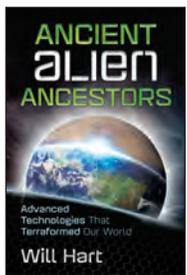
Slave Species of the Gods

The Secret History of the Anunnaki and Their Mission on Earth

Michael Tellinger

ISBN 978-1-59143-151-0
\$25.00 (CAN \$30.00) pb
576 pages, 6.63 x 9.5
104 b&w illustrations

Michael Tellinger proposes that the earliest civilization began in southern Africa with the arrival of the Anunnaki 200,000 years ago. Sent to Earth in search of gold, these ancient Anunnaki created the first humans as a slave race setting in place our traditions of gold obsession, slavery, and the notion of a dominating god.



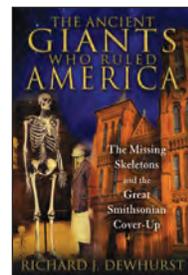
Ancient Alien Ancestors

Advanced Technologies That Terraformed Our World

Will Hart

ISBN 978-1-59143-253-1
\$20.00 (CAN \$24.95) pb
384 pages, 6 x 9
30 b&w illustrations

Sharing scientific evidence of alien involvement with life on our planet, author Will Hart refines the theory of directed panspermia—that life was intentionally seeded on Earth by extraterrestrials—and shows that advanced ETs are our ancestors and as human as we are.



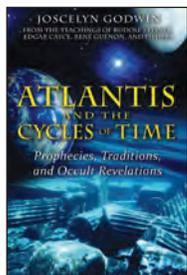
The Ancient Giants Who Ruled America

The Missing Skeletons and the Great Smithsonian Cover-Up

Richard J. Dewhurst

ISBN 978-1-59143-171-8
\$20.00 (CAN \$24.00) pb
368 pages, 6 x 9
92 b&w illustrations

Drawing on 400 years of compelling evidence, Dewhurst reveals that North America was once ruled by an advanced race of giants and that the Smithsonian has been actively suppressing the physical evidence for nearly 150 years. This suppression began after the Civil War and became an outright cover-up in 1879 when John Wesley Powell, as Smithsonian director, launched a strict pro-evolution, pro-Manifest Destiny agenda.



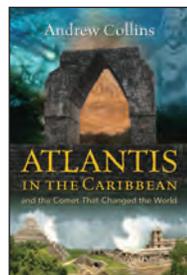
Atlantis and the Cycles of Time

Prophecies, Traditions, and Occult Revelations

Joscelyn Godwin

ISBN 978-1-59477-262-7
\$22.95 (CAN \$26.95) 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.



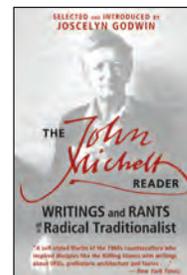
Atlantis in the Caribbean

And the Comet That Changed the World

Andrew Collins

ISBN 978-1-59143-265-4
\$20.00 (CAN \$24.00) pb
528 pages, 6 x 9
Includes two 8-page b&w inserts and 19 b&w illustrations

In this new edition of *Gateway to Atlantis*, noted author Andrew Collins provides evidence that at the end of the last Ice Age 13,000 years ago, a comet devastated the island of Cuba and submerged part of the Bahaman landmass destroying the Caribbean Atlantis. He further identifies Plato's "opposite continent" as none other than ancient America.



The John Michell Reader

Writings and Rants of a Radical Traditionalist

John Michell

Introduction by Joscelyn Godwin
ISBN 978-1-62055-415-9
\$19.95 (CAN \$23.95) pb
320 pages, 6 x 9

John Michell (1933–2009) was beloved and reviled for his heretical views. In this collection of essays he takes on Darwinism, superstition, Jesus, the Grail legend, agribusiness, the madness of modernity, and much more. Michell always took the larger view, reminding us that the "paradise of the philosophers" is still within reach for those with the vision to see it.



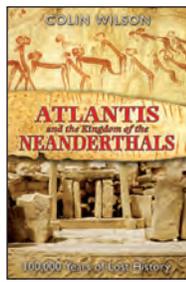
Atlantis beneath the Ice

The Fate of the Lost Continent

Rand Flem-Ath and Rose Flem-Ath

ISBN 978-1-59143-137-4
\$16.00 (CAN \$17.95) pb
256 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 and the Kingdom of the Neanderthals

100,000 Years of Lost History

Colin Wilson

ISBN 978-1-59143-059-9
\$20.00 (CAN \$24.00) 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.



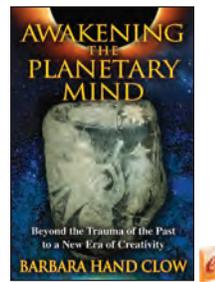
Atlantis in the Amazon

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.



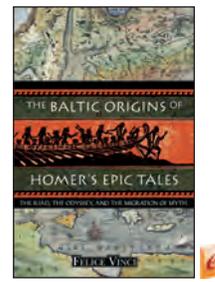
Awakening the Planetary Mind

Beyond the Trauma of the Past to a New Era of Creativity

Barbara Hand Clow

ISBN 978-1-59143-134-3
\$18.00 (CAN \$20.00) pb
352 pages, 6 x 9
76 b&w illustrations

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.



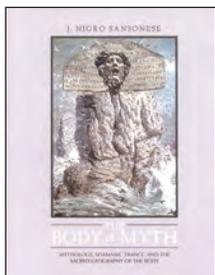
The Baltic Origins of Homer's Epic Tales

The Iliad, the Odyssey, and the Migration of Myth

Felice Vinci

ISBN 978-1-59477-052-4
\$22.95 (CAN \$30.95) pb
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.

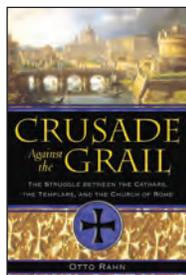


The Body of Myth
Mythology, Shamanic Trance, and the Sacred Geography of the Body

J. Nigro Sansonese

ISBN 978-0-89281-409-1
\$24.95 (CAN \$39.95) pb
384 pages, 8.5 x 11

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.



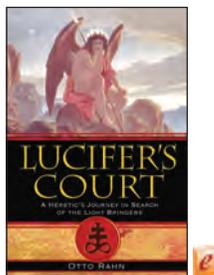
Crusade Against the Grail

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

Otto Rahn

ISBN 978-1-59477-135-4
\$16.95 (CAN \$19.95) 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.



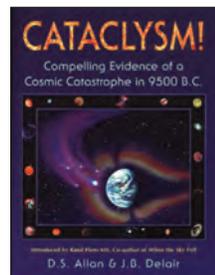
Lucifer's Court

A Heretic's Journey in Search of the Light Bringers

Otto Rahn

ISBN 978-1-59477-197-2
\$16.95 (CAN \$18.95) pb
256 pages, 6 x 9

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.



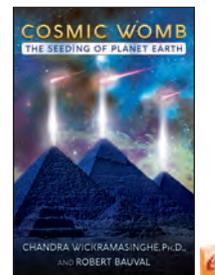
Cataclysm!

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 \$30.00) pb
384 pages, 7 x 9.25

Abundant evidence points to a great global catastrophe that occurred 11,500 years ago, indicating that a fateful confrontation with a destructive cosmic visitor must have occurred, and calling into question established geological theories about this moment in our not-so-distant past.



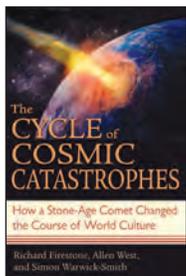
New—Available Cosmic Womb

The Seeding of Planet Earth

Chandra Wickramasinghe, Ph.D. and Robert Bauval

ISBN 978-1-59143-307-1
\$20.00 (CAN \$24.95) pb
408 pages, 6 x 9
Includes 8-page color insert and 137 b&w illustrations

Exploring the latest findings in support of a cosmic origin for humanity, the authors expand on Sir Fred Hoyle's theory of panspermia: that the building blocks of life arrived on Earth via comets in the distant past. They also reveal new discoveries about the dimensions of the Great Pyramid of Giza.



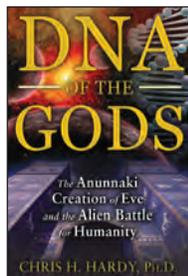
The Cycle of Cosmic Catastrophes

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 \$24.00) pb
416 pages, 6 x 9
206 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.



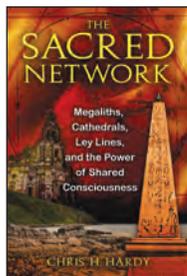
DNA of the Gods

The Anunnaki Creation of Eve and the Alien Battle for Humanity

Chris H. Hardy, Ph.D.

ISBN 978-1-59143-185-5
\$18.00 (CAN \$22.00) pb
264 pages, 6 x 9, Includes 8-page color insert and 27 b&w illustrations

In this book, Chris Hardy describes the genetic engineering of humanity by Anunnaki scientist Ninmah whose first female human creation, Tiamat/Eve, contained more alien DNA than the earlier male one, Adamu. She shows that the concepts of sin and the inferiority of women were born out of Enlil's attempts to enslave humanity, but that despite this ongoing history of conflict, we can begin to steer our own planetary destiny.



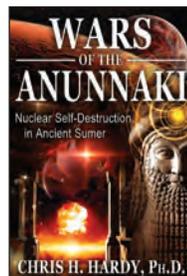
The Sacred Network

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

Chris H. Hardy, Ph.D.

ISBN 978-1-59477-381-5
\$19.95 (CAN \$23.50) pb
392 pages 6 x 9
Includes 8-page color insert and 8 b&w illustrations

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.



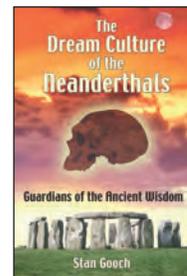
Wars of the Anunnaki

Nuclear Self-Destruction in Ancient Sumer

Chris H. Hardy, Ph.D.

ISBN 978-1-59143-259-3
\$18.00 (CAN \$21.95) pb
296 pages, 6 x 9
Includes 8-page color insert and 15 b&w illustrations

Drawing upon the work of Zecharia Sitchin, the Book of Genesis, Sumerian clay tablets, and archaeological evidence such as ancient radioactive skeletons, Chris Hardy reveals the ancient nuclear event that destroyed the Sumerian civilization and the power struggles of the "gods" that led up to it.



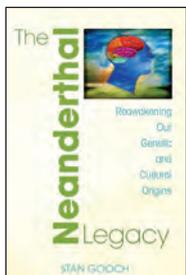
The Dream Culture of the Neanderthals

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.



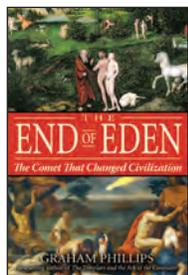
The Neanderthal Legacy

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
14 b&w illustrations

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.



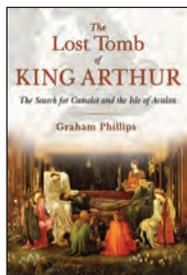
The End of Eden

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.



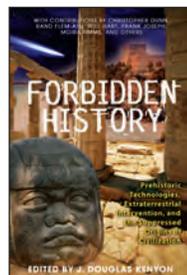
The Lost Tomb of King Arthur

The Search for Camelot and the Isle of Avalon

Graham Phillips

ISBN 978-1-59143-181-7
\$18.00 (CAN \$21.95) pb
304 pages, 6 x 9
Includes 16-page color insert and 27 b&w illustrations

Many scholars regard King Arthur and his fabled city of Camelot simply as myth. Graham Phillips shows through a wealth of literary and scientific evidence, King Arthur was a real man, Camelot a real place, and the legendary Excalibur a real sword—and Phillips has located them all.



Forbidden History

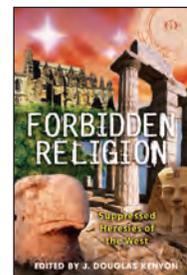
Prehistoric Technologies, Extraterrestrial Intervention, and the Suppressed Origins of Civilization

Edited by J. Douglas Kenyon

ISBN 978-1-59143-045-2
\$18.00 (CAN \$21.95) pb
344 pages, 6 x 9
Includes 8-page color insert and 108 b&w illustrations

Also available in Spanish (see page 186)

Here are 42 essays from the archives of *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.



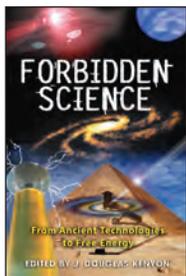
Forbidden Religion

Suppressed Heresies of the West

Edited by J. Douglas Kenyon

ISBN 978-1-59143-067-4
\$20.00 (CAN \$24.00) pb
336 pages, 6 x 9
Includes 16-page b&w insert and 100 b&w illustrations

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.

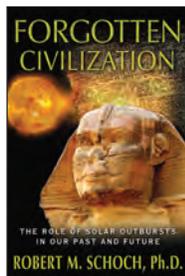


Forbidden Science
From Ancient Technologies to Free Energy

Edited by J. Douglas Kenyon

ISBN 978-1-59143-082-7
\$18.00 (CAN \$22.00) pb
336 pages, 6 x 9
Includes 16-page b&w insert
and 81 b&w illustrations

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.

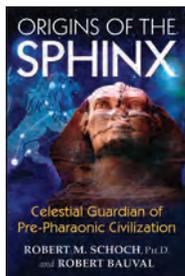


Forgotten Civilization
The Role of Solar Outbursts in Our Past and Future

Robert M. Schoch, Ph.D.

ISBN 978-1-59477-497-3
\$18.95 (CAN \$22.95) pb
384 pages, 6 x 9
Includes 16-page color insert

Robert Schoch shows that the last ice age ended abruptly in 9700 BCE due to coronal mass ejections from the Sun, eradicating the advanced civilization of the time. Schoch's theory explains many megalithic monuments and ancient legends including the Easter Island rongorongo texts and the intentional burial of Göbekli Tepe in Turkey.

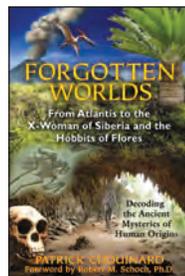


Origins of the Sphinx
Celestial Guardian of Pre-Pharaonic Civilization

Robert M. Schoch, Ph.D., and Robert Bauval

ISBN 978-1-62055-525-5
\$24.99 (CAN \$31.50) pb
528 pages, 6 x 9
Includes 16-page color insert
and 247 b&w illustrations

According to orthodox Egyptology, the Sphinx was built around 2500 BCE as a memorial to the pharaoh Khafre. In this provocative collaboration from two Egyptology outsiders, Robert M. Schoch, Ph.D., and Robert Bauval combine their decades of research to show how the Sphinx is thousands of years older than the conventional Egyptological timeline.



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
288 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.



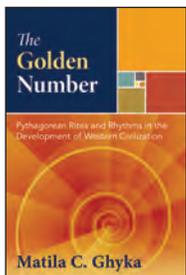
Lost Race of the Giants
The Mystery of Their Culture, Influence, and Decline throughout the World

Patrick Chouinard

Foreword by Paul Von Ward

ISBN 978-1-59143-148-0
\$18.00 (CAN \$22.00) pb
224 pages, 6 x 9

Archaeological discoveries of 10- and 12-foot skeletons—many of which have been suppressed—confirm the existence of an age of giants before recorded history. This book examines the many corresponding giant mythologies throughout the world and finds that giants engaged in conflict with the extraterrestrial gods who created humanity for forced labor.

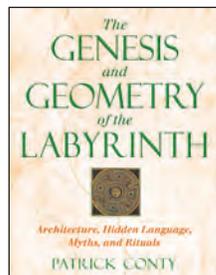


The Golden Number
Pythagorean Rites and Rhythms in the Development of Western Civilization

Matila C. Ghyka
Introduction by Paul Valéry

ISBN 978-1-59477-100-2
\$50.00 (CAN \$60.00) hardcover
448 pages, 6 x 9
66 full-page b&w illustrations

Commonly symbolized by the Fibonacci sequence, the Golden Number, or Phi, is the geometric ratio 1.618. Matila Ghyka's classic reveals how understanding of the divine proportion is seen as a portal to discovering the hidden harmonies of the cosmos.

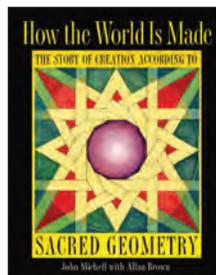


The Genesis and Geometry of the Labyrinth
Architecture, Hidden Language, Myths, and Rituals

Patrick Conty

ISBN 978-0-89281-922-5
\$29.95 (CAN \$43.50) pb
320 pages, 8.5 x 11

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

ISBN 978-1-59477-477-5
\$25.00 (CAN \$30.00) pb
288 pages, 8 x 10
Full-color throughout
ISBN 978-1-59477-324-2
\$35.00 (CAN \$45.00) hardcover

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.

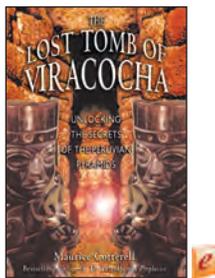


Jesus, King Arthur, and the Journey of the Grail
The Secrets of the Sun Kings

Maurice Cotterell

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

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



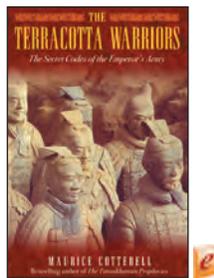
The Lost Tomb of Viracocha

Unlocking the Secrets of the Peruvian Pyramids

Maurice Cotterell

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

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



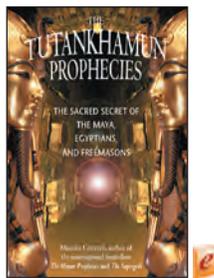
The Terracotta Warriors

The Secret Codes of the Emperor's Army

Maurice Cotterell

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

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



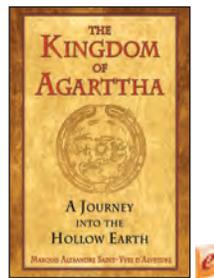
The Tutankhamun Prophecies

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.



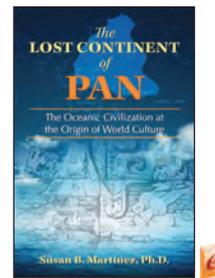
The Kingdom of Agartha

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 \$16.95) pb
176 pages, 6 x 9
10 b&w illustrations

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.



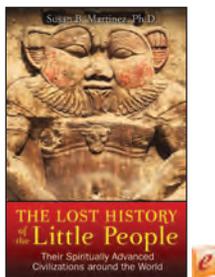
The Lost Continent of Pan

The Oceanic Civilization at the Origin of World Culture

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-267-8
\$24.00 (CAN \$29.95) pb
512 pages, 6 x 9
284 b&w illustrations

In this book, Susan B. Martinez reveals the Pacific Ur-culture that seeded the ancient civilizations of China, Egypt, India, Mexico, and Peru. The author shows how the Pan diaspora explains the mound builders on each continent, the presence of "white" humans in Native American legend, the red-haired mummies found in China, and the Ainu of Japan.



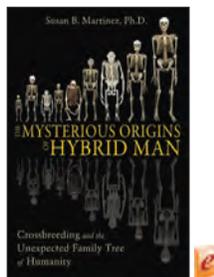
The Lost History of the Little People

Their Spiritually Advanced Civilizations around the World

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-145-9
\$20.00 (CAN \$22.95) pb
400 pages, 6 x 9
187 b&w illustrations

All cultures have legends about prehistoric forebears of short stature who survived the Great Flood and initiated the first sacred traditions. From the squat "gods" of Mexico and Peru to the fairy kingdom of Europe and the blond pygmies of Madagascar, these little people are remembered as masters of stone carving, agriculture, navigation, writing, and shamanic healing.



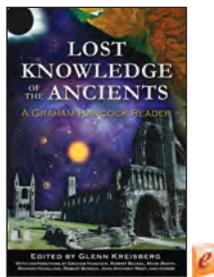
The Mysterious Origins of Hybrid Man

Crossbreeding and the Unexpected Family Tree of Humanity

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-176-3
\$24.00 (CAN \$27.50) pb
576 pages, 6 x 9
147 b&w illustrations

This provocative book posits that modern humanity did not evolve but is a mosaic of mixed ancestry, the result of eons of cross-breeding and retro-breeding among different groups, including Cro-Magnon, Neanderthal, hobbits, and giants. Thus there were multiple "Gardens of Eden" and each continent had its own blend of races prior to the Great Flood.



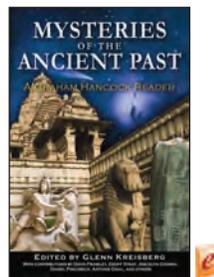
Lost Knowledge of the Ancients

A Graham Hancock Reader

Edited by Glenn Kreisberg

ISBN 978-1-59143-117-6
\$18.00 (CAN \$21.95) pb
256 pages, 6 x 9
50 b&w illustrations

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.



Mysteries of the Ancient Past

A Graham Hancock Reader

Edited by Glenn Kreisberg

ISBN 978-1-59143-155-8
\$18.00 (CAN \$20.95) pb
328 pages, 6 x 9
Includes 8-page color insert and 109 b&w illustrations

This anthology presents the latest controversial findings in alternative science, history, archaeology, and consciousness research. With contributions by David Frawley, Daniel Pinchbeck, Jonathan Talat Phillips, and others, this book shows that by recovering our lost history we too can experience the higher consciousness and advanced wisdom of the ancients.



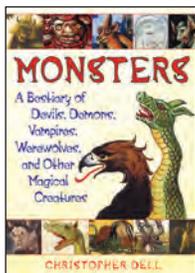
The Mystery of Spring-Heeled Jack

From Victorian Legend to Steampunk Hero

John Matthews

ISBN 978-1-62055-496-8
\$19.95 (CAN \$23.95) pb
360 pages, 6 x 9
Includes 8-page color insert and 34 b&w illustrations

Spring-Heeled Jack—a tall, thin, bounding figure with bat-like wings, clawed hands, and wheels of fire for eyes—first leaped to public attention in Victorian London. Author John Matthews provides an extensive look at Spring-Heeled Jack from his ancient beginnings to the present.



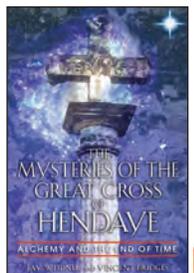
Monsters

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

Christopher Dell

ISBN 978-1-59477-394-5
\$19.95 (CAN \$23.50) pb
192 pages, 6.75 x 9.5
315 color illustrations

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.



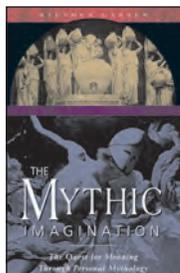
The Mysteries of the Great Cross of Hendaye

Alchemy and the End of Time

Jay Weidner and Vincent Bridges

ISBN 978-0-89281-084-0
\$24.95 (CAN \$29.95) 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.



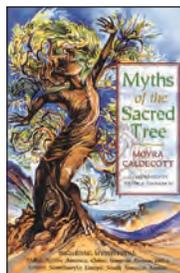
The Mythic Imagination

The Quest for Meaning Through Personal Mythology

Stephen Larsen

ISBN 978-0-89281-574-6
\$16.95 (CAN \$19.95) pb
432 pages, 5.38 x 8.25

Mythology is the universal tongue of human imagination and all of us are engaged in creating personal mythologies that reflect the larger myths of the culture and our own deepest desires. This book is a guide for bringing the deeper mythic structures of experience into awareness, and for learning to recognize the archetypal content embedded in our behavior.



Myths of the Sacred Tree

Moyra Caldecott

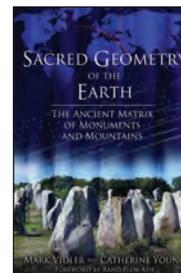
Illustrated by Anthea Toorchen

ISBN 978-0-89281-414-5
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9
15 b&w illustrations

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

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

Values & Vision



Sacred Geometry of the Earth

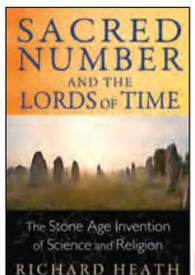
The Ancient Matrix of Monuments and Mountains

Mark Vidler and Catherine Young

Foreword by Rand Flem-Ath

ISBN 978-1-62055-468-5
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9
170 b&w illustrations

From continent to continent across the globe there exists a hidden order in nature—natural topographic patterns related to pi, the golden ratio, and right-triangle geometry, and this hidden order has determined the location of ancient monuments. For example, the locations of the Giza pyramids, Stonehenge, and Machu Picchu are all integrated into the natural design on Earth.



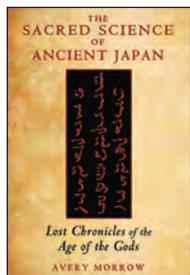
Sacred Number and the Lords of Time

The Stone Age Invention of Science and Religion

Richard Heath

ISBN 978-1-62055-244-5
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9
152 b&w illustrations

Richard Heath identifies four megalithic ages during which our Stone Age ancestors created an exact science of measures. The first age used only counted lengths and simple geometries; the second successfully measured the Earth using metrological ratios; the third saw a perfecting of monumental architecture; and in the fourth, the pyramids spread to Mexico and the Far East.



The Sacred Science of Ancient Japan

Lost Chronicles of the Age of the Gods

Avery Morrow

ISBN 978-1-59143-170-1
\$16.00 (CAN \$18.50) pb
224 pages, 6 x 9
22 b&w illustrations

In Japan there are roughly two dozen secret manuscripts originally dating back to the paleolithic era, the age of heroes and gods, that have been handed down by the ruling families for centuries. Rejected by orthodox Japanese scholars and never before translated into English, these documents speak of primeval alphabets, lost languages, forgotten technologies, and the sacred spiritual science. Some even refer to UFOs, Atlantis, and Jesus coming to Japan.



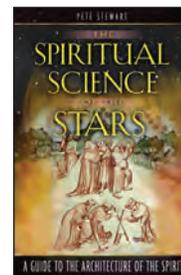
The Secret History of Vampires

Their Multiple Forms and Hidden Purposes

Claude Lecouteux

ISBN 978-1-59477-325-9
\$16.95 (CAN \$19.95) pb
200 pages, 6 x 9
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.



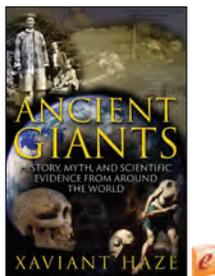
The Spiritual Science of the Stars

A Guide to the Architecture of the Spirit

Pete Stewart

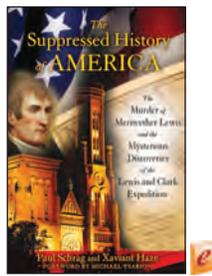
ISBN 978-1-59477-196-5
\$16.95 (CAN \$18.95) pb
272 pages, 6 x 9
32 b&w illustrations

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.



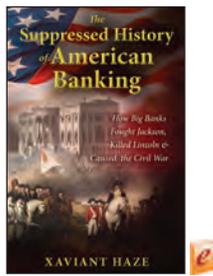
New—June 2018
Ancient Giants
History, Myth, and Scientific Evidence from around the World
 Xaviant Haze

ISBN 978-1-59143-293-7
 \$16.00 (CAN \$19.99) pb
 192 pages, 6 x 9
 97 b&w illustrations
 Examining global myths, historical records, megalithic ruins, and archaeological findings, Xaviant Haze provides evidence for a lost race of giants in Earth's prehistory. He explores legends and finds from throughout Europe, the Middle East, Africa, Australia, New Zealand, Russia, and China, including stories of giant bones unearthed by Allied soldiers during World War II.



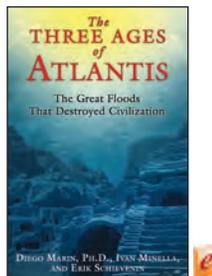
The Suppressed History of America
The Murder of Meriwether Lewis and the Mysterious Discoveries of the Lewis and Clark Expedition
 Paul Schrag and Xaviant Haze

Foreword by Michael Tsarion
 ISBN 978-1-59143-122-0
 \$15.00 (CAN \$18.00) 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.
[Available on audible.com](https://www.audible.com)



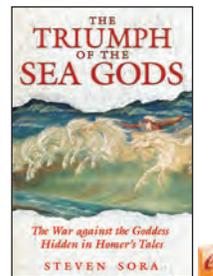
The Suppressed History of American Banking
How Big Banks Fought Jackson, Killed Lincoln, and Caused the Civil War
 Xaviant Haze

ISBN 978-1-59143-233-3
 \$16.00 (CAN \$19.50) pb
 240 pages, 6 x 9
 79 b&w illustrations
 Author Xaviant Haze reveals how the powerful Rothschild banking family and the Central Banking System, now known as the Federal Reserve Bank, provide a continuous thread of connection between the War of 1812, the Civil War, the financial crises of the 1800s, and assassination attempts on Presidents Jackson and Lincoln.



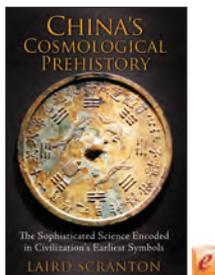
The Three Ages of Atlantis
The Great Floods That Destroyed Civilization
 Diego Marin, Ph.D., Ivan Minella, and Erik Schievenin

ISBN 978-1-59143-179-4
 \$25.00 (CAN \$28.95) pb
 528 pages, 6 x 9, Includes 16-page color insert and 60 b&w illustrations
 There were three worldwide super-floods, 15,000, 11,600, and 8,700 years ago, periods marked respectively by the freezing of Antarctica, the arrival of Cro-Magnon man in Europe, and the destruction of Atlantis according to Plato. This book posits that the first flood caused the original Atlantean diaspora out of Antarctica, leading to migrations to South America and Europe, both of which suffered their own subsequent inundation.



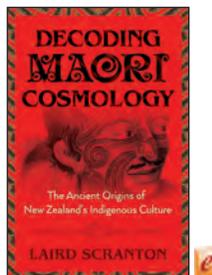
The Triumph of the Sea Gods
The War against the Goddess Hidden in Homer's Tales
 Steven Sora

ISBN 978-1-59477-143-9
 \$18.95 (CAN \$23.95) pb
 260 pages, 6 x 9
 Includes 4-page color insert
 Steven Sora argues that Homer's tales do not describe adventures in the Mediterranean, but are adaptations of Celtic myths that chronicle an Atlantic coastal war that took place off the Iberian Peninsula around 1200 B.C. The war led to the rapid decline of the region's goddess-worshipping culture that had reigned there since Neolithic times.



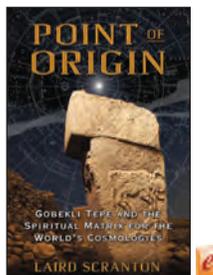
China's Cosmological Prehistory
The Sophisticated Science Encoded in Civilization's Earliest Symbols
 Laird Scranton

ISBN 978-1-62055-329-9
 \$16.95 (CAN \$20.50) pb
 192 pages, 6 x 9
 32 b&w illustrations
 Laird Scranton investigates the myths, symbols, and traditions of prehistoric China, finding fundamental similarities between Chinese cosmology and that of other creation traditions. These cultural symbols reveal that there was a sophisticated scientific understanding in ancient times that has a direct correlation to our modern scientific discoveries, and suggests that the cosmology of all ancient cultures arose from a single now-lost source.



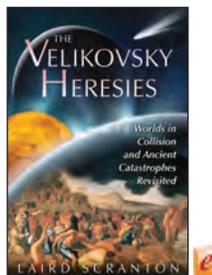
New—May 2018
Decoding Maori Cosmology
The Ancient Origins of New Zealand's Indigenous Culture
 Laird Scranton

ISBN 978-1-62055-705-1
 \$16.99 (CAN \$21.50) pb
 192 pages, 6 x 9
 5 b&w illustrations
 Revealing Maori culture as centuries older than generally accepted, Laird Scranton shows how the same cosmological concepts and linguistic roots that began at Gobekli Tepe are also evident in Maori cosmology and language, with similarities to Dogon and Egyptian languages and biblical and Hindu traditions.



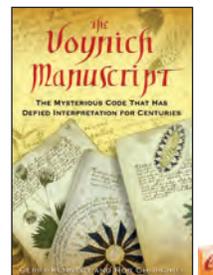
Point of Origin
Gobekli Tepe and the Spiritual Matrix for the World's Cosmologies
 Laird Scranton

ISBN 978-1-62055-444-9
 \$16.95 (CAN \$20.50) pb
 224 pages, 6 x 9
 35 b&w illustrations
 Why do the Dogon of Africa and the cultures of ancient Egypt, India, Tibet, and China share strikingly similar myths and sacred symbols? Laird Scranton makes the case that the archaeological complex at Gobekli Tepe is the definitive point of origin from which all the great civilizations of the past inherited their cosmology, esoteric teachings, and civilizing skills.



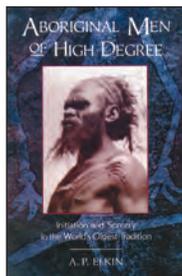
The Velikovsky Heresies
Worlds in Collision and Ancient Catastrophes Revisited
 Laird Scranton

ISBN 978-1-59143-139-8
 \$15.00 (CAN \$18.00) pb
 160 pages, 6 x 9
Worlds in Collision introduced the theory that Venus began as a brilliant comet ejected by Jupiter around 1600 BCE. Laird Scranton presents evidence from recent space probe missions and ancient texts that uphold Velikovsky's controversial theories.



The Voynich Manuscript
The Mysterious Code That Has Defied Interpretation for Centuries
 Gerry Kennedy and Rob Churchill

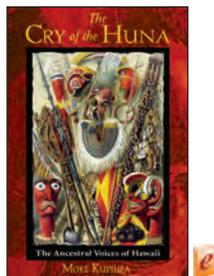
ISBN 978-1-59477-129-3
 \$22.95 (CAN \$26.95) pb
 328 pages, 6 x 9
 82 b&w illustrations
 Since its discovery in 1912, this medieval manuscript has baffled scholars and cryptanalysts with its unidentifiable script and bizarre illustrations. The authors examine the many theories about its possible authors and the information it may contain. This manuscript remains one of the most enigmatic documents ever to have come to light.



Aboriginal Men of High Degree
Initiation and Sorcery in the World's Oldest Tradition

A. P. Elkin
ISBN 978-0-89281-421-3
\$14.95 (CAN \$17.95) pb
224 pages, 5.38 x 8.25

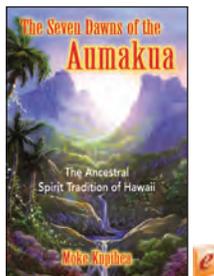
One of Australia's most eminent anthropologists details the secret and sacred practices of Australian Aboriginal shamans, documenting a rapidly vanishing indigenous culture.



The Cry of the Huna
The Ancestral Voices of Hawaii

Moke Kupihea
ISBN 978-0-89281-127-4
\$14.95 (CAN \$20.95) pb
208 pages, 6 x 9

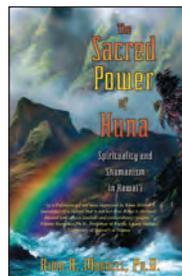
A sense of alienation and the loss of Hawaiians' spiritual birthright has resulted due to colonization, and the consequent loss of connection to the aumakua, the ancestry connecting this people to the earth and the gods. *The Cry of the Huna* shares a vision of reconnection to the aumakua, releasing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



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

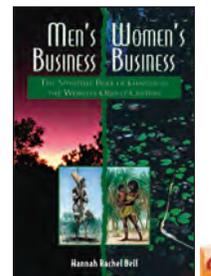
In *The Seven Dawns of the Aumakua*, author Moke Kupihea discovers his Hawaiian spiritual tradition. As a young boy he seeks out his *kupuna*, the old men of the mountains, who become his *kahu*—his ancestral guardians—and teach him to understand that the world of ancestral voices still speaks, if only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



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

Rima A. Morrell, Ph.D.
ISBN 978-1-59477-009-8
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9
5 b&w illustrations

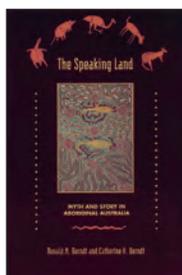
In *The Sacred Power of Huna*, author Rima Morrell reveals knowledge that has not previously been available about this sacred tradition: the role of emotion in gaining true wisdom, the magical elements of Hawaiian language, the sophisticated system of lunar astrology, and the hula as a system of shamanism.



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

Hannah Rachel Bell
ISBN 978-0-89281-655-2
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9

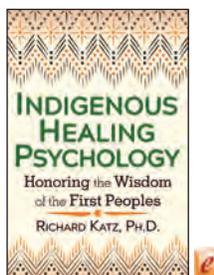
In Aboriginal culture, an almost total division of responsibility between genders enables both men and women to respect the power, wisdom, and essentiality of the other. Hannah Rachel Bell presents the experience of 25 years living in this society, in which every action is governed by the laws of nature and myth, rather than those of commerce and politics.



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

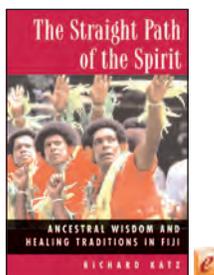
This is the first anthology of Aboriginal myth, collected by anthropologists Ronald and Catherine Berndt during fifty years of work among the Aboriginal peoples.



New—Available
Indigenous Healing Psychology

Honoring the Wisdom of the First Peoples
Richard Katz, Ph.D.
ISBN 978-1-62055-267-4
\$29.95 (CAN \$37.50) pb
480 pages, 6 x 9
6 b&w maps

Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with. He explains how the Indigenous approach offers a way to treat mental illness at its source as well as help create a more effective model of best practices in psychology.

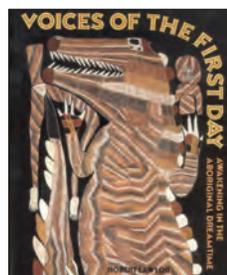


The Straight Path of the Spirit

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 of the Spirit is both an engrossing story of indigenous healers and a dramatic account of cultures in collision. Through the process of his own self-transformation, Katz learned 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.

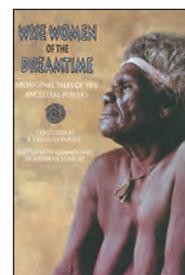


Voices of the First Day
Awakening in the Aboriginal Dreamtime

Robert Lawlor
ISBN 978-0-89281-355-1
\$35.00 (CAN \$42.00) pb
432 pages, 8 x 10
200 color and duotone illustrations

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

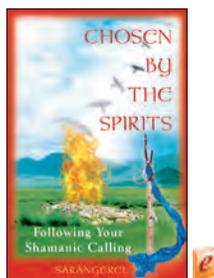
"A remarkably comprehensive and fascinating account . . . truly worthwhile."
Kirkus Reviews



Wise Women of the Dreamtime
Aboriginal Tales of the Ancestral Powers

K. Langloh Parker
Edited by Johanna Lambert
ISBN 978-0-89281-477-0
\$14.95 (CAN \$18.95) pb
160 pages, 6 x 9

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



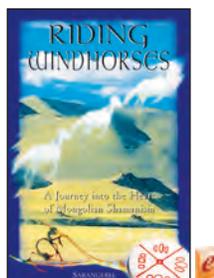
Chosen by the Spirits

Following Your Shamanic Calling

Sarangerel

ISBN 978-0-89281-861-7
\$18.95 (CAN \$22.95) pb
312 pages, 6 x 9
24 b&w illustrations

Mongolian shamanic tradition maintains that all true shamans are called by the spirits. *Chosen by the Spirits* delves deeply into the personal relationship between the shamanic student and his or her “spirit family.” The author provides the serious student with practical advice and techniques for recognizing and acknowledging a shamanic calling, welcoming the spirits, journeying to the spirit world, and healing both people and places.



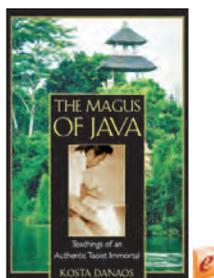
Riding Windhorses

A Journey into the Heart of Mongolian Shamanism

Sarangerel

ISBN 978-0-89281-808-2
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9
25 b&w illustrations and photographs

Riding Windhorses is the first book written on Mongolian and Siberian shamanism by a shaman trained in that tradition. It includes an introduction to the basic rituals and numerous healing and divination techniques, many of which have never been published and are the direct teachings of the author’s own shaman mentors.



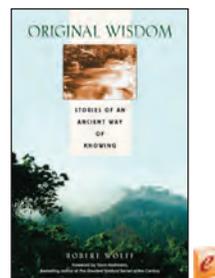
The Magus of Java

Teachings of an Authentic Taoist Immortal

Kosta Danaos

ISBN 978-0-89281-813-6
\$16.99 (CAN \$19.95) pb
224 pages, 5.88 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.



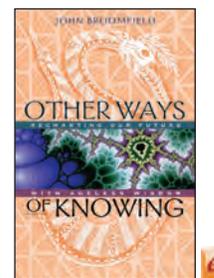
Original Wisdom

Stories of an Ancient Way of Knowing

Robert Wolff

ISBN 978-0-89281-866-2
\$14.95 (CAN \$17.95) 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.



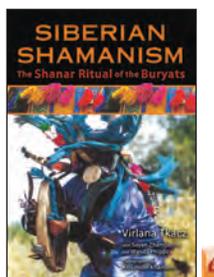
Other Ways of Knowing

Recharting Our Future with Ageless Wisdom

John Broomfield

ISBN 978-0-89281-614-9
\$18.95 (CAN \$21.95) pb
272 pages, 6 x 9

Our environment and our civilization are in crisis. But the wisdom to chart a new course is available to us from unexpected sources, including the sacred traditions of our ancestors. From the Polynesian 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 West.



Siberian Shamanism

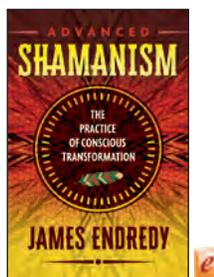
The Shanar Ritual of the Buryats

Virlana Tkacz with Sayan Zhambalov and Wanda Phipps

Photographs by Alexander Khantaev
Foreword by Itzhak Beery

ISBN 978-1-62055-431-9
\$19.95 (CAN \$23.95) pb
208 pages, 7 x 10
Full-color throughout

East of Lake Baikal in Siberia live the Buryats, an indigenous people who practice a unique blend of Tibetan Buddhism and shamanism. This book documents a complete Buryat *Shanar*, the ceremony in which a new shaman first contacts his ancestral spirits and receives his power. Includes dozens of full-color photographs.



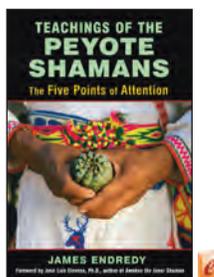
Advanced Shamanism

The Practice of Conscious Transformation

James Endredy

ISBN 978-1-59143-283-8
\$18.00 (CAN \$22.50) pb
272 pages, 6 x 9
4 b&w illustrations

In this step-by-step guide, James Endredy offers hands-on instructions for more than 30 advanced shamanic practices, including sacred Fire ceremonies, direct shamanic viewing, shamanic death and rebirth, working with healing stones, shamanic lucid dreaming, acquiring an animal spirit guide, and using your guide’s power responsibly for healing.



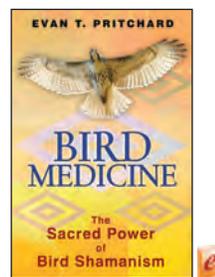
Teachings of the Peyote Shamans

The Five Points of Attention

James Endredy

Foreword by José Stevens, Ph.D.
ISBN 978-1-62055-461-6
\$16.95 (CAN \$20.50) pb
192 pages, 6 x 9

This book offers a rare look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. It reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.



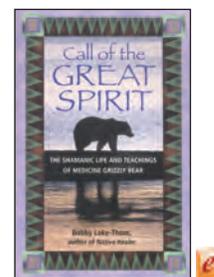
Bird Medicine

The Sacred Power of Bird Shamanism

Evan T. Pritchard

ISBN 978-1-59143-158-9
\$18.00 (CAN \$22.00) pb
320 pages, 6 x 9
Includes 16-page color insert and 2 b&w illustrations

In Native American spirituality, birds are powerful allies in the natural world. Evan Pritchard presents the gatekeepers of the four directions—Eagle, Hawk, Crow, and Owl—explaining their roles in legends and the use of their feathers in rituals. He provides examples of interpretations that can be applied in our own encounters with birds, along with ways we can encourage them to communicate with us.



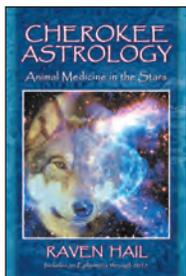
Call of the Great Spirit

The Shamanic Life and Teachings of Medicine Grizzly Bear

Bobby Lake-Thom

ISBN 978-1-879181-66-3
\$15.00 (CAN \$17.95) pb
256 pages, 6 x 9

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

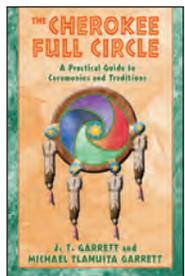


Cherokee Astrology
Animal Medicine in the Stars

Raven Hail

ISBN 978-1-59143-087-2
\$15.00 (CAN \$18.00) 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.

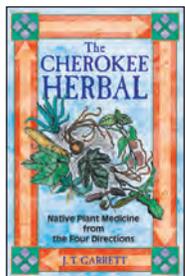


The Cherokee Full Circle
A Practical Guide to Ceremonies and Traditions

J. T. Garrett and Michael Tlanusta Garrett

ISBN 978-1-879181-95-3
\$15.00 (CAN \$18.00) pb
200 pages, 5.38 x 8.25

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

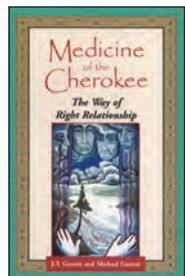


The Cherokee Herbal
Native Plant Medicine from the Four Directions

J. T. Garrett

ISBN 978-1-879181-96-0
\$15.00 (CAN \$17.95) pb
288 pages, 5.38 x 8.25
7 b&w illustrations

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



Medicine of the Cherokee
The Way of Right Relationship

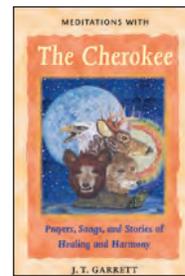
J. T. Garrett and Michael Garrett

ISBN 978-1-879181-37-3
\$14.00 (CAN \$16.95) pb
240 pages, 5.5 x 8.5

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

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

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

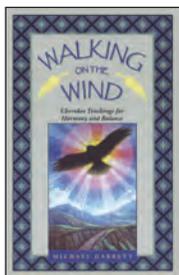


Meditations with the Cherokee
Prayers, Songs, and Stories of Healing and Harmony

J. T. Garrett

ISBN 978-1-879181-59-5
\$12.95 (CAN \$15.95) pb
144 pages, 5.38 x 8.25

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

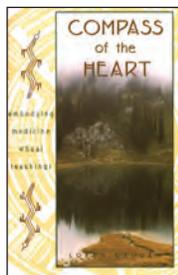


Walking on the Wind
Cherokee Teachings for Harmony and Balance

Michael Garrett

ISBN 978-1-879181-49-6
\$14.00 (CAN \$16.95) pb
204 pages, 5.5 x 8.5

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

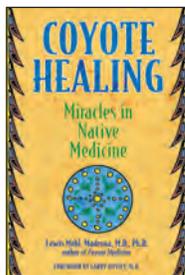


Compass of the Heart
Embodying Medicine Wheel Teachings

Loren Cruden

ISBN 978-0-89281-600-2
\$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*.

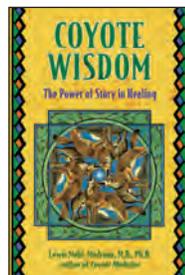


Coyote Healing
Miracles in Native Medicine

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

ISBN 978-1-59143-010-0
\$18.00 (CAN \$22.00) 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.

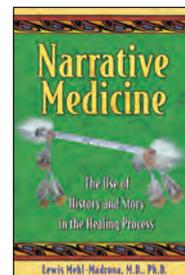


Coyote Wisdom
The Power of Story in Healing

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

ISBN 978-1-59143-029-2
\$16.00 (CAN \$18.95) pb
240 pages, 6 x 9

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

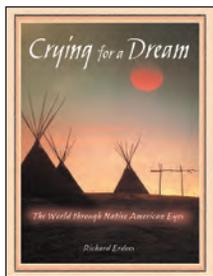


Narrative Medicine
The Use of History and Story in the Healing Process

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

ISBN 978-1-59143-065-0
\$22.00 (CAN \$25.95) pb
336 pages, 6 x 9

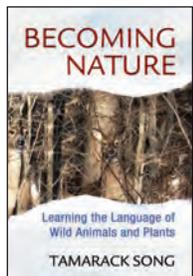
Lewis Mehl-Madrona's examination of the indigenous use of story as a healing modality points the way to a new model of medicine—a health care system that draws its effectiveness from listening to the healing wisdom of the past and also to the present-day voices of its patients.



Crying for a Dream
The World through Native American Eyes

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

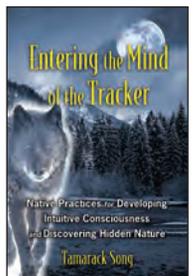
With the aid of firsthand accounts collected during three decades of personal interactions with indigenous tribes, Erdoes chronicles the traditional rites, individual lives, and historical persecution of North America's indigenous peoples.



Becoming Nature
Learning the Language of Wild Animals and Plants

Tamarack Song
ISBN 978-1-59143-211-1
\$18.00 (CAN \$21.95) pb
304 pages, 6 x 9
60 b&w illustrations

Through exercises and experiential stories, the author guides us to immerse ourselves in Nature at the deepest levels of perception, which allows us to sense the surrounding world and the living beings in it as extensions of our own awareness.



Entering the Mind of the Tracker

Native Practices for Developing Intuitive Consciousness and Discovering Hidden Nature

Tamarack Song
ISBN 978-1-59143-160-2
\$18.00 (CAN \$22.00) pb
304 pages, 6 x 9
41 b&w illustrations

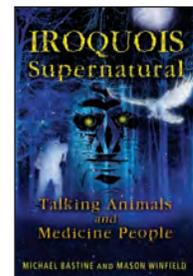
This book shows how to achieve a level of perception like that of an indigenous tracker. The art of tracking is not merely a skill for hunters or naturalists but a doorway into conscious living and higher awareness. By becoming one with the animal we are tracking, we can become attuned to all life, learn to better understand ourselves, and help restore humanity's place in the Great Hoop of Life.



Gift of Power
The Life and Teachings of a Lakota Medicine Man

Archie Fire-Lame Deer and Richard Erdoes
ISBN 978-1-879181-12-0
\$20.00 (CAN \$24.00) pb
304 pages, 6 x 9

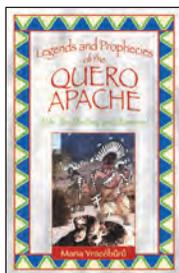
Archie Lame Deer gives sweat lodges for his friend the Dalai Lama, discusses religion with the pope, and more, in this account of his passage from boyhood with the Rosebud Sioux under the tutelage of his medicine-man grandfather, to his checkered career through the bottomland of American culture, and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



Iroquois Supernatural
Talking Animals and Medicine People

Michael Bastine and Mason Winfield
ISBN 978-1-59143-127-5
\$20.00 (CAN \$22.50) pb
384 pages, 6 x 9

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.

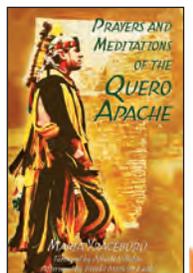


Legends and Prophecies of the Quero Apache

Tales for Healing and Renewal

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

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

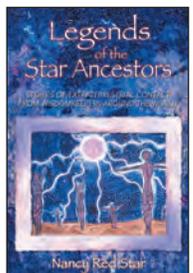


Prayers and Meditations of the Quero Apache

Maria Yracébûrû
Foreword by Alberto Villoldo
Afterword by Brooke Medicine Eagle

ISBN 978-1-59143-024-7
\$15.00 (CAN \$21.95) pb
192 pages, 5.38 x 8.25
37 b&w photographs and illustrations

Learn 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.

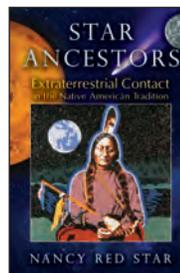


Legends of the Star Ancestors

Stories of Extraterrestrial Contact from Wisdomkeepers around the World

Nancy Red Star
ISBN 978-1-879181-79-3
\$20.00 (CAN \$25.95) pb
224 pages, 6 x 9
Includes two 8-page color inserts and 40 b&w photographs

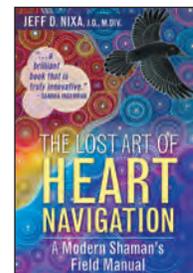
In *Legends of the Star Ancestors* traditional wisdomkeepers from diverse cultures share their insights into how Earth's current crisis is part of a larger cosmic plan for the planet's transition into an enlightened age, as prophesized by the Star Ancestors.



Star Ancestors
Extraterrestrial Contact in the Native American Tradition

Nancy Red Star
ISBN 978-1-59143-143-5
\$18.00 (CAN \$21.95) pb
208 pages, 6 x 9
Full-color throughout

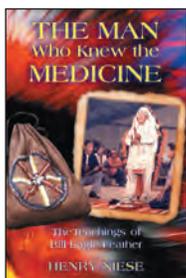
Stories of "Sky Elders" are found in virtually every Indian culture, embedded in art, stories, and artifacts. Nancy Red Star interviews wisdomkeepers who confirm that these original instructions can guide us back into balance with natural laws.



New—Available
New Edition of *A Modern Shaman's Field Manual*
The Lost Art of Heart Navigation
A Modern Shaman's Field Manual

Jeff D. Nixa, J.D., M.D.
ISBN 978-1-59143-285-2
\$16.00 (CAN \$19.95) pb
288 pages, 6 x 9
13 b&w illustrations

Blending earth-honoring shamanic practices and modern depth psychology, Jeff Nixa explains how to practice the lost art of heart navigation to help you find your life purpose and spiritual identity, conquer the emotional obstacles that stand in the way of that vision, and learn to shapeshift your life. Includes access to 4 guided audio journeys.



The Man Who Knew the Medicine

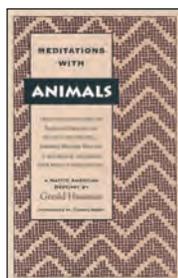
The Teachings of Bill Eagle Feather

Henry Niese

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

Includes 16-page b&w insert

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



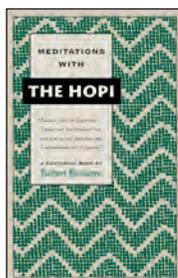
Meditations with Animals

A Native American Bestiary

Gerald Hausman

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

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

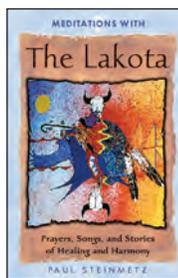


Meditations with the Hopi

Robert Boissiere

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

Meditations with the Hopi is a collection of songs and rituals that impart the essence of the Hopi world view. It is a narrative of creation and change, of prophecy and fulfillment in the midst of *koyaanisqatsi*, or "world out of balance." Here is a heartfelt view of the Hopi Way as seen by one of the few white men to have lived within this ancient culture.



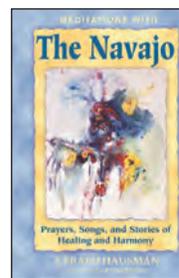
Meditations with the Lakota

Prayers, Songs, and Stories of Healing and Harmony

Paul Steinmetz

ISBN 978-1-879181-57-1
\$12.95 (CAN \$14.95) pb
144 pages, 5.38 x 8.25
11 b&w illustrations

Gathered over decades of living with the Oglala Sioux, Paul Steinmetz has compiled a book of Lakota meditations that offer a prayerful focus for finding spirit in everyday life. These "prayers" reveal the Lakotas' profound interconnectedness with all matter, a weaving of psyche and spirit that is a call to consciousness.



Meditations with the Navajo

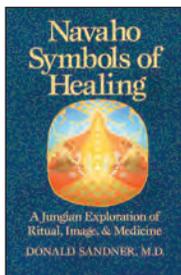
Prayers, Songs, and Stories of Healing and Harmony

Gerald Hausman

Foreword by Richard Erdoes

ISBN 978-1-879181-67-0
\$12.95 (CAN \$15.95) 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.



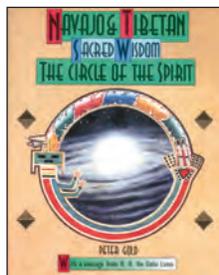
Navaho Symbols of Healing

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.

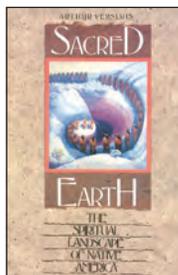


Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit

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.



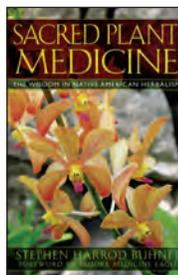
Sacred Earth

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

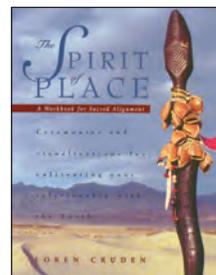
The Wisdom in Native American Herbalism

Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle
ISBN 978-1-59143-058-2
\$16.00 (CAN \$20.00) pb
240 pages, 6 x 9
27 b&w illustrations

Also available in Spanish (see page 186)

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
\$19.95 (CAN \$23.95) pb
232 pages, 8 x 10

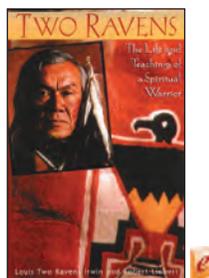
All of Earth's life is interconnected and sacred. An awareness of that sacred relationship opens a direct path to spiritual understanding. These powerful techniques join mind, will, spirit, and intuition to the plants, animals, and minerals sharing our world, aligning the practitioner in a deeper relationship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

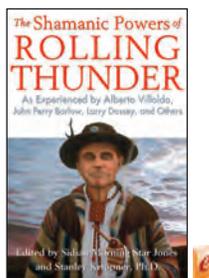
Sun Dancing presents a profound look at the elements of traditional Lakota ceremonial practice and the ways in which ceremony is regarded as life-giving by the Lakota. Through his commitment to following the Red Road, Michael Hull gradually won acceptance in a community that had rejected other attempts 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 \$15.95) pb
176 pages, 5.38 x 8.25
22 b&w photographs

Two Ravens joined Leonard Peltier, Leonard Crow Dog, and others in their struggle against discrimination. But these efforts left him censured both by white law enforcement and fellow Native Americans who supported a more conservative agenda, and he fell into alcoholism and despair. Only when he returned to the traditional ways he learned from his grandfather did he discover how to unite the warrior and the healer.

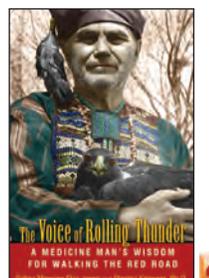


The Shamanic Powers of Rolling Thunder

As Experienced by Alberto Villoldo, John Perry Barlow, Larry Dossey, and Others

Edited by Sidian Morning Star Jones and Stanley Krippner, Ph.D.

ISBN 978-1-59143-227-2
\$16.00 (CAN \$19.95) pb
232 pages, 6 x 9
Includes 8-page color insert and 10 b&w illustrations
In this book, edited by Rolling Thunder's grandson Sidian Morning Star Jones and longtime friend Stanley Krippner, we learn of the celebrated and controversial Native American medicine man's legendary interactions with animals and the forces of Nature.



The Voice of Rolling Thunder

A Medicine Man's Wisdom for Walking the Red Road
Sidian Morning Star Jones and Stanley Krippner, Ph.D.

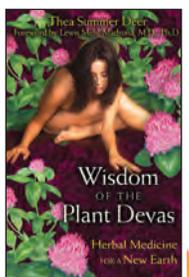
ISBN 978-1-59143-133-6
\$20.00 (CAN \$22.95) pb
392 pages, 6 x 9
Includes 8-page color insert
Intertribal medicine man Rolling Thunder (1916–1997) was a healer, teacher, visionary, and activist who became well known in the 1970s as the inspiration for the *Billy Jack* films. Containing never-before-released talks preserved by the Grateful Dead's Mickey Hart, this book shares the teachings of Rolling Thunder in his own words.



New—Available
White Spirit Animals

Prophets of Change
J. Zohara Meyerhoff Hieronimus, D.H.L.
ISBN 978-1-59143-247-0
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Includes 16-page color insert and 29 b&w illustrations

All-white animals are held sacred by many indigenous cultures and offer deep wisdom to all who will listen. Exploring the major White Spirit Animals—White Buffalo, White Lion, White Elephant, White Wolf, and White Spirit Bear—the author explains how to use shamanic dreaming and telepathy to communicate with these spiritual teachers.

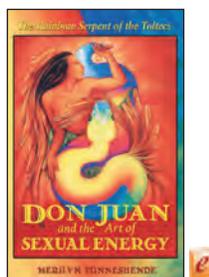


Wisdom of the Plant Devas

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.

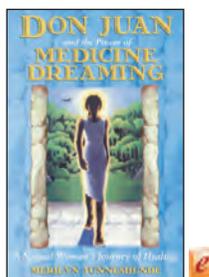


Don Juan and the Art of Sexual Energy

The Rainbow Serpent of the Toltecs

Marilyn Tunneshende
ISBN 978-1-879181-63-2
\$15.00 (CAN \$18.00) 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.

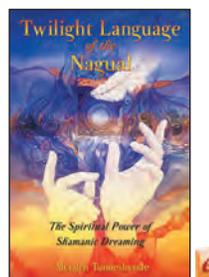


Don Juan and the Power of Medicine Dreaming

A Nagual Woman's Journey of Healing

Marilyn Tunneshende
ISBN 978-1-879181-93-9
\$15.00 (CAN \$18.00) pb
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.

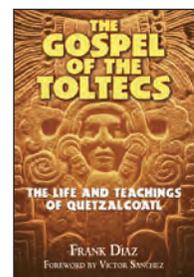


Twilight Language of the Nagual

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.

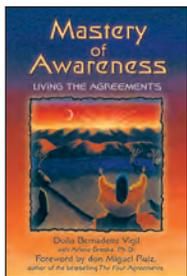


The Gospel of the Toltecs

The Life and Teachings of Quetzalcoatl

Frank Díaz
Foreword by Victor Sanchez
ISBN 978-1-879181-86-1
\$16.00 (CAN \$25.50) pb
248 pages, 6 x 9
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 journey in search of spiritual enlightenment; his triumphant return to the Toltec land; and his subsequent teaching, self-immolation, ascension, and promise of return.



Mastery of Awareness

Living the Agreements

Doña Bernadette Vigil with Arlene Broska, Ph.D.

ISBN 978-1-879181-61-8
\$15.00 (CAN \$20.50) pb
176 pages, 5.38 x 8.25
21 b&w line illustrations

Also available in Spanish (see page 185)

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



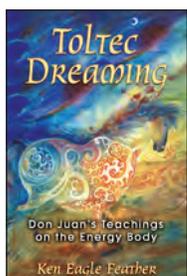
10th Anniversary Edition of *A Toltec Path*

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
\$20.00 (CAN \$24.00) 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

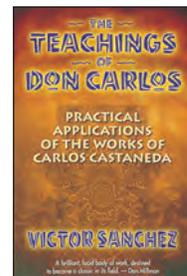
Toltec Dreaming explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from "dreaming awake," a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence. Filled with techniques that stimulate dreaming and the development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



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

Don Trent Jacobs
ISBN 978-0-89281-669-9
\$16.95 (CAN \$26.95) pb
288 pages, 6 x 9
20 b&w photographs

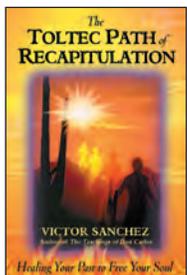
The remarkable story of one man's amazing journey to rediscover the innate knowledge that exists within us all—a "primal awareness" that can help us to live in harmony with our world.



The Teachings of Don Carlos
Practical Applications of the Works of Carlos Castaneda

Victor Sanchez
ISBN 978-1-879181-23-6
\$14.00 (CAN \$18.00) pb
276 pages, 5.5 x 8.5

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

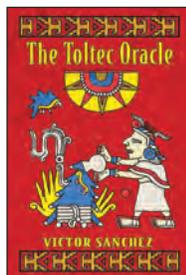


The Toltec Path of Recapitulation

Healing Your Past to Free Your Soul

Victor Sanchez
ISBN 978-1-879181-60-1
\$15.00 (CAN \$21.95) pb
208 pages, 6 x 9

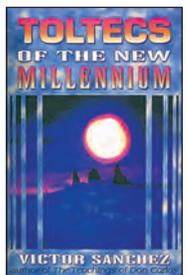
In this clear and straight-forward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the powerful and positive new energy that results from healing the wounds of the past.



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

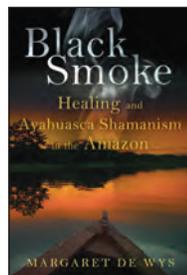
Based on the divination tool known to ancient Mesoamerica as the Cross of Quetzalcoatl, or Tonalpohualli, *The Toltec Oracle* provides a sacred mirror in which to see our hidden truths. Using original Toltec literature and art, the symbolic meanings of the 20 Tonalpohualli cards are given. More than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



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

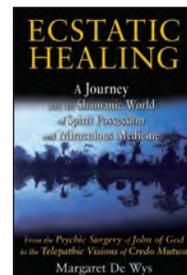
The Toltec tradition is a living one, surviving in the practice of contemporary indigenous people of Mexico. Sanchez explains how this wisdom, so crucial in today's world, is available to sincere seekers. Learn how these spiritual warriors of the new millennium encourage our renewed commitment to a better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



Black Smoke
Healing and Ayahuasca Shamanism in the Amazon

Margaret De Wys
ISBN 978-1-59477-462-1
\$14.95 (CAN \$17.95) pb
224 pages, 6 x 9

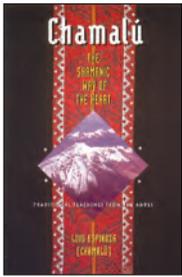
Diagnosed with breast cancer, Margaret De Wys journeyed deep into the Amazon to work with Carlos, a charismatic Shuar shaman and master of medicina milenaria, an ancient tradition with a precise technology of healing. Carlos guided her into a world of visionary plants, ritual purification, and miraculous healings, including the complete disappearance of her cancer. De Wys's story provides an inside look at the ayahuasca ceremonies and the ways this spiritual medicine can heal the emotional origins of disease.



Ecstatic Healing
A Journey into the Shamanic World of Spirit Possession and Miraculous Medicine

Margaret De Wys
ISBN 978-1-59477-456-0
\$14.95 (CAN \$17.50) pb
192 pages, 6 x 9

Margaret De Wys journeys to Brazil to work with John of God (João de Deus), where she witnesses hundreds of miraculous healings. Later, she begins to attend rituals held by Pai Lazaro, an Umbanda priest, and finds she is a natural medium to the African gods. Called through her dreams to work with Credo Mutwa, she ultimately awakens to her own gift as an ecstatic healer.



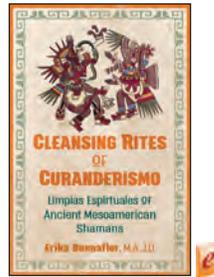
**Chamalú:
The Shamanic Way
of the Heart**

*Traditional Teachings
from the Andes*

Luis Espinoza (Chamalú)

ISBN 978-0-89281-551-7
\$12.99 (CAN \$15.95) pb
112 pages, 5.38 x 8.25

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



**New—July 2018
Cleansing Rites of
Curanderismo**

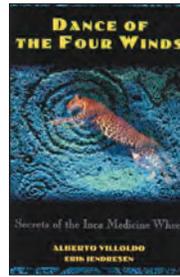
*Limpias Espirituales of Ancient
Mesoamerican Shamans*

Erika Buenaflor, M.A., J.D.

ISBN 978-1-59143-311-8
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232 pages, 6 x 9

Includes 8-page color insert and 15 b&w illustrations

Exploring the essential tools and practices of Mesoamerican shamans and curanderos, Erika Buenaflor provides a step-by-step guide for conducting the most common practice within curanderismo: *limpias*. These practical and effective shamanic cleanses work holistically to purify the body, mind, and spirit as well as heal acute and chronic illnesses.



**Dance of the
Four Winds**

Secrets of the Inca Medicine Wheel

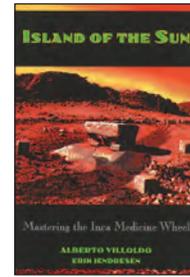
Alberto Villoldo
and Erik Jendresen

ISBN 978-0-89281-514-2
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A psychologist learns the ways of native Quechua shamans of Peru and confronts the hidden powers of his own mind.

“The stuff of anthropological bestsellers . . . a flight of serious fancy, confounding our categories of fiction and nonfiction.”

New York Times



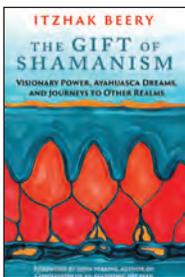
Island of the Sun

*Mastering the Inca
Medicine Wheel*

Alberto Villoldo
and Erik Jendresen

ISBN 978-0-89281-520-3
\$16.95 (CAN \$19.95) 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.



**The Gift of
Shamanism**

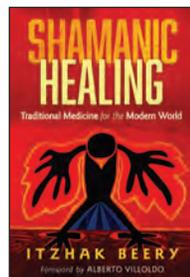
*Visionary Power,
Ayahuasca Dreams, and
Journeys to Other Realms*

Itzhak Beery

Foreword by John Perkins

ISBN 978-1-62055-372-5
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256 pages, 6 x 9
14 b&w illustrations

Each of us has shamanic powers, glimpses of which arise as intuitive dreams, déjà vu, spontaneous visions, and out-of-body experiences. Many dismiss these experiences, but by embracing them as gifts we can unlock our shamanic potential to change ourselves and the world around us.



Shamanic Healing

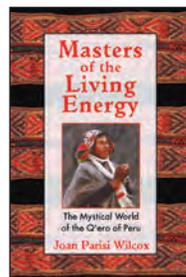
*Traditional Medicine for the
Modern World*

Itzhak Beery

Foreword by Alberto Villoldo

ISBN 978-1-62055-376-3
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240 pages, 6 x 9
3 b&w illustrations

This guide to shamanic healing clearly explains who a shaman is and how he or she works, demystifying the shamanic healing worldview. By sharing these healing methods, the author reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.



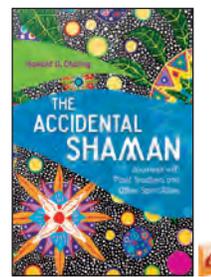
**Masters of the
Living Energy**

*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.



**The Accidental
Shaman**

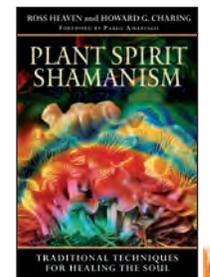
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Howard G. Charing

Foreword by Stephan V. Beyer

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

Howard Charing explains the surprising way he accidentally became a shaman and how it completely changed the course of his life. Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.



**Plant Spirit
Shamanism**

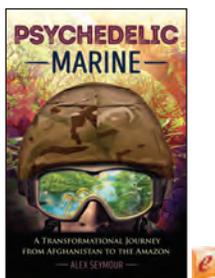
*Traditional Techniques
for Healing the Soul*

Ross Heaven and
Howard G. Charing

Foreword by Pablo Amarigo

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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.



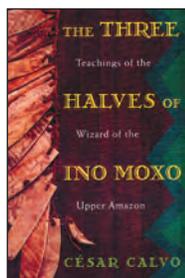
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Alex Seymour

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Royal Marine Commando Alex Seymour needed a way to cope with the extremes he experienced in the war in Afghanistan. Through ayahuasca ceremonies he discovers the power of direct experience of the sacred, which allows him to release his fears from the war and set an inspiring path for the future. From Afghanistan to the Amazon, the author shows how ayahuasca frees your consciousness from inherited beliefs and fears, offering a truly transformative rite of passage.



The Three Halves of Ino Moxo

Teachings of the Wizard of the Upper Amazon

César Calvo

Translated by
Kenneth Symington

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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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Cuban Santería

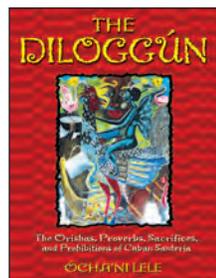
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Raul J. Canizares

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Includes 8-page b&w insert

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(see page 188)

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.



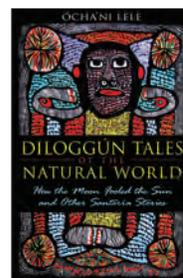
The Diloggún

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

Ócha'ni Lele

ISBN 978-0-89281-912-6
\$49.95 (CAN \$59.95) hardcover
624 pages, 8.5 x 11

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



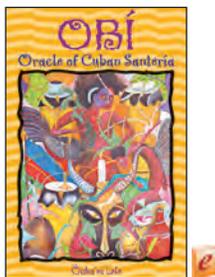
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How the Moon Fooled the Sun and Other Santería Stories

Ócha'ni Lele

ISBN 978-1-59477-419-5
\$16.95 (CAN \$18.95) pb
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Diloggún 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

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192 pages, 6 x 9
10 b&w illustrations

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



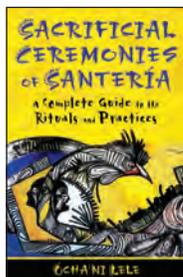
Osogbo

Speaking to the Spirits of Misfortune

Ócha'ni Lele

ISBN 978-1-62055-098-4
\$16.95 (CAN \$20.50) pb
240 pages, 6 x 9

Osogbo are the spirits of misfortune in the Santería and *Lucumí* faith, spirits who seem to be trying to bring us down. But rightly understood, these spirits do not stand against what is good but confront us with conditions that can strengthen us, motivate us, and bring great evolution to the world. Without misfortune we would never know what it means to be blessed. If we follow the prescriptions of the orishas we can overcome misfortune and bring ourselves back to balance.



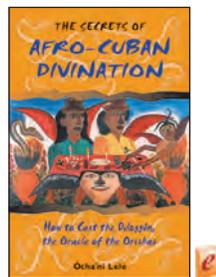
Sacrificial Ceremonies of Santería

A Complete Guide to the Rituals and Practices

Ócha'ni Lele

ISBN 978-1-59477-455-3
\$16.95 (CAN \$19.50) pb
256 pages, 6 x 9

Ócha'ni Lele explains the practice and importance of animal sacrifice in Santería. He describes the ceremonies in step-by-step detail and reveals the deep connections to the *odu* of the *diloggún*. The book also chronicles the struggle for legal recognition of Santería, shedding light on the extraordinary growth of the faith over the past 50 years.



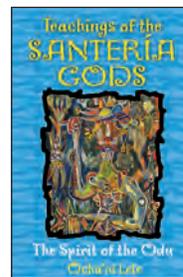
The Secrets of Afro-Cuban Divination

How to Cast the Diloggún, the Oracle of the Orishas

Ócha'ni Lele

ISBN 978-0-89281-810-5
\$24.99 (CAN \$29.99) 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.



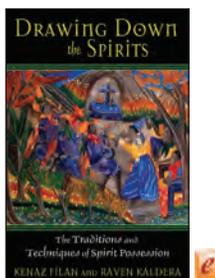
Teachings of the Santería Gods

The Spirit of the Odu

Ócha'ni Lele

ISBN 978-1-59477-332-7
\$16.95 (CAN \$19.95) pb
288 pages, 6 x 9

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

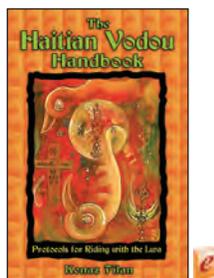


Drawing Down the Spirits

The Traditions and Techniques of Spirit Possession

Kenaz Filan and Raven Kaldera
ISBN 978-1-59477-269-6
\$18.95 (CAN \$25.95) pb
352 pages, 6 x 9

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.

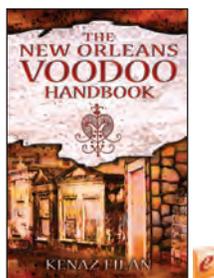


The Haitian Vodou Handbook

Protocols for Riding with the Lwa

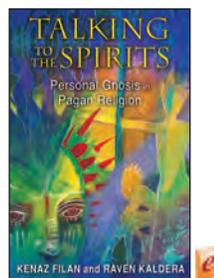
Kenaz Filan
ISBN 978-1-59477-125-5
\$18.95 (CAN \$22.95) pb
304 pages, 6 x 9
18 b&w illustrations

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



The New Orleans Voodoo Handbook

Kenaz Filan
ISBN 978-1-59477-435-5
\$19.95 (CAN \$24.95) pb
320 pages, 6 x 9
Includes 16-page color insert
Kenaz Filan examines firsthand documents and historical records to shine light on the little-understood practices of the root doctors, Voodoo queens, and spiritual figures unique to the Crescent City.

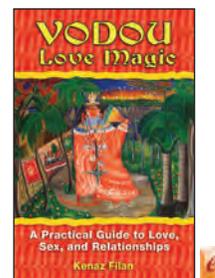


Talking to the Spirits

Personal Gnosis in Pagan Religion

Kenaz Filan and Raven Kaldera
ISBN 978-1-62055-083-0
\$18.95 (CAN \$21.95) pb
320 pages, 6 x 9

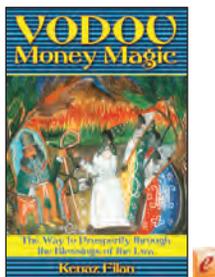
For our ancestors the whole world was alive with spirits—not just spirits in some other dimension, but spirits who could be spoken to and allied with. This practical guide explores how to identify and communicate with the spirits that animate all things, explaining what to do (and not do) with the messages you receive.



Vodou Love Magic
A Practical Guide to Love, Sex, and Relationships

Kenaz Filan
ISBN 978-1-59477-248-1
\$14.95 (CAN \$17.50) pb
200 pages, 6 x 9
Includes 8-page color insert and 9 b&w illustrations

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.

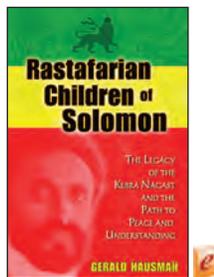


Vodou Money Magic

The Way to Prosperity through the Blessings of the Lwa

Kenaz Filan
ISBN 978-1-59477-331-0
\$16.95 (CAN \$19.95) pb
232 pages, 6 x 9
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.

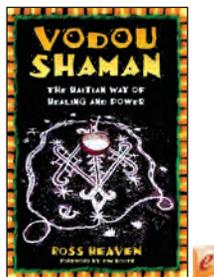


Rastafarian Children of Solomon

The Legacy of the Kebr Nagast and the Path to Peace and Understanding

Gerald Hausman
ISBN 978-1-59143-154-1
\$14.00 (CAN \$16.50) pb
152 pages, 6 x 9
Includes 8-page color insert

Tracing their lineage back to King Solomon, Rastafarians follow a spiritual tradition based on the Kebr Nagast—the African gospel excised from the King James Bible. This book sets out to reveal the wisdom that underlies the “old ways” of the Rastafarians including their view on the medicinal and meditative powers of cannabis.

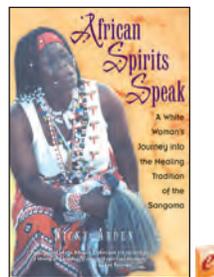


Vodou Shaman

The Haitian Way of Healing and Power

Ross Heaven
Foreword by Tim Booth
ISBN 978-0-89281-134-2
\$16.95 (CAN \$19.95) 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.

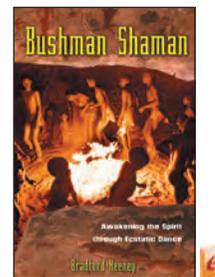


African Spirits Speak

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

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

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

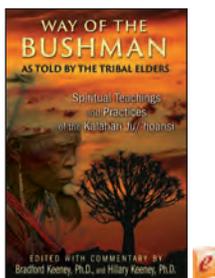


Bushman Shaman

Awakening the Spirit through Ecstatic Dance

Bradford Keeney
ISBN 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.

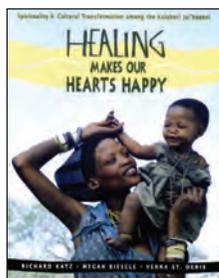


Way of the Bushman
Spiritual Teachings and Practices of the Kalahari Ju/'hoansi

Edited by
Bradford Keeney, Ph.D., and
Hillary Keeney, Ph.D.

ISBN 978-1-59143-205-0
\$18.00 (CAN \$21.50) pb
256 pages, 6 x 9

This book presents the core spiritual teachings of Kalahari Bushmen. It reveals how they are able to receive direct transmissions of the universal life force, experience a vision of "God's egg," and awaken to deep spiritual wisdom and healing gifts. Those who "own the egg" enjoy direct communication with the Divine.



Healing Makes Our Hearts Happy
Spirituality and Cultural Transformation among the Kalahari Ju/'hoansi

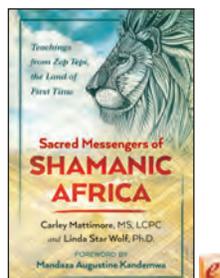
Richard Katz, Ph.D., Megan Biesele, and Verna St. Denis

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*



New—July 2018
Sacred Messengers of Shamanic Africa

Teachings from Zep Tepi, the Land of First Time

Carley Mattimore, M.S., LCPC and Linda Star Wolf, Ph.D.

Foreword by
Mandaza Augustine Kademwa

ISBN 978-1-59143-291-3
\$20.00 (CAN \$24.99) pb
336 pages, 6 x 9
Includes 16-page color insert

Offering a spiritual path to connect with our original roots in Africa, the authors share shamanic journeys and teachings to connect with the strengths of Africa's spirit animals, such as Lion and Elephant, experience the power of African shamanic sacred sites, and reopen the heart of humanity to heal the world around us.

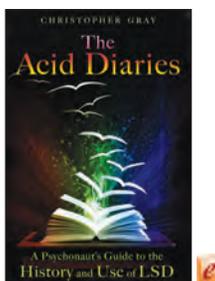


Zulu Shaman
Dreams, Prophecies, and Mysteries

Vusamazulu Credo Mutwa
Edited by Stephen Larsen
Foreword by Luisah Teish

ISBN 978-0-89281-129-8
\$16.95 (CAN \$19.95) 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.



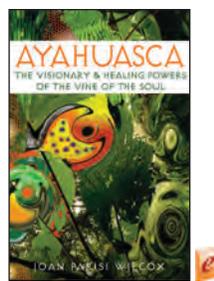
The Acid Diaries
A Psychonaut's Guide to the History and Use of LSD

Christopher Gray

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

Also available in Spanish
(see page 184)

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.

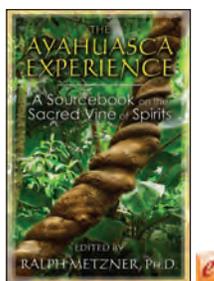


Ayahuasca
The Visionary and Healing Powers of the Vine of the Soul

Joan Parisi Wilcox

ISBN 978-0-89281-131-1
\$16.95 (CAN \$19.95) 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.

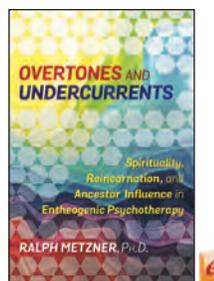


The Ayahuasca Experience
A Sourcebook on the Sacred Vine of Spirits

Edited by
Ralph Metzner, Ph.D.

ISBN 978-1-62055-262-9
\$16.95 (CAN \$20.50) pb
272 pages, 6 x 9
13 b&w illustrations

Ayahuasca has been used by native Indian and mestizo shamans for thousands of years. Made from the vine *Banisteriopsis caapi* and the DMT-laden leaf of *Psychotria viridis*, it is regarded as the embodiment of intelligent plant beings who offer spiritual teachings and healing to those who respectfully engage with them. With contributions from Dennis J. McKenna, Charles S. Grob, and J. C. Calloway, among others.



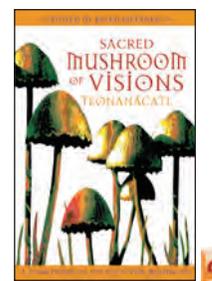
New—Available
Overtones and Undercurrents

Spirituality, Reincarnation, and Ancestor Influence in Entheogenic Psychotherapy

Ralph Metzner, Ph.D.

ISBN 978-1-62055-689-4
\$16.95 (CAN \$21.50) pb
192 pages, 6 x 9

Pioneering transpersonal psychotherapist Ralph Metzner shares case histories from more than 50 years of practice. They include a wide spectrum of practices, such as the use of quiet meditative retreat, guided regressions, as well as imagery visualizations amplified by entheogens.

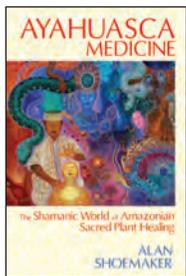


Sacred Mushroom of Visions: Teonanácatl

A Sourcebook on the Psilocybin Mushroom
Edited by Ralph Metzner

ISBN 978-1-59477-044-9
\$16.95 (CAN \$19.95) pb
304 pages, 6 x 9
33 b&w illustrations

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

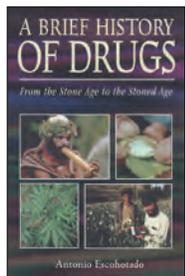


Ayahuasca Medicine
The Shamanic World of Amazonian Sacred Plant Healing

Alan Shoemaker
ISBN 978-1-62055-193-6
\$14.95 (CAN \$16.95) pb
168 pages, 6 x 9
Includes 8-page color insert

Also available in Spanish (see page 186)

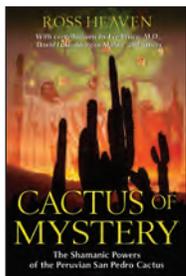
For more than 20 years American-born Alan Shoemaker has apprenticed and worked with shamans in Ecuador and Peru, learning the traditional methods of ayahuasca preparation, the ceremonial rituals for its use, and how to commune with the healing spirit of this sacred plant as well as the spirit of the San Pedro cactus and other sacred plant allies.



A Brief History of Drugs
From the Stone Age to the Stoned Age

Antonio Escohotado
ISBN 978-0-89281-826-6
\$14.95 (CAN \$17.95) pb
176 pages, 5.38 x 8.25

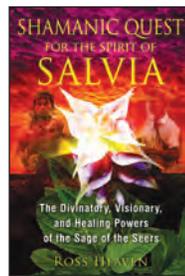
From remotest antiquity to the present era of designer drugs and interdiction, drugs have played a prominent role in the cultural, spiritual, and social development of civilizations. Antonio Escohotado demonstrates how the history of drugs illuminates the history of humanity as he explores the long relationship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



Cactus of Mystery
The Shamanic Powers of the Peruvian San Pedro Cactus

Ross Heaven
ISBN 978-1-59477-491-1
\$19.95 (CAN \$22.95) pb
392 pages, 6 x 9
Includes 8-page color insert

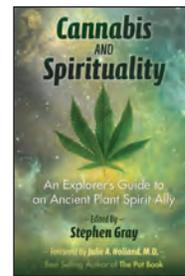
Named for St. Peter who holds the keys to heaven, the San Pedro cactus has the power to open the gates between the visible and invisible worlds. Ross Heaven interviews practicing shamans about their rituals using San Pedro, how they prepare the visionary brew, and how the cactus works on the mind, body, and illness.



Shamanic Quest for the Spirit of Salvia
The Divinatory, Visionary, and Healing Powers of the Sage of the Seers

Ross Heaven
ISBN 978-1-62055-000-7
\$16.95 (CAN \$19.50) pb
264 pages, 6 x 9
Includes 8-page color insert

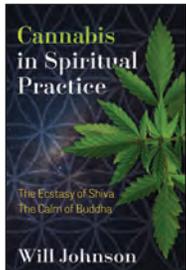
Salvia divinorum has been used since ancient times by the Mazatec shamans of Mexico for divination, vision quests, and healing. Ross Heaven describes his in-depth quest to connect with the spirit of this plant teacher and finds that, beyond numerous health benefits, salvia's greatest strength may be its ability to connect us with our higher purpose.



Cannabis and Spirituality
An Explorer's Guide to an Ancient Plant Spirit Ally

Edited by Stephen Gray
Foreword by Julie Holland, M.D.
ISBN 978-1-62055-583-5
\$16.95 (CAN \$21.50) pb
288 pages, 6 x 9

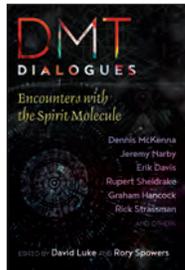
In this guide, editor Stephen Gray and 17 other influential voices of the modern cannabis movement reveal the potential of "the people's plant" to enhance a wide range of spiritual practices. Gray shows how cannabis is an effective ally on the awakening journey, unlocking the receptive energy in us all.



New—August 2018
Cannabis in Spiritual Practice
The Ecstasy of Shiva, the Calm of Buddha

Will Johnson
ISBN 978-1-62055-685-6
\$16.99 (CAN \$21.50) pb
144 pages, 6 x 9

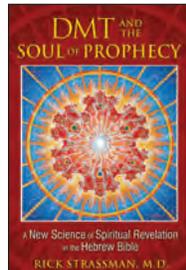
Drawing upon his decades of experience as a teacher of Buddhism, breathing, yoga, and embodied spirituality, Will Johnson examines Eastern spiritual perspectives on marijuana and offers specific guidelines and exercises for integrating cannabis into spiritual practice, such as using marijuana as a sacrament and in the Buddhist practice of calming the mind.



New—August 2018
DMT Dialogues
Encounters with the Divine Molecule

Edited by David Luke and Rory Spowers
Introduction by Anton Bilton
ISBN 978-1-62055-747-1
\$18.99 (CAN \$23.99) pb
352 pages, 6 x 9
1 b&w illustration

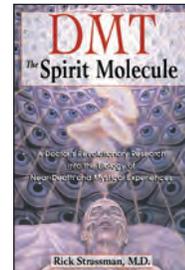
This book includes cutting-edge explorations and discussions of DMT experiences from leading luminaries in the fields of psychedelic research and plant sentience, such as Rick Strassman, Rupert Sheldrake, Dennis McKenna, Graham Hancock, and many others. Topics covered include DMT entities, the pineal gland, the Amazonian shamanic perspective, and the science behind hallucinations.



DMT and the Soul of Prophecy
A New Science of Spiritual Revelation in the Hebrew Bible

Rick Strassman, M.D.
ISBN 978-1-59477-342-6
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9

Rick Strassman observed that the visions of the ancient Hebrew prophets were strikingly similar to those of the volunteers in his DMT studies. In this book, he introduces "Theoneurology," a model proposing that the Divine communicates with us through the chemistry of DMT present in the human brain.

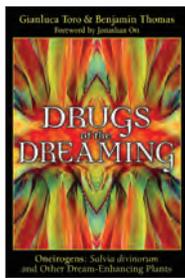


DMT: The Spirit Molecule
A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences

Rick Strassman, M.D.
ISBN 978-0-89281-927-0
\$16.95 (CAN \$19.95) pb
384 pages, 6 x 9
14 b&w illustrations

Also available in Spanish (see page 185)

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



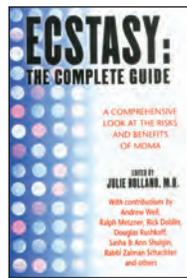
Drugs of the Dreaming

Oνειρογενς: Salvia divinorum and Other Dream-Enhancing Plants

Gianluca Toro and Benjamin Thomas
Foreword by Jonathan Ott

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

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



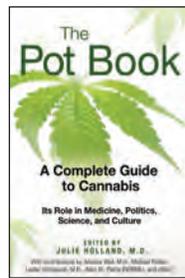
Ecstasy: The Complete Guide

A Comprehensive Look at the Risks and Benefits of MDMA

Edited by Julie Holland, M.D.

ISBN 978-0-89281-857-0
\$26.95 (CAN \$31.95) 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.

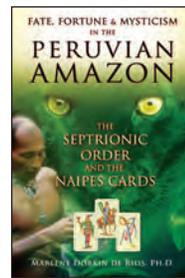


The Pot Book
A Complete Guide to Cannabis

Edited by Julie Holland, M.D.

ISBN 978-1-59477-368-6
\$19.95 (CAN \$23.95) 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.



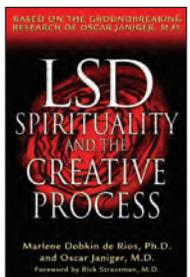
Fate, Fortune, and Mysticism in the Peruvian Amazon

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

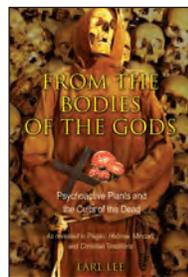
Based on the Groundbreaking Research of Oscar Janiger, M.D.

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 \$19.95) pb
264 pages, 6 x 9
16 b&w illustrations

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.



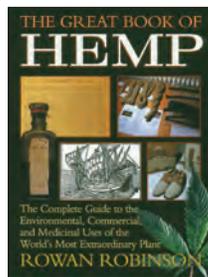
From the Bodies of the Gods

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
13 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.



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 \$26.95) pb
256 pages, 8 x 10
92 b&w illustrations

Also available in Spanish (see page 186)

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.

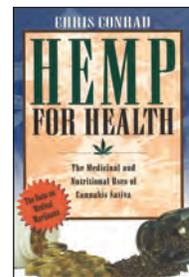


The Hemp Manifesto
101 Ways That Hemp Can Save Our World

Rowan Robinson

ISBN 978-0-89281-728-3
\$8.95 (CAN \$12.95) pb
112 pages, 4 x 6

The hemp revolution is happening. All around the globe this miracle plant is creating industries for food, fuel, clothing, housing, and paper. Designed to fit into the back pocket of your hemp jeans, *The Hemp Manifesto* offers 101 ways that hemp is making a positive impact on society, and explains why in brief summaries simple enough for even congressional representatives to understand.

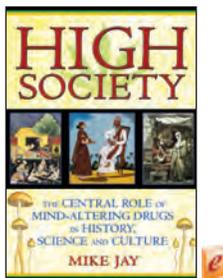


Hemp for Health
The Medicinal and Nutritional Uses of Cannabis Sativa

Chris Conrad

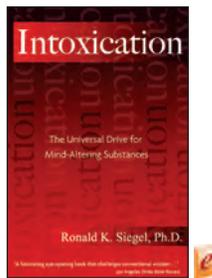
ISBN 978-0-89281-539-5
\$16.95 (CAN \$19.95) pb
272 pages, 6 x 9
25 b&w illustrations

Hemp for Health examines the botanical characteristics, history and current uses of marijuana. Author Chris Conrad addresses the distinctions between recreational and medical use and explains the pain-killing effects of marijuana when medically employed. After decades of suppression, the health benefits of one of the world's oldest sources of food and medicine are being rediscovered.



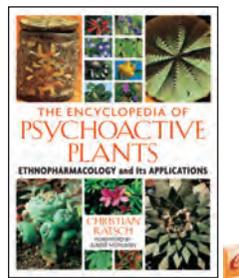
High Society
The Central Role of Mind-Altering Drugs in History, Science, and Culture

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.



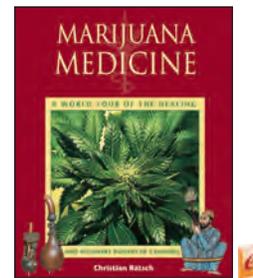
Intoxication
The Universal Drive for Mind-Altering Substances

Ronald K. Siegel, Ph.D.
ISBN 978-1-59477-069-2
\$19.95 (CAN \$24.95) 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.



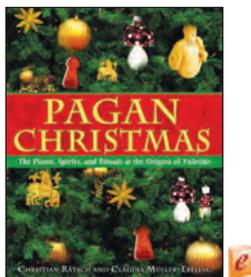
The Encyclopedia of Psychoactive Plants
Ethnopharmacology and Its Applications

Christian Rätsch
Foreword by Albert Hofmann
ISBN 978-0-89281-978-2
\$125.00 (CAN \$150.00) 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.



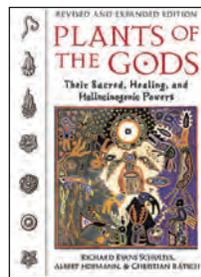
Marijuana Medicine
A World Tour of the Healing and Visionary Powers of Cannabis

Christian Rätsch
ISBN 978-0-89281-933-1
\$24.95 (CAN \$29.95) pb
224 pages, 8 x 10
Includes 16-page color insert and 150 b&w illustrations
Cannabis has accompanied the development of human culture from its very beginnings. Christian Ratsch profiles the medicinal, historical, and cultural uses of cannabis throughout the world and includes remedies and recipes for using cannabis to treat specific conditions.



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 \$34.95) 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.

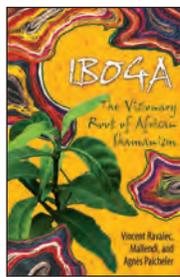


Plants of the Gods
Their Sacred, Healing, and Hallucinogenic Powers

Richard Evans Schultes, Albert Hofmann, and Christian Rätsch
ISBN 978-0-89281-979-9
\$29.95 (CAN \$35.95) 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.

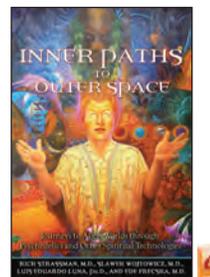
"A visual, spiritual, and intellectual feast . . . the best book ever written on hallucinogenic plants."

Dr. Mark Plotkin, Smithsonian Institution



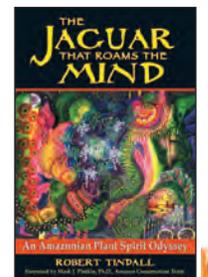
Iboga
The Visionary Root of African Shamanism

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.



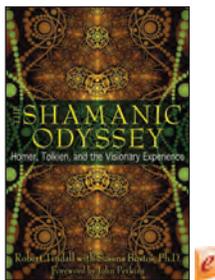
Inner Paths to Outer Space
Journeys to Alien Worlds through Psychedelics and Other Spiritual Technologies

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 \$23.95) 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.



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.



The Shamanic Odyssey

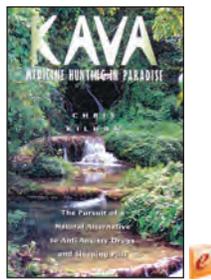
Homer, Tolkien, and the Visionary Experience

Robert Tindall with Susana Bustos, Ph.D.

Foreword by John Perkins

ISBN 978-1-59477-396-9
\$16.95 (CAN \$19.50) pb
224 pages, 6 x 9
24 b&w illustrations

The indigenous view of the world, as living and interconnected, can also be found in Western literature, beginning with *The Odyssey*. Weaving together the narrative traditions of Homer, Tolkien, and plant medicine healers, the authors reveal the Western canon to be a healing song that can return us to our native minds and bring us back into harmony with the cosmos.



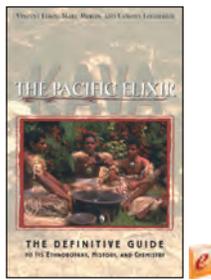
Kava: Medicine Hunting in Paradise

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

Chris Kilham

ISBN 978-0-89281-640-8
\$12.95 (CAN \$15.95) pb
176 pages, 5.38 x 8.25
22 b&w photographs

This book is the tale of Chris Kilham's explorations in the South Pacific in search of kava, Piper Methysticum, one of the most stress-relieving plants in all of nature. Replete with pulp-pounding missionaries, sorcerers, and a mysterious Tahitian prince, Kilham's journey is a must-read for those who love tales of adventure and those interested in plant medicine.



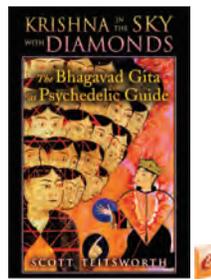
Kava: The Pacific Elixir

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 \$23.95) 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.



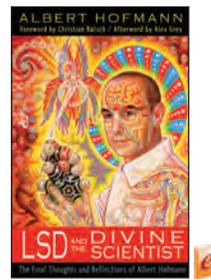
Krishna in the Sky with Diamonds

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.



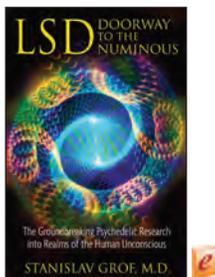
LSD and the Divine Scientist

The Final Thoughts and Reflections of Albert Hofmann

Albert Hofmann

Foreword by Christian Rätsch
ISBN 978-1-62055-009-0
\$14.95 (CAN \$17.50)
Paper with French flaps
128 pages, 6 x 9
10 b&w illustrations

Best known as the person who discovered LSD, Albert Hofmann was more than just a chemist. His insights into the human psyche and the nature of reality earned him a reputation as a visionary philosopher. This book—Hofmann's last work before his death at the age of 102—offers his personal insights on mind-altering drugs, the soul, and the search for meaning in life.



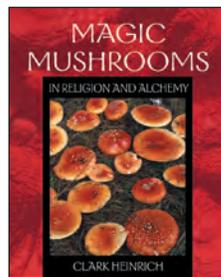
LSD: Doorway to the Numinous

The Groundbreaking Psychedelic Research into Realms of the Human Unconscious

Stanislav Grof, M.D.

ISBN 978-1-59477-282-5
\$18.95 (CAN \$22.95) 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.

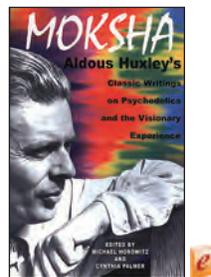


Magic Mushrooms in Religion and Alchemy

Clark Heinrich

ISBN 978-0-89281-997-3
\$29.95 (CAN \$35.95) pb
256 pages, 8 x 10
88 b&w illustrations

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



Moksha

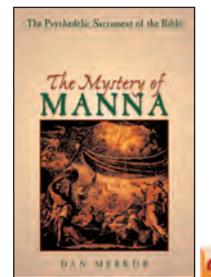
Aldous Huxley's Classic Writings on Psychedelics and the Visionary Experience

Aldous Huxley

Edited by Michael Horowitz and Cynthia Palmer

ISBN 978-0-89281-758-0
\$16.95 (CAN \$16.95) 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.



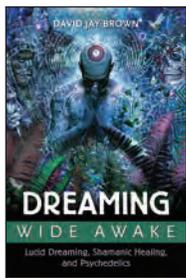
The Mystery of Manna

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

Moses told the Israelites that after eating manna they would see the glory of God. And indeed they did. Dan Merkur posits that this event was an initiation into a psychedelic mystery cult that induced spiritual visions through eating bread containing psychoactive fungus. This practice, he reveals, was a continuation of an ancient tradition of visionary mysticism.

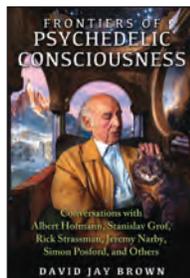


Dreaming Wide Awake

Lucid Dreaming, Shamanic Healing, and Psychedelics

David Jay Brown
ISBN 978-1-62055-489-0
\$19.95 (CAN \$23.95) pb
416 pages, 6 x 9
24 b&w illustrations

With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity and spiritual awakening. Author David Jay Brown draws on his interactions with experts such as Stanley Krippner, Rupert Sheldrake, Terence McKenna, and others to explore the relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs.

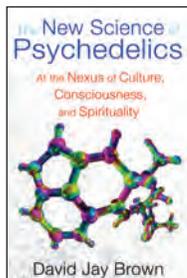


Frontiers of Psychedelic Consciousness

Conversations with Albert Hofmann, Stanislav Grof, Rick Strassman, Jeremy Narby, Simon Posford, and Others

David Jay Brown
ISBN 978-1-62055-392-3
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9
17 b&w illustrations

This collection of interviews explores the role of hallucinogens in the evolution of human consciousness. What is revealed is the potential of psychoactives to help us survive as a species, not only through their therapeutic benefits but also by ushering the user onto a path of spiritual evolution.

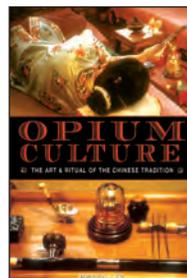


The New Science of Psychedelics

At the Nexus of Culture, Consciousness, and Spirituality

David Jay Brown
ISBN 978-1-59477-492-8
\$18.95 (CAN \$21.95) pb
352 pages, 6 x 9

What does the future hold, and can psychedelics help take us there? David Jay Brown investigates the role of mind-altering drugs in lucid dreaming, time travel, pleasure enhancement, technological innovation, and the survival of consciousness after death. With their ability to ignite the evolution of consciousness, Brown finds that psychedelics have the capability to prepare humanity for a future of enlightened minds.

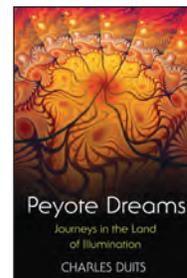


Opium Culture

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.

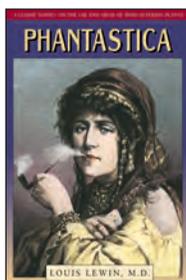


Peyote Dreams

Journeys in the Land of Illumination
Charles Duits

ISBN 978-1-59477-449-2
\$16.95 (CAN \$19.50) pb
160 pages, 6 x 9

At the urging of one of his oldest friends, Charles Duits took peyote "like a man committing suicide," launching him on a journey of philosophical and spiritual revelation. In this little-known classic of drug literature, Duits offers a glimpse into the divine reality of which we are all a part, yet over which the structures of society cast a veil.

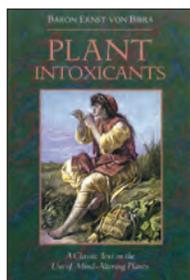


Phantastica

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

The publication of this book in 1924 began the modern era of ethnobotany. Until *Phantastica*, books on the use of drugs were purely works of anthropology and did not address how the plants produced their famous effects. But Louis Lewin was fascinated by both, and *Phantastica* presented scientific insights and detailed information on all major drugs of the time.

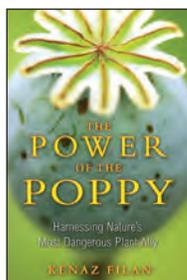


Plant Intoxicants

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.

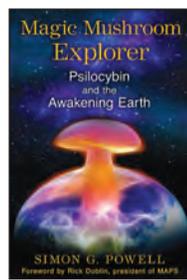


The Power of the Poppy

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.

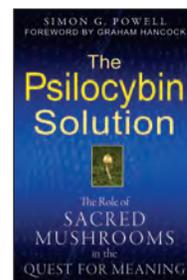


Magic Mushroom Explorer

Psilocybin and the Awakening Earth

Simon G. Powell
Foreword by Rick Doblin
ISBN 978-1-62055-366-4
\$18.95 (CAN \$22.95) pb
288 pages, 6 x 9

Psilocybin is an invaluable natural resource for spiritually revivifying the human psyche and reconnecting us to the vast intelligence of Nature. This book reveals that the beings and otherworldly teachers common in psilocybin experiences are actually emissaries from our higher consciousness. It shows how the Earth's psychedelic medicines can bring the human race back from the brink of ecological and existential disaster.

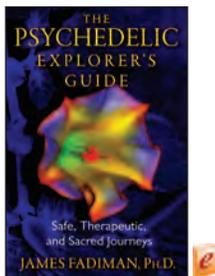


The Psilocybin Solution

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.

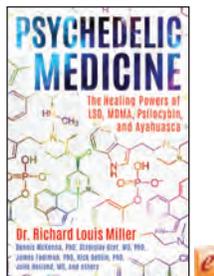


The Psychedelic Explorer's Guide
Safe, Therapeutic, and Sacred Journeys

James Fadiman, Ph.D.

ISBN 978-1-59477-402-7
\$18.95 (CAN \$22.95) 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 and microdose) purposes.



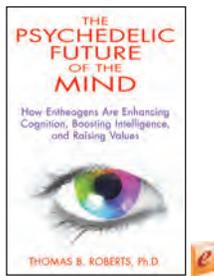
New—Available
Psychedelic Medicine

The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca

Dr. Richard Louis Miller

ISBN 978-1-62055-697-9
\$16.95 (CAN \$21.50) pb
256 pages, 6 x 9

Embracing the revival of psychedelic research and the discovery of new therapeutic uses, Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine—and what will happen in the future—with top researchers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, and Dennis McKenna.



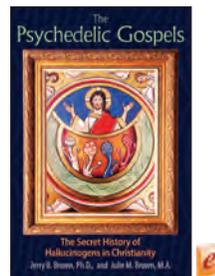
The Psychedelic Future of the Mind

How Entheogens Are Enhancing Cognition, Boosting Intelligence, and Raising Values

Thomas B. Roberts, Ph.D.

ISBN 978-1-59477-459-1
\$18.95 (CAN \$21.95) pb
288 pages, 6 x 9
10 b&w illustrations

The contributors to this book envision a future where we will seek psychedelic therapy not only for psychological reasons but also for personal growth, creative problem solving, improved brain function, and heightened spiritual awareness. Psychedelics can raise attitudes away from self-centeredness, strengthen feelings of meaningfulness, and help us understand and redesign the human mind.



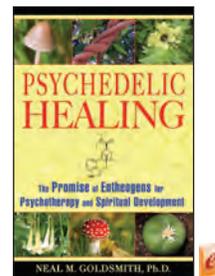
The Psychedelic Gospels

The Secret History of Hallucinogens in Christianity

Jerry B. Brown, Ph.D., and Julie M. Brown, M.A.

ISBN 978-1-62055-502-6
\$19.95 (CAN \$23.95) pb
288 pages, 6 x 9
Includes 16-page color insert and 30 b&w illustrations

Providing stunning visual evidence from their anthropological journey throughout Europe and the Middle East, including visits to Roslyn Chapel and Chartres Cathedral, authors Julie and Jerry Brown document the role of visionary plants in Christianity. This controversial theory challenges us to explore these sacred pathways to the divine.



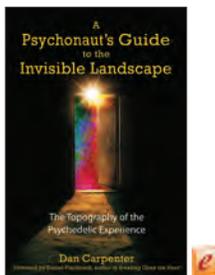
Psychedelic Healing

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.



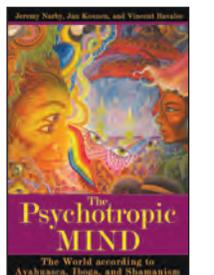
A Psychonaut's Guide to the Invisible Landscape

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.



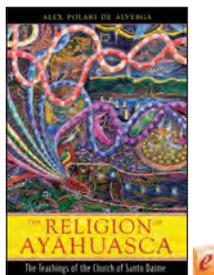
The Psychotropic Mind

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.



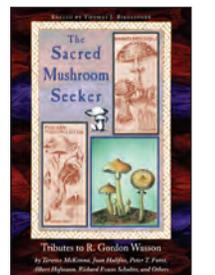
The Religion of Ayahuasca

The Teachings of the Church of Santo Daimé

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 Daimé 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.



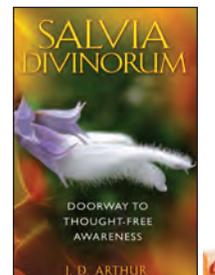
The Sacred Mushroom Seeker

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.



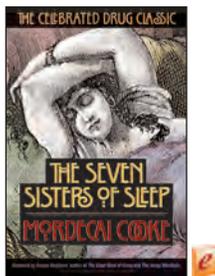
Salvia Divinorum

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.



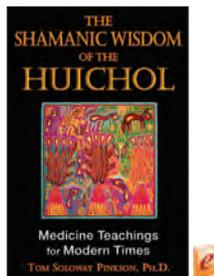
The Seven Sisters of Sleep

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 book, 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 work 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
\$18.99 (CAN \$22.99) 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

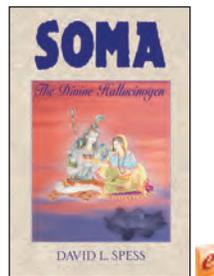
Women Writing on the Drug Experience:

Charlotte Brontë, Louisa May Alcott, Anaïs 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
328 pages, 8 x 10
154 b&w illustrations

Sisters of the Extreme provides us with the eloquent writings of women who experimented with drugs. Sometimes their quests brought unexpected rewards, sometimes suffering. The selections in this anthology show that the psychedelic experiences of women have been anything but stereotypical.



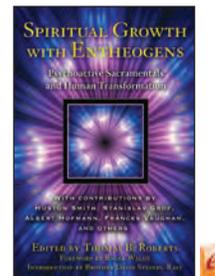
Soma

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

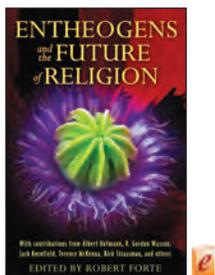
Psychoactive Sacramentals and Human Transformation

Edited by Thomas B. Roberts

Foreword by Roger Walsh
Introduction by Brother David Steindl-Rast

ISBN 978-1-59477-439-3
\$18.95 (CAN \$21.50) pb
320 pages, 6 x 9

More than 25 spiritual leaders, scientists, and visionaries examine how, through the guided use of entheogens, we can return to the direct spiritual experience at the basis of all religions. With contributions by Albert Hofmann, Huston Smith, Stanislav Grof, and many others.

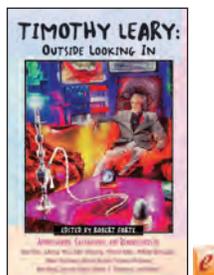


Entheogens and the Future of Religion

Edited by Robert Forte

ISBN 978-1-59477-438-6
\$16.95 (CAN \$18.95) pb
256 pages, 6 x 9

This book examines ancient and modern uses of psychedelic drugs, calling for the safe and legal availability of entheogens for spiritual seekers. Includes contributions by Albert Hofmann, Terence McKenna, Rick Strassman, R. Gordon Wasson, and Jack Kornfield.



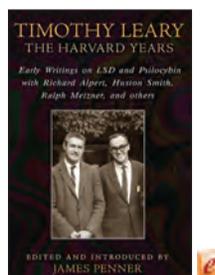
Timothy Leary: Outside Looking In

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

Edited by Robert Forte

ISBN 978-0-89281-786-3
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352 pages, 6 x 9
19 b&w photographs

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



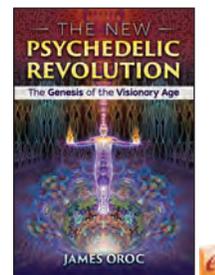
Timothy Leary: The Harvard Years

Early Writings on LSD and Psilocybin with Richard Alpert, Huston Smith, Ralph Metzner, and others

Edited and Introduced by James Penner

ISBN 978-1-62055-235-3
\$19.95 (CAN \$23.95) pb
416 pages, 6 x 9

This collection of Timothy Leary's writings is from the research phase of his career, 1960 to 1965, a period that included his dismissal from Harvard University's Psychology Department. It includes his scientific articles, a rare account of his therapeutic approach, his final essay from his time at Harvard, "The Politics of Consciousness," and controversial articles published after his dismissal.



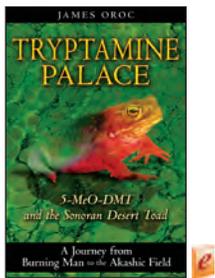
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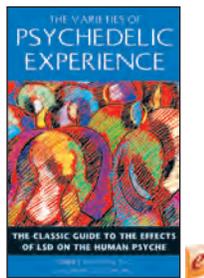


Tryptamine Palace
5-MeO-DMT and the Sonoran Desert Toad

James Oroc

ISBN 978-1-59477-299-3
\$21.95 (CAN \$25.95) pb
384 pages, 6 x 9

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.



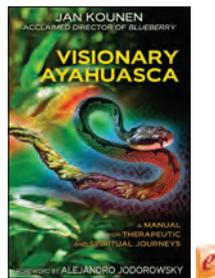
The Varieties of Psychedelic Experience

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 Ayahuasca

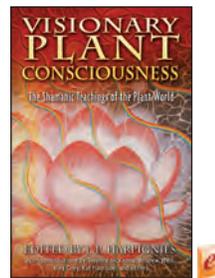
A Manual for Therapeutic and Spiritual Journeys

Jan Kounen

Foreword by Alejandro Jodorowsky

ISBN 978-1-62055-345-9
\$18.95 (CAN \$22.95) pb
272 pages, 6 x 9
6 b&w illustrations

Over multiple trips to the Peruvian Amazon, filmmaker Jan Kounen was transformed from curious explorer to experienced *ayahuasquero*. This book, part memoir and part guide on what to expect and how to prepare, would be an excellent first step prior to committing to the journey with ayahuasca.



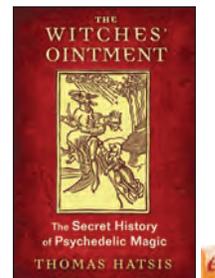
Visionary Plant Consciousness

The Shamanic Teachings of the Plant World

Edited by J. P. Harpignies

ISBN 978-1-59477-147-7
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9

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



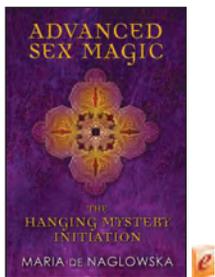
The Witches' Ointment

The Secret History of Psychedelic Magic

Thomas Hatsis

ISBN 978-1-62055-473-9
\$19.95 (CAN \$23.95) pb
304 pages, 6 x 9

In the medieval period preparations with hallucinogenic herbs were part of folk remedies but the Church demonized these practices creating the classical "witch" stereotype and what history has called the "witches' ointment." This book presents dozens of these psychoactive formulas gleaned from rare manuscripts all over the world including spells, love potions, and herbal preparations.



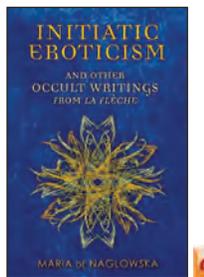
Advanced Sex Magic
The Hanging Mystery Initiation

Maria de Naglowska

Translated from the original French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-416-4
\$16.95 (CAN \$18.95)
Paper with French flaps
144 pages, 6 x 9
8 b&w illustrations

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.



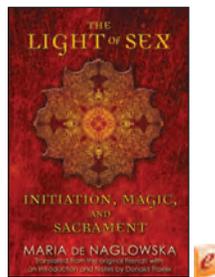
Initiatic Eroticism
and Other Occult Writings from La Flèche

Maria de Naglowska

Translated from the original French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-479-9
\$19.95 (CAN \$22.95)
Paper with French flaps
256 pages, 6 x 9

Between 1930 and 1935, Maria de Naglowska—the self-styled "Satanic Woman" of 1930s Paris—published 20 issues of her occult newspaper, *La Flèche*, which she sold on the streets of Montparnasse and by mail order. Available for the first time in English, this book is a complete anthology of the articles from all 20 issues.



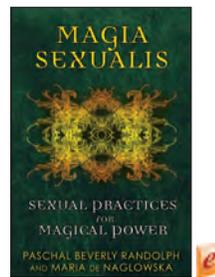
The Light of Sex
Initiation, Magic, and Sacrament

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
\$16.95 (CAN \$19.95)
Paper with French flaps
144 pages, 6 x 9
8 b&w illustrations

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.



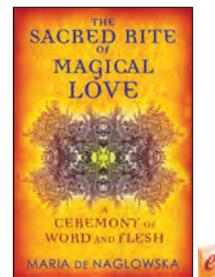
Magia Sexualis
Sexual Practices for Magical Power

Paschal Beverly Randolph and Maria de Naglowska

Translated from the French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-418-8
\$16.95 (CAN \$19.50)
Paper with French flaps
192 pages, 6 x 9
14 b&w illustrations

Magia Sexualis lays out Paschal Beverly Randolph's science of sex magic as practiced by the Brotherhood of Eulis and the Hermetic Brotherhood of Light. It explains in detail how to perform these esoteric sexual rituals and includes exercises to develop essential magical skills.



The Sacred Rite of Magical Love

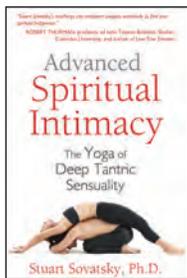
A Ceremony of Word and Flesh

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.



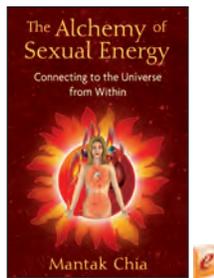
Advanced Spiritual Intimacy

The Yoga of Deep Tantric Sensuality

Stuart Sovatsky, Ph.D.

ISBN 978-1-62055-264-3
\$18.95 (CAN \$22.95) pb
304 pages, 6 x 9
54 b&w illustrations

There are advanced stages of kundalini awakening that present an opportunity for practitioners to experience a spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of conventional sexuality. This book presents practices that harness the divine energy of the ars erotica and transform the sexual impulse into transcendent spiritual fulfillment.



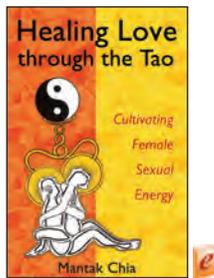
The Alchemy of Sexual Energy

Connecting to the Universe from Within

Mantak Chia

ISBN 978-1-59477-139-2
\$18.95 (CAN \$26.50) pb
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.



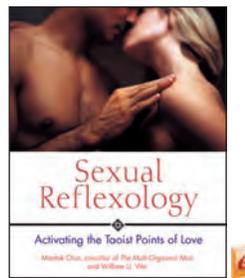
Healing Love through the Tao

Cultivating Female Sexual Energy

Mantak Chia

ISBN 978-1-59477-068-5
\$16.95 (CAN \$19.95) 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.



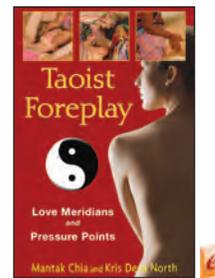
Sexual Reflexology

Activating the Taoist Points of Love

Mantak Chia and William U. Wei

ISBN 978-0-89281-088-8
\$18.00 (CAN \$21.95) 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.



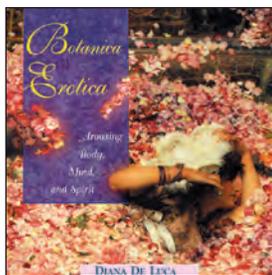
Taoist Foreplay

Love Meridians and Pressure Points

Mantak Chia and Kris Deva North

ISBN 978-1-59477-188-0
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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.



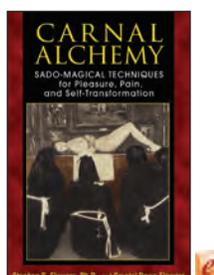
Botanica Erotica

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.



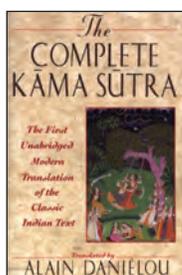
Carnal Alchemy

Sado-Magical Techniques for Pleasure, Pain, and Self-Transformation

Stephen E. Flowers, Ph.D., and Crystal Dawn Flowers

ISBN 978-1-62055-109-7
\$16.95 (CAN \$19.50) pb
160 pages, 6 x 9
9 b&w illustrations

Magicians throughout history have used physical stimulation, both pleasure and pain, to harness sexual energy and unlock inner states of consciousness. This manual of Carnal Alchemy is a powerful tool for self-transformation, describing sadomasochistic practice from both the perspective of the submissive partner as well as the dominant.



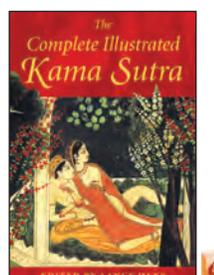
The Complete Kama Sutra

The First Unabridged Modern Translation of the Classic Indian Text

Translated by Alain Daniélou

ISBN 978-0-89281-525-8
\$19.95 (CAN \$24.95) pb
576 pages, 6 x 9
ISBN 978-0-89281-492-3
\$29.95 (CAN \$43.50) hardcover

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.

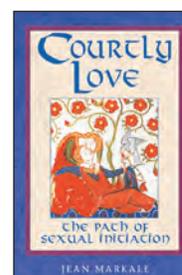


The Complete Illustrated Kama Sutra

Edited by Lance Dane

ISBN 978-0-89281-138-0
\$25.00 (CAN \$30.00) 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.



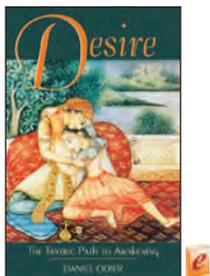
Courtly Love

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.



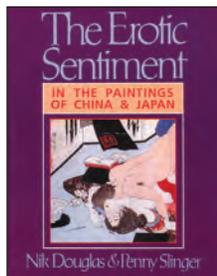
Desire

The Tantric Path to Awakening

Daniel Odier

ISBN 978-0-89281-858-7
\$14.95 (CAN \$17.95) 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.

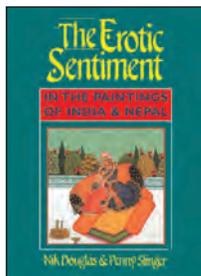


The Erotic Sentiment in the Paintings of China and Japan

Nik Douglas and Penny Slinger

ISBN 978-0-89281-495-4
\$16.95 (CAN \$26.95) pb
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.

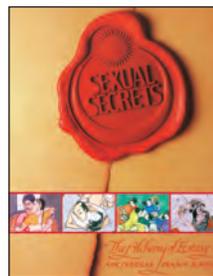


The Erotic Sentiment in the Paintings of India and Nepal

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.



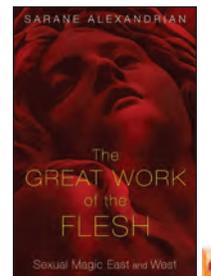
Sexual Secrets: Twentieth Anniversary Edition

The Alchemy of Ecstasy
Nik Douglas and Penny Slinger

ISBN 978-0-89281-805-1
\$35.00 (CAN \$42.00) pb
352 pages, 8.5 x 11
199 color and 401 b&w illustrations

First Edition also available in Spanish (see page 188)

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.

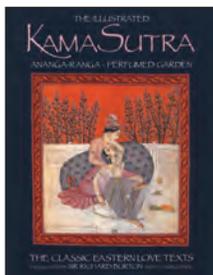


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Sarane Alexandrian
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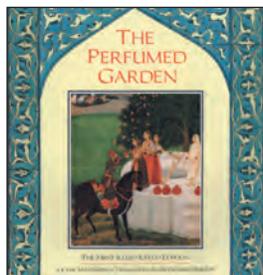


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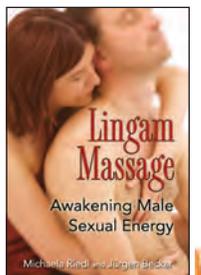
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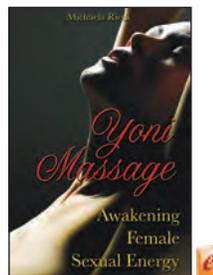


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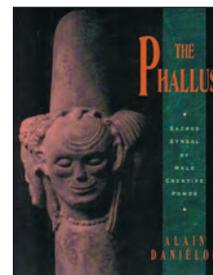


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The tantric practices in *Yoni Massage* will help women overcome inhibitions about sexuality that have prevented them from fully expressing themselves. Overcoming these barriers allows women to reconnect to their innermost core and deepest feminine nature, while awakening sensual, emotional and spiritual energies.

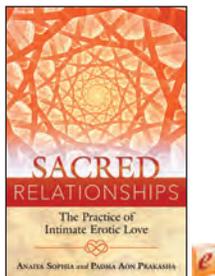


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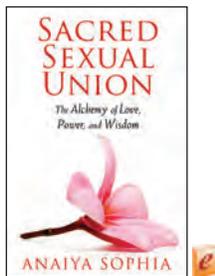
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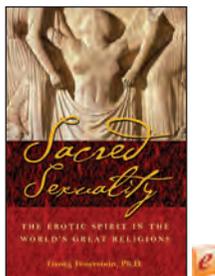
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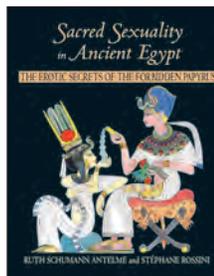
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This book examines the history of sexuality as a sacramental act. Georg Feuerstein instructs that the fulfillment we long for in our sex lives can be attained when we explore the spiritual depths of our erotic natures. Feuerstein delves into a wide 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.



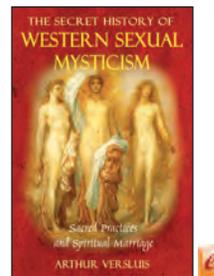
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Ruth Schumann Antelme and Stéphane Rossini

ISBN 978-0-89281-863-1
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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.



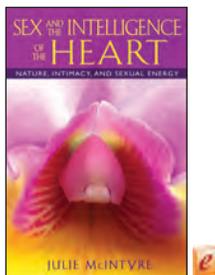
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This book reveals the history of Western sexual mysticism including the secret sexual practices used to achieve mystical union with God. It details the sects and individuals who transmitted the radical sexual practices which orthodox Christianity never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



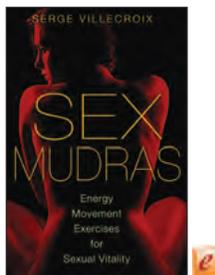
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Julie McIntyre examines the sacred relationship between sexuality and the Earth. She reveals how to create deep and lasting intimacy by recapturing a wild, spontaneous, natural sexuality, becoming vulnerable and open with our lover, and thus truly intimate.



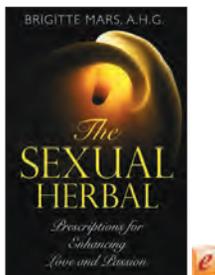
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Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body. Mudras for sexual vitality can tone the genitals, increase libido, and enhance pleasure. This book reveals mudras that can help men reach orgasm without ejaculation, harmonize male and female energies, and help overcome sexual problems caused by tobacco, drugs, and alcohol.



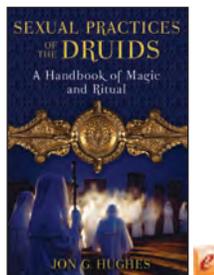
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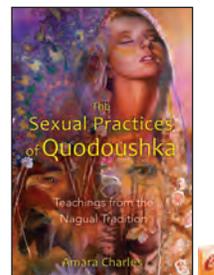
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The Sexual Practices of Quodoushka

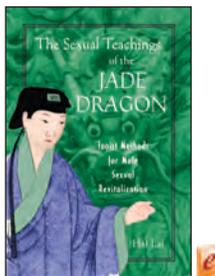
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Amara Charles

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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.



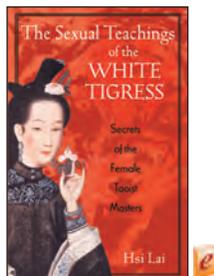
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Taoist Methods for Male Sexual Revitalization

Hsi Lai

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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.



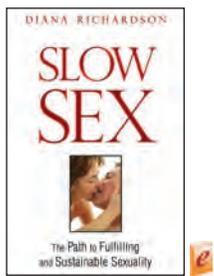
The Sexual Teachings of the White Tigress

Secrets of the Female Taoist Masters

Hsi Lai

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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.

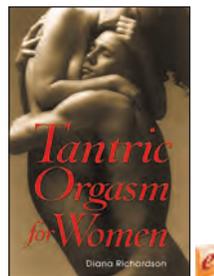


Slow Sex
The Path to Fulfilling and Sustainable Sexuality

Diana Richardson

ISBN 978-1-59477-367-9
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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.

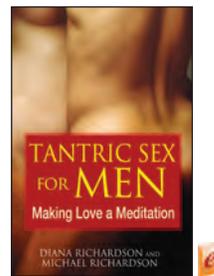


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Diana Richardson

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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.

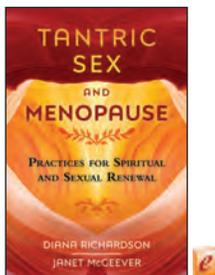


Tantric Sex for Men
Making Love a Meditation

Diana Richardson and Michael Richardson

ISBN 978-1-59477-311-2
\$16.95 (CAN \$19.95) pb
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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—even so they can relax into sex as a meditative union of complementary energies.



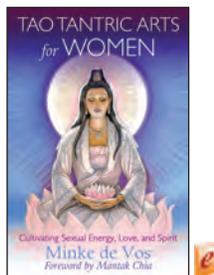
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Practices for Spiritual and Sexual Renewal

Diana Richardson and Janet McGeever

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Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Includes many self-help practices, meditations, and tantric exercises for couples and individuals.



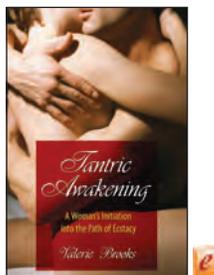
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Cultivating Sexual Energy, Love, and Spirit

Minke de Vos

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Rooted in Chinese energy medicine, Mantak Chia's Universal Healing Tao practices, and ancient Taoist traditions, Minke de Vos provides detailed practices for cultivating female sexual energy to ease the passage through the menstrual cycle, pregnancy, and menopause; to harmonize relationships and to merge your inner male and female energies.

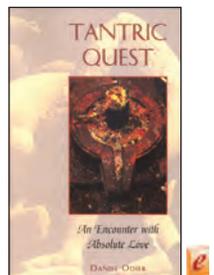


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A Woman's Initiation into the Path of Ecstasy

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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.



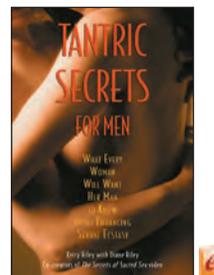
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"An eye-opening intro to a powerful, much misunderstood tradition."
Natural Living



Tantric Secrets for Men

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

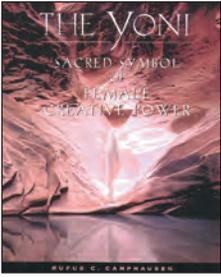
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17 b&w illustrations

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

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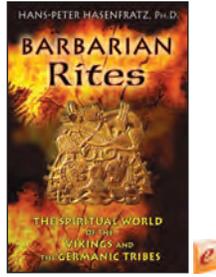
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Yoni symbolism is a part of the spiritual traditions of cultures in every part of the globe. *The Yoni* traces this primal motif in Australian Aboriginal folk tales, in alchemy, in Tantric practices, and in contemporary art by painters such as Georgia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



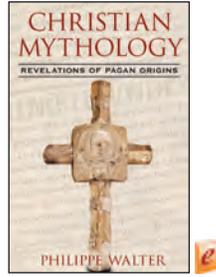
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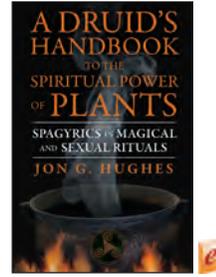
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The church knowingly incorporated pagan elements into the Christian faith to ease the transition to the new religion. Indeed, the identities of saints and pagan figures became so intermingled that some saints were transformed into pagan incarnations. Providing extensive documentation, this book shows which major days of the Christian calendar are founded on pagan traditions, including Easter and Christmas.



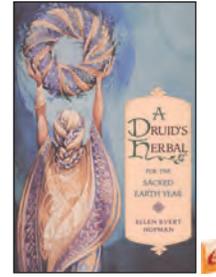
A Druid's Handbook to the Spiritual Power of Plants

Spagyrics in Magical and Sexual Rituals

Jon G. Hughes

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The ancient Druids knew how to release the energies, healing attributes, and magical capacities of flowers and trees through the respectful seduction of a plant's virtue and the 3-step spagyric process of separation, purification, and reunification. This book shows how to prepare extracts using these ancient methods with more than 70 flowers and trees.



A Druid's Herbal for the Sacred Earth Year

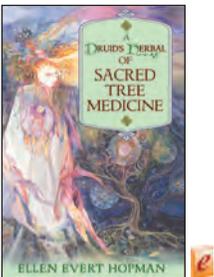
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This complete guide to the plant lore of the druids suggests appropriate herbs and rituals to celebrate the eight major festivals of the year, and it includes medicinal and magical uses of herbs for each season.

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

SageWoman

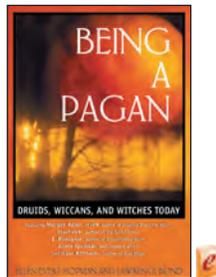


A Druid's Herbal of Sacred Tree Medicine

Ellen Evert Hopman

ISBN 978-1-59477-230-6
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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.



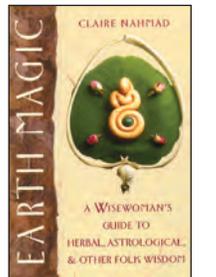
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Druids, Wiccans, and Witches Today

Ellen Evert Hopman and Lawrence Bond

ISBN 978-0-89281-904-1
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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.



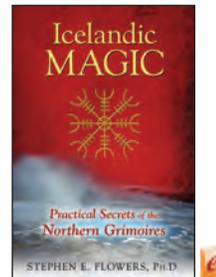
Earth Magic

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

Claire Nahmad

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



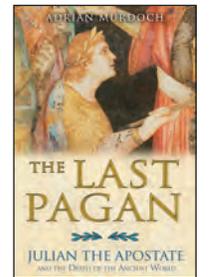
Icelandic Magic

Practical Secrets of the Northern Grimoires

Stephen E. Flowers, Ph.D.

ISBN 978-1-62055-405-0
\$16.95 (CAN \$19.95) pb
160 pages, 6 x 9
64 b&w illustrations

During the Middle Ages, many books of magic were lost as the ancient pagan traditions were suppressed. But in Iceland the recording of magical spells continued in secret for centuries. Drawing directly from these grimoires, now housed in the National Library in Reykjavik, Stephen Flowers presents a complete system of Icelandic magic from the 16th century onward.



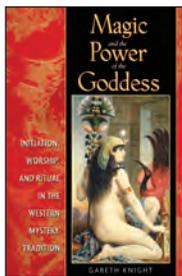
The Last Pagan

Julian the Apostate and the Death of the Ancient World

Adrian Murdoch

ISBN 978-1-59477-226-9
\$18.95 (CAN \$18.95) pb
280 pages, 6 x 9
Includes 8-page b&w insert and 3 b&w maps

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."

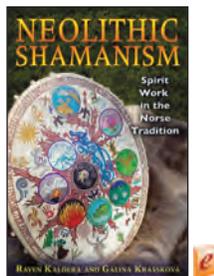


Magic and the Power of the Goddess

Initiation, Worship, and Ritual in the Western Mystery Tradition

Gareth Knight
ISBN 978-1-59477-235-1
\$14.95 (CAN \$16.95) pb
224 pages, 6 x 9
9 b&w illustrations

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

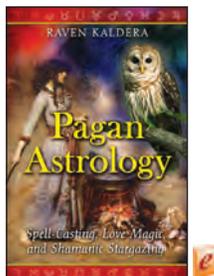


Neolithic Shamanism

Spirit Work in the Norse Tradition

Raven Kaldera and Galina Krasskova
ISBN 978-1-59477-490-4
\$18.95 (CAN \$21.95) pb
360 pages, 6 x 9
Includes 8-page color insert

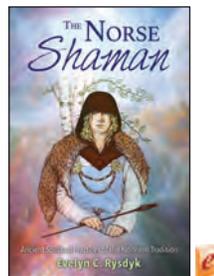
Neolithic Shamanism reconstructs the ancient spiritual traditions of northern Europe that were suppressed by the spread of Christianity. It presents 83 practical exercises and includes the traditional rules for avoiding spiritual debt or offense. A unique ancestral spiritual guide for anyone wishing to fulfill their shamanic calling.



Pagan Astrology
Spell-Casting, Love Magic, and Shamanic Stargazing

Raven Kaldera
ISBN 978-1-59477-302-0
\$18.95 (CAN \$26.50) pb
368 pages, 6 x 9
5 b&w illustrations

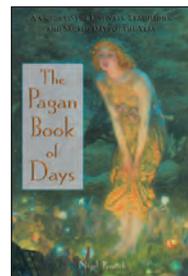
Pagan Astrology introduces a hands-on astrological practice that incorporates intuition, spells, and love magic into astrology. It also shows how to create planetary altars that enhance the astrological correspondences of traditional Pagan holidays.



The Norse Shaman
Ancient Spiritual Practices of the Northern Tradition

Evelyn C. Rysdyk
ISBN 978-1-62055-593-4
\$18.95 (CAN \$22.95) pb
272 pages, 6 x 9
44 b&w illustrations

Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. The author provides step-by-step instructions to prepare for and conduct shamanic rituals and ceremonies.

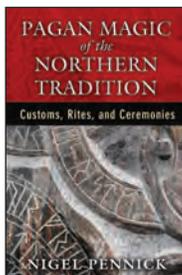


The Pagan Book of Days

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

Nigel Pennick
ISBN 978-0-89281-867-9
\$14.95 (CAN \$17.95) pb
160 pages, 5.88 x 9
135 b&w illustrations

In this revised edition of *The Pagan Book of Days* the author provides details on auspicious and inauspicious days, holy days of the ancient gods and goddesses, and the eight stations of the year (the solstices, equinoxes, and cross-quarter days). He also includes lunar and solar charts indicating dates of major Pagan celebrations from the year 2011 through 2033.

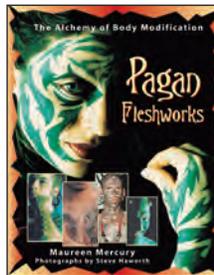


Pagan Magic of the Northern Tradition

Customs, Rites, and Ceremonies

Nigel Pennick
ISBN 978-1-62055-389-3
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9
85 b&w illustrations

In the pre-Christian societies of Northern Europe, magic was part of day-to-day life. For example, individuals could journey out of the body using direct natural magic, and runes were employed to ward off illness. This book shows how anyone can participate authentically in the magic of the Northern Tradition today.



Pagan Fleshworks

The Alchemy of Body Modification

Maureen Mercury
Photographs by Steve Haworth
ISBN 978-0-89281-809-9
\$19.95 (CAN \$28.95) pb
128 pages, 8 x 10
41 color photographs

Body modification—tattooing, piercings, brandings, and implants—is a way of reconnecting to our bodies, to the earth, and to the divine. With riveting color photographs by leading body modification artist Steve Haworth, *Pagan Fleshworks* shows how radical body modification can result in uniquely satisfying self-expression and deep psychic transformation.

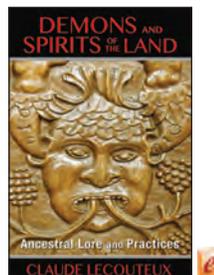


The Pagan Mysteries of Halloween

Celebrating the Dark Half of the Year

Jean Markale
ISBN 978-0-89281-900-3
\$14.95 (CAN \$17.95) pb
160 pages, 6 x 9

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.

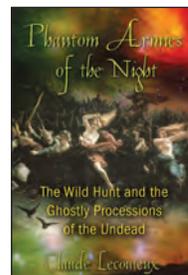


Demons and Spirits of the Land

Ancestral Lore and Practices

Claude Lecouteux
ISBN 978-1-62055-399-2
\$18.95 (CAN \$22.95) pb
224 pages, 6 x 9
10 b&w illustrations

Our pagan ancestors understood there were giants in the hills, dragons in the lakes, and wild folk in the mountains. They both feared and respected these entities, and negotiated with them to ensure proper placement and protection of a new building. Despite outright Church suppression, belief in these spirits has carried through to modern times.

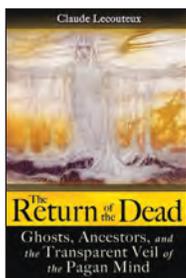


Phantom Armies of the Night

The Wild Hunt and the Ghostly Processions of the Undead

Claude Lecouteux
ISBN 978-1-59477-436-2
\$18.95 (CAN \$21.50) pb
320 pages, 6 x 9
32 b&w illustrations

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.



The Return of the Dead

Ghosts, Ancestors, and the Transparent Veil of the Pagan Mind

Claude Lecouteux
ISBN 978-1-59477-318-1
\$19.95 (CAN \$26.50) pb
288 pages, 6 x 9
9 b&w illustrations

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.

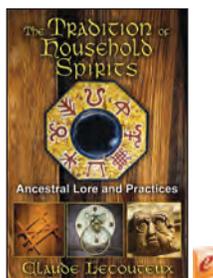


The Secret History of Poltergeists and Haunted Houses

From Pagan Folklore to Modern Manifestations

Claude Lecouteux
ISBN 978-1-59477-465-2
\$18.95 (CAN \$21.50) pb
256 pages, 6 x 9
7 b&w illustrations

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.

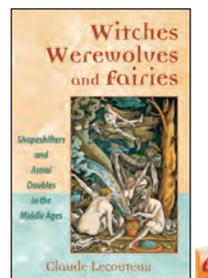


The Tradition of Household Spirits

Ancestral Lore and Practices

Claude Lecouteux
ISBN 978-1-62055-105-9
\$16.95 (CAN \$19.50) pb
248 pages, 6 x 9
Includes an 8-page color insert and 21 b&w illustrations

Why do we hang horseshoes for good luck or place wreaths on our doors? Why does the groom carry his new bride over the threshold? These customs come from a time when people had a sacred relationship with their homes and the spirits who lived there with them. This book draws on studies and classic literature from old Europe to explain the pagan roots behind these traditions.

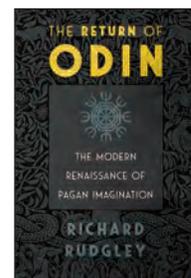


Witches, Werewolves, and Fairies

Shapeshifters and Astral Doubles in the Middle Ages

Claude Lecouteux
ISBN 978-0-89281-096-3
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9

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.



New—March 2018

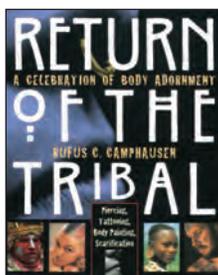
Revised and Expanded Edition

The Return of Odin

The Modern Renaissance of Pagan Imagination

Richard Rüdgly
ISBN 978-1-62055-727-3
\$19.99 (CAN \$24.99) pb
336 pages, 6 x 9
Includes two 8-page color inserts and 25 b&w illustrations

Exploring the influence of the Norse god Odin in the modern world, Richard Rüdgly reveals Odin's central role in a wide range of cultural movements and phenomena, including Nazi Germany as well as the 1960s counterculture. He explains how the Odin archetype is responsible for both regressive tendencies and the green ecological mindset.

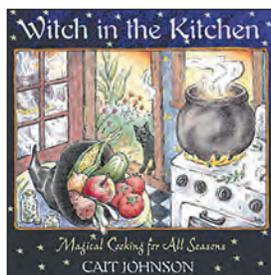


Return of the Tribal

A Celebration of Body Adornment

Rufus C. Camphausen
ISBN 978-0-89281-610-1
\$19.95 (CAN \$31.95) pb
128 pages, 8 x 10
105 color and 18 b&w photographs

A photographic exploration of the modern revival of piercing, tattooing, scarification, and body painting that reveals its origins in tribal culture. *Return of the Tribal* takes a non-judgmental look at the wide variety of body adornment and modification practices—from aboriginal to modern urban, in cities such as London, New York, Tokyo, and Amsterdam.

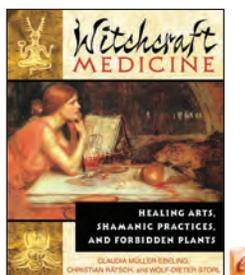


Witch in the Kitchen

Magical Cooking for All Seasons

Cait Johnson
ISBN 978-0-89281-980-5
\$16.95 (CAN \$19.95) pb
240 pages, 8 x 8

Creative suggestions and more than 80 delightful vegetarian recipes help you attune your cooking to the rhythms of the seasons and bring a sense of the sacred to your hearth and kitchen.

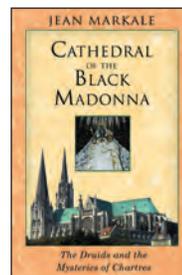


Witchcraft Medicine

Healing Arts, Shamanic Practices, and Forbidden Plants

Claudia Müller-Ebeling, Christian Rättsch, and Wolf-Dieter Storl
ISBN 978-0-89281-971-3
\$24.95 (CAN \$29.95) pb
272 pages, 8 x 10
Includes three 8-page color inserts and 170 b&w illustrations

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

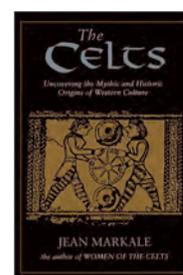


Cathedral of the Black Madonna

The Druids and the Mysteries of Chartres

Jean Markale
ISBN 978-1-59477-020-3
\$16.95 (CAN \$24.95) pb
312 pages, 6 x 9
Includes 8-page b&w insert

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

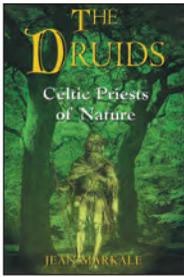


The Celts

Uncovering the Mythic and Historic Origins of Western Culture

Jean Markale
ISBN 978-0-89281-413-8
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One of the most comprehensive treatments of Celtic civilization ever written. While historians have tended to minimize the role of the Celts in comparison to the Romans, *The Celts* proclaims the Celtic peoples as the primary European precedent to the Greco-Roman hegemony, restoring this culture to its true importance in the development of European civilization.



The Druids

Celtic Priests of Nature

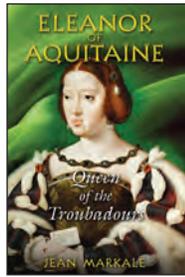
Jean Markale

ISBN 978-0-89281-703-0
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A comprehensive and revealing look at the druids and their fundamental role in Celtic society, this book dispels many of the misconceptions about these important religious figures and their doctrine.

“There is no better spokesman for the ancient Celts than Jean Markale.”

André Breton, author of *Manifestoes of Surrealism*



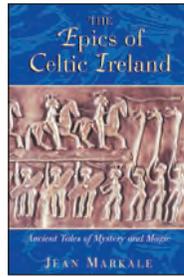
Eleanor of Aquitaine

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Eleanor of Aquitaine (1122–1204) has long been noted for her political and cultural achievements. But her greatest influence, still shaping modern sensibilities, was her role as the symbol of courtly love, which was not a mere diversion for the aristocracy but a process of sexual initiation and transcendence that bore a close resemblance to Indian Tantra.



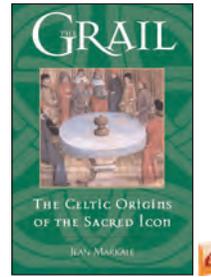
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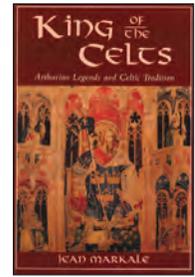
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The world's leading authority on Celtic culture takes us beneath the Christian veneer of the Grail myth to discover the ancient Celtic spiritual traditions of the Grail and its Quest.



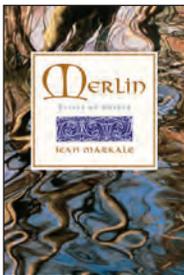
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Arthurian Legends and Celtic Tradition

Jean Markale

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A Celtic historian re-creates the life and times of the real King Arthur and explains how even today Arthurian ideals of knightly virtue remain at the heart of Western thought.



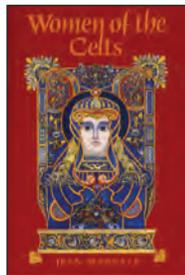
Merlin

Priest of Nature

Jean Markale

ISBN 978-0-89281-517-3
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240 pages, 6 x 9

Jean Markale's investigation of all the known literary and historical sources yields a compelling portrait of who and what Merlin might have been. Both archetypal Wild Man and shaman, Merlin's message of the universal brotherhood of all beings and things called out to a rapidly urbanizing society that was losing touch with nature. His warning went unheeded.

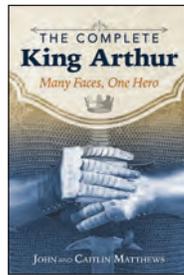


Women of the Celts

Jean Markale

ISBN 978-0-89281-150-2
\$19.95 (CAN \$23.95) pb
320 pages, 6 x 9

Historian Markale takes us deep into a mythical world where both man and woman become whole by realizing the feminine principle in its entirety. The author explores the rich heritage of Celtic women in history, myth, and ritual, showing how these traditions compare to modern attitudes toward women.



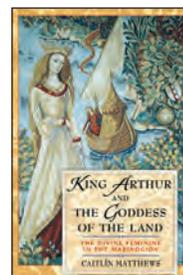
The Complete King Arthur

Many Faces, One Hero

John Matthews and Caitlin Matthews

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Few legends have had the enduring influence of those surrounding King Arthur. Presenting the culmination of more than 40 years' research, John and Caitlin Matthews examine the historical and mythological evidence for every major theory about the existence of Arthur, piecing together the many fragments that constitute his image.



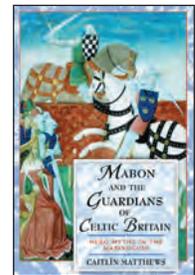
King Arthur and the Goddess of the Land

The Divine Feminine in the Mabinogion

Caitlin Matthews

ISBN 978-0-89281-921-8
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Matthews sheds light on Sovereignty, the Goddess of the sacred land of Britain, and the spiritual principle of the Divine Feminine. She articulates the continuing relevance of ancient Celtic thought and belief of the powerful myths and legends of ancient Britain.



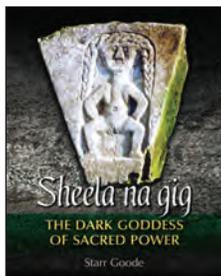
Mabon and the Guardians of Celtic Britain

Hero Myths in the Mabinogion

Caitlin Matthews

ISBN 978-0-89281-920-1
\$14.95 (CAN \$21.95) pb
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17 b&w illustrations

Caitlin Matthews unlocks the encoded meanings of the sacred land of Britain, and establishes it firmly as a precursor to other living myths of the West. As descendants of the ancient Celtic oral tradition, the rich themes and archetypal underpinnings of the *Mabinogion* are stories for all time.

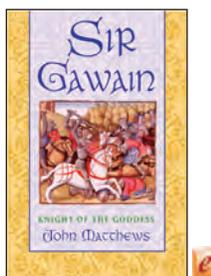


Sheela na gig *The Dark Goddess of Sacred Power*

Starr Goode

ISBN 978-1-62055-595-8
\$35.00 (CAN \$41.95) hardcover
384 pages, 8 x 10
155 b&w illustrations

Exploring the art and myth of the Sheela na gig from Celtic and Classical times to Paleolithic cave art, Starr Goode shows the Sheela as a goddess, a folk deity, and, as a guardian of doorways and castle walls, a liminal entity representing the gateway to the divine. Included are more than 150 photographs and illustrations of the supernatural imagery of Sheela na gigs adorning sacred and secular architecture throughout Ireland, England, Wales, and Scotland.

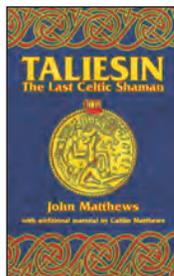


Sir Gawain *Knight of the Goddess*

John Matthews

ISBN 978-0-89281-970-6
\$14.95 (CAN \$21.95) pb
208 pages, 6 x 9
8 b&w illustrations

The result of more than 20 years of research by one of the world's leading scholars of Arthurian mythology. The author presents a unique view of the mythology of Gawain, the Green Knight of Camelot, and of Britain and its connections with the historical changes that took place over many hundreds of years in the religious and mystical traditions of the country.

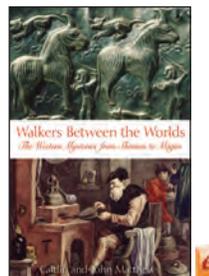


Taliesin *The Last Celtic Shaman*

John Matthews
with additional material
by Caitlín Matthews

ISBN 978-0-89281-869-3
\$19.95 (CAN \$24.95) pb
376 pages, 6 x 9
25 b&w illustrations

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.

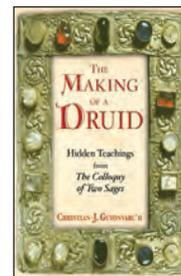


Walkers Between the Worlds

The Western Mysteries from Shaman to Magus
Caitlín and John Matthews

ISBN 978-0-89281-091-8
\$26.95 (CAN \$29.95) pb
464 pages, 6 x 9
41 b&w illustrations

Beneath the orthodox religions that lay claim to the soul of Western man runs an esoteric current that has preserved the lore and hermetic traditions of our ancestors. *Walkers Between the Worlds* explores the ancient earth wisdom of the shaman, and the Gnostic and Egyptian mysteries of the East. Practical exercises drawn from these traditions are included.

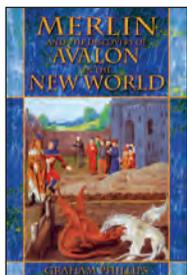


The Making of a Druid

Hidden Teachings from The Colloquy of Two Sages
Christian J. Guyonvarc'h

ISBN 978-0-89281-874-7
\$19.95 (CAN \$31.95) hardcover
144 pages, 5.25 x 7.88

Up to now, this text has been regarded as merely an elaborate battle of wits between two bards. Thanks to the present translation and its accompanying commentary, we now can see that this text depicts the examination by a teacher of a druidic candidate. Consequently, the reader gains valuable insight into the actual nature of druidic science.

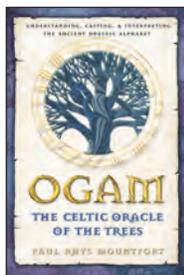


Merlin and the Discovery of Avalon in the New World

Graham Phillips

ISBN 978-1-59143-047-6
\$16.00 (CAN \$21.95) pb
256 pages, 6 x 9
Includes 16-page color insert

Phillips uncovers evidence that the legend of Merlin is based on the life of a Roman consul, the last to rule Britain, who died and was buried in what is now the United States. Clues lead to a New England tomb where an encrypted message reveals the whereabouts of Merlin's grave, and evidence that Merlin's descendants survive.



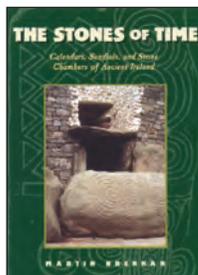
Ogam: The Celtic Oracle of the Trees

*Understanding, Casting,
and Interpreting the Ancient
Druidic Alphabet*

Paul Rhys Mountfort

ISBN 978-0-89281-919-5
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9
24 b&w illustrations

This comprehensive and practical guide to the ancient oracle is based on the alphabet of the Druids. It provides an historical background and bibliographic references to the Druidic mythology ruling this 1,500-year-old oracle.



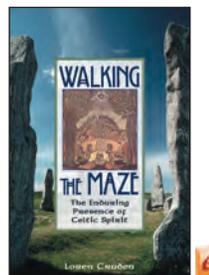
The Stones of Time

*Calendars, Sundials,
and Stone Chambers
of Ancient Ireland*

Martin Brennan

ISBN 978-0-89281-509-8
\$19.95 (CAN \$24.95) pb
216 pages, 6.75 x 9.38
300 b&w illustrations

The Stones of Time presents one of the most dramatic archaeological detective stories of our time. Predating Stonehenge by at least a thousand years, the stone complexes of ancient Ireland have been extensively studied, yet have refused to give up their mystery. The most complete record of Irish megalithic art ever published.



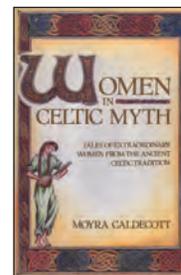
Walking the Maze

*The Enduring Presence
of Celtic Spirit*

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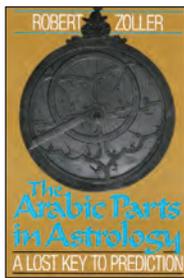
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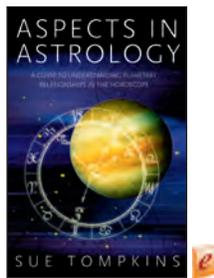
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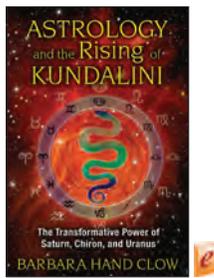
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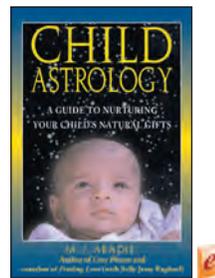
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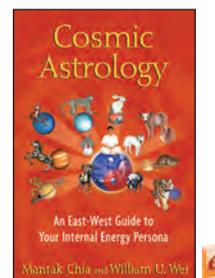
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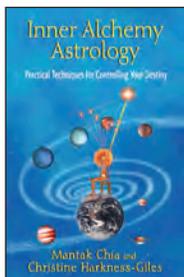
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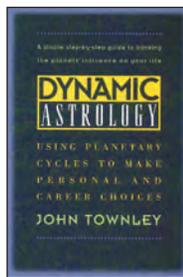
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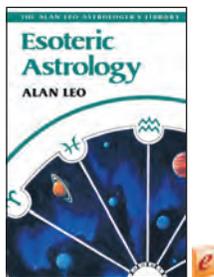
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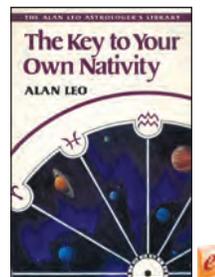
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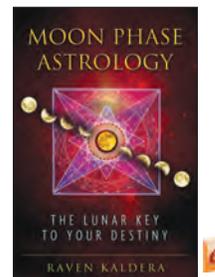
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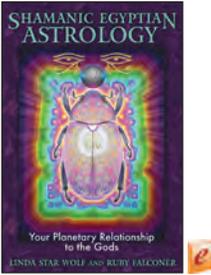
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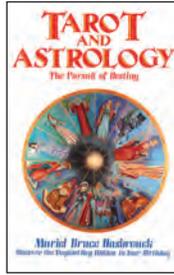


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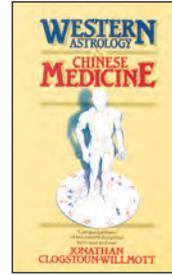


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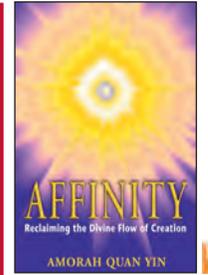


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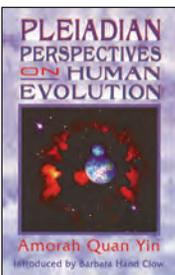


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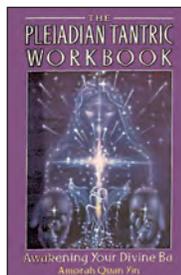


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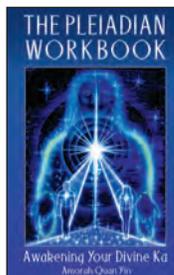


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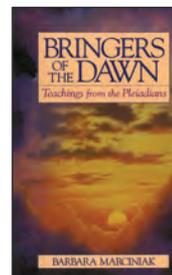


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Amorah Quan Yin

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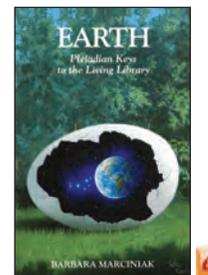


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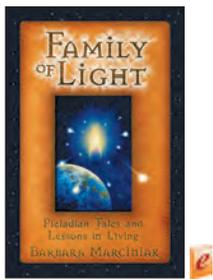


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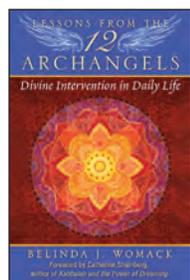


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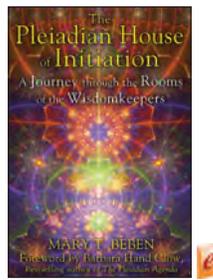
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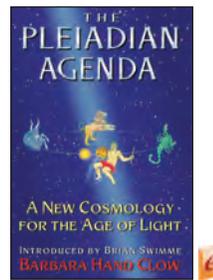
Belinda Womack was a scientist working in a biology lab when she found herself in the presence of the Archangel Gabriel and realized her calling as a conduit for Angelic healing. In this book she shares guidance from the 12 Archangels that can heal wounds, release fears, and allow life to be filled with divine power.



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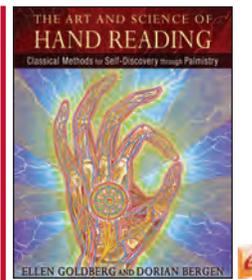


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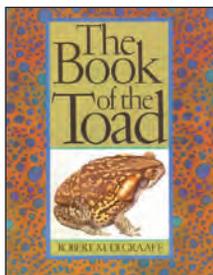
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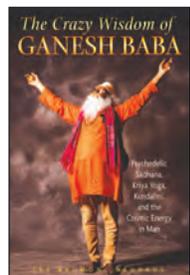
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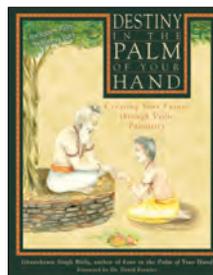
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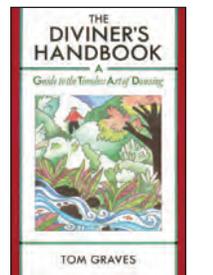
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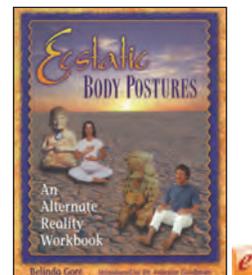
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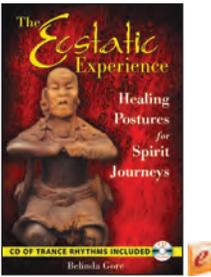
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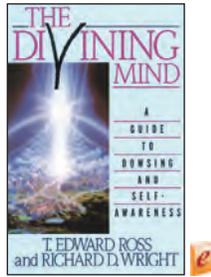
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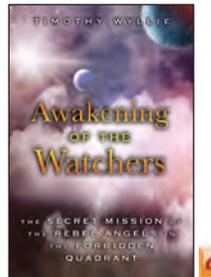
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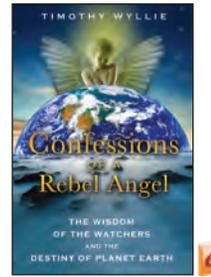
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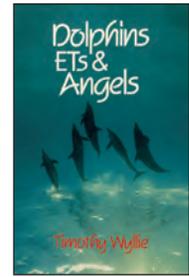
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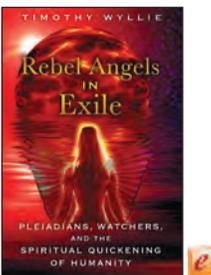
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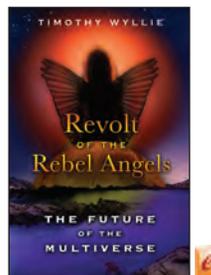
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Georgia, a rebel angel of Seraphic status, was present during Earth's steady descent into ignorance and confusion, and witnessed visits from the Nephilim and the Pleiadians, and the destruction of Lemuria. She shares her words to awaken some of the rebel angels currently living out human lives, most struggling with their sense of being different from other people.



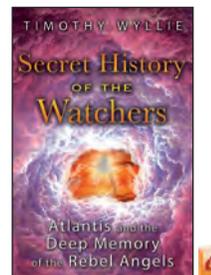
The Return of the Rebel Angels
The Urantia Mysteries and the Coming of the Light

Timothy Willie
ISBN 978-1-59143-125-1
\$22.00 (CAN \$24.95) pb
488 pages, 6 x 9
Includes 8-page color insert and 3 b&w illustrations
Providing an update to *The Urantia Book*, Timothy Willie 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.



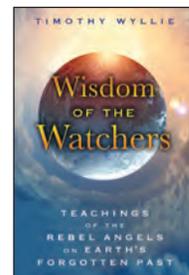
Revolt of the Rebel Angels
The Future of the Multiverse

Timothy Willie
ISBN 978-1-59143-174-9
\$20.00 (CAN \$22.95) pb
296 pages, 6 x 9
Includes 8-page color insert
Rebel angel Georgia shares insights from her half million years stationed on Earth as a watcher and from her part in the angelic revolution. She reveals details of the Lucifer Rebellion, describes the rise and fall of Lemuria, and shows that the rebel angels are redeeming their past and helping Earth realize its significance in the Multiverse.



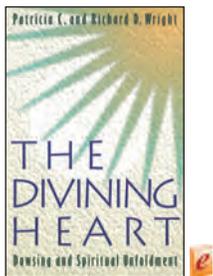
New—August 2018
Secret History of the Watchers
Atlantis and the Deep Memory of the Rebel Angels

Timothy Willie
ISBN 978-1-59143-319-4
\$22.00 (CAN \$27.50) pb
344 pages, 6 x 9
Includes 8-page color insert
After Lucifer's angelic rebellion 203,000 years ago, the Watcher angel known as Georgia was permitted to remain on Earth—despite aligning with the rebel angels. In this book, Georgia, writing together with Timothy Willie, shares her personal account of Earth in the 8th millennium BCE, the first era of Atlantis.



Wisdom of the Watchers
Teachings of the Rebel Angels on Earth's Forgotten Past

Timothy Willie
ISBN 978-1-59143-206-7
\$20.00 (CAN \$23.95) pb
360 pages, 6 x 9
Includes 8-page color insert
Georgia, a rebel angel and a Watcher, provides her account of the period on Earth from 39,000 BC to 16,500 B.C. when Lemurian civilization reached its pinnacle and seismic upheavals overwhelmed its island home of Mu. Georgia interweaves her story with observations about Timothy Willie's life, including his interactions Timothy Leary, himself a rebel angel incarnate.

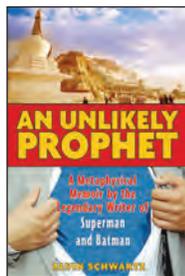


The Divining Heart
Dowsing and Spiritual Unfoldment

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 dowers, 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.

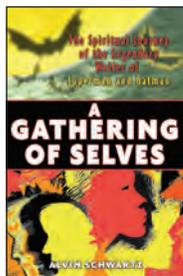


An Unlikely Prophet
A Metaphysical Memoir by the Legendary Writer of Superman and Batman

Alvin Schwartz

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

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

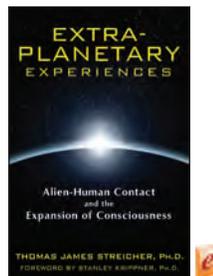


A Gathering of Selves
The Spiritual Journey of the Legendary Writer of Superman and Batman

Alvin Schwartz

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

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

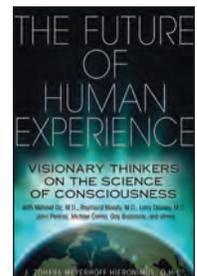


Extra-Planetary Experiences
Alien-Human Contact and the Expansion of Consciousness

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.

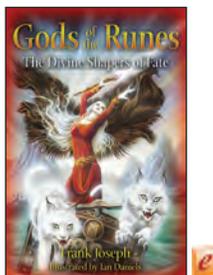


The Future of Human Experience
Visionary Thinkers on the Science of Consciousness

J. Zohara Meyerhoff Hieronimus, D.H.L.

ISBN 978-1-62055-087-8
\$19.95 (CAN \$22.95) pb
320 pages, 6 x 9
31 b&w illustrations

Zohara Hieronimus interviews a variety of visionaries on their predictions for the future and finds a common theme resonating through them all: we can significantly improve the long-term welfare of the Earth by unfolding our nonlocal consciousness and adopting a reverent attitude toward all life.

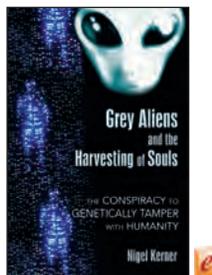


Gods of the Runes
The Divine Shapers of Fate

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.

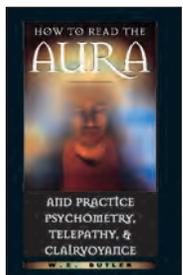


Grey Aliens and the Harvesting of Souls
The Conspiracy to Genetically Tamper with Humanity

Nigel Kerner

ISBN 978-1-59143-103-9
\$28.00 (CAN \$38.95) pb
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.

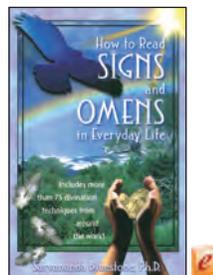


How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance

W. E. Butler

ISBN 978-0-89281-705-4
\$14.95 (CAN \$17.95) pb
240 pages, 5 x 7.75

Renowned parapsychologist W. E. Butler outlines simple procedures to develop and perfect the four basic psychic powers we all possess: how to read the Aura, understand Psychometry, awaken telepathic powers, and experience clairvoyance. One of the world’s great occultists, W. E. Butler (1898–1978) studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.

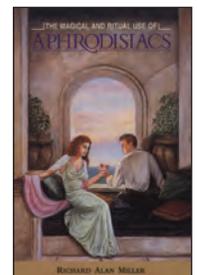


How to Read Signs and Omens in Everyday Life

Sarvananda Bluestone, Ph.D.

ISBN 978-0-89281-901-0
\$16.95 (CAN \$19.95) pb
240 pages, 5.88 x 9
25 b&w illustrations

Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities “psychic,” but native cultures accepted that each of us has an innate sixth sense. Sarvananda Bluestone shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.



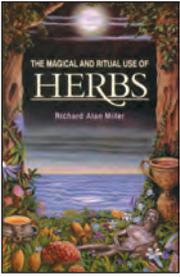
The Magical and Ritual Use of Aphrodisiacs

Richard Alan Miller

ISBN 978-0-89281-402-2
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Also available in Spanish (see page 189)

The author shows how intent and motivation can be focused to augment the physical effects of aphrodisiacs and suggests rituals drawn from Tantric yoga and Western magic.



The Magical and Ritual Use of Herbs

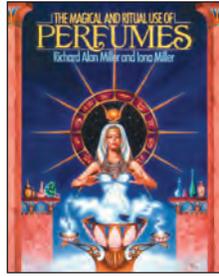
Richard Alan Miller
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Biochemist, physicist, and herbalist, Miller explains the historical use, chemical structure, preparation of, and rituals related to psychotropic herbs.

"Fascinating. . . Miller's range of practical and arcane knowledge is impressive. This integration of the scientific with the mystical is one of the most interesting facets of the book."

The Herb Companion

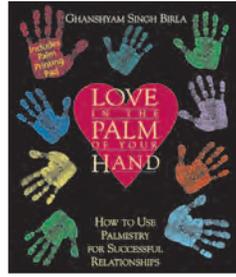


The Magical and Ritual Use of Perfumes

Richard Alan Miller and Iona Miller

ISBN 978-0-89281-210-3
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184 pages, 8 x 10

Because of their power to elicit specific responses in the body and psyche, perfumes have, through the ages, occupied an important part in ritual. *The Magical and Ritual Use of Perfumes* shows how scents can become the very "essence of magic," providing direct access to the emotional centers of the brain and memory.



Love in the Palm of Your Hand

How to Use Palmistry for Successful Relationships

Ghanshyam Singh Birla

ISBN 978-0-89281-718-4
\$19.95 (CAN \$28.95) pb
160 pages, 8 x 10

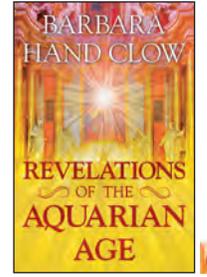
256 b&w illustrations and palm printing kit
For 4,000 years Indian practitioners of Samudrik Shastra have interpreted palm lines for personality assessment and counseling. This guide, illustrated with hundreds of palms and including a palm print kit, helps you do your own readings.



The Mind Chronicles
A Visionary Guide into Past Lives

Barbara Hand Clow
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464 pages, 6 x 9
36 b&w illustrations

With the mind state produced during 100 sessions of hypnotic regression, Barbara Hand Clow unlocks the primordial memory bank—the records of time in which all humans participate—guiding readers through 100,000 years of human history, using in-depth experiences of initiations and sacred ceremonies to illuminate the forgotten wisdom of our ancestors.

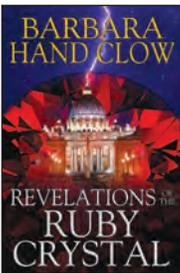


New—Available
Revelations of the Aquarian Age

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Shortly after their wedding in Tuscany, Armando reveals his richly symbolic painting of Jesus and Mary Magdalene to his bride Jennifer. Deeply affecting all who view it, the alchemical painting leads them on a journey into the esoteric mysteries of divine marriage, sacred sexuality, and the transformative power of holy relics.



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Barbara Hand Clow

ISBN 978-1-59143-197-8
\$26.00 (CAN \$30.95) hardcover
464 pages, 6 x 9
8 b&w illustrations

While studying at the Vatican Library for her thesis on heresies, Sarah Adamson comes into possession of a visionary stone that reveals to her the cause of evil in the Church. As the heightened energy of the winter solstice of 2012 arrives, Sarah and her companion strive to harness their divine powers and bring about a positive transformation. The first work of fiction from best-selling author Barbara Hand Clow.



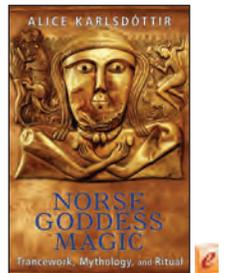
Nordic Runes

Understanding, Casting, and Interpreting the Ancient Viking Oracle

Paul Rhys Mountfort

ISBN 978-0-89281-093-2
\$16.99 (CAN \$19.95) pb
288 pages, 6 x 9
29 b&w illustrations

A practical guide to this ancient oracle, *Nordic Runes* addresses three major areas: Runelore, the history of this 2,000-year-old Norse oracle; Runestaves, the meaning of the individual runes, and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive and contemporary guide to the application of this ancient system of divination.



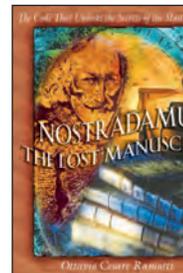
Norse Goddess Magic

Trancework, Mythology, and Ritual

Alice Karlsdóttir

ISBN 978-1-62055-407-4
\$16.95 (CAN \$20.50) pb
256 pages, 6 x 9
3 b&w illustrations

This book reveals the personalities and powers of thirteen female deities in the Norse pantheon—Frigg the Allmother, wife of Odin, and the twelve Aesir goddesses such as Sjofn the peacemaker, Eir the Healer, and Vor the Wisewoman. Also included is a guide to tranceworking that will allow anyone to develop spirit-work relationships with the goddesses.



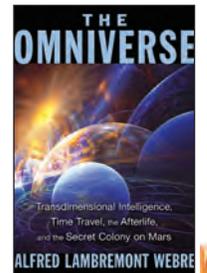
Nostradamus: The Lost Manuscript

The Code That Unlocks the Secrets of the Master Prophet

Ottavio Cesare Ramotti

ISBN 978-0-89281-915-7
\$16.95 (CAN \$19.95) pb
192 pages, 8 x 10

21 color, 80 b&w illustrations
Paintings by Nostradamus discovered in 1994 in the Italian National Library provide the key to decoding his prophecies, revealing a chronology of his quatrains that has been hidden for 400 years. Ramotti has cracked the code and produced a book that is required reading for those who want to know what the next millennium has in store.



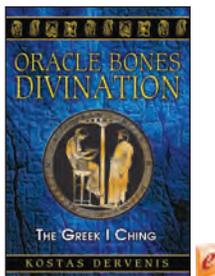
The Omniverse

Transdimensional Intelligence, Time Travel, the Afterlife, and the Secret Colony on Mars

Alfred Lambremont Webre

ISBN 978-1-59143-215-9
\$16.00 (CAN \$19.50) pb
224 pages, 6 x 9

The Omniverse is the overarching matrix of energy, spirit, and intelligence that encompasses all that exists. This easy-to-read book reveals the holographic origins of the soul, the potential of time travel, and our role as divine co-creators with God/Source.

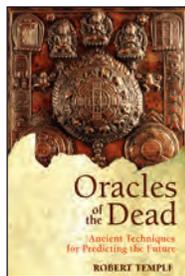


Oracle Bones Divination

The Greek I Ching
Kostas Dervenis

ISBN 978-1-62055-101-1
\$16.95 (CAN \$19.50)
Paper with French flaps
176 pages, 6 x 9
67 two-color illustrations

Kostas Dervenis explains how to interpret the casting of the oracle bones—either traditional sheep anklebones or coins—to answer your questions on love, health, wealth, and the future. Using the original stanzas discovered in ancient Greek temples in Greece and Turkey, the author reconstructs the complete matrix of interpretation for each possible casting of the bones.



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.

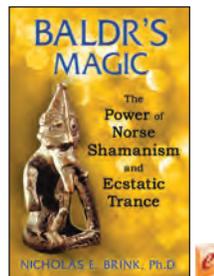


The Origins of Psychic Phenomena

Poltergeists, Incubi, Succubi, and the Unconscious Mind
Stan Gooch

ISBN 978-1-59477-164-4
\$16.95 (CAN \$21.50) pb
272 pages, 6 x 9

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.

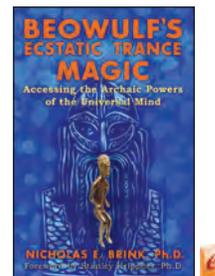


Baldr's Magic

The Power of Norse Shamanism and Ecstatic Trance
Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-184-8
\$18.00 (CAN \$21.95) pb
320 pages, 6 x 9
9 b&w illustrations

The rebirth of a peaceful, balanced world was predicted in Norse mythology as the return of Baldr, the compassionate Nordic god of truth, healing, and rune work. Through the power of ecstatic trance, it is possible to re-enter the magic of an earlier time when the Great Mother was the center of life in the Bronze Age. This book shows how to use hypnotic trance to learn directly from our distant ancestors, rediscover our extrasensory powers, and reclaim the original magical nature of humanity.

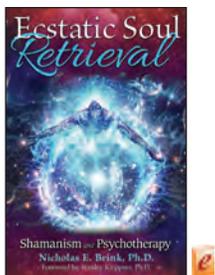


Beowulf's Ecstatic Trance Magic

Accessing the Archaic Powers of the Universal Mind
Nicholas E. Brink, Ph.D.

Foreword by Stanley Krippner, Ph.D.
ISBN 978-1-59143-217-3
\$18.00 (CAN \$21.95) pb
256 pages, 6 x 9
11 b&w illustrations

Using ecstatic trance to access the memories of the Universal Mind, Nicholas Brink journeys back to the time of the epic of Beowulf, enabling the reader to re-experience the life of Queen Wealhtheow who practiced the magic of an even earlier time when the Great Mother Earth was worshiped and peaceful traditions were the norm.

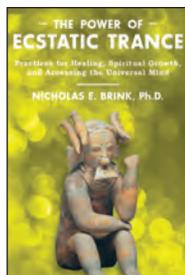


Ecstatic Soul Retrieval

Shamanism and Psychotherapy
Nicholas E. Brink, Ph.D.

Foreword by Stanley Krippner, Ph.D.
ISBN 978-1-59143-261-6
\$16.00 (CAN \$20.00) pb
208 pages, 6 x 9
5 b&w illustrations

Integrating cognitive behavioral therapy, narrative therapy, and dream analysis, author Nicholas Brink provides a unique model for tapping into the universal mind. These practices can be used to resolve common psychological issues such as agoraphobia, panic attacks, irrational anger, mood swings, obsessive behaviors, and control issues.

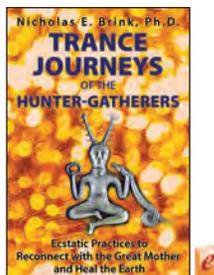


The Power of Ecstatic Trance

Practices for Healing, Spiritual Growth, and Accessing the Universal Mind
Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-152-7
\$18.00 (CAN \$20.95) pb
256 pages, 6 x 9
22 b&w illustrations

Though traditionally it was only the shaman of the community who went on ecstatic trance journeys, this book shows that we all have access to shamanic powers. Here are 20 traditional trance postures that can trigger the healing of illness and emotional pain, interactions with animal spirits and the dead, letting go of guilt and grief, and the discovery of past lives.

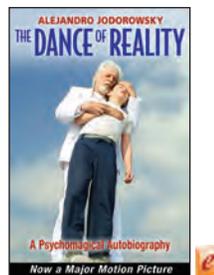


Trance Journeys of the Hunter-Gatherers

Ecstatic Practices to Reconnect with the Great Mother and Heal the Earth
Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-237-1
\$18.00 (CAN \$21.95) pb
272 pages, 6 x 9
36 b&w illustrations

Nicholas Brink details the healing and spiritual powers of trance postures and rituals from a variety of hunter-gatherer societies, including ancient Celtic, Norse, Native American, and South American traditions. As we reconnect with the spirit of the Earth, we can once again experience the world not only as alive but also enchanted.



The Dance of Reality

A Psychomagical Autobiography
Alejandro Jodorowsky

ISBN 978-1-62055-281-0
\$24.95 (CAN \$29.95) pb
424 pages, 6 x 9
Includes 8-page color insert and 29 b&w plates

Jodorowsky's autobiographical movie *The Dance of Reality*, which was based on this book, was released at the 2013 Cannes Film Festival. Not a traditional recounting of chronological memories, it is autobiography told as an act of self-healing. To peer back into our past, he says, is equivalent to digging into our own souls. If we can dig deep enough we can find an inner light.

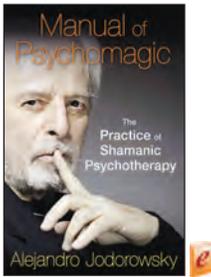


The Finger and the Moon

Zen Teachings and Koans
Alejandro Jodorowsky

ISBN 978-1-62055-535-4
\$16.95 (CAN \$20.95) pb
176 pages, 5.38 x 8.25

Before he became the film maker and auteur known throughout the world today, Alejandro Jodorowsky studied with Zen master Ejo Takata. In *The Finger and the Moon*, Jodorowsky recounts how he became Takata's student and offers his interpretations of the teaching tales, initiatory stories, koans, and enigmatic haikus he learned. These stories are intended to evoke silent illumination—as true awakening and self-realization cannot occur until the mind has been stilled.



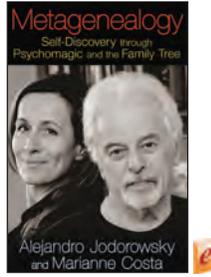
Manual of Psychomagic

The Practice of Shamanic Psychotherapy

Alejandro Jodorowsky

ISBN 978-1-62055-107-3
\$19.95 (CAN \$23.95) pb
256 pages, 6 x 9

The shamanic techniques at the foundation of psychomagic speak directly to the unconscious in its own language of dreams, poetry, and symbolic acts. This workbook provides successful solutions for a wide range of psychological, sexual, and physical problems, each solution taking the elements associated with a negative emotional charge and recasting them into theatrical symbolic actions that are played out by the participant.



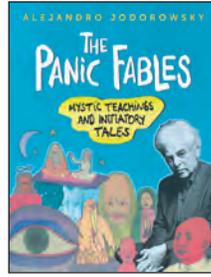
Metagenealogy

Self-Discovery through Psychomagic and the Family Tree

Alejandro Jodorowsky and Marianne Costa

ISBN 978-1-62055-103-5
\$29.95 (CAN \$35.95) pb
640 pages, 6 x 9
36 b&w illustrations

Part of our family inheritance is an embodied sense of self, transmitted from at least four prior generations. There are two forces at work: the imitating force of the family's past, and the creative force driven by the Universal Consciousness. This book provides exercises to stop the transmission of these patterns to future generations, and reconnect with our unique creative purpose in life.



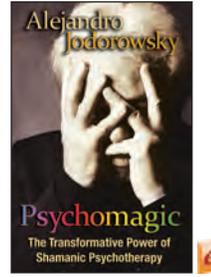
The Panic Fables

Mystic Teachings and Initiatory Tales

Alejandro Jodorowsky

ISBN 978-1-62055-537-8
\$29.95 (CAN \$37.50) pb
304 pages, 8.5 x 11
Full-color throughout

Appearing for the first time in English, this full-color book presents all 284 of filmmaker Alejandro Jodorowsky's spiritual Panic Fables comics, published weekly from 1967 to 1973 in Mexico City's *El Heraldo* newspaper. Jodo includes an introduction explaining how he incorporated Zen teachings, initiatory wisdom, and sacred symbology into his comics.



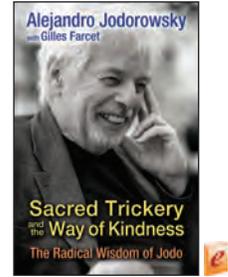
Psychomagic

The Transformative Power of Shamanic Psychotherapy

Alejandro Jodorowsky

ISBN 978-1-59477-336-5
\$24.99 (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.



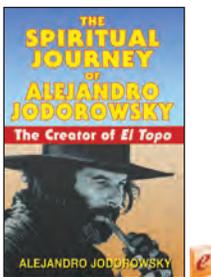
Sacred Trickery and the Way of Kindness

The Radical Wisdom of Jodo

Alejandro Jodorowsky with Gilles Farcet

ISBN 978-1-62055-459-3
\$18.95 (CAN \$22.95) pb
192 pages, 6 x 9

In his new book, Alejandro Jodorowsky is revealed as a man who has grown into a brilliant spiritual maverick of the 21st century. He discusses the Way of Kindness he now follows, and how it can have a profound effect on your spirit, infusing life with a wealth of happiness.



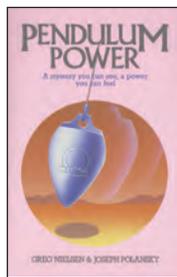
The Spiritual Journey of Alejandro Jodorowsky

The Creator of El Topo

Alejandro Jodorowsky

ISBN 978-1-59477-173-6
\$21.95 (CAN \$25.95) pb
288 pages, 6 x 9

Includes two 8-page b&w inserts
Jodorowsky's memoirs reveal his experience with Master Takata and a group of wisewomen—*magiennas*—who influenced his spiritual growth. He turns the same unsparing spiritual vision seen in the 1970 countercultural hit film *El Topo* to his own spiritual quest.



Pendulum Power

A Mystery You Can See, A Power You Can Feel

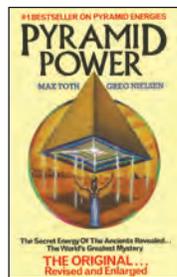
Greg Nielsen and Joseph Polansky

ISBN 978-0-89281-157-1
\$9.95 (CAN \$11.95) pb
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Learn how the power of the pendulum can help you discover treasure, locate the lost, divine the new, and advise in relationships.

"Emphasis is placed on self-development through pendulum power."

The American Dowser Quarterly Digest

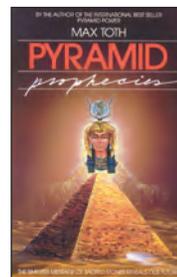


Pyramid Power

Max Toth and Greg Nielsen

ISBN 978-0-89281-106-9
\$14.95 (CAN \$16.95) 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.

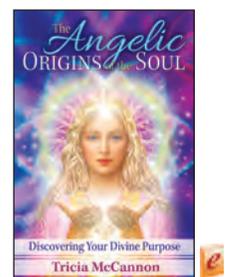


Pyramid Prophecies

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.



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Tricia McCannon

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Exploring the Soul's angelic origins, the Nine Orders of Angels, and the multi-dimensional landscapes of Heaven, Tricia McCannon explains the six stages of Soul Evolution and how to reawaken to higher vibrations, remember your Soul's purpose, and embrace the joy and love that reside eternally at the core of your being.

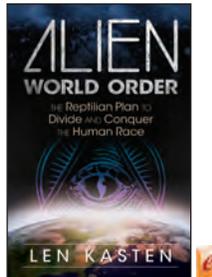


Return of the Divine Sophia

Healing the Earth through the Lost Wisdom Teachings of Jesus, Isis, and Mary Magdalene

Tricia McCannon
ISBN 978-1-59143-195-4
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84 b&w illustrations

Called through her dreams by the Priestesses of Isis, Tricia McCannon set out on a spiritual journey into the Mysteries of the Goddess discovering a forgotten age when the Creator was honored as female and humanity lived in peace. Equipped with the teachings of the Goddess, we may move into the future as *Homo luminous*, or beings of light, and reestablish an age of harmony and balance.

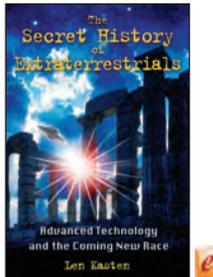


Alien World Order

The Reptilian Plan to Divide and Conquer the Human Race

Len Kasten
ISBN 978-1-59143-239-5
\$18.00 (CAN \$22.50) pb
336 pages, 6 x 9
Includes 16-page color insert and 59 b&w illustrations

Bestselling author Len Kasten, *The Secret Journey to Planet Serpo*, shows how Eisenhower's treaty with the Grey Aliens, signed at Holloman Air Force Base in 1954, gave the aliens authority to abduct humans for "research" and how the Reptilians have created alien-human hybrids under their control to replace the human population.

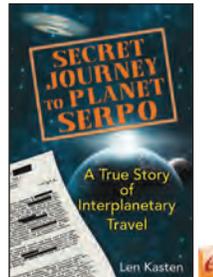


The Secret History of Extraterrestrials

Advanced Technology and the Coming New Race

Len Kasten
ISBN 978-1-59143-115-2
\$20.00 (CAN \$24.00) 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.

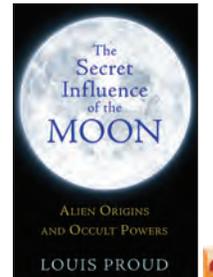


Secret Journey to Planet Serpo

A True Story of Interplanetary Travel

Len Kasten
ISBN 978-1-59143-146-6
\$18.00 (CAN \$22.00) pb
304 pages, 6 x 9
Includes 16-page color insert and 57 b&w illustrations

In July 1965, an alien spacecraft from the Zeta Reticuli star system landed in Nevada and welcomed aboard twelve military personnel for a 10-month journey to their home planet, Serpo. In 2005, members of the Defense Intelligence Agency came forward to reveal the operation, including details from the 3,000-page debriefing of the seven members of the Serpo team who returned.

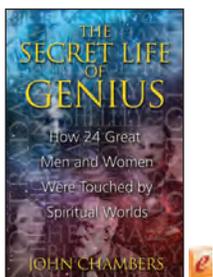


The Secret Influence of the Moon

Alien Origins and Occult Powers

Louis Proud
ISBN 978-1-59477-494-2
\$19.95 (CAN \$22.95) pb
408 pages, 6 x 9
Includes 8-page color insert

Louis Proud explores the Moon from both scientific and esoteric perspectives and finds it is not a cold, dead rock but a rich world just as alive as Earth. He shows that NASA concealed what the Apollo astronauts found, and explains the many holes in the "Giant Impact" theory of the Moon's origins. He also looks at what occult traditions say about the Moon, and presents evidence for the Moon as the home of an alien intelligence.

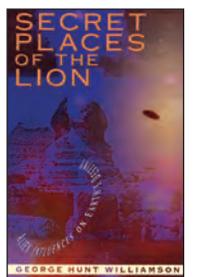


The Secret Life of Genius

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.

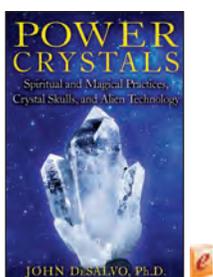


Secret Places of the Lion

Alien Influences on Earth's Destiny

George Hunt Williamson
ISBN 978-0-89281-601-9
\$16.95 (CAN \$19.95) 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.



Power Crystals

Spiritual and Magical Practices, Crystal Skulls, and Alien Technology

John DeSalvo, Ph.D.
ISBN 978-1-59477-400-3
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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 Dropa discs, providing instructions for their use in scrying, meditation, and Enochian magic, including communication with angels.

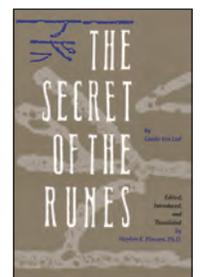


The Seeress of Prevorst

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.

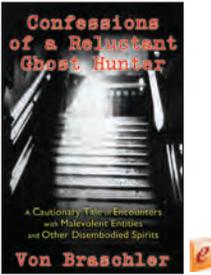


The Secret of the Runes

Guido von List
Edited by Stephen E. Flowers

ISBN 978-0-89281-207-3
\$14.95 (CAN \$17.95) 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.



Confessions of a Reluctant Ghost Hunter

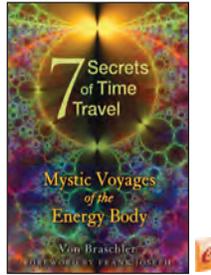
A Cautionary Tale of Encounters with Malevolent Entities and Other Disembodied Spirits

Von Braschler

Foreword by Jim Harold

ISBN 978-1-62055-382-4
\$16.95 (CAN \$20.50) pb
192 pages, 6 x 9

Not all spirits are ghosts of deceased people reluctant to move on but may be entities created from the hatred or frustrations of a building's inhabitants. In this primer on ghost removal, Von Braschler describes his most difficult and dangerous attempts to remove spirits from haunted buildings.



Seven Secrets of Time Travel

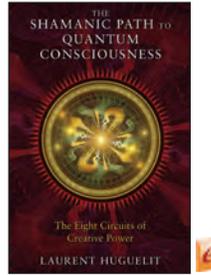
Mystic Voyages of the Energy Body

Von Braschler

Foreword by Frank Joseph

ISBN 978-1-59477-447-8
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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.



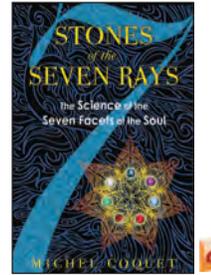
The Shamanic Path to Quantum Consciousness

The Eight Circuits of Creative Power

Laurent Huguelit

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\$16.95 (CAN \$19.50) pb
176 pages, 6 x 9

27 b&w illustrations
First outlined by Timothy Leary and later expanded by Robert Anton Wilson and Antero Alli, the eight-circuit model of consciousness sees the soul as functioning through interconnected circuits of conscious awareness with each circuit connected to certain behaviors and personality traits. This book shows how you can balance and upgrade your own circuits, activate your innate creative powers, manifest your own desires, and shape reality.



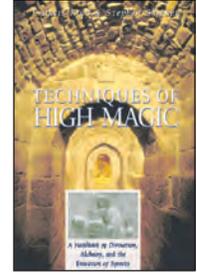
Stones of the Seven Rays

The Science of the Seven Facets of the Soul

Michel Coquet

ISBN 978-1-59477-433-1
\$24.95 (CAN \$27.95) pb
352 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.



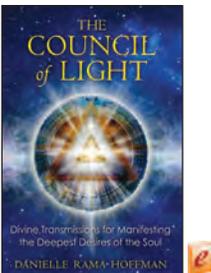
Techniques of High Magic

A Handbook of Divination, Alchemy, and the Evocation of Spirits

Francis King and Stephen Skinner

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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.



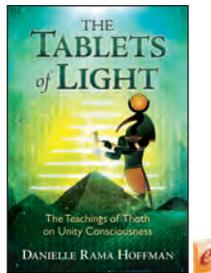
The Council of Light

Divine Transmissions for Manifesting the Deepest Desires of the Soul

Danielle Rama Hoffman

ISBN 978-1-59143-163-3
\$20.00 (CAN \$24.00) pb
320 pages, 6 x 9

The Council of Light is an intergalactic group of light beings whose purpose is to support individuals as they shift into unity consciousness and return to their natural inner state of joy. These direct transmissions of spiritual technology include guided journeys and meditations, and breathwork exercises that creatively turn debt into wealth and transfigure food into light for better health.



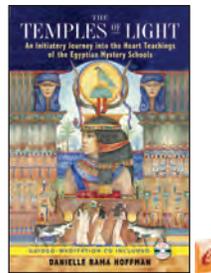
The Tablets of Light

The Teachings of Thoth on Unity Consciousness

Danielle Rama Hoffman

ISBN 978-1-59143-281-4
\$20.00 (CAN \$25.00) pb
320 pages, 6 x 9

Transmitted to Danielle Rama Hoffman by Thoth, keeper of the Akashic Records and member of the Council of Light, *The Tablets of Light* offers teachings of the Emerald Tablets of Light which enable each of us to reactivate the Divine consciousness that inhabits our souls and transition from separation consciousness into unity consciousness.



The Temples of Light

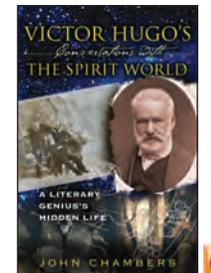
An Initiatory Journey into the Heart Teachings of the Egyptian Mystery Schools

Danielle Rama Hoffman

Foreword by Nicki Scully

ISBN 978-1-59143-099-5
\$22.00 (CAN \$26.95) 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.



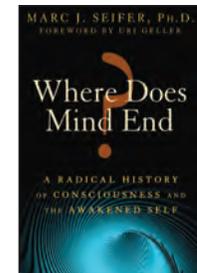
Victor Hugo's Conversations with the Spirit World

A Literary Genius's Hidden Life

John Chambers

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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.



Where Does Mind End?

A Radical History of Consciousness and the Awakened Self

Marc J. Seifer, Ph.D.

Foreword by Uri Geller

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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

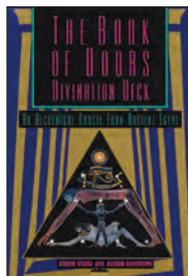
Nicki Scully and Linda Star Wolf, Ph.D.

Illustrated by Kris Waldherr

ISBN 978-1-59143-090-2
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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 Doors Divination Deck

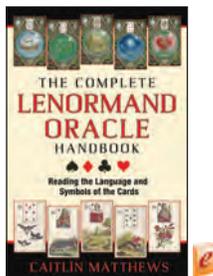
An Alchemical Oracle from Ancient Egypt

Athon Veggi and Alison Davidson

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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.



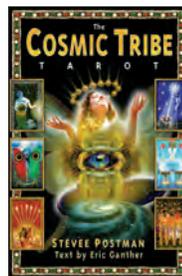
The Complete Lenormand Oracle Handbook

Reading the Language and Symbols of the Cards

Caitlin Matthews

ISBN 978-1-62055-325-1
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416 pages, 6 x 9
Full-color throughout

More than 200 years old, the 36 Lenormand cards are an oracle combining standard playing cards with images from the everyday world. This book explains the meanings for each card; details how to lay spreads starting with 3 or 5 cards and building to the Grand Tableau spread; and delves into the history of cartomancy to reveal the mythic blueprint that underlies this deck.



The Cosmic Tribe Tarot

Art by Steve Postman

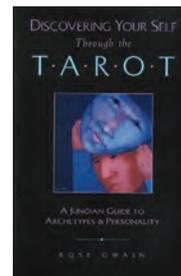
Text by Eric Ganther

ISBN 978-0-89281-700-9
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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*



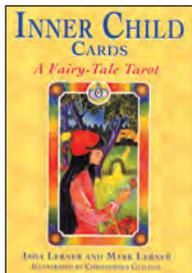
Discovering Your Self Through the Tarot

A Jungian Guide to Archetypes and Personality

Rose Gwain

ISBN 978-0-89281-412-1
\$18.95 (CAN \$22.95) pb
208 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

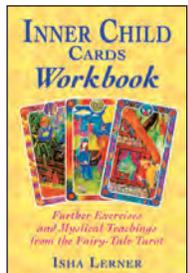
A Fairy-Tale Tarot

Isha Lerner and Mark Lerner
Illustrated by Christopher Guilfoil

ISBN 978-1-879181-82-3
\$34.95 (CAN \$42.00)
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

This book offers new layouts and divination methods for use with *Inner Child Cards*. With visualizations and affirmations that correspond to each of the major arcana cards, *Inner Child Cards Workbook* shows how to make life choices by gleaning the deepest guidance from familiar fairy tales.



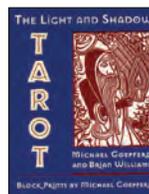
The Lakota Sweat Lodge Cards

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.

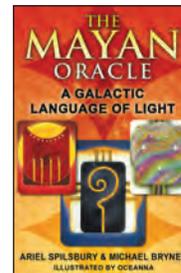


The Light and Shadow Tarot

Michael Goepferd and Brian Williams
Illustrated by Michael Goepferd

ISBN 978-0-89281-503-6
\$19.95 (CAN \$23.95)
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

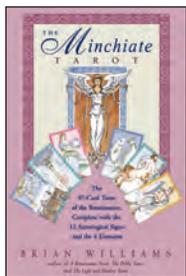
Ariel Spilsbury and Michael Bryner

Illustrated by Oceanna

ISBN 978-1-59143-123-7
\$30.00 (CAN \$36.00)
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 187)

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 Minchiate 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

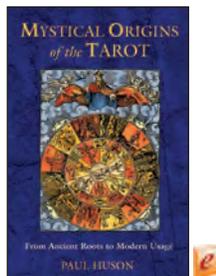
\$35.00 (CAN \$53.95)

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 Minchiate, with insightful commentary and subtle interpretations of the original art.



Mystical Origins of the Tarot

From Ancient Roots to Modern Usage

Paul Huson

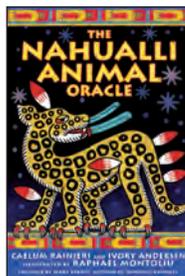
ISBN 978-0-89281-190-8

\$19.95 (CAN \$22.95) 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*

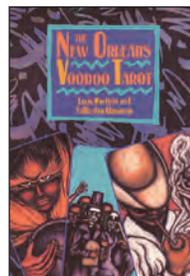
ISBN 978-1-59143-017-9

\$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 Martinié and Sallie Ann Glassman

ISBN 978-0-89281-363-6

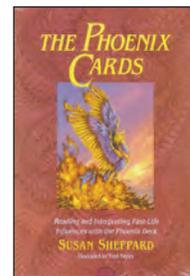
\$35.00 (CAN \$42.00)

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

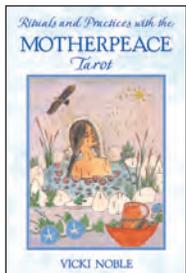
\$29.95 (CAN \$35.95)

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.



Rituals and Practices with the Motherpeace Tarot

Vicki Noble

ISBN 978-1-59143-008-7

\$15.00 (CAN \$21.95) pb

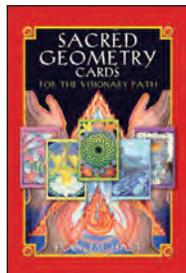
208 pages, 6 x 9

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.



Sacred Geometry Cards for the Visionary Path

Francene Hart

ISBN 978-1-59143-092-6

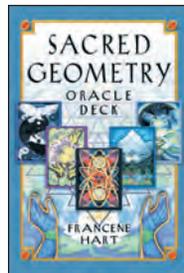
\$35.00 (CAN \$39.95)

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.



Sacred Geometry Oracle Deck

Francene Hart

ISBN 978-1-879181-73-1

\$35.00 (CAN \$39.95)

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.



**New—May 2018
The Sibyls Oraculum**

Oracle of the Black Doves of Africa

Tayannah Lee McQuillar

Artwork by Katelan V. Foisy

ISBN 978-1-62055-671-9

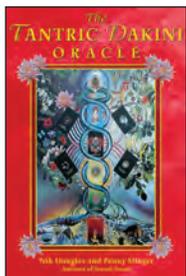
\$19.99 (CAN \$24.99) pb

Boxed set, 6 x 9

Includes 160-page book with

44 full-color cards

The Oracle of the Black Doves is a system of divination inspired by the Libyan Sibyls, the African prophetesses of the classical world. The set includes 44 cards featuring full-color paintings and a guidebook that details how to consult the oracle with in-depth write-ups about the meaning of each card.



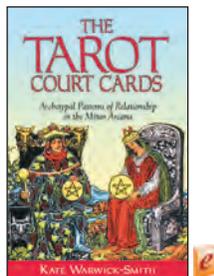
Boxed Set of *The Secret Dakini Oracle* book and deck

The Tantric Dakini Oracle

Nik Douglas and Penny Slinger

ISBN 978-0-89281-137-3
\$35.00 (CAN \$39.95)
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.



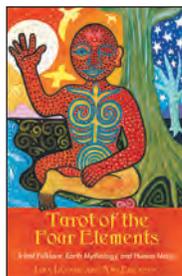
The Tarot Court Cards

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.



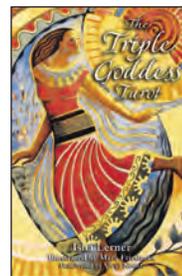
Tarot of the Four Elements

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.



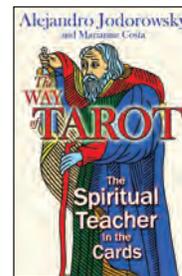
The Triple Goddess Tarot

The Power of the Major Arcana, Chakra Healing, and the Divine Feminine

Isha Lerner

Illustrated by Mara Friedman
Foreword by Vicki Noble
Boxed set, 6 x 9

ISBN 978-1-879181-94-6
\$35.00 (CAN \$40.00)
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.

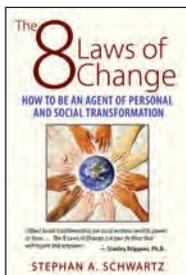


The Way of Tarot
The Spiritual Teacher in the Cards

Alejandro Jodorowsky and Marianne Costa

ISBN 978-1-59477-263-4
\$29.99 (CAN \$36.00) 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.



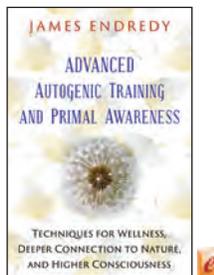
The 8 Laws of Change

How to Be an Agent of Personal and Social Transformation

Stephan A. Schwartz

ISBN 978-1-62055-457-9
\$16.95 (CAN \$20.50) pb
224 pages, 6 x 9
5 b&w illustrations

There are 8 laws of behavior that can enable any person or small group—even ordinary people without wealth, position, or physical power—to create lasting transformation. It includes the stories of individuals who have changed history by implementing the 8 laws to connect to a power greater than themselves.



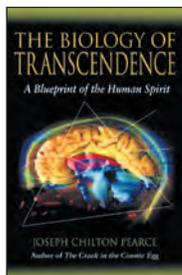
Advanced Autogenic Training and Primal Awareness

Techniques for Wellness, Deeper Connection to Nature, and Higher Consciousness

James Endredy

ISBN 978-1-59143-245-6
\$18.00 (CAN \$21.95) pb
288 pages, 6 x 9
2 b&w illustrations

Developed by German doctor Johannes Schultz in the early 20th century, autogenic training teaches you how to use the mind-body connection to influence and regulate the body's normally involuntary autonomic functions. In this book, James Endredy takes autogenic training to a new level showing the reader how to go even deeper into one's physiological being.



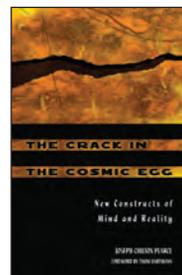
The Biology of Transcendence

A Blueprint of the Human Spirit

Joseph Chilton Pearce

ISBN 978-1-59477-016-6
\$16.95 (CAN \$19.95) 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.



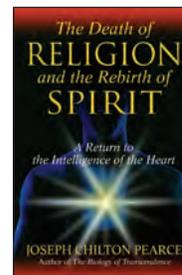
The Crack in the Cosmic Egg

New Constructs of Mind and Reality

Joseph Chilton Pearce

Foreword by Thom Hartmann
ISBN 978-0-89281-994-2
\$16.95 (CAN \$19.95) 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.



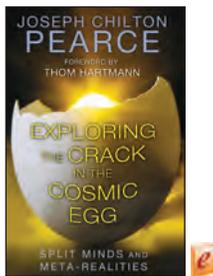
The Death of Religion and the Rebirth of Spirit

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.

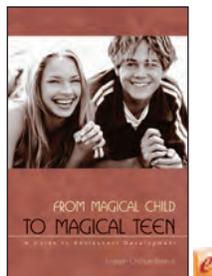


Exploring the Crack in the Cosmic Egg

Split Minds and Meta-Realities

Joseph Chilton Pearce
Foreword by Thom Hartmann
ISBN 978-1-62055-254-4
\$14.95 (CAN \$17.95) pb
208 pages, 6 x 9

We go through early childhood connecting with the world through our senses, but with the process of acculturation our innate states of non-ordinary consciousness become suppressed. Trapped in this “cosmic egg” we are no longer able to have mystical experiences or live fully in the present. This book shows how we may return to the unencumbered consciousness of our infancy.

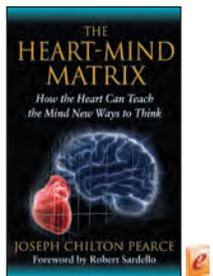


From Magical Child to Magical Teen

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.

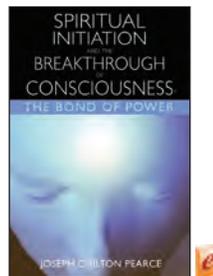


The Heart-Mind Matrix

How the Heart Can Teach the Mind New Ways to Think

Joseph Chilton Pearce
Foreword by Robert Sardello
ISBN 978-1-59477-488-1
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9
13 b&w illustrations

The heart provides the balance to the brain’s calculating intellect, an innate system of emotional-coherence we have lost touch with. By activating the compassionate intelligence of the heart we can alter the destructive behavior loops of the survival-oriented reptilian brain, and enter into a future of peace and conscious evolution.

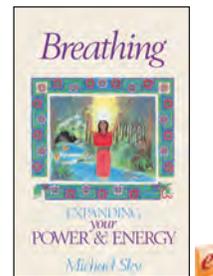


Spiritual Initiation and the Breakthrough of Consciousness

The Bond of Power

Joseph Chilton Pearce
ISBN 978-0-89281-995-9
\$14.95 (CAN \$21.95) pb
192 pages, 6 x 9

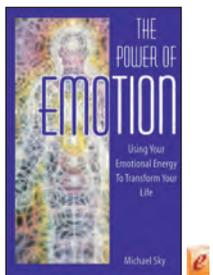
In this book Joseph Chilton Pearce describes his experience of shaktipat, received from his spiritual teacher, Swami Muktananda. Shaktipat is the moment enlightenment is conferred upon a student by his master’s touch. Pearce experienced a dramatic shift of mind and realized that the challenge faced by modern humanity is to passionately gather the scattered fragments of our lives and channel them into the creative realm.



Breathing
Expanding Your Power and Energy

Michael Sky
ISBN 978-0-939680-82-5
\$12.95 (CAN \$15.95) pb
156 pages, 5.5 x 8.5

The breath is the central organizing life force. Long used by meditators as a way to inner peace, health, and vitality, intentional breathing can also be used as a calming technique when encountering stress, pain, and fear. Michael Sky offers simple breathing exercises that are intended to be experienced as they are read. He discusses breath as it relates to emotional responses, lifetime habits, sleep, childbirth, sexual communication, and higher consciousness.

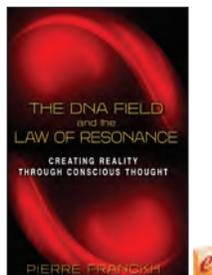


The Power of Emotion

Using Your Emotional Energy to Transform Your Life

Michael Sky
ISBN 978-1-879181-92-2
\$12.95 (CAN \$20.95) pb
144 pages, 5.38 x 8.25

With meditative breathing practices at the end of each chapter and inspirational passages from the teachings of Adi Da, readers will learn to positively experience and develop their emotions while enhancing their creativity and productivity to accomplish their goals.

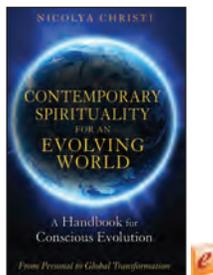


The DNA Field and the Law of Resonance

Creating Reality through Conscious Thought

Pierre Franckh
ISBN 978-1-62055-347-3
\$16.95 (CAN \$19.95) pb
192 pages, 6 x 9

This book takes the law of attraction to an entirely new level, revealing groundbreaking experiments on the influence of DNA on photons and on the interactions between emotions and DNA. With focused thoughts and intentions we can use our DNA to communicate our thoughts and desires to the universe.

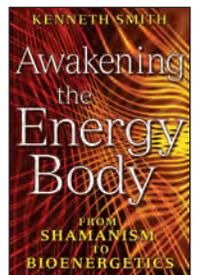


Contemporary Spirituality for an Evolving World

A Handbook for Conscious Evolution

Nicolya Christi
ISBN 978-1-59143-166-4
\$18.00 (CAN \$20.95) pb
304 pages, 6 x 9
3 b&w illustrations

We are living in a time in which humanity is poised to establish a unified new world of awakened hearts. This book is a guide for these auspicious times, with teachings based on the First Nations Peoples’ oral wisdom on the 7 Dark, 7 Light, and 7 Rainbow Arrows for evolving consciousness.

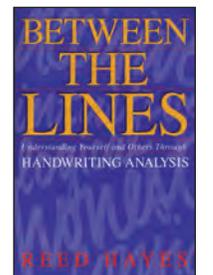


Awakening the Energy Body

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.

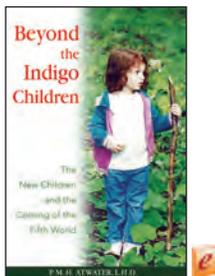


Between the Lines

Understanding Yourself and Others Through Handwriting Analysis

Reed Hayes
ISBN 978-0-89281-371-1
\$19.95 (CAN \$24.00) 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.



Beyond the Indigo Children

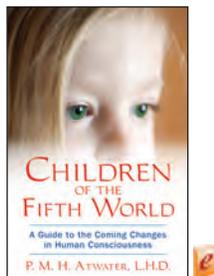
The New Children and the Coming of the Fifth World

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

ISBN 978-1-59143-051-3
\$16.00 (CAN \$18.95) pb
256 pages, 6 x 9

Also available in Spanish
(see page 186)

This 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.



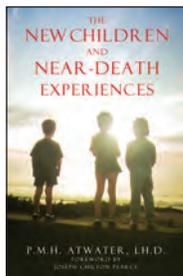
Children of the Fifth World

A Guide to the Coming Changes in Human Consciousness

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

ISBN 978-1-59143-153-4
\$16.00 (CAN \$18.95) pb
272 pages, 6 x 9

We are witnessing the emergence of a generation of "new kids"—intuitive, abstract thinkers who may also exhibit the seeming disorders of ADHD, dyslexia, or autism. Born with universal consciousness encoded in their DNA, these new kids are agents for change who are reflecting back every misguided aspect of our culture.



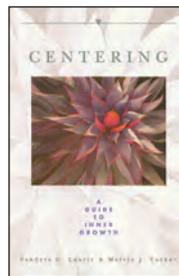
The New Children and Near-Death Experiences

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

Foreword by Joseph Chilton Pearce

ISBN 978-1-59143-020-9
\$16.00 (CAN \$22.00) 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.



Centering

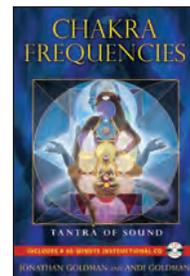
A Guide to Inner Growth

Sanders G. Laurie and Melvin J. Tucker

ISBN 978-0-89281-420-6
\$16.99 (CAN \$19.99) pb
224 pages, 5.38 x 8.25

Also available in Spanish
(see page 184)

A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



Chakra Frequencies

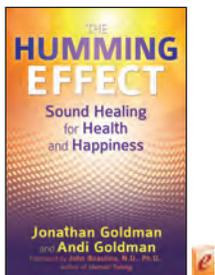
Tantra of Sound

Jonathan Goldman and Andi Goldman

ISBN 978-1-59477-404-1
\$18.95 (CAN \$22.95) pb
208 pages, 6 x 9
Includes 19 b&w illustrations and a 60-minute CD

Also available in Spanish
(see page 185)

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.



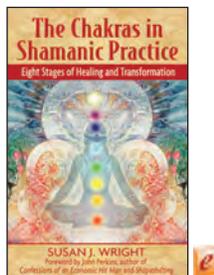
The Humming Effect
Sound Healing for Health and Happiness

Jonathan Goldman and Andi Goldman

Foreword by John Beaulieu, N.D., Ph.D.

ISBN 978-1-62055-484-5
\$14.95 (CAN \$18.95) pb
144 pages, 6 x 9
9 b&w illustrations

Jonathan and Andi Goldman show how humming affects us on a physical level, reducing stress, enhancing sleep, and lowering heart rate and blood pressure producing powerful neurochemicals such as oxytocin, the "love" hormone. They also examine humming as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum. The authors provide access to online examples.



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 \$22.95) pb
274 pages, 6 x 9
1 color and 45 b&w illustrations

Also available in Spanish
(see page 184)

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.



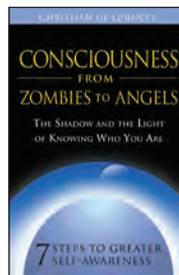
BlindSpots

21 Good Reasons to Think before You Talk

Christian de Quincey

ISBN 978-1-62055-446-3
\$19.95 (CAN \$23.95) pb
352 pages, 6 x 9

We live in a world filled with clichés or "thought viruses" that frequently fall out of the mouths of scientists, religious teachers, and journalists. Christian de Quincey casts a skeptical eye on 21 of these thought viruses—from "the universe exploded from nothing in a Big Bang" and "we create our own reality" to "nobody knows what consciousness is."



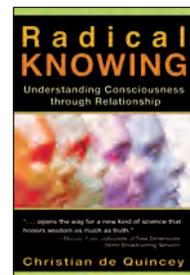
Consciousness from Zombies to Angels

The Shadow and the Light of Knowing Who You Are

Christian de Quincey

ISBN 978-1-59477-253-5
\$18.95 (CAN \$25.95) pb
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.

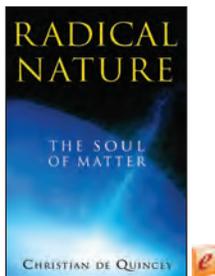


Radical Knowing
Understanding Consciousness through Relationship

Christian de Quincey

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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.



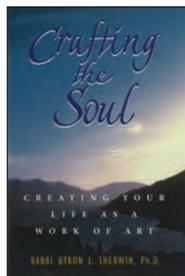
Radical Nature

The Soul of Matter

Christian de Quincey

ISBN 978-1-59477-340-2
\$19.95 (CAN \$23.95) pb
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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.



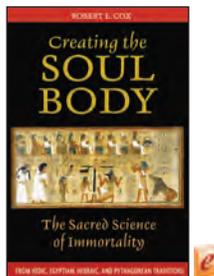
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Creating Your Life as a Work of Art

Rabbi Byron L. Sherwin, Ph.D.

ISBN 978-0-89281-704-7
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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.



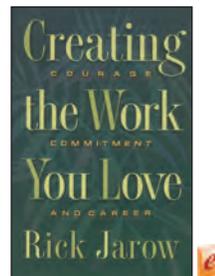
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Robert E. Cox

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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."



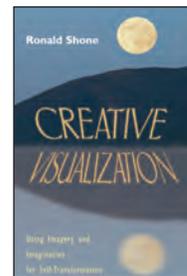
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Rick Jarow, Ph.D.

ISBN 978-0-89281-542-5
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216 pages, 6 x 9

Career counselor Rick Jarow argues for a return to the concept of vocation—finding a "calling" instead of a job. Concentrating on the attributes of the body's energy centers, or chakras, Dr. Jarow shows how to form a bridge between personal priorities and external activities that allows strategies to be developed for finding a career that nourishes all aspects of one's life.



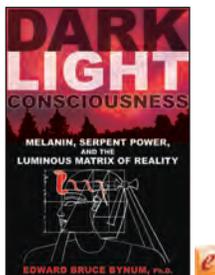
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Ronald Shone

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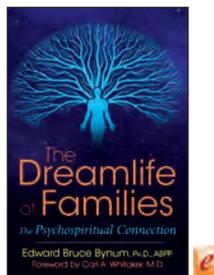
Dark Light Consciousness

Melanin, Serpent Power, and the Luminous Matrix of Reality

Edward Bruce Bynum, Ph.D.

ISBN 978-1-59477-472-0
\$19.95 (CAN \$23.95) pb
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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.



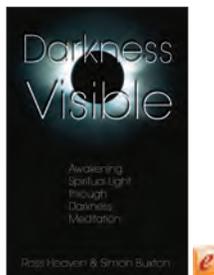
The Dreamlife of Families

The Psychospiritual Connection

Edward Bruce Bynum, Ph.D., ABPP

Foreword by Carl A. Whitaker, M.D.
ISBN 978-1-62055-632-0
\$18.95 (CAN \$23.95) pb
288 pages, 6 x 9
2 b&w illustrations

Integrating traditional dream analysis with family psychology, clinical science, and parapsychology, the author details how our personal unconscious is interwoven into our larger family unconscious.



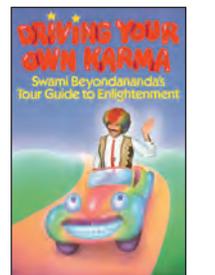
Darkness Visible

Awakening Spiritual Light through Darkness Meditation

Ross Heaven and Simon Buxton

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192 pages, 6 x 9

Spiritual seekers from many traditions have used darkness as a method for exploring hidden aspects of unconscious and super-conscious states, and for embracing the deeper recesses of the self. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness, and thus provides a springboard for creativity, intuition, and spiritual development.



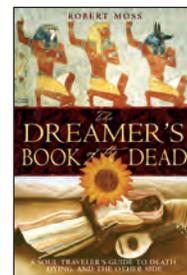
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Swami Beyondananda

ISBN 978-0-89281-253-0
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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 grown out? Look no more. Swami Beyondananda, whose syndicated columns, tapes, and live performances have delighted millions, has the ultimate answers for you.



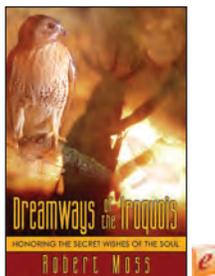
The Dreamer's Book of the Dead

A Soul Traveler's Guide to Death, Dying, and the Other Side

Robert Moss

ISBN 978-1-59477-037-1
\$18.95 (CAN \$21.95) pb
320 pages, 6 x 9

In *The Dreamer's Book of the Dead*, Robert Moss explains that we have entirely natural contact with the departed in our dreams, when they come visiting and we may travel into their realms. As we become *active dreamers*, we can heal our relationship with the departed and move beyond the fear of death.



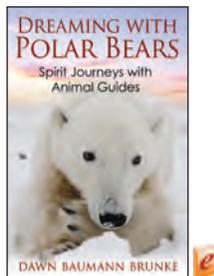
Dreamways of the Iroquois

Honoring the Secret Wishes of the Soul

Robert Moss

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288 pages, 6 x 9

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



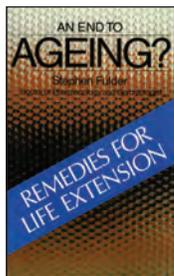
Dreaming with Polar Bears

Spirit Journeys with Animal Guides

Dawn Baumann Brunke

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192 pages, 6 x 9

One night in a lucid dream Dawn Baumann Brunke found that not only was she dreaming of a living polar bear but that the polar bear was also dreaming of her. Through ongoing shared dream encounters she became adept at connecting with the bear both while asleep and awake. This book presents techniques for entering shared dreamscapes and forming relationships with other species.



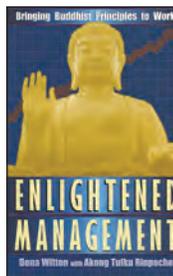
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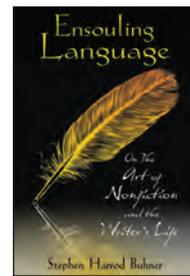
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Dona Witten with Akong Tulku Rinpoche

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A management consultant teams up with a Tibetan lama to show how to create a successful and harmonious business environment by bringing Buddhist principles to the workplace.



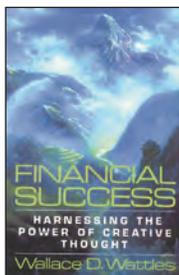
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Stephen Buhner shows that non-fiction writing, especially how-to and self-help, can take on the same power as great fiction. By following the "golden threads" of inspiration, the non-fiction writer too can generate duende—the response to art that can give the chills, or resonate in the soul.



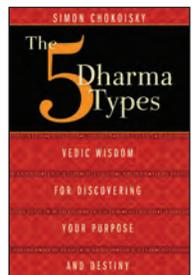
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Wallace D. Wattles

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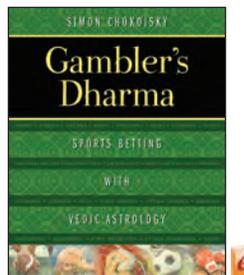
The Five Dharma Types

Vedic Wisdom for Discovering Your Purpose and Destiny

Simon Chokoisky

ISBN 978-1-62055-283-4
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416 pages, 6 x 9

The ancient system of social structure and spiritual duty known as Dharma has modern applications for people seeking their life's purpose. The five Dharma archetypes—Warrior, Educator, Merchant, Laborer, and Outsider—can function as an operating system for your identity, helping you map your life and play to your innate strength. By accepting and understanding the nature of your type, you may begin to align with your true purpose and, regardless of fate and tendency, find joy and meaning in life.



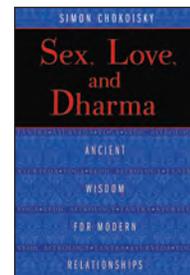
Gambler's Dharma

Sports Betting with Vedic Astrology

Simon Chokoisky

ISBN 978-1-62055-565-1
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240 pages, 8 x 10
Includes 100 b&w charts

Win bets on sporting events using the prediction system of Vedic Astrology. Drawing on this traditional system as well as his own research and winning experience, Simon Chokoisky outlines 5 powerful techniques for predicting the outcome of any competition between two opponents with 70–80 percent accuracy.



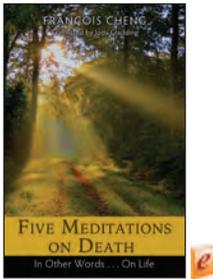
Sex, Love, and Dharma

Ancient Wisdom for Modern Relationships

Simon Chokoisky

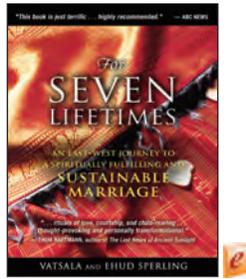
ISBN 978-1-62055-287-2
\$19.95 (CAN \$23.95) pb
384 pages, 6 x 9
14 b&w illustrations

The people of ancient India developed detailed systems to analyze compatibility between people based on their dharma type. This book explores how the dharma types align in relationships to create harmony or disharmony, giving quick and simple insights about which dharma pairings work and which ones need work. It provides simple self-tests to determine your type.



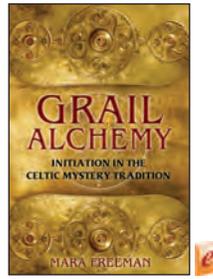
Five Meditations on Death

In Other Words . . . On Life
 François Cheng
 Translated by Jody Gladding
 ISBN 978-1-62055-494-4
 \$16.95 (CAN \$20.50) paper with French flaps
 128 pages, 5.38 x 8.25
 These five meditations on death from poet-philosopher François Cheng invite us to contemplate life in the light of our own death. Our death is an integral part of our great adventure in becoming. For if birth is a seed, then death is the fruit—the final sacred product of a life well lived.



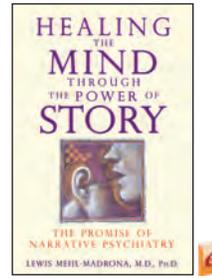
For Seven Lifetimes
An East–West Journey to a Spiritually Fulfilling and Sustainable Marriage

Vatsala and Ehud Sperling
 ISBN 978-1-59477-373-0
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 352 pages, 7 x 9
 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.



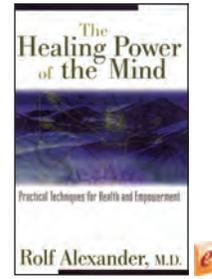
Grail Alchemy
Initiation in the Celtic Mystery Tradition

Mara Freeman
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 35 b&w illustrations
 The quest for the Holy Grail has persisted through the centuries like a recurring dream, embodying a longing for the restoration of the divine feminine. Hidden within the Grail legends lies an initiatory path that can heal the separation between masculine and feminine. Grail Alchemy is a practical workbook that draws on this hidden wisdom to help us achieve full consciousness of the soul and bring the light of the Grail into the world.



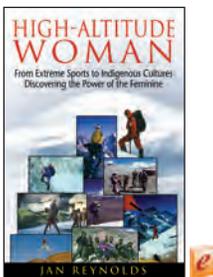
Healing the Mind through the Power of Story

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.



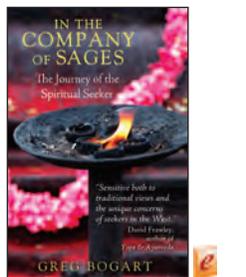
The Healing Power of the Mind

Practical Techniques for Health and Empowerment
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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.



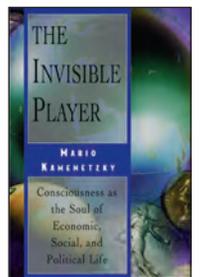
High-Altitude Woman

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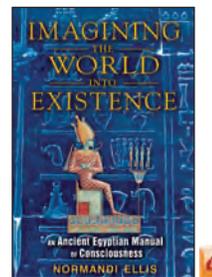
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The Journey of the Spiritual Seeker
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 320 pages, 6 x 9
 23 b&w illustrations
 The process of finding an authentic spiritual teacher can be daunting, especially for anyone who has had a negative experience with a guide. Exploring the emotional nuances of mentoring relationships, Greg Bogart details the path of spiritual apprenticeship: the process of aligning with a teacher, establishing a dynamic spiritual practice, and the later stages of separation and finding the teacher within.



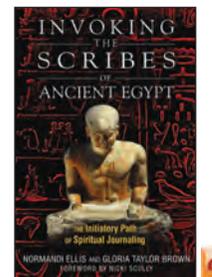
The Invisible Player

Consciousness as the Soul of Economic, Social, and Political Life
 Mario Kamenetzky
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Imagining the World into Existence

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 Normandi Ellis provides the essential tools needed to return to Zep Tepi—the creative source—and shows how, like the ancient Egyptian priests, we too can imagine the world into existence, casting a spell of consciousness over the material plane.



Invoking the Scribes of Ancient Egypt

The Initiatory Path of Spiritual Journaling
 Normandi Ellis and Gloria Taylor Brown
 Foreword by Nicki Scully
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 Includes 16-page color insert and 44 b&w illustrations
 The scribes of ancient Egypt were masters of hieroglyphic thinking, which gave them the power to create worlds through their words. This book shows that by writing like scribes we can give our dreams form and recognize our life's purpose.



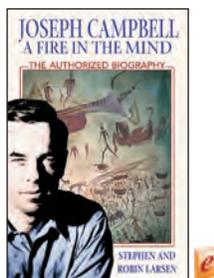
The Transformational Power of Dreaming

Discovering the Wishes of the Soul

Stephen Larsen and Tom Verner

ISBN 978-1-62055-514-9
\$19.95 (CAN \$24.95) pb
360 pages, 6 x 9
Includes 8-page color insert and 30 b&w illustrations

The authors examine dream traditions from around the world; investigating the psychology of dreaming, the neuroscience behind the dreaming brain, the Jungian perspective, and the intersections of yoga and modern dream research. They offer techniques to help remember dreams and explore the practices of lucid dreaming and shamanic dreaming.



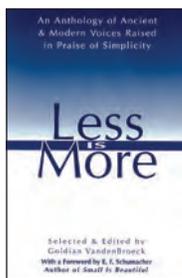
Joseph Campbell: A Fire in the Mind

The Authorized Biography

Stephen and Robin Larsen

ISBN 978-0-89281-873-0
\$29.95 (CAN \$29.95) pb
688 pages, 6 x 9
Includes three 8-page b&w photo inserts

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



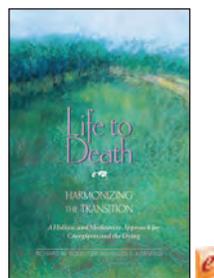
Less Is More

An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity

Edited by Goldian VandenBroeck

ISBN 978-0-89281-554-8
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334 pages, 6 x 9

This engaging anthology offers words of wisdom from the world's greatest thinkers on the virtues of simplicity. Included are writings from Ovid, Patañjali, St. Matthew, Milarepa, Rumi, Eckhart, Basho, Rousseau, Tagore, Suzuki, Illich, and many others.



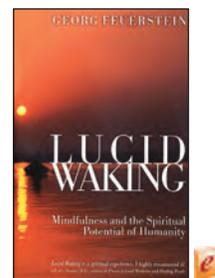
Life to Death: Harmonizing the Transition

A Holistic and Meditative Approach for Caregivers and the Dying

Richard W. Boerstler, Ph.D. and Hulen S. Kornfeld, R.N.

ISBN 978-0-89281-329-2
\$14.95 (CAN \$23.95) pb
256 pages, 6 x 9

Written for the terminally ill, their families and others involved in the care of the dying, *Life to Death* introduces the technique of co-meditation, a method to help a patient maintain a "clear mind and peaceful heart" during the process of dying. A script for co-meditation sessions, with relaxation and visualization techniques, is included.



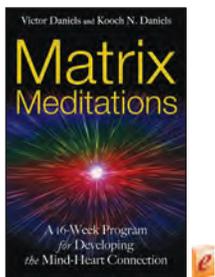
Lucid Waking
Mindfulness and the Spiritual Potential of Humanity

Georg Feuerstein, Ph.D.

ISBN 978-0-89281-613-2
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256 pages, 5.38 x 8.25

Just as in lucid dreaming—the practice of being consciously aware during the dream state and directing it creatively—so is it possible to be vividly engaged in waking life. *Lucid Waking* shows how to bring intense awareness to the business of living, meeting the challenges of existence sanely, creatively, and philosophically.

"A wise and wonderful book by one of the most illuminating thinkers of our time."
Ken Wilber



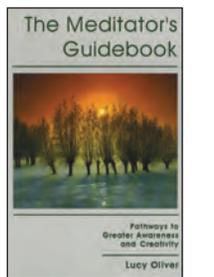
Matrix Meditations

A 16-week Program for Developing the Mind-Heart Connection

Victor Daniels and Kooch N. Daniels

ISBN 978-1-59477-291-7
\$19.95 (CAN \$26.95) pb
416 pages, 6 x 9
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.



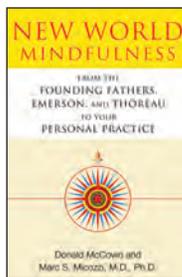
The Meditator's Guidebook

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.



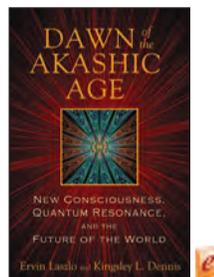
New World Mindfulness

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.



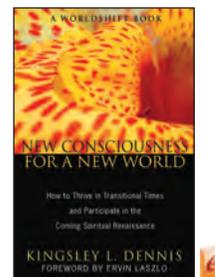
Dawn of the Akashic Age

New Consciousness, Quantum Resonance, and the Future of the World

Ervin Laszlo and Kingsley L. Dennis

ISBN 978-1-62055-104-2
\$14.95 (CAN \$17.50) pb
224 pages, 6 x 9

The world is changing and the chief engine of this change is the growing understanding of nonlocality. This book examines how the new consciousness taking hold will reorganize society into grassroots networks like those revealed through quantum physics' understanding of energy and information waves and experienced daily by millions through social media.



New Consciousness for a New World

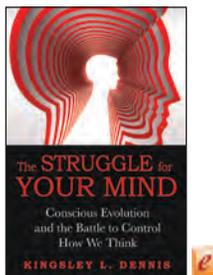
How to Thrive in Transitional Times and Participate in the Coming Spiritual Renaissance

Kingsley L. Dennis

Foreword by Ervin Laszlo

ISBN 978-1-59477-412-6
\$16.95 (CAN \$18.95) pb
240 pages, 6 x 9

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.

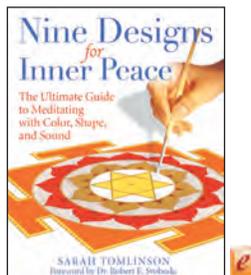


The Struggle for Your Mind

Conscious Evolution and the Battle to Control How We Think

Kingsley L. Dennis
ISBN 978-1-59477-457-7
\$18.95 (CAN \$22.95) 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.



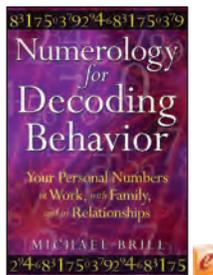
Nine Designs for Inner Peace

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 \$29.95) 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.

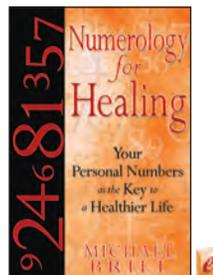


Numerology for Decoding Behavior

Your Personal Numbers at Work, with Family, and in Relationships

Michael Brill
ISBN 978-1-59477-374-7
\$14.95 (CAN \$17.50) pb
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.

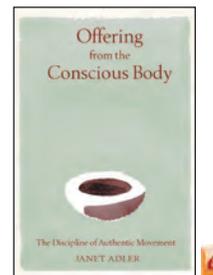


Numerology for Healing

Your Personal Numbers as the Key to a Healthier Life

Michael Brill
ISBN 978-1-59477-236-8
\$14.95 (CAN \$16.95) pb
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.

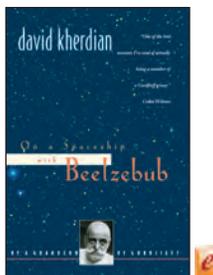


Offering from the Conscious Body

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.

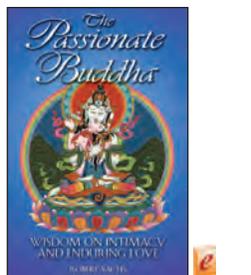


On a Spaceship with Beelzebub

By a Grandson of Gurdjieff

David Kherdian
ISBN 978-0-89281-673-6
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288 pages, 6 x 9

David Kherdian tells the uncompromising inside story of his time in the Gurdjieff Work. He describes his interaction with the hierarchy of various groups involved in the Work and tells the story of his own awakening. Kherdian offers a brutally honest account of the confrontations that arise in the spiritual process.

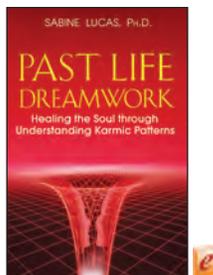


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Wisdom on Intimacy and Enduring Love

Robert Sachs
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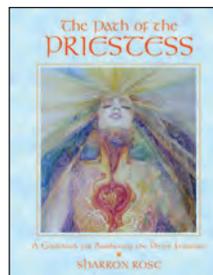
Robert Sachs interweaves traditional Buddhist thought with the concerns of the modern couple. He clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship.



Past Life Dreamwork

Healing the Soul through Understanding Karmic Patterns

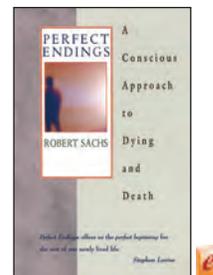
Sabine Lucas, Ph.D.
ISBN 978-1-59143-075-9
\$16.00 (CAN \$17.95) pb
288 pages, 6 x 9
Past Life Dreamwork examines reincarnation from the perspective of dreams. Sabine Lucas explains our "soul bloodlines" and how individuals can be made whole through the integration of past lives.



The Path of the Priestess

A Guidebook for Awakening the Divine Feminine

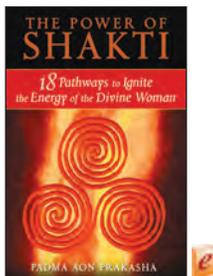
Sharron Rose
ISBN 978-0-89281-964-5
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304 pages, 8 x 10
52 b&w illustrations and photographs
Sharron Rose describes her firsthand experience in the ancient arts of Tantra, Dzogchen, Indian and Egyptian temple dance and healing, and research of the feminine 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.



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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.

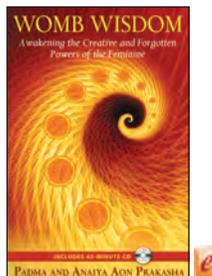


The Power of Shakti
18 Pathways to Ignite the Energy of the Divine Woman

Padma Aon Prakasha

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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.

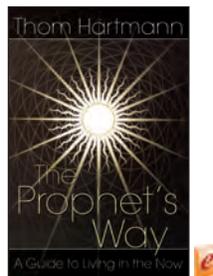


Womb Wisdom
Awakening the Creative and Forgotten Powers of the Feminine

Padma and Anaiya Aon Prakasha

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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.

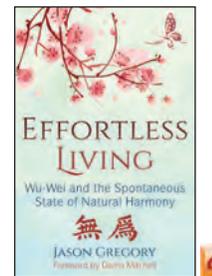


The Prophet's Way
A Guide to Living in the Now

Thom Hartmann

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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.



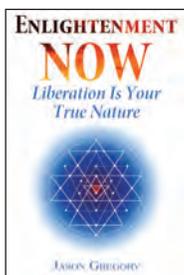
New—March 2018
Effortless Living
Wu-Wei and the Spontaneous State of Natural Harmony

Jason Gregory

Foreword by Damo Mitchell

ISBN 978-1-62055-713-6
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 208 pages, 6 x 9
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Jason Gregory outlines the Taoist practice of wu-wei, revealing that when we release our ego and allow life to unfold as it will, we align ourselves more closely with our goals and cultivate skill and mastery along the way. He includes meditation practices, yoga exercises, and wisdom from renowned sages.

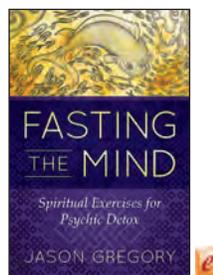


Enlightenment Now
Liberation Is Your True Nature

Jason Gregory

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 176 pages, 6 x 9
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In this exploration of enlightenment Jason Gregory presents a way to enlightenment, nirvana, or samadhi—in which eternity and time are one—based on Middle Way of the Buddha, Lao-tzu's Way of the Tao, Yoga, the Great Work of Gnosticism, the Hermetic Art of Alchemy, and quantum physics.

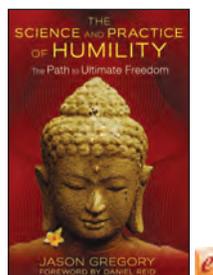


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Spiritual Exercises for Psychic Detox

Jason Gregory

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 160 pages, 6 x 9
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Combining cognitive psychology with Zen, Taoist, and Vedic practices, Jason Gregory explains how emptying the mind directly impacts your habits and way of being in the world. By periodically fasting the mind we can overcome distractions and stresses of modern life like digital overload and return to our original nature as it exists deep within.



The Science and Practice of Humility

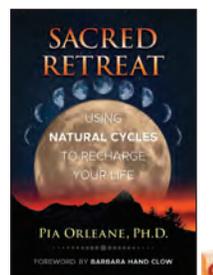
The Path to Ultimate Freedom

Jason Gregory

Foreword by Daniel Reid

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Driven by fear, the human mind creates the ego. In its quest to protect the self and its desires, the ego forges the illusion of separation, creating complex patterns that blind us to our unity with all beings and result in aggression, selfishness, and competition. The key to overcoming this pattern is humility, the reversal of complexity into simplicity.



New—Available
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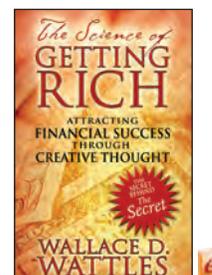
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Pia Orleane, Ph.D.

Foreword by Barbara Hand Clow

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Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own research, Pia Orleane, Ph.D., outlines the sacred retreat process, offering a cleansing practice for body and mind to awaken creativity and intuition, re-attune with the rhythms of nature, and restore balance between the divine feminine and masculine.



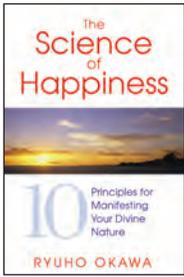
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This is the 100-year-old book that inspired *The Secret*, Rhonda Byrne's bestseller. *The Science of Getting Rich* shows how economic and emotional security can be achieved in a practical, imaginative, and noncompetitive way. By living in accordance 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.



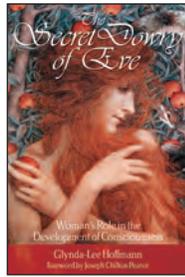
The Science of Happiness

10 Principles for Manifesting Your Divine Nature

Ryuho Okawa

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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.



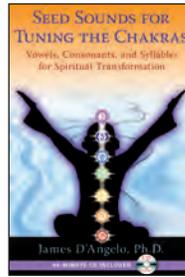
The Secret Dowry of Eve

Woman's Role in the Development of Consciousness

Glynda-Lee Hoffmann

Foreword by Joseph Chilton Pearce
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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.

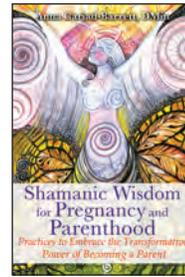


Seed Sounds for Tuning the Chakras
Vowels, Consonants, and Syllables for Spiritual Transformation

James D'Angelo, Ph.D.

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The human voice is a master instrument of transformation, which is why chanting is engaged in many spiritual traditions. This book explores the connections between various sound combinations and each of the 7 chakras and their corresponding psychological traits. The CD provides vocal exercises for healing, meditation, and spiritual development.



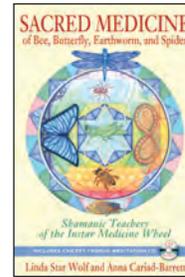
Shamanic Wisdom for Pregnancy and Parenthood

Practices to Embrace the Transformative Power of Becoming a Parent

Anna Cariad-Barrett, DMin

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Anna Cariad-Barrett explores the shamanic journey of pregnancy and parenthood, and offers techniques and ceremonies to honor the transformation of becoming a parent. She includes teachings appropriate to each stage of pregnancy, and shows how to reclaim and reconnect all the experiences of parenthood to give birth our most authentic selves.



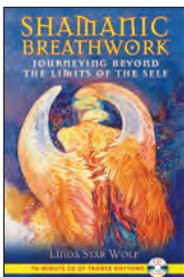
Sacred Medicine of Bee, Butterfly, Earthworm, and Spider

Shamanic Teachers of the Instar Medicine Wheel

Linda Star Wolf, Ph.D., and Anna Cariad-Barrett

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The archetypal energies of insects can guide us onto new paths of transformation. Discover the consciousness-activating patterns in the flight of Honeybee, the transformative chrysalis of Butterfly, the creative weavings of Spider, and the alchemical recycling of Earthworm. Each chapter includes practices to help us embody the wisdom of these humble teachers.



Shamanic Breathwork

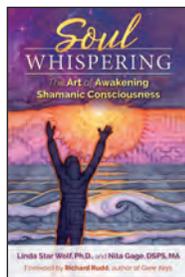
Journeying beyond the Limits of the Self

Linda Star Wolf, Ph.D.

Foreword by Nicki Scully

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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.



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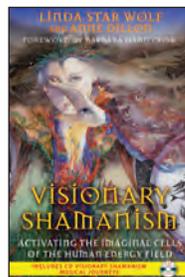
The Art of Awakening Shamanic Consciousness

Linda Star Wolf, Ph.D., and Nita Gage, DSPS, MA

Foreword by Richard Rudd

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Authors Linda Star Wolf and Nita Gage present a powerful new synthesis of shamanic healing and psychotherapy. Restore your relationship with your soul and learn to hear the intuitive wisdom and love of your soul's whisperings. Includes access to 5 audio journeys.



Visionary Shamanism

Activating the Imaginal Cells of the Human Energy Field

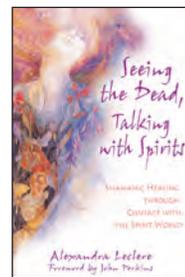
Linda Star Wolf, Ph.D., and Anne Dillon

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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

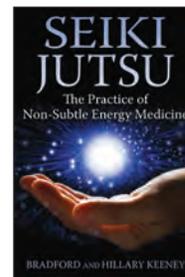
Shamanic Healing through Contact with the Spirit World

Alexandra Leclere

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

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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.



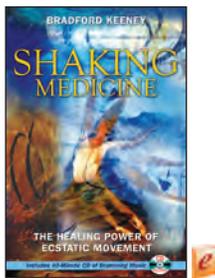
Seiki Jutsu

The Practice of Non-Subtle Energy Medicine

Bradford Keeney and Hillary Keeney

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Seiki jutsu is the ancient Japanese shamanic art of working with concentrated life-force energy for self-healing, and revitalization. Often described as a "non-subtle" energy because it is strongly felt when awakened, seiki underlies the "flow experience" sought after by artists, musicians, and athletes. Indeed, no method of performance, spiritual practice, or philosophy of life can fully awaken without sufficient seiki, which is regarded in Japan as "the fountain of youth."

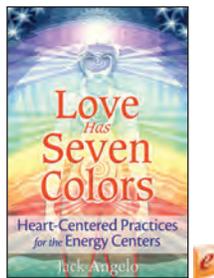


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The Healing Power of Ecstatic Movement

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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.

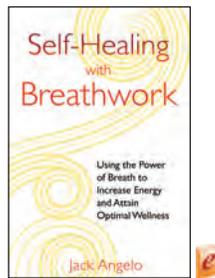


Love Has Seven Colors

Heart-Centered Practices for the Energy Centers

Jack Angelo
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Each of us has a subtle energy body connecting the spiritual, emotional, and physical levels of our being. Author Jack Angelo shows that when we live in a heart-centered way each of the 7 energy centers radiates with a different color, making us walking rainbows of unconditional love and soul guidance.

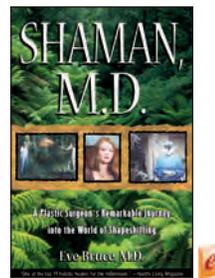


Self-Healing with Breathwork

Using the Power of Breath to Increase Energy and Attain Optimal Wellness

Jack Angelo
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15 b&w illustrations

All effective healing begins with the breath, for our breath carries life force into the body. Breathwork can relieve stress, improve sleep, increase mental focus, boost energy, and enhance meditation. This book explains how to harness the healing life force available in each breath and forge a deep connection to the sacred source of all life.

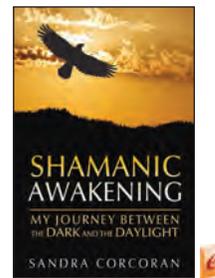


Shaman, M.D.

A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting
Eve Bruce, M.D.

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As a plastic surgeon and an initiate into the Circle of Yachaks (bird-people Quechua shamans), Dr. Eve Bruce integrates the healing modalities of both surgeon and shaman, helping people to shapeshift into newfound health on all levels—physical, emotional, and spiritual.



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Sandra Corcoran
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272 pages, 6 x 9
4 b&w illustrations

In the depths of grief following the loss of her young daughter, Sandra Corcoran found herself at a workshop on indigenous teachings and began a 30-year metaphysical journey in which she opened her heart to the immensity of the living energies of the cosmos and was led from darkness into the light of her own soul's evolution. Her story shows that no matter how far outside of the familiar we are led, we are offered another opportunity to embrace our world and find our place in it.

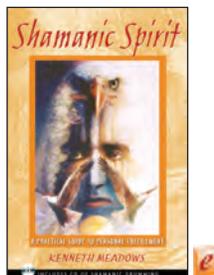


Shamanic Experience

A Practical Guide to Psychic Powers

Kenneth Meadows
ISBN 978-1-59143-002-5
\$20.00 (CAN \$24.00) 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.

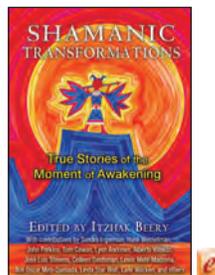


Shamanic Spirit

A Practical Guide to Personal Fulfillment

Kenneth Meadows
ISBN 978-1-59143-031-5
\$20.00 (CAN \$24.00) 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.

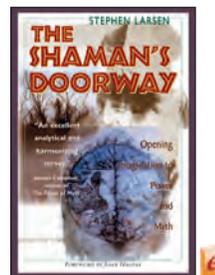


Shamanic Transformations

True Stories of the Moment of Awakening

Edited by Itzhak Beery
ISBN 978-1-62055-475-3
\$18.95 (CAN \$22.95) pb
320 pages, 6 x 9

In this book of remarkable stories, we learn firsthand about the "aha" moments of contemporary teachers with unique shamanic paths—teachers, mothers, social workers, academics, healers, and even rappers—who have all experienced a moment in time in which they were awakened and the shamanic path showed itself to them.

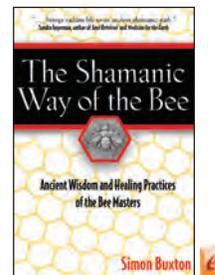


The Shaman's Doorway

Opening Imagination to Power and Myth

Stephen Larsen
ISBN 978-0-89281-672-9
\$16.95 (CAN \$19.95) pb
272 pages, 6 x 9
23 b&w illustrations

The Shaman's Doorway is an inspiring treatise on the importance of traditional indigenous values in modern psyche and society. Defining the task of the shaman as one of creating a sense of accord with the root of all being, Professor Larsen shows how the shaman, all too often perceived as revealing this tradition, until now known only to initiates. *The Shamanic Way of the Bee* is a rare view into the secret wisdom of this age-old tradition.

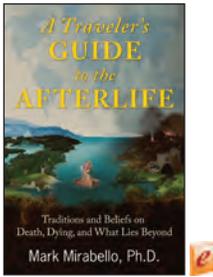


The Shamanic Way of the Bee

Ancient Wisdom and Healing Practices of the Bee Masters

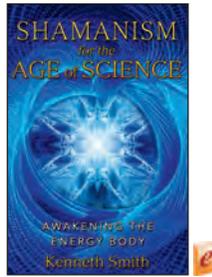
Simon Buxton
ISBN 978-1-59477-119-4
\$14.95 (CAN \$17.95) pb
224 pages, 6 x 9

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.



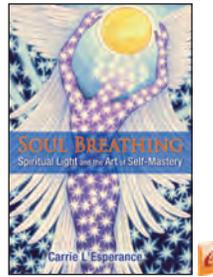
A Traveler's Guide to the Afterlife
Traditions and Beliefs on Death, Dying, and What Lies Beyond

Mark Mirabello, Ph.D.
ISBN 978-1-62055-597-2
\$16.95 (CAN \$20.95) pb
224 pages, 6 x 9
Drawing on death and afterlife traditions from cultures around the world, Mark Mirabello explores beliefs on the soul, heaven, hell, and reincarnation. With an extensive bibliography of more than 900 sources, this guide offers comprehensive information on afterlife beliefs of cultures around the world and throughout history.



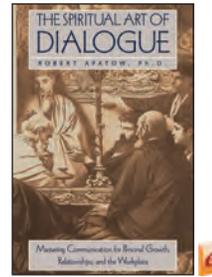
Revised Edition of *Awakening the Energy Body*
Shamanism for the Age of Science

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Kenneth Smith
ISBN 978-1-59143-119-0
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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.



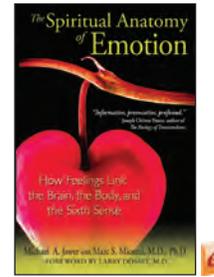
Soul Breathing
Spiritual Light and the Art of Self-Mastery

Carrie L'Esperance
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9 b&w illustrations
Carrie L'Esperance reveals how we can restore the flow of spiritual light in everyday living through the art of self-mastery. She shows that when we properly cultivate the reception of higher frequencies of consciousness, then we are able to soul breathe, to absorb more pranic energy, the electromagnetic force and cosmic radiation that is the sustaining element of all life and consciousness.



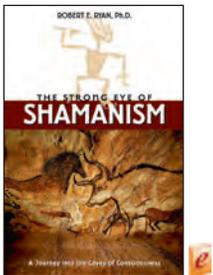
The Spiritual Art of Dialogue
Mastering Communication for Personal Growth, Relationships, and the Workplace

Robert Apatow, Ph.D.
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The Spiritual Art of Dialogue shows how the words we choose directly affect our lives. The principles of dialogue can help us to identify negative speech, unsound reasoning, and misplaced criticism, and to understand how we can use discussion as a form of play and as a means of discovering our true inner voice.



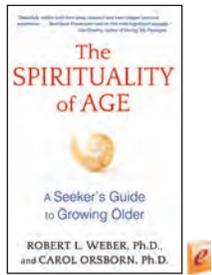
The Spiritual Anatomy of Emotion
How Feelings Link the Brain, the Body, and the Sixth Sense

Michael A. Jawer with Marc S. Micozzi, M.D., Ph.D.
Foreword by Larry Dossey, M.D.
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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.



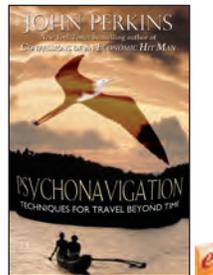
The Strong Eye of Shamanism
A Journey into the Caves of Consciousness

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ISBN 978-0-89281-709-2
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51 b&w illustrations
The human psyche contains archetypal symbols largely lost to contemporary society, yet these symbols are the key to a deeper understanding of our spirituality. In a world where people are in search of their souls, shamanism survives as an age-old technology of soul recovery, a living Rosetta stone that reminds us of the shared foundation beneath every perspective.



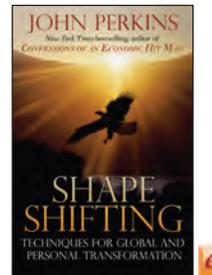
The Spirituality of Age

A Seeker's Guide to Growing Older
Robert L. Weber, Ph.D., and Carol Orsborn, Ph.D.
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256 pages, 5.38 x 8.25
Also available in Spanish (see page 185)
Here is a guide for making the later phase of life a time of spiritual growth. The authors guide us through 25 key questions that show how to find a constructive role for regret, shame, and guilt, how to realize our value to society, and how to embrace the freedom of our later years.
"I commend this to anyone still searching, as I hope we all are, for the fullness of life."
Harvey G. Cox, Hollis research professor of divinity, Harvard University



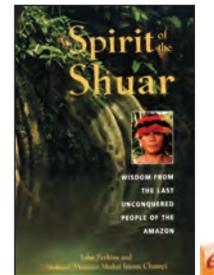
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Techniques for Travel Beyond Time

John Perkins
ISBN 978-0-89281-800-6
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144 pages, 6 x 9
Also available in Spanish (see page 187)
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.



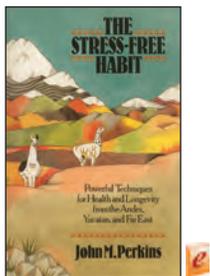
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John Perkins
ISBN 978-0-89281-663-7
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184 pages, 6 x 9
13 b&w photographs
Also available in Spanish (see page 189)
The ancient shamanic practice of shapeshifting allows an individual to transform themselves 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.



Spirit of the Shuar
Wisdom from the Last Unconquered People of the Amazon

John Perkins and Shakaim Mariano Shakai Ijisam Chumpi
ISBN 978-0-89281-865-5
\$16.95 (CAN \$21.95) pb
208 pages, 6 x 9
Includes two 8-page color inserts
Even in the face of modern encroachment into their world, the Shuar of the Amazon offer a philosophy of love, joy, and hope. Here, they share their practice of "dreaming the world," explaining the interdependence of humans and the environment and their faith in the life-giving spirit of nature that allows each of us to transform ourselves.

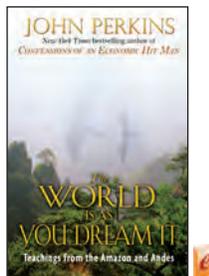


The Stress-Free Habit

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 \$15.95) 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.



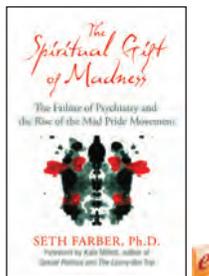
The World Is As You Dream It

Teachings from the Amazon and Andes

John Perkins
ISBN 978-0-89281-459-6
\$14.95 (CAN \$17.95) pb
160 pages, 6 x 9

Also available in Spanish (see page 187)

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.



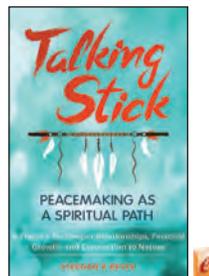
The Spiritual Gift of Madness

The Failure of Psychiatry and the Rise of the Mad Pride Movement

Seth Farber, Ph.D.
Foreword by Kate Millett, 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.



Talking Stick

Peacemaking as a Spiritual Path

Stephan V. Beyer
ISBN 978-1-59143-257-9
\$16.00 (CAN \$19.50) pb
192 pages, 5.38 x 8.25

Revealing that we are all peacemakers at heart, Steve Beyer details how to approach life with a listening heart and create a safe and sacred space for communication: the peacemaking circle, centered on the talking stick.

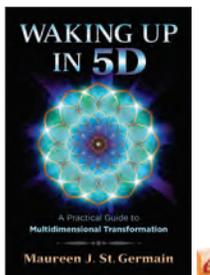


Transforming Your Dragons

How to Turn Fear Patterns into Personal Power

José Stevens, Ph.D.
ISBN 978-1-879181-17-5
\$22.00 (CAN \$26.00) 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.

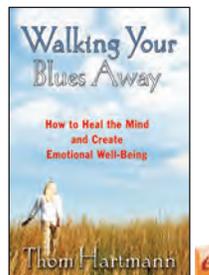


New—Available
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A Practical Guide to Multidimensional Transformation

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17 b&w line illustrations

In this ascension manual, spiritual teacher Maureen J. St. Germain explains how to shift your energetic patterns and choose to permanently anchor yourself in the joy, love, and kindness of 5D.



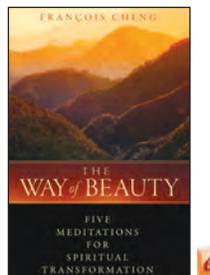
Walking Your Blues Away

How to Heal the Mind and Create Emotional Well-Being

Thom Hartmann
ISBN 978-1-59477-144-6
\$12.95 (CAN \$15.95) pb
112 pages, 6 x 9

Also available in Spanish (see page 183)

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.

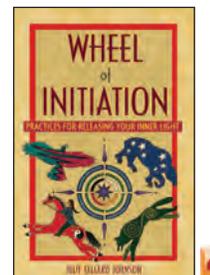


The Way of Beauty

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.

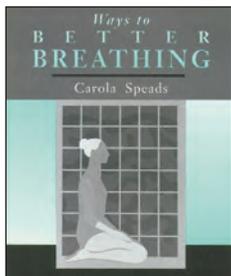


Wheel of Initiation

Practices for Releasing Your Inner Light

Julie Tallard Johnson
ISBN 978-1-59143-111-4
\$18.00 (CAN \$21.95) pb
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.

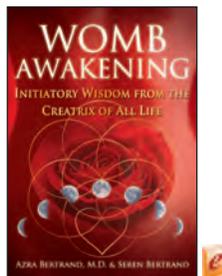


Ways to Better Breathing

Carola Spreads

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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.

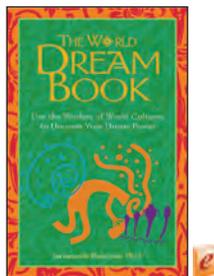


Womb Awakening
Initiatory Wisdom from the Creatrix of All Life

Azra Bertrand, M.D., and Seren Bertrand

ISBN 978-1-59143-279-1
\$30.00 (CAN \$37.50) pb
560 pages, 7 x 10
Includes 16-page color insert and 49 b&w illustrations

Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition back to the Neanderthals. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the traditions of Mary Magdalene and Sophia; and the maiden, queen, and crone archetypes. Access provided to 3 audio journeys.



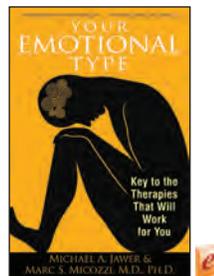
The World Dream Book

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.

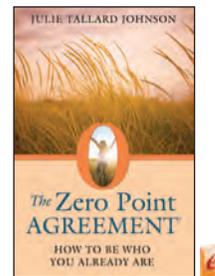


Your Emotional Type
Key to the Therapies That Will Work for You

Michael A. Jawer and Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-431-7
\$14.95 (CAN \$17.95) 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.



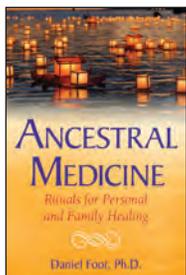
The Zero Point Agreement

How to Be Who You Already Are

Julie Tallard Johnson

ISBN 978-1-62055-177-6
\$18.95 (CAN \$21.95) pb
320 pages, 6 x 9

The Zero Point Agreement is a practice centered on the understanding that you yourself are the zero point of your life, that life's purpose comes from within. You can discover who you truly are by naming what you want to be and taking steps to make it a reality. With the Zero Point Agreement you can break free from negative states, be liberated from attachment to the behaviors of others, and co-create with the natural world.

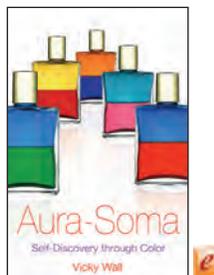


Ancestral Medicine
Rituals for Personal and Family Healing

Daniel Foor, Ph.D.

ISBN 978-1-59143-269-2
\$20.00 (CAN \$24.95) pb
336 pages, 6 x 9
Includes 16-page color insert and 4 b&w illustrations

Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals to help you initiate contact with your ancestors.

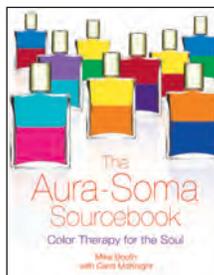


Aura-Soma
Self-Discovery through Color

Vicky Wall

ISBN 978-1-59477-065-4
\$18.95 (CAN \$22.95) pb
240 pages, 6 x 9
Includes 16-page color and b&w insert

Aura-Soma is an innovative approach to soul therapy that relies on the subtle energies contained in colored liquids made from plant extracts, essential oils, and crystal and gem elixirs. The energetic properties of the liquids interact with one's aura to promote equilibrium in the body, mind, and spirit, and inspire consciousness of our soul's purpose.



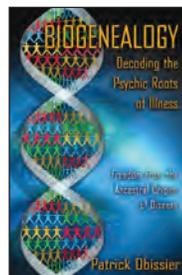
The Aura-Soma Sourcebook

Color Therapy for the Soul

Mike Booth with Carol McKnight

ISBN 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.



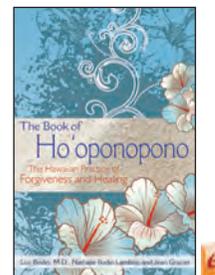
Biogenealogy: Decoding the Psychic Roots of Illness

Freedom from the Ancestral Origins of Disease

Patrick Obissier

ISBN 978-1-59477-089-0
\$14.95 (CAN \$17.95) 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. Here are protocols for diagnosis and treatment for these conflicts.



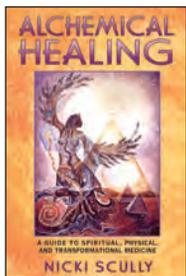
The Book of Ho'oponopono

The Hawaiian Practice of Forgiveness and Healing

Luc Bodin, M.D., Nathalie Bodin Lamboy and Jean Graciet

ISBN 978-1-62055-510-1
\$14.95 (CAN \$17.95) pb
160 pages, 5.38 x 8.25
5 b&w illustrations

Based on an ancestral Hawaiian shamanic ritual, the healing practice of Ho'oponopono teaches you to cleanse your consciousness of negativity and fear and grant yourself forgiveness, peace, and love. Apply the mantra of Ho'oponopono, "I'm sorry, Forgive me, Thank you, I love you" to replace negative thoughts with inner peace, love, and harmony.



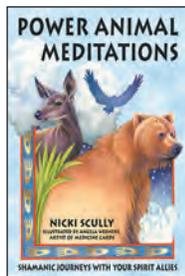
Alchemical Healing

A Guide to Spiritual, Physical, and Transformational Medicine

Nicki Scully

ISBN 978-1-59143-015-5
\$20.00 (CAN \$24.00) 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.



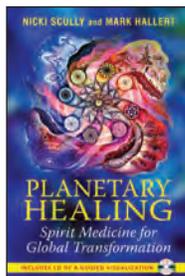
Power Animal Meditations

Shamanic Journeys with Your Spirit Allies

Nicki Scully

Illustrated by Angela Werneke
ISBN 978-1-879181-71-7
\$16.00 (CAN \$18.95) 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*.



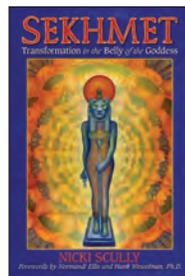
Planetary Healing

Spirit Medicine for Global Transformation

Nicki Scully and Mark Hallert

ISBN 978-1-59143-130-5
\$18.00 (CAN \$19.95) pb
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.



Sekhmet

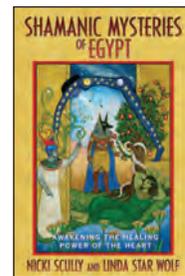
Transformation in the Belly of the Goddess

Nicki Scully

Forewords by Normandi Ellis and Hank Wesselman, Ph.D.

ISBN 978-1-59143-207-4
\$18.00 (CAN \$22.50) pb
288 pages, 6 x 9
Includes 16 color and 25 b&w illustrations

Healer Nicki Scully teaches shamanic rituals with the Egyptian goddess Sekhmet to bring about transformation at the deepest levels of being. Feared as the goddess of war and destruction, Sekhmet also represents the transformative power of kundalini energy, or *sekhem*.



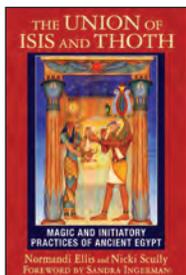
Shamanic Mysteries of Egypt

Awakening the Healing Power of the Heart

Nicki Scully and Linda Star Wolf, Ph.D.

ISBN 978-1-59143-068-1
\$18.00 (CAN \$22.00) pb
264 pages, 6 x 9
Includes 8 full-page color illustrations

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.



The Union of Isis and Thoth

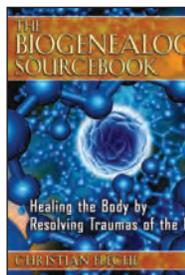
Magic and Initiatory Practices of Ancient Egypt

Normandi Ellis and Nicki Scully

Foreword by Sandra Ingerman

ISBN 978-1-59143-208-1
\$18.00 (CAN \$21.95) pb
320 pages, 6 x 9
52 b&w illustrations

In Ancient Egypt, temples were centers of community, healing, and wisdom, represented by the union of Thoth and Isis: the god of creative cosmic force joining with the goddess of civilizing knowledge. This initiatic guide explains how to create a sacred temple within and without and restore the magic of the Egyptian mysteries to our time.



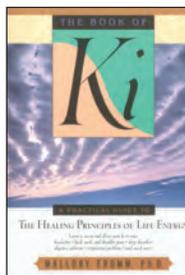
The Biogenealogy Sourcebook

Healing the Body by Resolving Traumas of the Past

Christian Flèche

ISBN 978-1-59477-206-1
\$19.95 (CAN \$24.95) 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

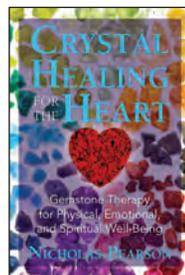
A Practical Guide to the Healing Principles of Life Energy

Mallery Fromm, Ph.D.

ISBN 978-0-89281-744-3
\$16.95 (CAN \$26.95) pb
128 pages, 7 x 10
68 b&w photographs

Also available in Spanish (see page 186)

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 be used to heal others as well. *The Book of Ki* presents thorough discussion of what ki is, then teaches you how to access your own.



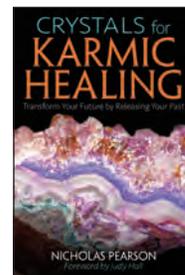
New—Available Crystal Healing for the Heart

Gemstone Therapy for Physical, Emotional, and Spiritual Well-Being

Nicholas Pearson

ISBN 978-1-62055-656-6
\$24.99 (CAN \$31.50) pb
288 pages, 6 x 9
Full-color throughout

Offering hands-on exercises and meditations with more than 60 gemstones and minerals, each a heart-healing stone, the author explains how to build a better relationship with the heart as your spiritual center as well as how to fortify your heart with emotional strength, reclaim your will, and cultivate forgiveness.



Crystals for Karmic Healing

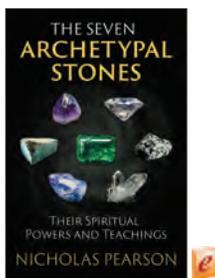
Transform Your Future by Releasing Your Past

Nicholas Pearson

Foreword by Judy Hall

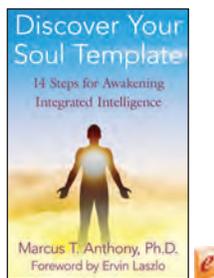
ISBN 978-1-62055-618-4
\$24.95 (CAN \$31.50) pb
288 pages, 6 x 9
Full-color throughout

Crystals and gemstones offer a powerful resource for resolving negative karma patterns. Detailing the spiritual and chemical interpretations of more than 50 healing stones, Nicholas Pearson guides readers toward resolving karmic knots and obstructions. He shows how you can transform your life by consciously and reverently working with crystals.



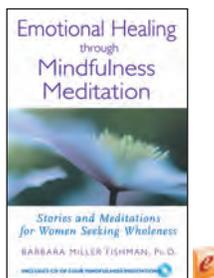
The Seven Archetypal Stones
Their Spiritual Powers and Teachings

Nicholas Pearson
ISBN 978-1-62055-547-7
\$18.95 (CAN \$23.95) pb
312 pages, 6 x 9
Includes 8-page color insert
In this book, Nicholas Pearson guides readers on a journey into the inner realm of the mystery teachings of the mineral kingdom. Pearson reveals the archetypal wisdom embodied within 7 essential crystal and gemstone mentors, enabling each of us to harness the power of stones for spiritual evolution and healing.



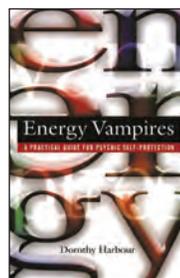
Discover Your Soul Template
14 Steps for Awakening Integrated Intelligence

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.



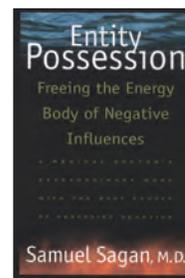
Emotional Healing through Mindfulness Meditation

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.



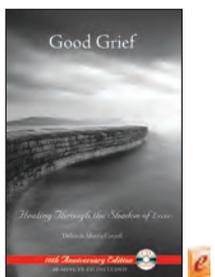
Energy Vampires
A Practical Guide for Psychic Self-protection

Dorothy Harbour
ISBN 978-0-89281-910-2
\$14.95 (CAN \$17.95) 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."



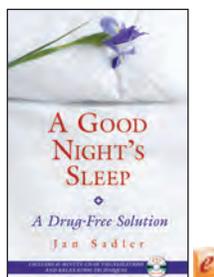
Entity Possession
Freeing the Energy Body of Negative Influences

Samuel Sagan, M.D.
ISBN 978-0-89281-612-5
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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.



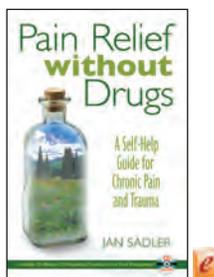
Good Grief
Healing Through the Shadow of Loss

Deborah Morris Coryell
ISBN 978-1-59477-159-0
\$18.99 (CAN \$22.99) pb
160 pages, 5.38 x 8.25
Includes 60-minute CD
Also available in Spanish without CD (see page 183)
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.



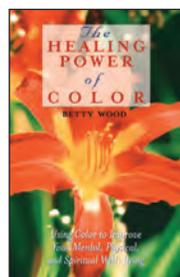
A Good Night's Sleep
A Drug-Free Solution

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.



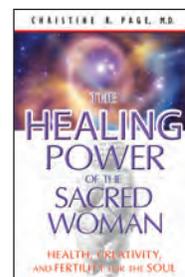
Pain Relief without Drugs
A Self-Help Guide for Chronic Pain and Trauma

Jan Sadler
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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.



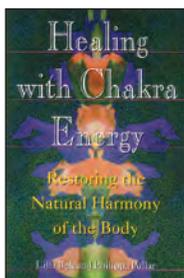
The Healing Power of Color

Using Color to Improve Your Mental, Physical, and Spiritual Well-Being
Betty Wood
ISBN 978-0-89281-706-1
\$14.95 (CAN \$17.95) pb
120 pages, 5.38 x 8.25
The author shows how color was used in ancient civilizations, its applications in healing traditions, and the ways it is currently used to affect mood and behavior.



The Healing Power of the Sacred Woman

Health, Creativity, and Fertility for the Soul
Christine R. Page, M.D.
ISBN 978-1-59143-144-2
\$20.00 (CAN \$24.00) pb
400 pages, 6 x 9
80 b&w illustrations
Women were once seen as living representatives of the Great Mother, whose cyclical and potent energy gave birth to all existence. Although this sacred understanding has become obscured, the physical body itself—its curves, sensuality, and monthly rhythm—still contains the power to reconnect women to the creative energy of Mother Earth.



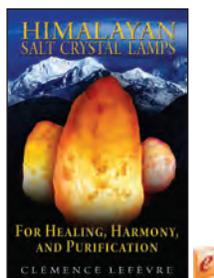
Healing with Chakra Energy

Restoring the Natural Harmony of the Body

Lilla Bek and Philippa Pullar

ISBN 978-0-89281-513-5
\$12.95 (CAN \$19.95) 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.



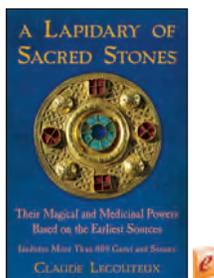
Himalayan Salt Crystal Lamps

For Healing, Harmony, and Purification

Clémence Lefèvre

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144 pages, 6 x 9
32 b&w illustrations

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.



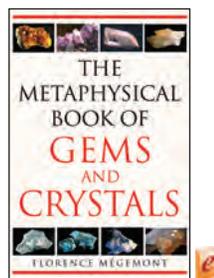
A Lapidary of Sacred Stones

Their Magical and Medicinal Powers Based on the Earliest Sources

Claude Lecouteux

ISBN 978-1-59477-463-8
\$26.95 (CAN \$30.95) hardcover
376 pages, 6 x 9
Includes 8-page color insert and 92 b&w illustrations

Our ancestors believed stones were home to sacred beings of power, entities that if properly cultivated could provide protection from ill fortune, grant magical powers, and heal a wide variety of diseases. This book presents a synthesis of the ancient lore and practices associated with more than 1,000 stones.

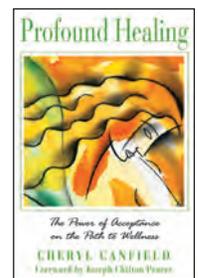


The Metaphysical Book of Gems and Crystals

Florence Mégemont

ISBN 978-1-59477-214-6
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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

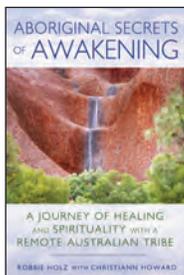
The Power of Acceptance on the Path to Wellness

Cheryl Canfield

Foreword by Joseph Chilton Pearce

ISBN 978-0-89281-097-0
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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.



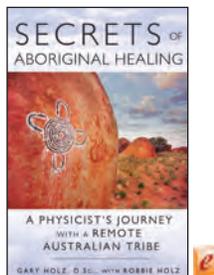
Aboriginal Secrets of Awakening

A Journey of Healing and Spirituality with a Remote Australian Tribe

Robbie Holz with Christiann Howard

ISBN 978-1-59143-219-7
\$16.00 (CAN \$19.50) pb
288 pages, 6 x 9

Robbie Holz describes the powers that her late husband Gary developed after his transformative healing with Aborigines, powers that included telepathy and seeing the inner workings of his patients' bodies. Robbie herself participated in secret Aboriginal women's ceremonies where her own healing powers blossomed, including the capability of working with a team of spirit guides.



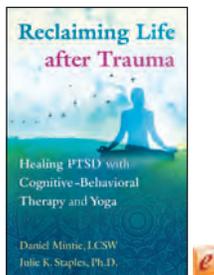
Secrets of Aboriginal Healing

A Physicist's Journey with a Remote Australian Tribe

Gary Holz, D.Sc. with Robbie Holz

ISBN 978-1-59143-175-6
\$15.00 (CAN \$18.00) pb
128 pages, 6 x 9

Suffering from chronic progressive multiple sclerosis and with apparently only two years to live, Gary Holz went to Australia to live with a remote Aboriginal tribe. He embarked on a remarkable healing transformation guided by the 60,000-year-old healing system of the world's oldest continuous culture.



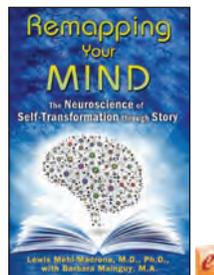
Reclaiming Life after Trauma

Healing PTSD with Cognitive-Behavioral Therapy and Yoga

Daniel Mintie, LCSW and Julie K. Staples, Ph.D.

ISBN 978-1-62055-634-4
\$16.99 (CAN \$21.50) pb
192 pages, 6 x 9
59 b&w illustrations

This book addresses both the physical and psychological expressions of PTSD, presenting an integrative, fast-acting, evidence-based, and drug-free path to recovery. Offering yoga and cognitive-behavioral therapy techniques, the authors provide a suite of simple, powerful, and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds.



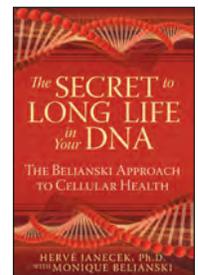
Remapping Your Mind

The Neuroscience of Self-Transformation through Story

Lewis Mehl-Madrona, M.D., Ph.D., with Barbara Mainguy, M.A.

ISBN 978-1-59143-209-8
\$18.00 (CAN \$21.50) pb
320 pages, 6 x 9

We are born into a world of stories that shape our behavior. But by reshaping our personal, family, and cultural narratives we can reshape the patterns of our lives. This book lays out this practice, showing how to create new characters and new stories, ones that inspire us and help us build healthier relationships with each other and the planet.



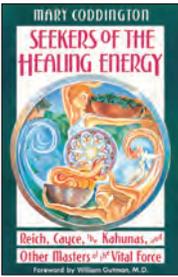
The Secret to Long Life in Your DNA

The Beljanski Approach to Cellular Health

Hervé Janecek, Ph.D., with Monique Beljanski

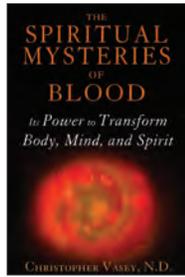
ISBN 978-1-59477-259-7
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168 pages, 6 x 9
Includes 8-page color insert and 62 b&w illustrations

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.



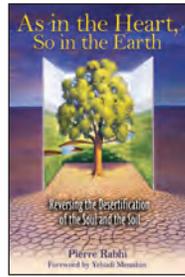
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Reich, Cayce, the Kahunas, and Other Masters of the Vital Force

Mary Coddington
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 192 pages, 5.38 x 8.25
 The search for a mysterious healing energy that has always fascinated the human mind and spirit leads inevitably to an exploration of the true nature of consciousness, and to the awareness that our power to heal is an essential ingredient of the evolution of consciousness.



The Spiritual Mysteries of Blood
Its Power to Transform Body, Mind, and Spirit

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 Blood does far more than transport nutrients and remove waste. Like everything, it radiates, and it is blood's radiation that connects body to spirit. Processed foods, vitamin deficiencies, heavy metals, and medications negatively affect blood radiation and lead to various imbalances. Thus, there is a spiritual purpose in eating rightly—it provides a foundation for our soul to further its development.



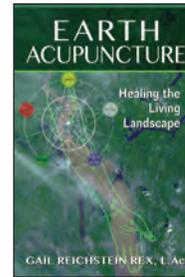
As in the Heart, So in the Earth
Reversing the Desertification of the Soul and the Soil

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.



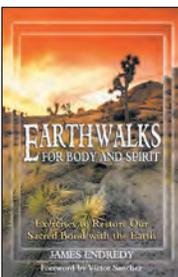
The Deva Handbook
How to Work with Nature's Subtle Energies

Nathaniel Altman
 ISBN 978-0-89281-552-4
 \$14.95 (CAN \$17.95) pb
 176 pages, 6 x 9
 26 b&w photographs
 When we experience the powerful force of a waterfall, the elusive beauty of a rainbow, or the stark strength of a craggy expanse of a cliff, many of us have perceived "something else" that goes beyond the five senses: feelings of peace, comfort, healing, and inspiration. The author shows how to use these intuitive impressions for healing and meditation.



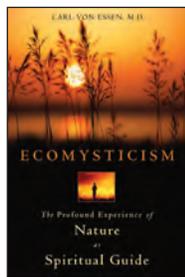
Earth Acupuncture
Healing the Living Landscape

Gail Reichstein Rex, L.Ac.
 ISBN 978-1-59143-202-9
 \$16.00 (CAN \$19.50) pb
 208 pages, 6 x 9
 Acupuncturist Gail Rex applies the principles of Chinese medicine and Native American shamanism to heal the Earth and its polluted landscapes. Different methods of Earth acupuncture treatment are explored, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance.



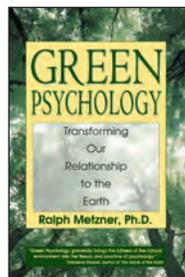
Earthwalks for Body and Spirit
Exercises to Restore Our Sacred Bond with the Earth

James Endredy
 Foreword by Victor Sanchez
 ISBN 978-1-879181-78-6
 \$16.00 (CAN \$19.00) pb
 200 pages, 5.38 x 8.25
 Contains 45 walking exercises based on techniques that have been developed from the author's work with traditional indigenous practices of the Huichol Indians of western Mexico. This book teaches us how to use an easy, accessible form of movement, the surroundings of the natural world, and the magic of attention to open our hearts to a rediscovery of our sacred relationships with each other and the Earth.



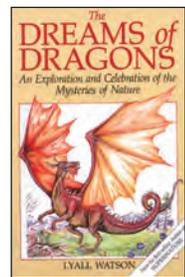
Ecomysticism
The Profound Experience of Nature as Spiritual Guide

Carl von Essen, M.D.
 ISBN 978-1-59143-118-3
 \$18.00 (CAN \$20.95) pb
 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.



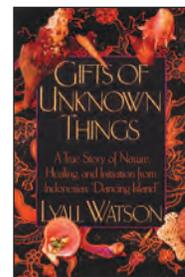
Green Psychology
Transforming Our Relationship to the Earth

Ralph Metzner, Ph.D.
 ISBN 978-0-89281-798-6
 \$18.95 (CAN \$23.95) pb
 240 pages, 6 x 9
 25 b&w illustrations
 The idea of domination over nature has led to an unprecedented destruction of the very systems which support us. Ralph Metzner explores the history of this global pathology and shows that disciplines such as deep ecology and ecofeminism are creating a worldview in which the mind of humanity and the health of the Earth may be harmoniously intertwined.



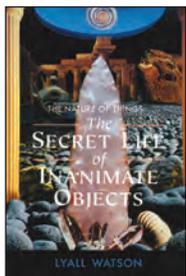
The Dreams of Dragons
An Exploration and Celebration of the Mysteries of Nature

Lyall Watson
 ISBN 978-0-89281-372-8
 \$14.95 (CAN \$17.95) pb
 176 pages, 5.38 x 8.25
 Lyall Watson maintains that there is a truth to be found behind every seemingly impossible legend. In insightful descriptions of his extraordinary travels, we encounter phenomenon that defy traditional scientific explanation. Watson looks beyond the scientific "facts" and helps us—through his own remarkable discoveries—to see the poetry and wonder of the natural world.



Gifts of Unknown Things
A True Story of Nature, Healing, and Initiation from Indonesia's Dancing Island

Lyall Watson
 ISBN 978-0-89281-353-7
 \$16.95 (CAN \$19.95) pb
 256 pages, 5.38 x 8.25
 Discover the extraordinary island of Nus Tarian, in Indonesia, where everyday reality contains terrifying, inexplicable, and miraculous phenomena. Magical feats, extrasensory perception, and psychic healing are commonplace in this land where the natural and the supernatural coexist and challenge our beliefs about reality.



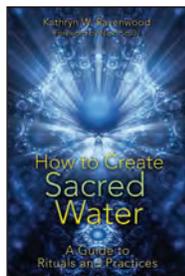
The Nature of Things

The Secret Life of Inanimate Objects

Lyll Watson

ISBN 978-0-89281-408-4
\$16.95 (CAN \$19.95) 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.



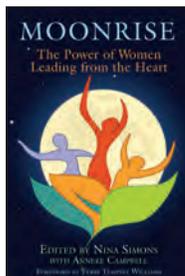
How to Create Sacred Water

A Guide to Rituals and Practices

Kathryn W. Ravenwood

Foreword by Nicki Scully
ISBN 978-1-59143-141-1
\$16.00 (CAN \$18.50) pb
232 pages, 6 x 9

Includes 8-page color insert
This book explains how to make homeopathic elixirs that can purify bodies of water both near and far. It describes how to create a personal altar in your home, the crystals most suitable for this work, and how to program them with your healing intentions using a full moon to full moon cycle of ritual and prayer.



Moonrise

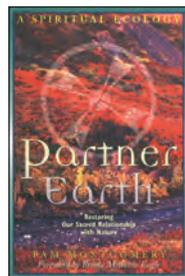
The Power of Women Leading from the Heart

Edited by Nina Simons with Anneke Campbell

Foreword by Terry Tempest Williams

ISBN 978-1-59477-352-5
\$18.95 (CAN \$22.95) pb
320 pages, 6 x 9

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

ISBN 978-0-89281-741-2
\$12.95 (CAN \$20.95) pb
176 pages, 6 x 9
10 b&w illustrations

Partner Earth provides a wide range of practical exercises that can help us become whole beings again by reclaiming our birthright as partners with all of creation. If we open ourselves to the devas—the spirits of plants, animals, and the elements—we can heal the rift between the physical body and the energetic patterns that support all life.



Plant Spirit Healing

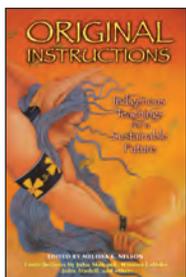
A Guide to Working with Plant Consciousness

Pam Montgomery

Foreword by Stephen Harrod Buhner

ISBN 978-1-59143-077-3
\$16.00 (CAN \$19.95) 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.



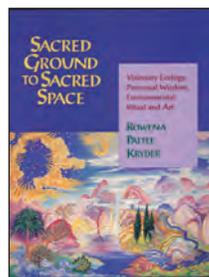
Original Instructions

Indigenous Teachings for a Sustainable Future

Edited by Melissa K. Nelson

ISBN 978-1-59143-079-7
\$20.00 (CAN \$24.00) pb
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.



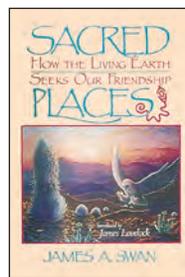
Sacred Ground to Sacred Space

Visionary Ecology, Perennial Wisdom, Environmental Ritual and Art

Rowena Pattee Kryder

ISBN 978-1-879181-20-5
\$24.95 (CAN \$39.95) pb
336 pages, 8.5 x 11
Includes 16-page color insert and 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
\$16.95 (CAN \$26.50) pb
240 pages, 6 x 9

Supporting Lovelock’s thesis that the Earth is a living being, Swan suggests natural sites such as Serpent Mound, Machu Pichu, and Kilauea Center have the power to move us in ways modern science cannot explain.



Sacred Plant Initiations

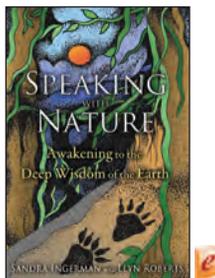
Communicating with Plants for Healing and Higher Consciousness

Carole Guyett

Foreword by Pam Montgomery

ISBN 978-1-59143-213-5
\$16.00 (CAN \$19.50) pb
328 pages, 6 x 9
Includes 8-page color insert and 50 b&w illustrations

This book explains how you can commune with plants and their spirits through “plant dieting,” which involves ingesting a particular plant over a period of time so you receive its vibratory energy as well as its medicinal actions. It details eight ceremonial initiations that allow you to receive the plant’s sacred teachings, and forge a relationship for guidance and healing.



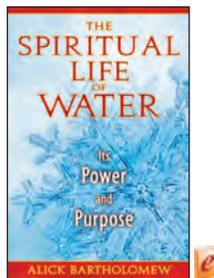
Speaking with Nature

Awakening to the Deep Wisdom of the Earth

Sandra Ingerman and Llyn Roberts

ISBN 978-1-59143-190-9
\$16.00 (CAN \$19.95) pb
288 pages, 6 x 9
30 b&w illustrations

Sandra Ingerman and Llyn Roberts share transformative teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt. These practices can be used in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature.



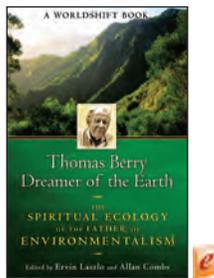
The Spiritual Life of Water

Its Power and Purpose

Alick Bartholomew
ISBN 978-1-59477-360-0
\$19.95 (CAN \$23.50) pb
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.

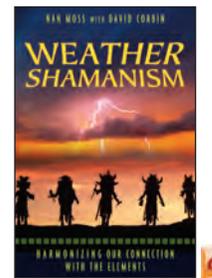


The Universe Is a Green Dragon

A Cosmic Creation Story

Brian Swimme, Ph.D.
ISBN 978-0-939680-14-6
\$14.00 (CAN \$16.95) 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.

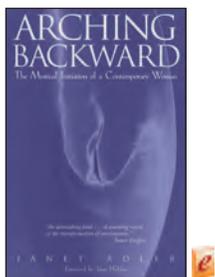


Weather Shamanism

Harmonizing Our Connection with the Elements

Nan Moss with David Corbin
ISBN 978-1-59143-074-2
\$18.00 (CAN \$22.00) 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.

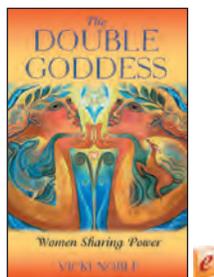


Arching Backward
The Mystical Initiation of a Contemporary Woman

Janet Adler

ISBN 978-0-89281-546-3
\$14.95 (CAN \$23.95) pb
264 pages, 6 x 9

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.

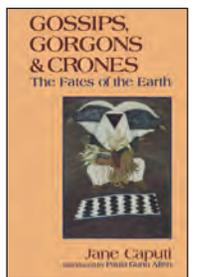


The Double Goddess
Women Sharing Power

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.

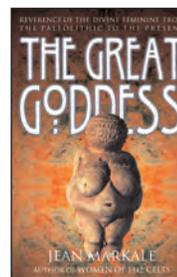


Gossips, Gorgons and Cronos
The Fates of the Earth

Jane Caputi

ISBN 978-1-879181-05-2
\$12.95 (CAN \$19.95) pb
400 pages, 6 x 9

Gossips, Gorgons & Cronos 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.

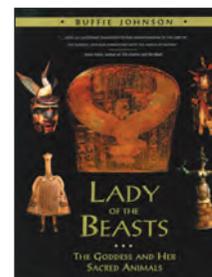


The Great Goddess
Reverence of the Divine Feminine from the Paleolithic to the Present

Jean Markale

ISBN 978-0-89281-715-3
\$18.95 (CAN \$22.95) pb
272 pages, 6 x 9

Patriarchal societies forced the preeminent power of the feminine into an obscure and subservient position, yet the Great Goddess did not simply disappear when her position was usurped. This book provides evidence of the extraordinary permanence of her worship—even at the heart of those religions that tried to destroy her.



Lady of the Beasts
The Goddess and Her Sacred Animals

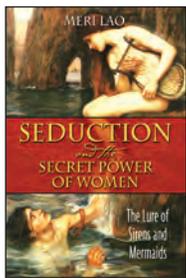
Buffie Johnson

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*



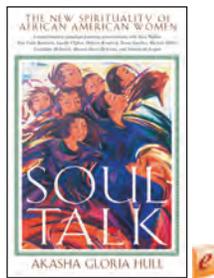
Seduction and the Secret Power of Women

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.



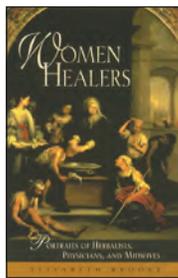
Soul Talk

The New Spirituality of African American Women

Akasha Gloria Hull

ISBN 978-0-89281-943-0
\$15.00 (CAN \$18.00) 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.



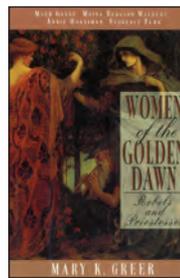
Women Healers

Portraits of Herbalists, Physicians, and Midwives

Elisabeth Brooke

ISBN 978-0-89281-548-7
\$16.95 (CAN \$19.95) 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.



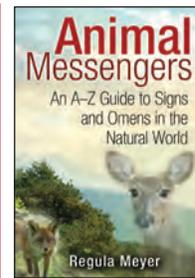
Women of the Golden Dawn

Rebels and Priestesses: Maud Gonne, Moira Bergson Mathers, Annie Horniman, Florence Farr

Mary K. Greer

ISBN 978-0-89281-607-1
\$29.95 (CAN \$35.95) pb
512 pages, 6 x 9
72 b&w illustrations

These four remarkable women, core members of the Hermetic Order of the Golden Dawn, left a lasting imprint on the politics, literature, and theater of 19th-century Europe. Less well-known than the famous men in their lives, including Yeats and Shaw, their stories are now told.



Animal Messengers

An A-Z Guide to Signs and Omens in the Natural World

Regula Meyer

ISBN 978-1-59143-161-9
\$18.00 (CAN \$21.50) pb
320 pages, 6 x 9
90 b&w illustrations

Each encounter with an animal in the natural world signals something to us about our inner world. Providing sophisticated insight into encounters with more than 150 animals, birds, reptiles, insects, and aquatic life, Regula Meyer shows how animal encounters cause us to meditate on matters of which we are otherwise unaware.



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 \$14.95) 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.



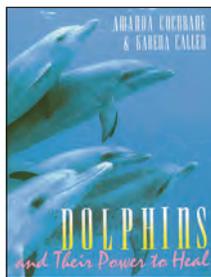
Dog's Best Friend

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.

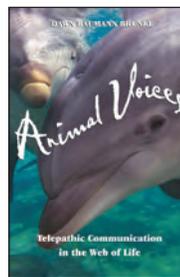


Dolphins and Their Power to Heal

Amanda Cochrane and Karena Callen

ISBN 978-0-89281-476-3
\$24.95 (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.



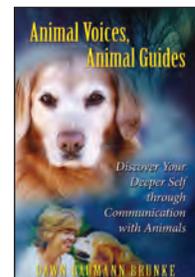
Animal Voices

Telepathic Communication in the Web of Life

Dawn Baumann Brunke

ISBN 978-1-879181-91-5
\$18.00 (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.



Revised Edition of *Awakening to Animal Voices*

Animal Voices, Animal Guides

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

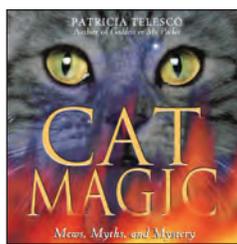
A Guide to the Prevention and Treatment of Cancer

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 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

Mysterious and independent, cunning and fierce, gentle and affectionate, cats have charmed their way into our folklore, history, and art. Patricia Telesco takes us on a fascinating tour of the different roles cats have played in human experience, with over 150 illustrations documenting the appearance and importance of cats in our mythology, in the religious practices of our ancestors, and in totems, spells, and other rituals.



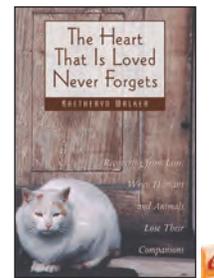
Dog Spirit

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

Throughout history, dogs have held a special place in the human heart and imagination. *Dog Spirit* explores the roles dogs and their canine relatives have played in the religious and magical traditions of the world, emphasizing the importance of dogs as totems, companions, and even gods. It also provides astrological guidelines for determining your dog's personality and examines the role of dogs in dreams and magic rituals.



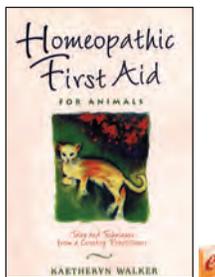
The Heart That Is Loved Never Forgets

Recovering from Loss: When Humans and Animals Lose Their Companions

Kaetheryn Walker

ISBN 978-0-89281-702-3
\$14.99 (CAN \$17.99) pb
160 pages, 6 x 9
10 b&w illustrations

Anyone who has lost a treasured animal companion knows that it can be as devastating as losing a human loved one. 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.



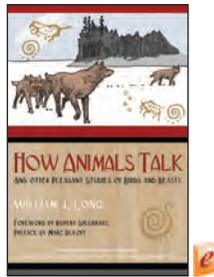
Homeopathic First Aid for Animals

Tales and Techniques from a Country Practitioner

Kaetheryn Walker

ISBN 978-0-89281-737-5
\$16.95 (CAN \$19.95) 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.



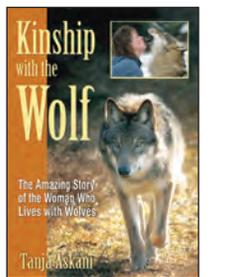
How Animals Talk
And Other Pleasant Studies of Birds and Beasts

William J. Long

Foreword by Rupert Sheldrake
Preface by Marc Bekoff

ISBN 978-1-59143-056-8
\$18.00 (CAN \$22.00) pb
312 pages, 6 x 9
50 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.



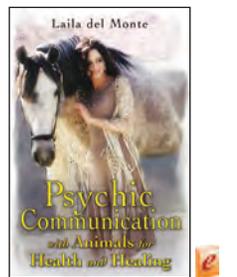
Kinship with the Wolf

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.

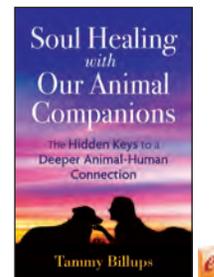


Psychic Communication with Animals for Health and Healing

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.



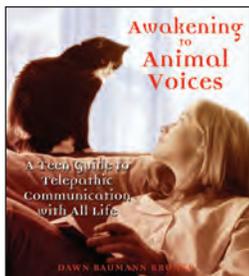
New—April 2018
New Edition
Soul Healing with Our Animal Companions

The Hidden Keys to a Deeper Animal-Human Connection

Tammy Billups

ISBN 978-1-59143-305-7
\$14.99 (CAN \$18.99) pb
192 pages, 5.38 x 8.25

The animals we attract in our lives reflect us in many ways. Offering a soulful and bioenergetic perspective on decoding our animals' actions, behaviors, and physical issues, Billups explains how our animal companions share our energetic patterns and emotional wounds, revealing issues in our own lives that may be hidden or suppressed.



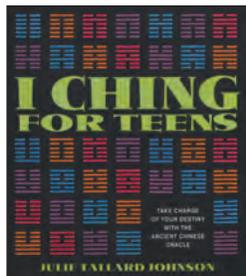
Awakening to Animal Voices

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.



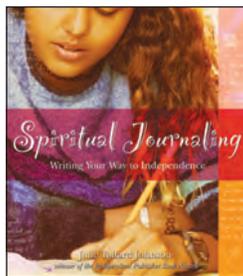
I Ching for Teens

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.



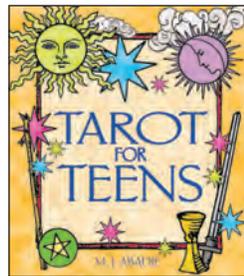
Spiritual Journaling

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.

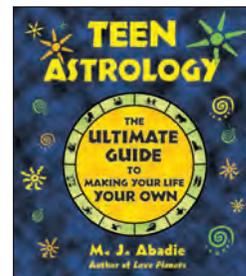


Tarot for Teens

M. J. Abadie

ISBN 978-0-89281-917-1
\$16.95 (CAN \$19.95) 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.



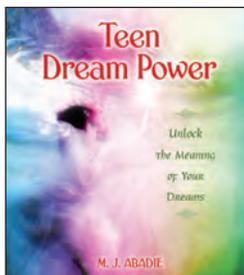
Teen Astrology

The Ultimate Guide to Making Your Life Your Own

M. J. Abadie

ISBN 978-0-89281-823-5
\$16.95 (CAN \$19.95) pb
320 pages, 8 x 9
b&w illustrations throughout

This book of astrology, addressed specifically to teens, provides a useful tool for helping you gain insight into yourself and your relationships with others. Absolutely no previous knowledge of astrology is needed to use this book—it provides full explanations of all astrological influences and all the necessary tables for locating planetary placements of yourself, friends, and family.



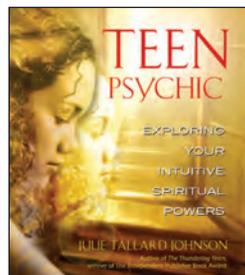
Teen Dream Power

Unlock the Meaning of Your Dreams

M. J. Abadie

ISBN 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.



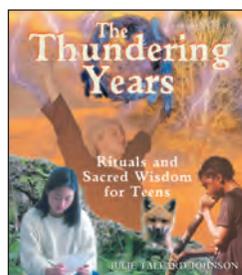
Teen Psychic

Exploring Your Intuitive Spiritual Powers

Julie Tallard Johnson

ISBN 978-0-89281-094-9
\$16.95 (CAN \$19.95) 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 wisdomkeepers—including Caroline Myss, Black Elk, Myron Eshowsky, and Chögyam Trungpa—Julie Tallard Johnson invites teens to walk a sacred path by accessing their intuitive powers and developing their psychic selves.



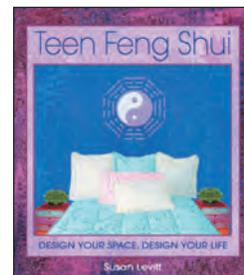
The Thundering Years

Rituals and Sacred Wisdom for Teens

Julie Tallard Johnson

ISBN 978-0-89281-880-8
\$16.95 (CAN \$19.95) 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 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.

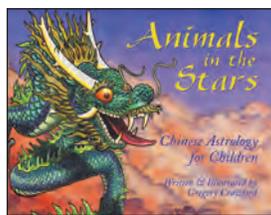


The Ancient Celtic Festivals and How We Celebrate Them Today

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.

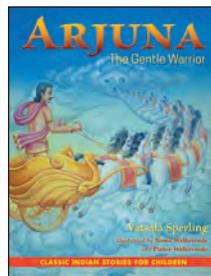


Animals in the Stars Chinese Astrology for Children

Written and Illustrated by Gregory Crawford

ISBN 978-1-59143-000-1
\$16.95 (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.

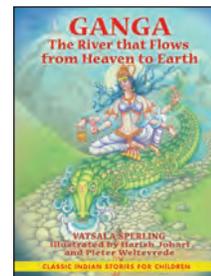


New—Available Arjuna The Gentle Warrior

Vatsala Sperling
Illustrated by Nona Weltevrede and Pieter Weltevrede

ISBN 978-1-59143-203-6
\$15.95 (CAN \$19.95) hardcover
32 pages, 8.5 x 11
Full-color throughout

We are all born for a purpose, though sometimes it is not clear to us what it is. In this colorful tale of good versus evil, Prince Arjuna, a compassionate warrior, must choose between abstaining from battle or fulfilling his destiny to end the war. Adapted for Western children from the Mahabharata.

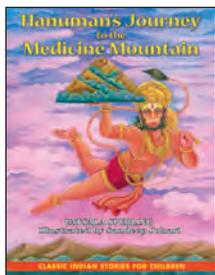


Ganga The River that Flows from Heaven to Earth

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 to one of the most beloved characters in Hindu mythology.

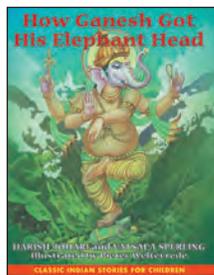


Hanuman's Journey to the Medicine Mountain

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.

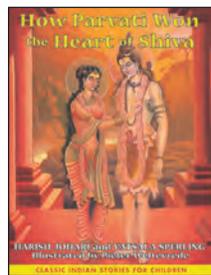


How Ganesh Got His Elephant Head

Harish Johari and Vatsala Sperling

Illustrated by Pieter Weltevrede
ISBN 978-1-59143-021-6
\$15.95 (CAN \$18.95) 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.

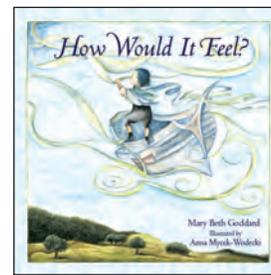


How Parvati Won the Heart of Shiva

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.

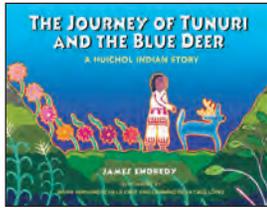


How Would It Feel?

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

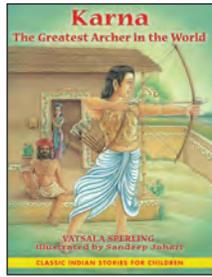
In *How Would It Feel?*, Mary Beth Goddard takes children on a journey of fantastic proportions, inviting them to imagine a playful interaction with the natural world. Children and parents alike will have an opportunity to view the world from widely varying perspectives, such as high in the sky or deep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



The 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 \$18.95) hardcover
32 pages, 11 x 8.5
Full-color throughout

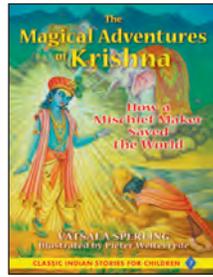
The Journey of Tunuri and the Blue Deer is a modern adaptation of a traditional story of the Huichol Indians of western Mexico. While lost in the woods young tunuri meets a magical Blue Deer, who introduces Tunuri to Father Sun and Mother Earth. Through this lovely tale and the traditional Huichol yarn 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

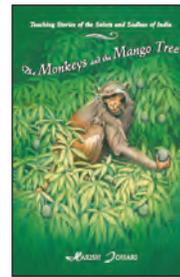
Karna: The Greatest Archer in the World introduces children to one of the most colorful characters of Hindu mythology, the heroic but humanly flawed character of Karna, who grapples with issues of right and wrong, truth and lies, loyalty and abandonment. This book speaks especially to the questions that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

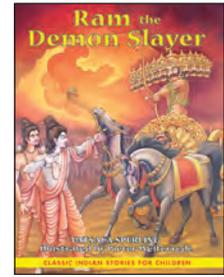
Tales of Krishna—part superhero, part mischievous boy—have delighted and instructed Indian children for centuries. Illustrated in a centuries-old method, this book brings to life one of India's most beloved characters.



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 \$14.95) 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.



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

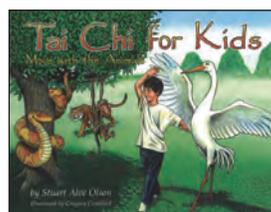
In *Ram the Demon Slayer*, readers follow Ram from his conception and birth through his training with sages and first successful demon battles to his marriage to the beautiful princess Sita and his final triumphant victory over the demon king. This beautifully illustrated retelling of the Ramayana makes accessible to Western children and their parents, one of the favorite heroes of the Hindu tradition.



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

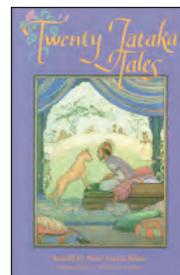
This magically illustrated "fold-and-tell" teaches children, step-by-step, how to make an origami paper crane and offers gentle lessons in life along the way. For children ages 4–8.



Tai Chi for Kids

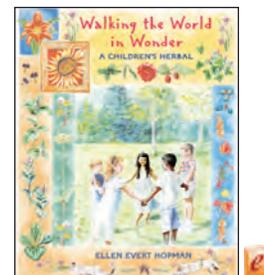
Move with the Animals
Stuart Alve Olson
Illustrated by Gregory Crawford
ISBN 978-1-879181-65-6
\$16.95 (CAN \$19.95) hardcover
32 pages, 11 x 8.5
Full-color illustrations throughout

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.



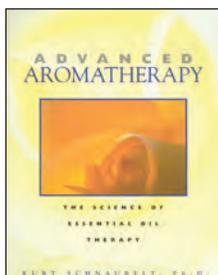
Twenty Jataka Tales

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.



Walking the World in Wonder

A Children's Herbal
Ellen Evert Hopman
ISBN 978-0-89281-878-5
\$19.95 (CAN \$24.00) pb
160 pages, 8 x 10
67 color photographs
Created especially for children ages five to ten years old, *Walking the World in Wonder* identifies sixty-seven common herbs that could be found on a walk or field trip. Includes full-color photographs of each plant and simple recipes that children can use with the herbs they find, such as peppermint tea to soothe a troubled tummy.



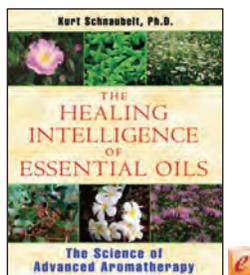
Advanced Aromatherapy

The Science of Essential Oil Therapy

Kurt Schnaubelt, Ph.D.

ISBN 978-0-89281-743-6
\$16.95 (CAN \$19.95) 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.



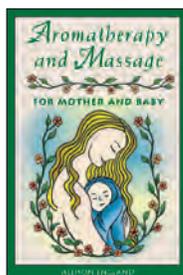
The Healing Intelligence of Essential Oils

The Science of Advanced Aromatherapy

Kurt Schnaubelt, Ph.D.

ISBN 978-1-59477-425-6
\$19.95 (CAN \$24.95) 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.

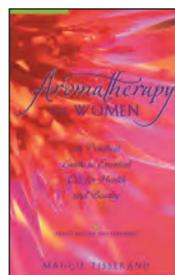


Aromatherapy and Massage for Mother and Baby

Allison England, R.N.

ISBN 978-0-89281-898-3
\$14.95 (CAN \$17.95) 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.



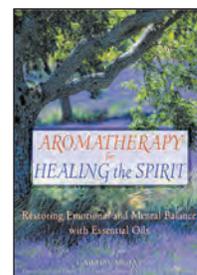
Aromatherapy for Women

A Practical Guide to Essential Oils for Health and Beauty

Maggie Tisserand

ISBN 978-0-89281-628-6
\$14.95 (CAN \$17.95) 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.



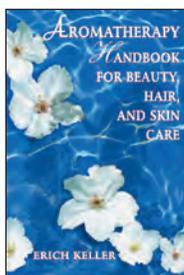
Aromatherapy for Healing the Spirit

Restoring Emotional and Mental Balance with Essential Oils

Gabriel Mojay

ISBN 978-0-89281-887-7
\$19.95 (CAN \$24.00) 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.

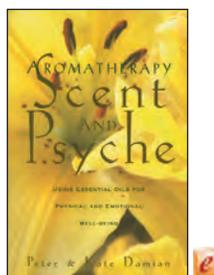


Aromatherapy Handbook for Beauty, Hair, and Skin Care

Erich Keller

ISBN 978-0-89281-831-0
\$14.95 (CAN \$17.95) 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

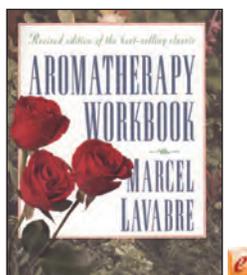
Using Essential Oils for Physical and Emotional Well-Being

Peter Damian and Kate Damian

ISBN 978-0-89281-530-2
\$16.95 (CAN \$19.95) pb
264 pages, 6 x 9

Also available in Spanish (see page 183)

Aromatic oils have been used for thousands of years and has returned to widespread use in recent years. *Aromatherapy: Scent and Psyche* is the perfect guide to their history and application. Included are profiles for forty-four essential oils and instructions for creating essential oil blends.



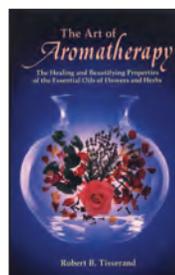
Aromatherapy Workbook

Marcel Lavabre

ISBN 978-0-89281-644-6
\$18.95 (CAN \$22.95) pb
192 pages, 8 x 10

Also available in Spanish (see page 183)

Aromatherapy Workbook explains the mysterious influence of scent on our mental state, emotion, and sexuality. It features more than 70 essential oils classified by botanical family with discussions of their actions, along with unique insights into their energetic and spiritual properties.



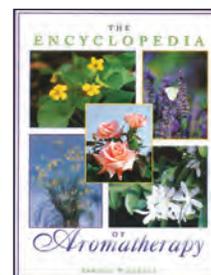
The Art of Aromatherapy

The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs

Robert B. Tisserand

ISBN 978-0-89281-001-7
\$19.95 (CAN \$23.95) 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.

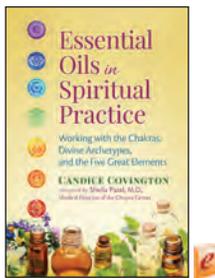


The Encyclopedia of Aromatherapy

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.



New—Available
Essential Oils in
Spiritual Practice

Working with the Chakras, Divine Archetypes, and the Five Great Elements

Candice Covington

Foreword by Sheila Patel, M.D.

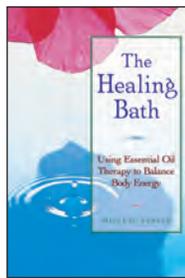
ISBN 978-1-62055-305-3

\$16.95 (CAN \$21.50) pb

226 pages, 6 x 9

Includes 1 full-color page

Candice Covington details how to use essential oils energetically to affect the *tattvas*, the elemental energies behind your unique personal characteristics. She provides energetic profiles of each *tattva*, *chakra*, and essential oil, explains their relationships to one another, and details how to craft your own ritual practice with essential oils.



The Healing Bath

Using Essential Oil Therapy to Balance Body Energy

Milli D. Austin

ISBN 978-0-89281-632-3

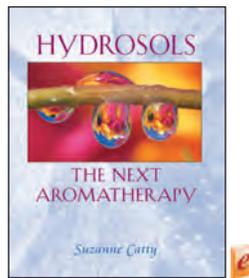
\$12.95 (CAN \$16.95) pb

160 pages, 6 x 9

20 b&w illustrations

Also available in Spanish (see page 183)

The Healing Bath is the first book to describe how to use essential oils in the bath to heal the body's energy field and alleviate a wide range of physical and emotional illnesses, including depression, substance abuse, stress, allergies, hyperactivity, insomnia, radiation sickness, and trauma from sexual abuse.



Hydrosols

The Next Aromatherapy

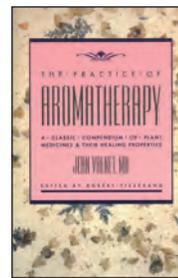
Suzanne Catty

ISBN 978-0-89281-946-1

\$24.95 (CAN \$29.95) pb

312 pages, 8 x 10

The first book devoted exclusively to aromatic hydrosols—gentle, water-based plant extracts that expand the healing, cosmetic, and culinary applications of aromatherapy. The author details the specifics of 67 hydrosols, provides formulas to treat more than 50 health concerns, and offers 40 delicious recipes in which hydrosols can be used.



The Practice of Aromatherapy

A Classic Compendium of Plant Medicines and Their Healing Properties

Jean Valnet, M.D.

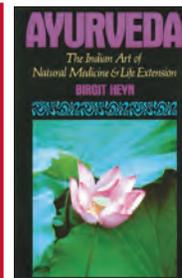
Edited by Robert Tisserand

ISBN 978-0-89281-398-8

\$18.95 (CAN \$22.00) pb

280 pages, 5.38 x 8.25

Valnet's original research, collected here, provided the first modern-day bridge between traditional healing with plants and modern medicine.



Ayurveda

The Indian Art of Natural Medicine and Life Extension

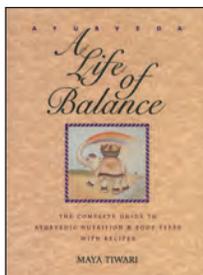
Birgit Heyn

ISBN 978-0-89281-333-9

\$12.95 (CAN \$14.95) pb

176 pages, 5.38 x 8.25

Ayurveda, the ancient Indian "science of longevity," is a holistic healing system that balances health and well-being through consistent attention to natural lifestyle, good eating habits, and the healing power of herbs. The author explains how sunlight, air, and water, together with animal, vegetable, and mineral substances stimulate the body's natural immunity and healing capacity.



Ayurveda:
A Life of Balance

The Complete Guide to Ayurvedic Nutrition and Body Types with Recipes

Maya Tiwari

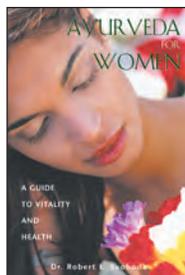
ISBN 978-0-89281-490-9

\$24.95 (CAN \$29.95) pb

368 pages 8.5 x 11

30 b&w illustrations

Cancer survivor Maya Tiwari shows how the Ayurvedic science of balanced living can help anyone achieve complete well-being. Includes recipes keyed to the seven body types, home remedies, and practices that activate the "cognitive memory" of right living.



Ayurveda for Women

A Guide to Vitality and Health

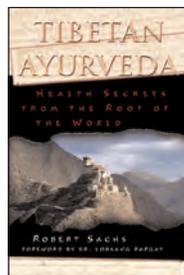
Dr. Robert E. Svoboda

ISBN 978-0-89281-939-3

\$14.95 (CAN \$18.95) pb

192 pages, 6 x 9

Ayurveda for Women explores the landmark changes associated with the three stages of life—childhood, adulthood, and old age—and provides practical advice on issues central to women's lives including sleep, diet, beauty care, massage, relationships, childcare, and menopause.



Tibetan Ayurveda

Health Secrets from the Roof of the World

Robert Sachs

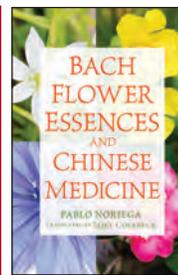
ISBN 978-0-89281-936-2

\$16.95 (CAN \$19.95) pb

256 pages, 6 x 9

35 b&w illustrations

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.



Bach Flower
Essences and
Chinese Medicine

Pablo Noriega

Translated by

Loey Colebeck

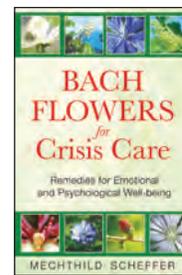
ISBN 978-1-62055-571-2

\$19.95 (CAN \$23.95) pb

256 pages, 6 x 9

7 b&w illustrations

Bach flower essences provide excellent tools for balancing energetic disturbances generated by emotions. This guide helps Chinese Medicine practitioners incorporate Flower Essences into their practice. Author Pablo Noriega provides detailed profiles about each of the original 38 Bach flower remedies according to Chinese Medicine.



Bach Flowers for
Crisis Care

Remedies for Emotional and Psychological Well-being

Mechthild Scheffer

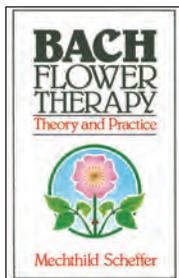
ISBN 978-1-59477-296-2

\$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.



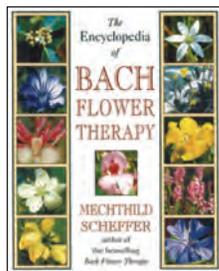
Bach Flower Therapy

Theory and Practice

Mechthild Scheffer

ISBN 978-0-89281-239-4
\$12.95 (CAN \$14.95) pb
240 pages, 5.38 x 8.5

Over many years of study, English physician Dr. Edward Bach discovered 38 flower remedies that act on the disharmony within the patient and pave the way toward recovery. Intended for practitioners and lay readers alike, *Bach Flower Therapy* describes these remedies and their underlying psychological concepts. Author Mechthild Scheffer is Europe's leading practitioner of the method.

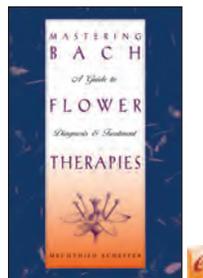


The Encyclopedia of Bach Flower Therapy

Mechthild Scheffer

ISBN 978-0-89281-941-6
\$34.95 (CAN \$39.95) pb
352 pages, 8 x 10
190 color photographs
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.



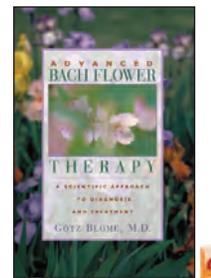
Mastering Bach Flower Therapies

A Guide to Diagnosis and Treatment

Mechthild Scheffer

ISBN 978-0-89281-630-9
\$18.95 (CAN \$26.95) pb
144 pages, 5.38 x 8.5
8 color plates

The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how the therapies can be a powerful tool not only for healing individual symptoms, but for putting the course of one's life back on track. Includes a thorough diagnostic questionnaire and color plates of the most popular flowers.



Advanced Bach Flower Therapy

A Scientific Approach to Diagnosis and Treatment

Götz Blome, M.D.

ISBN 978-0-89281-828-0
\$22.95 (CAN \$27.95) pb
400 pages, 6 x 9

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.

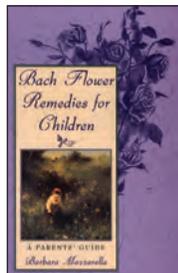


Bach Flower Massage

Daniele Lo Rito, M.D.

ISBN 978-0-89281-736-8
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9
80 b&w illustrations

Bach Flower Massage contains all the information you need to begin treating yourself and others with the 38 flower remedies. Includes a list of the indications treated by each essence, illustrations of the flowers themselves, and tips on where to find them in the wild.



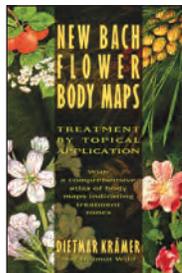
Bach Flower Remedies for Children

A Parents' Guide

Barbara Mazzarella

ISBN 978-0-89281-649-1
\$14.95 (CAN \$17.95) pb
192 pages, 6 x 9

The first easy-to-use guide to safe and gentle Bach flower remedies that is specifically intended for maintaining children's health and well-being.



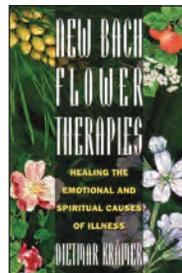
New Bach Flower Body Maps

Treatment by Topical Application

Dietmar Krämer

ISBN 978-0-89281-531-9
\$19.95 (CAN \$23.95) pb
296 pages, 6 x 9
237 b&w illustrations

One of Germany's most innovative Bach flower practitioners presents his healing system, which correlates zones of the body with appropriate remedies. Profusely illustrated. Includes many case studies.



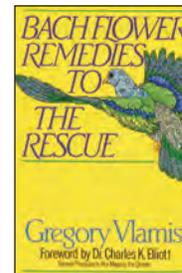
New Bach Flower Therapies

Healing the Emotional and Spiritual Causes of Illness

Dietmar Krämer

ISBN 978-0-89281-529-6
\$16.95 (CAN \$19.95) pb
168 pages, 6 x 9

Building on the work of Dr. Edward Bach, the author has developed new refinements in the use of Bach flower remedies that address both acute problems and the underlying causes of illness.



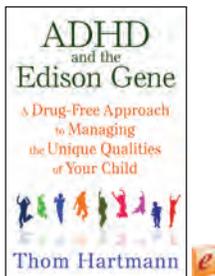
Bach Flower Remedies to the Rescue

Gregory Vlamis

Foreword by Dr. Charles K. Elliott

ISBN 978-0-89281-378-0
\$16.95 (CAN \$17.95) pb
176 pages, 5.38 x 8.25

Discover the many uses of Rescue Remedy in reducing stress, anxiety, fear, emotional upset, and trauma.

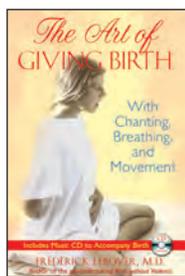


ADHD and the Edison Gene

A Drug-Free Approach to Managing the Unique Qualities of Your Child

Thom Hartmann
ISBN 978-1-62055-506-4
\$16.95 (CAN \$20.50) pb
288 pages, 6 x 9
3 b&w illustrations

The impulsiveness, risk-taking, and novelty-seeking that are characteristic of Attention Deficit Hyperactivity Disorder are not signs of a disorder at all but components of a skill set utilized by our hunting and gathering ancestors. This book shows that rather than being “problems” ADHD children are a vital gift to our society and the world.

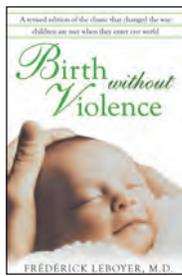


The Art of Giving Birth

With Chanting, Breathing, and Movement

Frédérick Leboyer, M.D.
ISBN 978-1-59477-276-4
\$16.95 (CAN \$22.95) pb
112 pages, 6 x 9
Includes 26-minute CD of tambura music and 18 b&w illustrations

Dr. Frédérick Leboyer’s book *Birth without Violence*, looks at birth from the baby’s point of view. In this book he explores the process from the mother’s perspective, revealing how breathing, vocalizing and movement can create a successful and joyous birth. CD included.

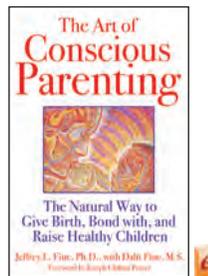


Birth without Violence

Frédérick Leboyer, M.D.
ISBN 978-1-59477-297-9
\$14.95 (CAN \$17.95) pb
144 pages, 6 x 9
b&w photographs throughout

A revised edition of the classic that revolutionized how we view the birth process. The author shows how to create an atmosphere of tranquility to ease a newborn’s transition from womb to world. Includes a new preface by the author.

“One of the twenty books that changed the world.”
Utne Reader

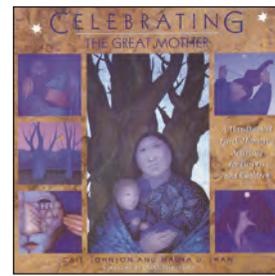


The Art of Conscious Parenting

The Natural Way to Give Birth, Bond with, and Raise Healthy Children

Jeffrey L. Fine, Ph.D., with Dalit Fine, M.S.
Foreword by Joseph Chilton Pearce
ISBN 978-1-59477-322-8
\$16.95 (CAN \$23.75) pb
272 pages, 6 x 9

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.



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
\$19.95 (CAN \$24.95) pb
248 pages, 8 x 8
35 b&w illustrations

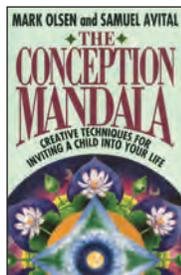
Celebrating the Great Mother is a handbook to help parents, caregivers, teachers, and counselors create meaningful spiritual experiences to inspire children of all ages. The ideas and activities collected here show how to bring children into rituals that celebrate cycles and reclaim the spiritual roots of today’s modern holidays.



Children at Play
Using Waldorf Principles to Foster Childhood Development

Heidi Britz-Crecelius
ISBN 978-0-89281-629-3
\$12.95 (CAN \$14.50) pb
144 pages, 5.38 x 8.25

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.

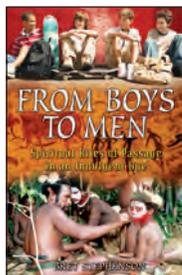


The Conception Mandala

Creative Techniques for Inviting a Child into Your Life

Mark Olsen and Samuel Avital
ISBN 978-0-89281-356-8
\$8.95 (CAN \$13.95) pb
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.



From Boys to Men
Spiritual Rites of Passage in an Indulgent Age

Bret Stephenson
ISBN 978-1-59477-140-8
\$18.95 (CAN \$23.95) pb
304 pages, 6 x 9
15 b&w illustrations

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



Gentle Birth Choices

Barbara Harper, R.N.
Photographs by Suzanne Arms

ISBN 978-1-59477-067-8
\$24.95 (CAN \$26.95) pb
320 pages, 8 x 10
49 b&w photographs
Includes 45-minute DVD

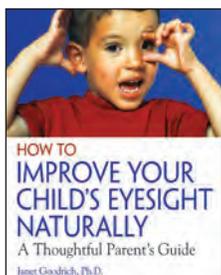
In *Gentle Birth Choices* Barbara Harper, nurse, former midwife, and mother of three, helps parents to plan a meaningful, family-centered birth experience. The DVD blends interviews with midwives and physicians and shows six actual births, including water birth, home birth, and vaginal birth. A powerful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



Labor Pain
A Natural Approach to Easing Delivery

Nicky Wesson
ISBN 978-0-89281-895-2
\$16.95 (CAN \$18.95) pb
160 pages, 5.25 x 8.5

Fortunately, there are alternative ways to relieve the pain of childbirth, and Wesson offers many options for effective natural pain relief, including acupressure and acupuncture, hydrotherapy, herbal remedies, aromatherapy and massage, relaxation techniques, homeopathy, and reflexology.



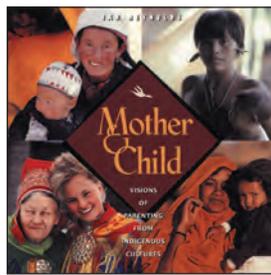
How to Improve Your Child's Eyesight Naturally

A Thoughtful Parent's Guide

Janet Goodrich, Ph.D.

ISBN 978-0-89281-130-4
\$19.95 (CAN \$28.95) pb
272 pages, 8 x 10
191 b&w illustrations

This is a staple reference book for parents who wish to preserve and improve their child's eyesight. Filled with practical and imaginative exercises, this comprehensive resource includes detailed instructions for reversing eyesight blur, tips for adjusting living environments to support healthy vision, and hints for dealing proactively with doctors. The 90 scientifically based vision games and songs are fun, age-appropriate, and reinforce good vision habits.

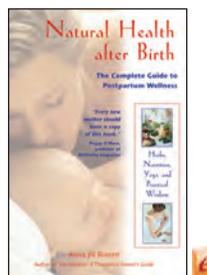


Mother and Child
Visions of Parenting from Indigenous Cultures

Jan Reynolds

ISBN 978-0-89281-637-8
\$19.95 (CAN \$31.95) pb
112 pages, 7 x 7
81 color photographs

In personal stories and intimate portraits of mothers and children, this beautifully illustrated book reveals the wisdom of mothering in indigenous cultures from the Arctic to the Amazon, from the Himalayas to the Sahara.



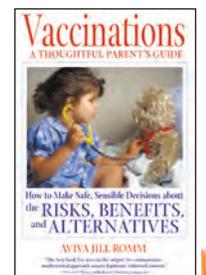
Natural Health after Birth
The Complete Guide to Postpartum Wellness

Aviva Jill Romm

ISBN 978-0-89281-930-0
\$18.95 (CAN \$22.95) pb
272 pages, 6 x 9

Also available in Spanish
(see page 188)

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.



Vaccinations: A Thoughtful Parent's Guide

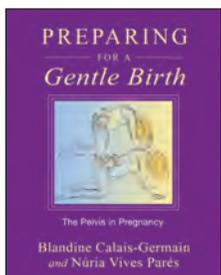
How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives

Aviva Jill Romm

ISBN 978-0-89281-931-7
\$16.95 (CAN \$19.95) pb
304 pages, 6 x 9

Also available in Spanish
(see page 189)

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



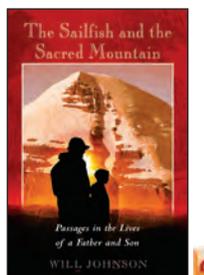
Preparing for a Gentle Birth

The Pelvis in Pregnancy

Blandine Calais-Germain and Núria Vives Parés

ISBN 978-1-59477-388-4
\$19.95 (CAN \$22.50) pb
192 pages, 8 x 10
Full-color throughout

This book details the anatomical adaptability of the female pelvis, including its capability to expand during labor and return to its original form after the birth. Provides fully illustrated exercises to help the expectant mother prepare for this transformation.



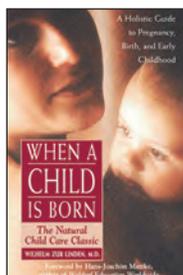
The Sailfish and the Sacred Mountain

Passages in the Lives of a Father and Son

Will Johnson

ISBN 978-0-89281-193-9
\$16.95 (CAN \$24.95) pb
224 pages, 6 x 9

The Sailfish and the Sacred Mountain presents a unique view into how we can create the circumstances that invite profound spiritual awakenings to occur in our lives. Part spiritual travelogue, part personal memoir, Will Johnson reflects on his own life passages, and tells the story of the remarkable journey with his son to Mount Kailas—a journey that proves to be a moment of passage for both father and son.



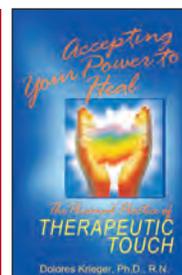
When a Child Is Born

The Natural Child Care Classic

Wilhelm zur Linden, M.D.

ISBN 978-0-89281-751-1
\$12.95 (CAN \$20.95) pb
224 pages, 5.25 x 8.25

This new edition of the classic guide for pregnancy and child rearing discusses every aspect of pregnancy and nurturing, from diet and health habits for the expectant mother to nursing processes and advice for treating common childhood ailments.



Accepting Your Power to Heal

The Personal Practice of Therapeutic Touch

Dolores Krieger, Ph.D., R.N.

ISBN 978-1-879181-04-5
\$16.00 (CAN \$19.95) pb
224 pages, 5.5 x 8.5

The co-developer of Therapeutic Touch encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach the basic techniques of this widely used healing modality.

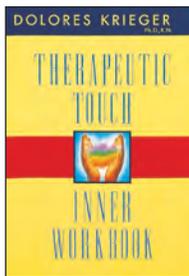


The Spiritual Dimension of Therapeutic Touch

Dora Kunz with Dolores Krieger, Ph.D., R.N. co-founders of Therapeutic Touch

ISBN 978-1-59143-025-4
\$16.00 (CAN \$18.95) pb
272 pages, 6 x 9

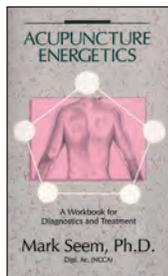
Since 1972 Therapeutic Touch has been taught to tens of thousands of health care professionals. *The Spiritual Dimension of Therapeutic Touch* teaches how to rebalance the body's energy through touch and visualization and provides an intimate glimpse into the work of Dolores Krieger and her mentor, Dora Kunz (1904–1999). Included are previously unpublished lectures by Dora Kunz, with commentary from Dolores Krieger.



Therapeutic Touch Inner Workbook

Dolores Krieger, Ph.D., R.N.
ISBN 978-1-879181-39-7
\$16.00 (CAN \$21.95) pb
204 pages, 6 x 9

This work by the co-developer of Therapeutic Touch goes beyond technique to explore the transpersonal nature of the process, and demonstrates how the inner work engaged through the act of healing deeply affects and transforms the philosophy of both the healer and the client.

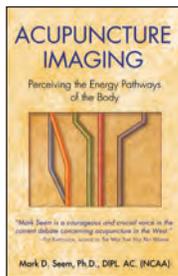


Acupuncture Energetics

A Workbook for Diagnostics and Treatment

Mark Seem, Ph.D.
ISBN 978-0-89281-435-0
\$16.95 (CAN \$26.95) pb
144 pages, 5.25 x 8.38

A leading practitioner offers a new approach to acupuncture that integrates Eight-Principle and Five-Phase diagnosis. Includes case histories and a workbook for treatment strategies.



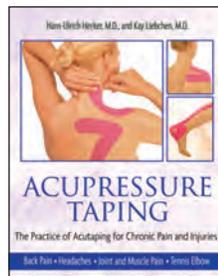
Acupuncture Imaging

Perceiving the Energy Pathways of the Body

Mark D. Seem, Ph.D., DIPL. AC. (NCAA)

ISBN 978-0-89281-187-8
\$12.95 (CAN \$18.95) pb
128 pages, 5.38 x 8.25
9 b&w illustrations

A pioneer in the field of body energetics, Mark Seem explains how to understand physical and psychological problems in terms of disrupted energy flow. *Acupuncture Imaging* will be of great help to students, teachers, practitioners, and patients of energetic and meridian therapies, particularly shiatsu and acupressure, as well as psychotherapists and those interested in Eastern concepts of medicine.



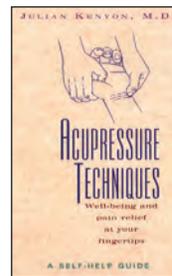
Acupressure Taping

The Practice of Acutaping for Chronic Pain and Injuries

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

ISBN 978-1-59477-148-4
\$16.99 (CAN \$19.99) pb
128 pages, 8 x 10
117 four-color illustrations

Combining elements of Chinese medicine with osteopathy, acutaping can treat ailments ranging from back pain and tennis elbow to menstrual pain and migraines. In acutaping, 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.

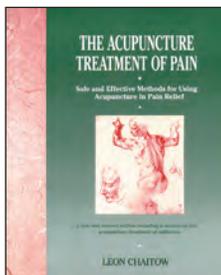


Acupressure Techniques

A Self-Help Guide

Julian Kenyon, M.D.
ISBN 978-0-89281-641-5
\$14.95 (CAN \$17.95) pb
224 pages, 5.38 x 8.5

This guide to the effective use of acupressure can treat a wide range of conditions, from migraines and carpal tunnel syndrome to tennis elbow and tendonitis. Designed for individuals seeking to alleviate their own physical ailments, these easily mastered methods use deep finger and thumb pressure over acupuncture points to enhance the natural energy flow of the body.



The Acupuncture Treatment of Pain

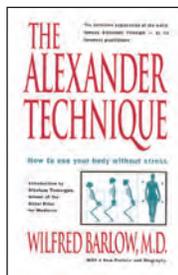
Safe and Effective Methods for Using Acupuncture in Pain Relief

Leon Chaitow, D.O., N.D.
ISBN 978-0-89281-383-4
\$19.95 (CAN \$31.95) pb
192 pages, 8 x 10

Here are safe and effective drug-free methods of pain control for use by those in the healing professions. Includes treatment for chemical dependency.

"Tears away much of the mystique of acupuncture to present a simple approach to pain relief."

American Journal of Acupuncture

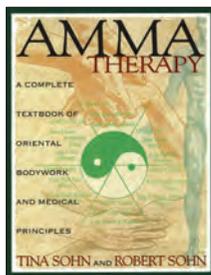


The Alexander Technique

How to Use Your Body without Stress

Wilfred Barlow, M.D.
ISBN 978-0-89281-385-8
\$16.95 (CAN \$19.95) pb
256 pages, 5.38 x 8.25

F. M. Alexander was the first to master and teach the secret of successful body dynamics—balanced physical use with minimum stress and tension. This book is by his foremost student.



Amma Therapy

A Complete Textbook of Oriental Bodywork and Medical Principles

Tina Sohn and Robert Sohn
ISBN 978-0-89281-488-6
\$50.00 (CAN \$60.00) hardcover
448 pages, 8.38 x 10.88
170 b&w illustrations

This groundbreaking form of holistic bodywork incorporates elements of acupuncture, herbalism, diet, and exercise. This step-by-step guide is the comprehensive text for all bodyworkers.



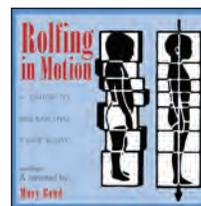
Balancing Your Body

A Self-Help Approach to Roling Movement

Mary Bond

ISBN 978-0-89281-642-2
\$16.95 (CAN \$19.95) pb
224 pages, 6 x 9

Mary Bond presents a unique self-help approach to Roling Movement and body transformation. By learning to recognize and respond appropriately to our body's internal messages, we can discover a new freedom of expression in our bodies, leading to a marked increase in health and vitality. Practical structural awareness exercises are included.



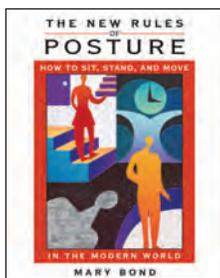
Roling in Motion

A Guide to Balancing Your Body

Mary Bond

ISBN 978-1-59477-074-6
\$14.95 (CAN \$18.95)
90-minute CD

This CD presents 38 structural awareness exercises featured in the book, *Balancing Your Body*. Following an exploration of your habitual standing and walking patterns, a variety of exercises are offered that will help you in standing, sitting, and walking with fluidity and ease, creating new freedom in your physical expression and improving your well-being and overall vitality.



The New Rules of Posture

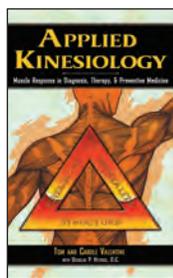
How to Sit, Stand, and Move in the Modern World

Mary Bond

ISBN 978-1-59477-124-8
\$18.95 (CAN \$22.95) pb
240 pages, 8 x 10
41 b&w illustrations

Also available in Spanish (see page 187)

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.



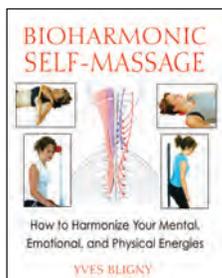
Applied Kinesiology

Muscle Response in Diagnosis, Therapy, and Preventive Medicine

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

ISBN 978-0-89281-328-5
\$12.95 (CAN \$15.95) pb
160 pages, 5.38 x 8.25

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



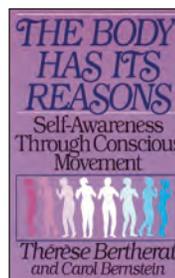
Bioharmonic Self-Massage

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.



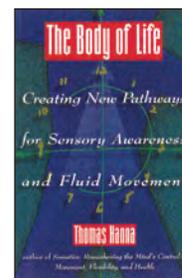
The Body Has Its Reasons

Self-Awareness Through Conscious Movement

Therese Bertherat and Carol Bernstein

ISBN 978-0-89281-298-1
\$14.95 (CAN \$17.95) 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.



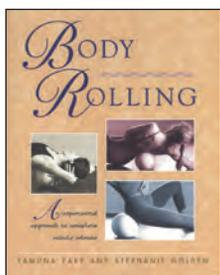
The Body of Life

Creating New Pathways for Sensory Awareness and Fluid Movement

Thomas Hanna

ISBN 978-0-89281-481-7
\$14.95 (CAN \$16.95) 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.



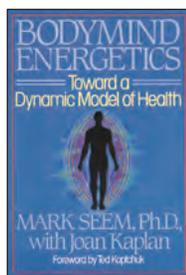
Body Rolling

An Experiential Approach to Complete Muscle Release

Yamuna Zake and Stephanie Golden

ISBN 978-0-89281-730-6
\$19.95 (CAN \$24.95) 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.



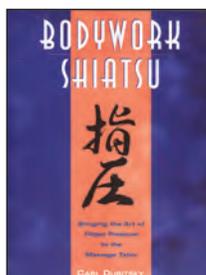
Bodymind Energetics

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.



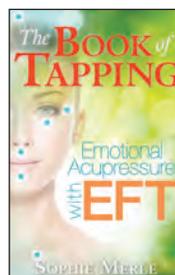
BodyWork Shiatsu

Bringing the Art of Finger Pressure to the Massage Table

Carl Dubitsky

ISBN 978-0-89281-526-5
\$29.95 (CAN \$35.95) 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.



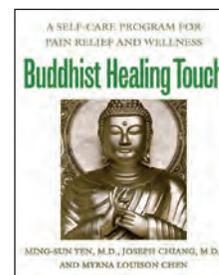
The Book of Tapping

Emotional Acupressure with EFT

Sophie Merle

ISBN 978-1-62055-601-6
\$12.95 (CAN \$16.50) pb
112 pages, 5.38 x 8.25
4 b&w illustrations

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order.



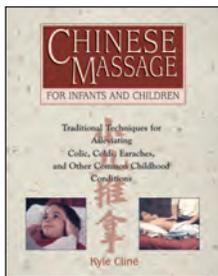
Buddhist Healing Touch

A Self-Care Program for Pain Relief and Wellness

Ming-Sun Yen, M.D., Joseph Chiang, M.D., and Myrna Louise Chen

ISBN 978-0-89281-886-0
\$19.95 (CAN \$23.95) 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.



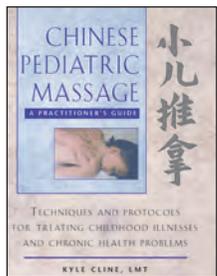
Chinese Massage for Infants and Children

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

Kyle Cline shows how to use Chinese massage methods to alleviate childhood ailments like coughs, chicken pox, bedwetting, and asthma. With a general health plan for all children and advice on using Chinese herbal remedies, these techniques can reduce visits to the pediatrician as well as the use of prescription medicines.

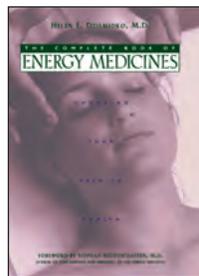


Chinese Pediatric Massage: A Practitioner's Guide

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

Chinese pediatric massage takes into account how a child's energetic framework differs from that of an adult, making it tolerable for children, easy on their parents, and highly effective in improving the child's long-term health. This clearly-illustrated guide is designed to give all health care providers the tools they need to successfully use Chinese pediatric massage.



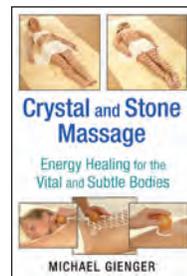
The Complete Book of Energy Medicines

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.



New Edition of *Crystal Massage for Health and Healing*

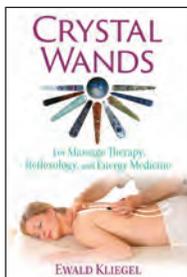
Crystal and Stone Massage

Energy Healing for the Vital and Subtle Bodies

Michael Gienger

ISBN 978-1-62055-411-1
\$16.95 (CAN \$20.50) pb
176 pages, 6 x 9
Full-color throughout

This book details the energetics and healing properties of more than 50 crystals and gemstones for use in massage explaining how to select the correct stone to aid in the healing of specific conditions. It includes a detailed chapter on the harmonizing effects of amber whose unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body.



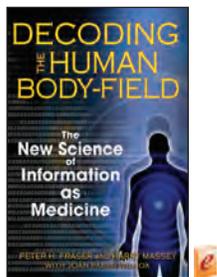
New—Available
New Edition
Crystal Wands

For Massage Therapy, Reflexology, and Energy Medicine

Ewald Kliegel

ISBN 978-1-62055-648-1
\$19.95 (CAN \$24.95) pb
192 pages, 6 x 9
Full-color throughout

Exploring the healing properties and indications for more than 70 crystal wands, the author explains how the versatile shape of a crystal wand amplifies a crystal's energetic effects. He provides step-by-step instructions for using crystal wands in massage, reflexology, and energy medicine and for tuning the aura and balancing the chakras.



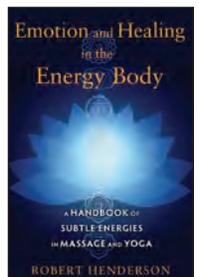
Decoding the Human Body-Field

The New Science of Information as Medicine

Peter H. Fraser and Harry Massey with Joan Parisi Wilcox

ISBN 978-1-59477-225-2
\$21.95 (CAN \$25.95) 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.



Emotion and Healing in the Energy Body

A Handbook of Subtle Energies in Massage and Yoga

Robert Henderson

ISBN 978-1-62055-427-2
\$19.95 (CAN \$23.95) pb
320 pages, 6 x 9
Full-color throughout

Negative energies can accumulate in the energy body much like fat deposits, manifesting as a variety of physical ailments. But these conditions can be treated through massage and yoga. This book explains how to interpret and work with energies as they are released, including an in-depth section of the release of repressed sexual energy.



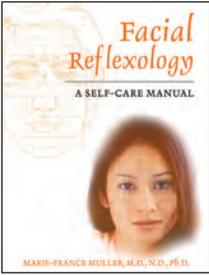
The Encyclopedia of Healing Points

The Home Guide to Acupoint Treatment

Roger Dalet, M.D.

ISBN 978-1-59477-335-8
\$29.95 (CAN \$35.95) 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.



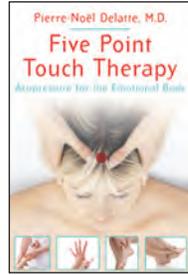
Facial Reflexology

A Self-Care Manual

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

ISBN 978-1-59477-013-5
\$19.95 (CAN \$23.95) 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.



Five Point Touch Therapy

Acupressure for the Emotional Body

Pierre-Noël Delatte, M.D.

ISBN 978-1-59477-495-9
\$16.95 (CAN \$19.50) pb
208 pages, 6 x 9
Full-color throughout

Five Point Touch Therapy is a technique that activates acupressure points in sequences of five to produce an energetic healing circuit in the body. This book presents 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks that underlie eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional conditions.



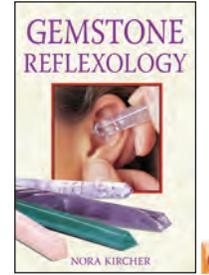
New—April 2018
Foundations of Reiki Ryoho

A Manual of Shoden and Okuden

Nicholas Pearson

ISBN 978-1-62055-673-3
\$24.99 (CAN \$31.50) pb
352 pages, 6 x 9
70 b&w illustrations

Bridging Eastern and Western lineages to reclaim Reiki's roots as both a healing art and a spiritual practice, Nicholas Pearson offers a new comprehensive exploration of the original Japanese techniques and modern tools of the first degree and second degree of Reiki Ryoho practice, including effective hand positions, self-healing exercises, and spiritual meditations.

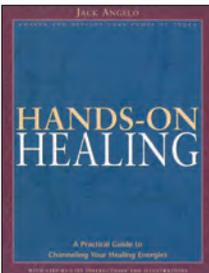


Gemstone Reflexology

Nora Kircher

ISBN 978-1-59477-121-7
\$16.95 (CAN \$19.95) 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.



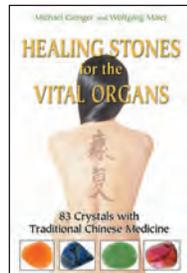
Hands-on Healing

A Practical Guide to Channeling Your Healing Energies

Jack Angelo

ISBN 978-0-89281-734-4
\$18.95 (CAN \$22.95) 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.



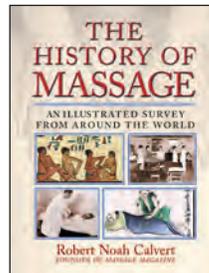
Healing Stones for the Vital Organs

83 Crystals with Traditional Chinese Medicine

Michael Gienger and Wolfgang Maier

ISBN 978-1-59477-275-7
\$16.95 (CAN \$19.95) 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.



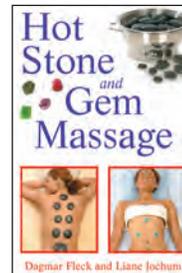
The History of Massage

An Illustrated Survey from around the World

Robert Noah Calvert

ISBN 978-0-89281-881-5
\$29.95 (CAN \$35.95) 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.

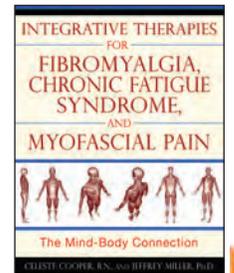


Hot Stone and Gem Massage

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.



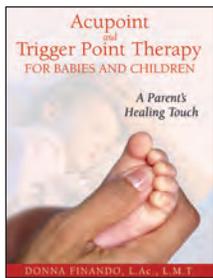
Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain

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.

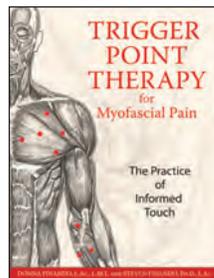


Acupoint and Trigger Point Therapy for Babies and Children

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

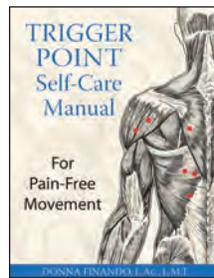
The Practice of Informed Touch
Donna Finando, L.Ac., L.M.T.,
and Steven Finando, Ph.D., L.Ac.

ISBN 978-1-59477-054-8
\$19.95 (CAN \$23.95) 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)

Also available in Spanish
(see page 188)

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, enable clinicians to locate specific areas quickly and accurately.



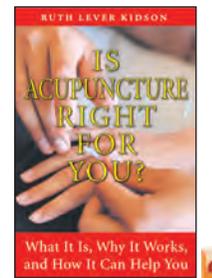
Trigger Point Self-Care Manual

For Pain-Free Movement
Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-080-7
\$19.95 (CAN \$23.95) pb
208 pages, 8.38 x 10.88
228 two-color illustrations

Also available in Spanish
(see page 188)

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.



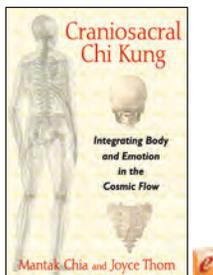
Is Acupuncture Right for You?

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.



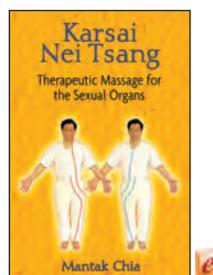
Craniosacral Chi Kung

Integrating Body and Emotion in the Cosmic Flow

Mantak Chia and
Joyce Thom

ISBN 978-1-62055-423-4
\$19.95 (CAN \$23.95) pb
288 pages, 6 x 9
Full-color throughout

This book introduces a practice that links the craniosacral rhythm—the gentle flow of cerebrospinal fluid from the head to the tailbone—to the flow of chi throughout the body. The alliance of these two energetic channels can enable the practitioner to enter the Cosmic Flow—a state of calm well-being and extraordinary creativity that is at one with the universe.



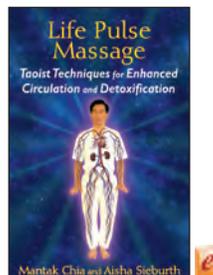
Karsai Nei Tsang

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.



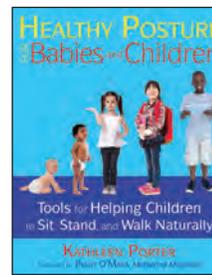
Life Pulse Massage

Taoist Techniques for Enhanced Circulation and Detoxification

Mantak Chia and
Aisha Sieburth

ISBN 978-1-62055-309-1
\$18.95 (CAN \$22.95) pb
320 pages, 6 x 9
Full-color throughout

Areas of slow or congested circulation in the body lead to toxin accumulation. The practice of Life Pulse Massage allows these blockages to be cleared. This fully illustrated guide explains the ancient art of reading the pulses and details massage practices that synchronize the master pulses with the 52 pulses of the whole body.



Revised Edition of *Sad Dog, Happy Dog*

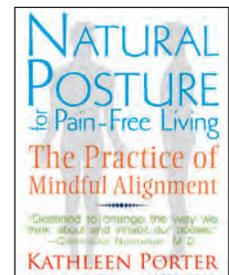
Healthy Posture for Babies and Children

Tools for Helping Children to Sit, Stand, and Walk Naturally

Kathleen Porter
Foreword by Peggy O'Mara

ISBN 978-1-62055-640-5
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192 pages, 8 x 10
Full-color throughout

In this richly illustrated manual for parents, teachers, and kids themselves, movement educator and researcher Kathleen Porter explains how to relearn natural alignment with a simple movement routine that "reminds" the body of its natural patterns.



New Edition of *Ageless Spine, Lasting Health*

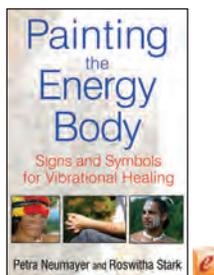
Natural Posture for Pain-Free Living

The Practice of Mindful Alignment

Kathleen Porter
ISBN 978-1-62055-099-1

\$24.95 (CAN \$29.95) pb
320 pages, 8 x 10
Full-color throughout

When the body is aligned as nature intended, supported by the bones rather than the muscles, a blissful release from chronic muscular tension can occur. With full-color diagrams, Kathleen Porter reveals the body's naturally pain-free design, providing easy-to-follow instructions for mindful alignment during the most ordinary daily activities. Includes a chapter on practicing yoga safely.



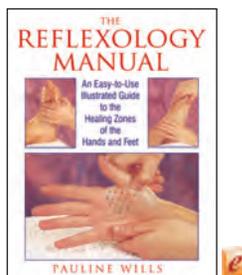
Painting the Energy Body

Signs and Symbols for Vibrational Healing

Petra Neumayer and Roswitha Stark

ISBN 978-1-59477-480-5
\$16.95 (CAN \$19.50) pb
160 pages, 6 x 9
80 b&w illustrations

Symbols have the power to transfer information through energetic vibration. They have long been drawn on the body to stimulate its powers of self-healing, the most ancient example being the 5,000-year-old iceman "Ötzi," who had symbols tattooed over his arthritic joints. This book shows how to use signs directly on areas of pain for quick relief, on bandages to speed healing, and on acupuncture meridians to treat more complex conditions.



The Reflexology Manual

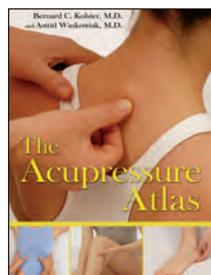
An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet

Pauline Wills

ISBN 978-0-89281-547-0
\$19.95 (CAN \$24.95) 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

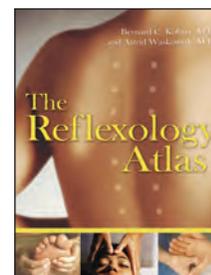


The Acupressure Atlas

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

ISBN 978-1-59477-207-8
\$34.95 (CAN \$41.95) 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, even the common cold.

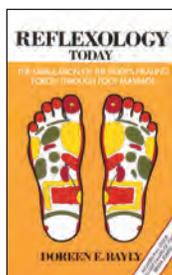


The Reflexology Atlas

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

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.



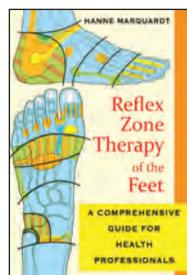
Reflexology Today

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

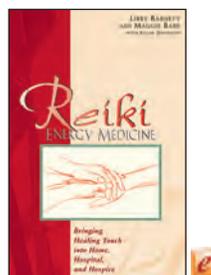
Reflex Zone Therapy of the Feet

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

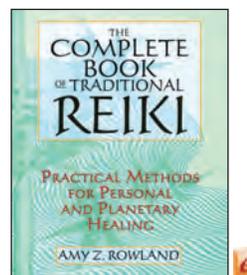
Bringing Healing Touch into Home, Hospital, and Hospice

Libby Barnett and Maggie Babb with Susan Davidson

ISBN 978-0-89281-633-0
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144 pages, 5.88 x 9
25 b&w illustrations

Also available in Spanish (see page 188)

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.



Updated Second Edition of *Traditional Reiki for Our Times*

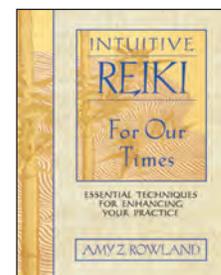
The Complete Book of Traditional Reiki

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.



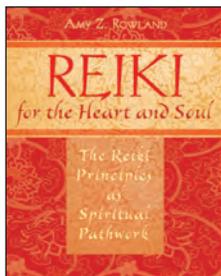
Intuitive Reiki for Our Times

Essential Techniques for Enhancing Your Practice

Amy Z. Rowland

ISBN 978-1-59477-099-9
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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.



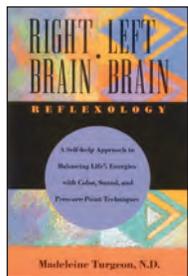
Reiki for the Heart and Soul

The Reiki Principles as Spiritual Pathwork

Amy Z. Rowland

ISBN 978-1-59477-252-8
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256 pages, 8 x 10
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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.

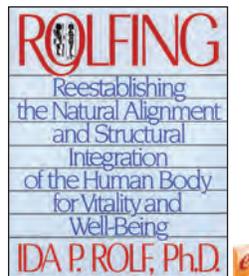


Right Brain/Left Brain Reflexology

Madeleine Turgeon, N.D.

ISBN 978-0-89281-432-9
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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.



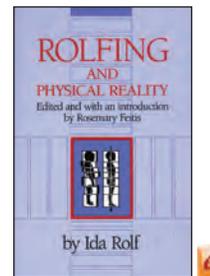
Rolfing

Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being

Ida P. Rolf, Ph.D.

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304 pages, 8 x 10
600 b&w illustrations and photographs

In this new edition of her seminal work, the late Dr. Rolf illustrates her theory and practice of Structural Integration, which brings the body into alignment and balance by manipulation of the connective tissue. This is the original and classic text, with more than 600 illustrations and photographs. An indispensable reference.

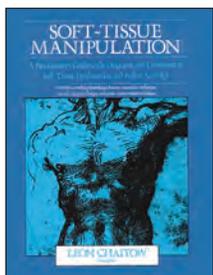


Rolfing and Physical Reality

Ida P. Rolf, Ph.D.

ISBN 978-0-89281-380-3
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224 pages, 5.38 x 8.25

A self-portrait of the warm, wise woman who created the therapy that bears her name. Here, Ida Rolf tells of her life and the wonder of the human body, and explains her technique of manipulating muscle tissue to induce correct alignment in the body.



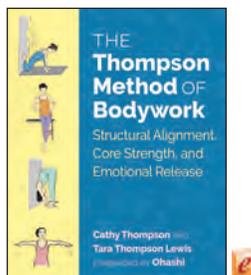
Soft-Tissue Manipulation

A Practitioner's Guide to the Diagnosis and Treatment of Soft-Tissue Dysfunction and Reflex Activity

Leon Chaitow, D.O., N.D.

ISBN 978-0-89281-276-9
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272 pages, 7.38 x 9.75
70 two-color illustrations

As techniques of physiotherapy have evolved and distinctions between methodologies have blurred, greater emphasis has been placed on Soft-Tissue Manipulation. Dr. Chaitow provides practitioners and students with up-to-date and complete information on the varieties of diagnostic and therapeutic techniques. Revised and expanded, this is a complete and indispensable textbook for all students and therapists.



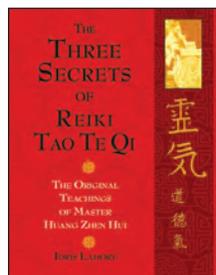
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Structural Alignment, Core Strength, and Emotional Release

Cathy Thompson and
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Foreword by Ohashi
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Developed by bodywork therapist Cathy Thompson, the Thompson Method heals pain in the physical body through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Includes 90 illustrated exercises to release body tensions, realign and strengthen the body, and release the vocal mechanism.



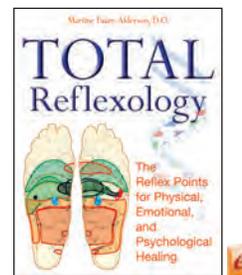
The Three Secrets of Reiki Tao Te Qi

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.



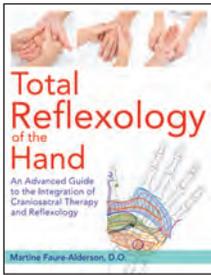
Total Reflexology

The Reflex Points for Physical, Emotional, and Psychological Healing

Martine Faure-Alderson, D.O.

ISBN 978-1-59477-247-4
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176 pages, 8.5 x 11
Full-color throughout

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.



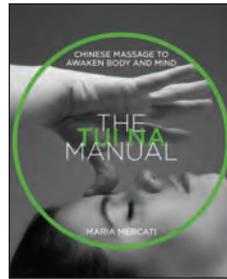
Total Reflexology of the Hand

An Advanced Guide to the Integration of Craniosacral Therapy and Reflexology

Martine Faure-Alderson, D.O.

ISBN 978-1-62055-531-6
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Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands.



New—June 2018

New edition of The Handbook of Chinese Massage

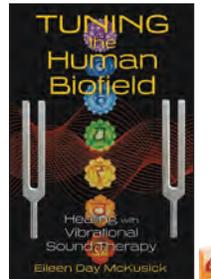
The Tui Na Manual

Chinese Massage to Awaken Body and Mind

Maria Mercati

ISBN 978-1-62055-749-5
\$19.99 (CAN \$24.99) paper with French flaps
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Full-color throughout

Tui Na is a Chinese system of massage therapy to relieve pain, release tension, treat common ailments, and stimulate the overall flow of qi, or vital energy, throughout the body. This illustrated guide includes full-color photos with detailed step-by-step instructions to demonstrate each Tui Na technique and ways to work with the qi-points.



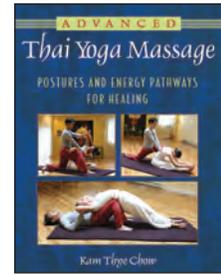
Tuning the Human Biofield

Healing with Vibrational Sound Therapy

Eileen Day McKusick

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32 b&w illustrations

When Eileen McKusick began offering sound therapy in her massage practice she discovered she could use tuning forks to locate disturbances in the energy field of her clients, disturbances that correlated with traumas her clients had experienced. Passing the forks through the biofield can correct distorted vibrational energy and impart predictable and immediate relief from pain and stress.



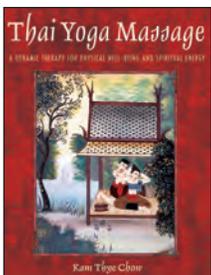
Advanced Thai Yoga Massage

Postures and Energy Pathways for Healing

Kam Thyé Chow

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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.



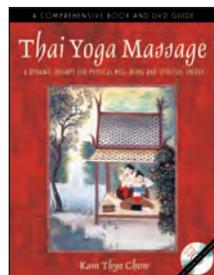
Thai Yoga Massage

A Dynamic Therapy for Physical Well-Being and Spiritual Energy

Kam Thyé Chow

Only Available as an Ebook through most Ebook sellers

In this comprehensive guide for practitioners, Kam Thyé Chow leads readers through every aspect of this unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy, from its history and philosophy to an illustrated presentation of a complete Thai yoga massage session. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition.



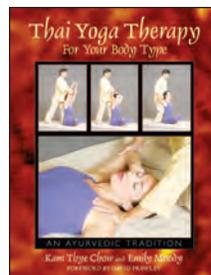
Thai Yoga Massage

A Dynamic Therapy for Physical Well-Being and Spiritual Energy Book & DVD Set

Kam Thyé Chow

ISBN 978-0-89281-146-5
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160 pages, 8.5 x 11
144 b&w photographs and 49 b&w illustrations
Includes 45-minute DVD

In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. In this paperback edition of *Thai Yoga Massage*, Kam Thyé Chow leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed photographs, and he also demonstrates the techniques in the accompanying DVD.



Thai Yoga Therapy for Your Body Type

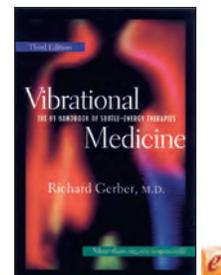
An Ayurvedic Tradition

Kam Thyé Chow and Emily Moody

Foreword by David Frawley

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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.



Third Edition

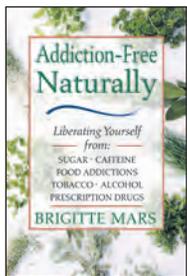
Vibrational Medicine

The #1 Handbook of Subtle-Energy Therapies

Richard Gerber, M.D.

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608 pages, 6 x 9
40 b&w illustrations

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



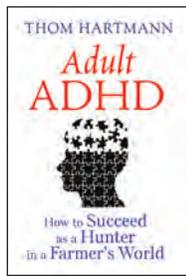
Addiction-Free Naturally

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.



New Edition of *ADHD Secrets of Success*

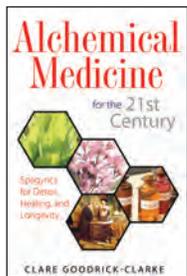
Adult ADHD

How to Succeed as a Hunter in a Farmer's World

Thom Hartmann

ISBN 978-1-62055-575-0
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144 pages, 6 x 9

Learn how to embrace your ADHD traits. In this guide, author Thom Hartmann provides easy-to-follow organizational strategies and tools for ADHD Hunters to set goals, build a business plan, and discover the right business project to keep you motivated.



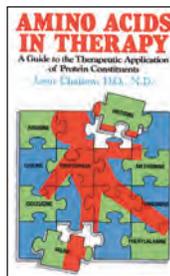
Alchemical Medicine for the 21st Century

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.



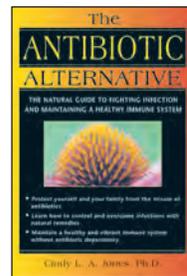
Amino Acids in Therapy

A Guide to the Therapeutic Application of Protein Constituents

Leon Chaitow, D.O., N.D.

ISBN 978-0-89281-287-5
\$14.95 (CAN \$17.95) pb
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.



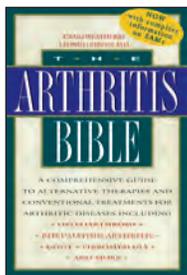
The Antibiotic Alternative

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 \$19.95) 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.



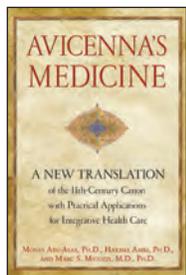
The Arthritis Bible

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.

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\$16.95 (CAN \$19.95) pb
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.



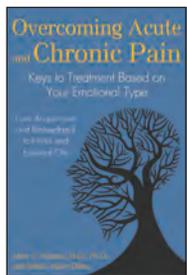
Avicenna's Medicine

A New Translation of the 11th-Century Canon with Practical Applications for Integrative Health Care

Mones Abu-Asab, Ph.D., Hakima Amri, Ph.D., and Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-432-4
\$35.00 (CAN \$39.95) hardcover
480 pages, 6 x 9

Avicenna's *Canon of Medicine* was long ago translated into Latin, Persian, and Urdu, yet many of the inaccuracies from those first translations linger in current English translations. This volume, newly translated directly from the original Arabic, includes detailed commentary to explain current biomedical interpretations of Avicenna's theories and ways to apply his treatments today.



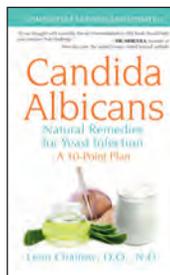
Overcoming Acute and Chronic Pain

Keys to Treatment Based on Your Emotional Type

Marc S. Micozzi, M.D., Ph.D., and Sebhia Marie Dibra

ISBN 978-1-62055-563-7
\$18.95 (CAN \$23.95) pb
288 pages, 6 x 9

In this guide to safe and effective natural therapies for acute and chronic pain, find the holistic treatment that will work best for you based on your emotional type and specific pain condition. Authors Marc S. Micozzi, M.D., Ph.D., and Sebhia Marie Dibra, provide an easy questionnaire and an interactive self-assessment.



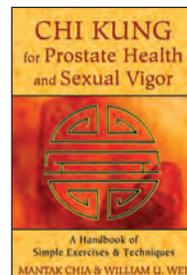
Candida Albicans

Natural Remedies for Yeast Infection

Leon Chaitow, D.O., N.D.

ISBN 978-1-62055-581-1
\$12.95 (CAN \$15.95) pb
192 pages, 5.38 x 8.25

Today's all-too-common sugar-rich diet along with widespread use of antibiotics, antacids, contraceptive pills, and steroids can lead to a proliferation of this parasitic yeast within the body. Dr. Leon Chaitow explains how to recognize if yeast is your problem and offers a 10-point program to control *Candida* naturally with enzymes and herbs.



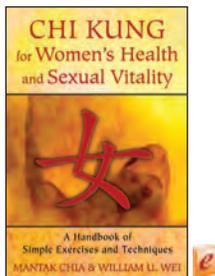
Chi Kung for Prostate Health and Sexual Vigor

A Handbook of Simple Exercises and Techniques

Mantak Chia and William U. Wei

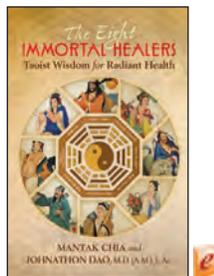
ISBN 978-1-62055-227-8
\$16.95 (CAN \$19.95) pb
176 pages, 6 x 9
112 b&w illustrations

Age need not be a death sentence for men's sexual health and vitality. Mantak Chia and William U. Wei explain how to use Chi Kung to maintain a flourishing sex life well into old age, reduce prostate enlargement and prevent prostate gland cancer. They provide daily exercise routines as well as guidance on nutritional supplements.



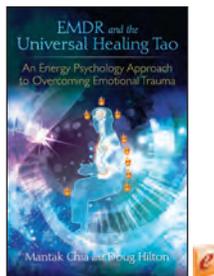
Chi Kung for Women's Health and Sexual Vitality
A Handbook of Simple Exercises and Techniques

Mantak Chia and William U. Wei
ISBN 978-1-62055-225-4
\$16.95 (CAN \$20.50) pb
192 pages, 6 x 9
135 b&w illustrations
This fully illustrated guide explains how to use Chi Kung to restore sexual vigor to the female reproductive system. It provides protocols that clear energy blockages that lead to sexual dysfunction and illness, including advanced Kegel-type exercises using a jade egg that stimulate age-delaying hormones and strengthen the pelvic floor; dietary guidance; restorative cleanses; and herbal remedies.



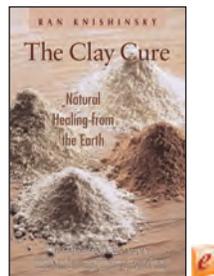
The Eight Immortal Healers
Taoist Wisdom for Radiant Health

Mantak Chia and Johnathon Dao, M.D. (A.M.), L.Ac.
ISBN 978-1-62055-650-4
\$19.95 (CAN \$24.95) pb
416 pages, 6 x 9
92 b&w illustrations
The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. By following the Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments, and live life to the fullest.



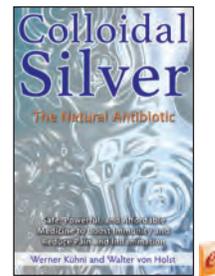
EMDR and the Universal Healing Tao
An Energy Psychology Approach to Overcoming Emotional Trauma

Mantak Chia and Doug Hilton
ISBN 978-1-62055-551-4
\$19.95 (CAN \$24.95) pb
224 pages, 6 x 9
Full-color throughout
Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. In this guide, Master Mantak Chia and Doug Hilton provide illustrated step-by-step instructions through combining the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao.



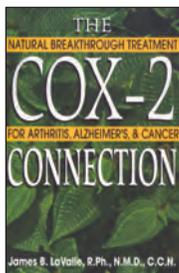
The Clay Cure
Natural Healing from the Earth

Ran Knishinsky
ISBN 978-0-89281-775-7
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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.



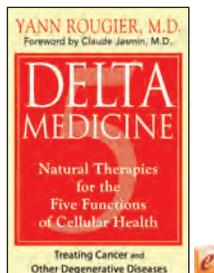
Colloidal Silver
The Natural Antibiotic

Werner Kühni and Walter von Holst
ISBN 978-1-62055-500-2
\$14.95 (CAN \$17.95) pb
160 pages, 6 x 9
14 b&w illustrations
Colloidal silver was widely used as a natural antibiotic until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. In this complete guide, the authors detail the correct dosages and applications for specific ailments and for daily use and explain what to look for when purchasing colloidal silver.



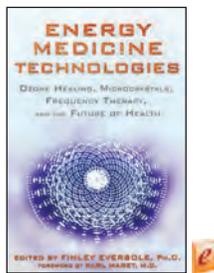
The Cox-2 Connection
Natural Breakthrough Treatment for Arthritis, Alzheimers & Cancer

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.



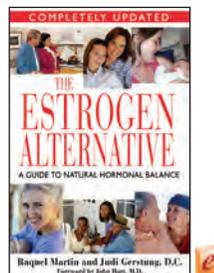
Delta Medicine
Natural Therapies for the Five Functions of Cellular Health

Yann Rougier, M.D.
Foreword by Claude Jasmin, M.D.
ISBN 978-1-59477-464-5
\$18.95 (CAN \$21.50) pb
272 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.



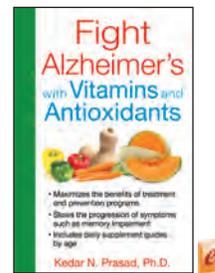
Energy Medicine Technologies
Ozone Healing, Microcrystals, Frequency Therapy, and the Future of Health

Edited by Finley Eversole, Ph.D.
Foreword by Karl Maret, M.D.
ISBN 978-1-62055-102-8
\$18.95 (CAN \$21.95) pb
368 pages, 6 x 9
40 b&w illustrations
This book presents a compendium of revolutionary discoveries that have been suppressed by the medical-pharmaceutical complex including the use of microcrystals to harmonize the energies of body and mind, the cancer-curing electromedicine of Royal Raymond Rife, and technologies for tapping into the healing antioxidant electrons of the Earth.



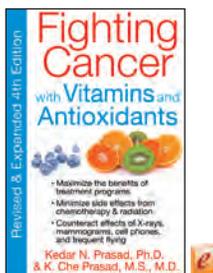
The Estrogen Alternative
A Guide to Natural Hormonal Balance

Fourth Edition
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 182)
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.



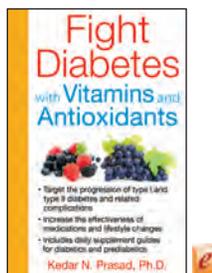
Fight Alzheimer's with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.
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208 pages, 6 x 9
Vitamin and antioxidant supplements in synergistic combinations can greatly increase the effectiveness of standard medical treatments for Alzheimer's as well as delay or even prevent onset despite a family history of the disease. This book provides a daily supplement regime that can stop the progression of Alzheimer's and related complications such as altered sleep patterns and depression.



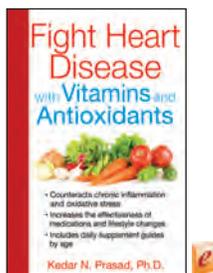
Revised and Expanded 4th Edition
Fighting Cancer with Vitamins and Antioxidants
 Kedar N. Prasad, Ph.D., and K. Che Prasad, M.S., M.D.

ISBN 978-1-59477-423-2
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 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.



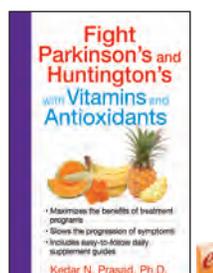
Fight Diabetes with Vitamins and Antioxidants
 Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-166-0
 \$16.95 (CAN \$20.50) pb
 240 pages, 6 x 9
 The proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of medical treatments for both type I and type II diabetes and can help prevent onset in those who are prediabetic. Chronic inflammation, oxidative stress, and free radical damage are the chief culprits for the progression of diabetes and this book provides an easy-to-follow daily supplement regime, in multiple age groups, that targets free radical damage and cell injury.



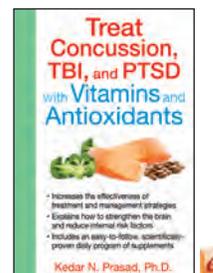
Fight Heart Disease with Vitamins and Antioxidants
 Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-296-4
 \$16.95 (CAN \$20.50) pb
 240 pages, 6 x 9
 This practical scientific guide details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments for heart disease. It provides an easy-to-follow daily supplement regime to target free radical damage, and debunks the dismissals of the medical community whose studies focused on specific micronutrients rather than synergistic combinations.



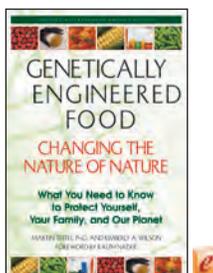
Fight Parkinson's and Huntington's with Vitamins and Antioxidants
 Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-433-3
 \$16.95 (CAN \$20.50) pb
 240 pages, 6 x 9
 Researcher Kedar N. Prasad, Ph.D. details how the proper combinations of vitamin and antioxidant supplements, along with polyphenic compounds such as curcumin and resveratrol, can greatly increase the effectiveness of standard medical treatments for both Parkinson's and Huntington's disease.



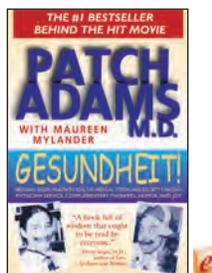
Treat Concussion, TBI, and PTSD with Vitamins and Antioxidants
 Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-435-7
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 Kedar N. Prasad, Ph.D., reveals the latest discoveries on the use of antioxidants and micronutrients to manage and prevent concussive injury, TBI, and PTSD. Includes an easy-to-follow supplement program, outlining the correct daily amounts and proper combinations of vitamins, antioxidants, micronutrients, and polyphenolic compounds.



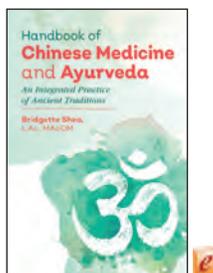
Genetically Engineered Food: Changing the Nature of Nature
What You Need to Know to Protect Yourself, Your Family, and Our Planet
 Martin Teitel, Ph.D., and Kimberly A. Wilson
 Only available as an Ebook through most Ebook sellers

Also available in Spanish (see page 182)
 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.



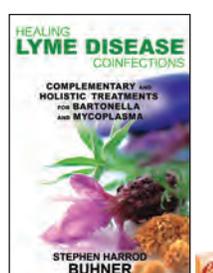
Gesundheit!
Bringing Good Health to You, the Medical System, and Society through Physician Service, Complementary Therapies, Humor, and Joy
 Patch Adams, M.D., with Maureen Mylander
 ISBN 978-0-89281-781-8
 \$14.95 (CAN \$17.95) pb
 256 pages, 6 x 9, 17 b&w photographs

Also available in Spanish (see page 185)
 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.



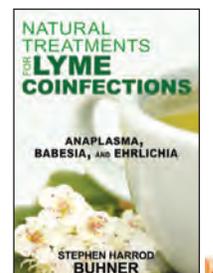
Handbook of Chinese Medicine and Ayurveda
An Integrated Practice of Ancient Healing Traditions
 Bridgette Shea, L.Ac., MACOM
 ISBN 978-1-62055-616-0
 \$29.99 (CAN \$37.50) hardcover
 384 pages, 6 x 9
 27 b&w illustrations

New—July 2018
 Drawing on the shared roots and spiritual principles of Chinese medicine and Ayurveda, Bridgette Shea shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. Includes tools for self-assessment, breathing exercises, dietary regimens, herbal recommendations, and detoxification guidelines.



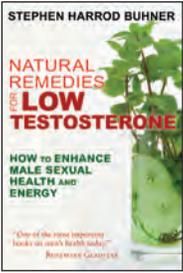
Healing Lyme Disease Coinfections
Complementary and Holistic Treatments for Bartonella and Mycoplasma
 Stephen Harrod Buhner
 ISBN 978-1-62055-008-3
 \$19.95 (CAN \$24.00) pb
 512 pages, 6 x 9

Each year there are nearly 250,000 new Lyme disease infections, only ten percent of which will be accurately diagnosed due to the presence of other tick-borne infections, the most common of which can send the immune system into an uncontrolled response. Stephen Buhner reveals how to treat these coinfections using natural methods centered on herbs and supplements.



Natural Treatments for Lyme Coinfections
Anaplasma, Babesia, and Ehrlichia
 Stephen Harrod Buhner

ISBN 978-1-62055-258-2
 \$19.95 (CAN \$23.95) pb
 448 pages, 6 x 9
 There are nearly 250,000 new Lyme disease infections each year, only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, three of which—Babesia, Ehrlichia, and Anaplasma—are newly emergent. Stephen Buhner examines the complex synergy between these infections and details effective natural holistic treatments centered on herbs and supplements.



New Edition of *The Natural Testosterone Plan*

Natural Remedies for Low Testosterone

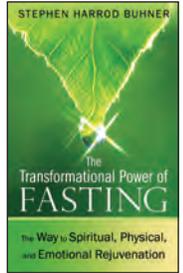
How to Enhance Male Sexual Health and Energy

Stephen Harrod Buhner

ISBN 978-1-62055-504-0
\$14.95 (CAN \$17.95) pb
192 pages, 6 x 9

Also available in Spanish (see page 186)

Testosterone-blocking estrogen agents are present in insecticides, pharmaceuticals, and foods, altering the fine balance of testosterone in men. This book shows how men can maintain their testosterone levels as they age using phytoandrogens—plant medicines that contain male hormones—to safely remedy the depletion exerted by the modern environment.



New Edition of *The Fasting Path*

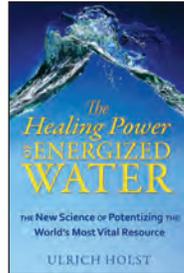
The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

ISBN 978-1-59477-466-9
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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.



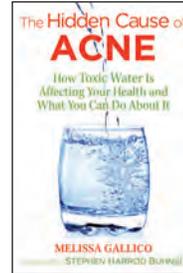
The Healing Power of Energized Water

The New Science of Potentizing the World's Most Vital Resource

Ulrich Holst

ISBN 978-1-59477-338-9
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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—May 2018

New Edition

The Hidden Cause of Acne

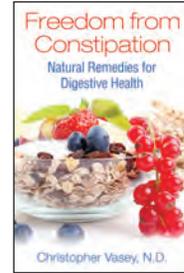
How Toxic Water Is Affecting Your Health and What You Can Do about It

Melissa Gallico

Foreword by Stephen Harrod Buhner

ISBN 978-1-62055-709-9
\$16.99 (CAN \$21.50) pb
272 pages, 6 x 9

Offering a guide to freeing yourself from persistent adult acne, FBI intelligence specialist Melissa Gallico explains how she pinpointed exactly what was causing her treatment-resistant flare-ups: fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid these items and displace fluoride stored in your bones.



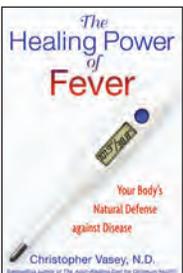
Freedom from Constipation

Natural Remedies for Digestive Health

Christopher Vasey, N.D.

ISBN 978-1-62055-585-9
\$14.95 (CAN \$18.95) pb
192 pages, 5.38 x 8.25
60 b&w illustration

In *Freedom from Constipation*, Christopher Vasey details the eight main causes of constipation and offers advice to determine the right natural remedy for your unique case. He reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.



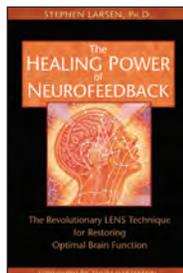
The Healing Power of Fever

Your Body's Natural Defense against Disease

Christopher Vasey, N.D.

ISBN 978-1-59477-437-9
\$12.95 (CAN \$14.50) pb
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.



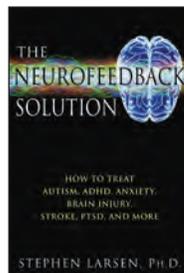
The Healing Power of Neurofeedback

The Revolutionary LENS Technique for Restoring Optimal Brain Function

Stephen Larsen, Ph.D.

Foreword by Thom Hartmann
ISBN 978-1-59477-084-5
\$29.95 (CAN \$34.95) 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.



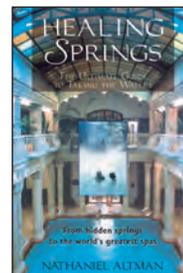
The Neurofeedback Solution

How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More

Stephen Larsen, Ph.D.

ISBN 978-1-59477-366-2
\$19.95 (CAN \$22.50) pb
424 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.



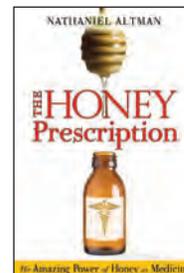
Healing Springs

The Ultimate Guide to Taking the Waters

Nathaniel Altman

ISBN 978-0-89281-836-5
\$18.95 (CAN \$29.95) pb
336 pages, 6 x 9
95 color photographs and 26 b&w illustrations

An abundance of medical evidence shows that in addition to relieving stress, mineral waters can help the body heal itself from liver and kidney problems, skin diseases, arthritis, and a host of other ailments. This guide to "taking the waters" presents more than 200 of the best hot springs and mineral springs in the world.



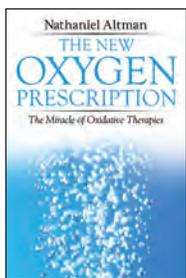
The Honey Prescription

The Amazing Power of Honey as Medicine

Nathaniel Altman

ISBN 978-1-59477-346-4
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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 Updated Edition of *The Oxygen Prescription*

The New Oxygen Prescription

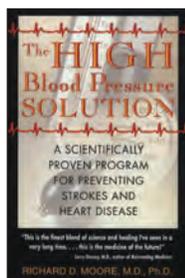
The Miracle of Oxidative Therapies

Nathaniel Altman

ISBN 978-1-62055-607-8
\$19.95 (CAN \$24.95) pb
512 pages, 6 x 9
24 b&w illustrations

First edition also available in Spanish (see page 189)

This updated guide to the latest research in oxygen therapies explores the effectiveness of oxidative therapies for treating conditions including heart disease, cancer, HIV, hepatitis, diabetes, MS, macular degeneration, herniated discs, arthritis, Alzheimer's, Crohn's, candida, emphysema, and eczema.



Second Edition

The High Blood Pressure Solution

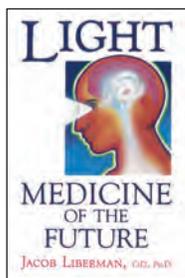
A Scientifically Proven Program for Preventing Strokes and Heart Disease

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

ISBN 978-0-89281-975-1
\$16.95 (CAN \$19.95) pb
400 pages, 6 x 9
20 b&w illustrations

First edition also available in Spanish (see page 189)

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.



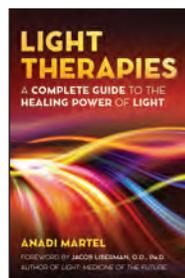
Light: Medicine of the Future

How We Can Use It to Heal Ourselves NOW

Jacob Liberman, O.D., Ph.D.

ISBN 978-1-879181-01-4
\$19.95 (CAN \$24.95) pb
304 pages, 6 x 9
Includes two 8-page color inserts

Light: Medicine of the Future challenges the modern myth that the sun is dangerous to our well-being. Dr. Liberman has worked effectively with more than 15,000 individuals, using light in the treatment of cancer, depression, stress, visual problems, PMS, sexual dysfunction, learning disabilities, and the human immune system.



New—May 2018

Light Therapies

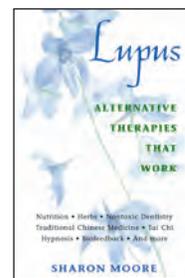
A Complete Guide to the Healing Power of Light

Anadi Martel

Foreword by Jacob Liberman, O.D., Ph.D.

ISBN 978-1-62055-729-7
\$24.99 (CAN \$31.50) pb
384 pages, 6 x 9
Full-color throughout

Sharing his 30 years of research, Anadi Martel demonstrates light's incredible effects on the physical, energetic, and cognitive dimensions of life. He examines several forms of light therapy and explains how to get optimal benefits from sunlight and avoid the health risks of new artificial lighting such as compact fluorescents.



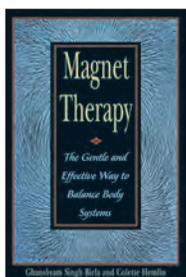
Lupus

Alternative Therapies That Work

Sharon Moore

ISBN 978-0-89281-889-1
\$16.95 (CAN \$19.95) 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.



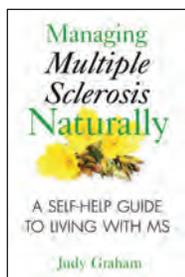
Magnet Therapy

The Gentle and Effective Way to Balance Body Systems

Ghanshyam Singh Birla with Colette Hemlin

ISBN 978-0-89281-841-9
\$12.95 (CAN \$18.95) pb
160 pages, 6 x 9
37 b&w illustrations

Modern scientific studies confirm that humans are strongly influenced by magnetic fields and that stiff joints, headaches, insomnia, and fatigue can all be relieved with magnet therapy. The authors show how to use magnets to increase oxygenation in the blood, lower cholesterol, enhance cellular regeneration, and even inhibit tumor growth.



Revised and Updated Edition of *Multiple Sclerosis*

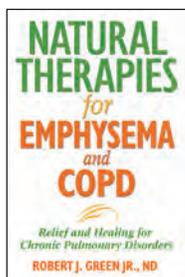
Managing Multiple Sclerosis Naturally

A Self-help Guide to Living with MS

Judy Graham

ISBN 978-1-59477-290-0
\$19.95 (CAN \$23.95) pb
384 pages, 6 x 9
15 b&w illustrations

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.



Natural Therapies for Emphysema and COPD

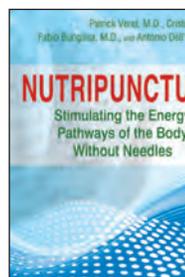
Relief and Healing for Chronic Pulmonary Disorders

Robert J. Green Jr., ND, RRT

ISBN 978-1-59477-163-7
\$16.95 (CAN \$19.95) pb
208 pages, 6 x 9
8 b&w illustrations

Also available in Spanish (see page 189)

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.



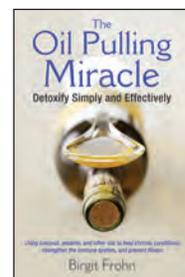
Nutripuncture

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
258 pages, 7.5 x 9
Includes 2-page color insert and 34 b&w illustrations

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.



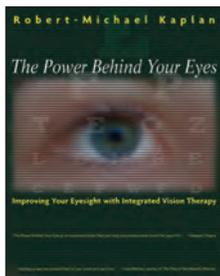
The Oil Pulling Miracle

Detoxify Simply and Effectively

Birgit Frohn

ISBN 978-1-62055-327-5
\$12.95 (CAN \$15.95) pb
128 pages, 5.38 x 8.25
Full-color throughout

Oil pulling, the practice of swishing coconut oil or other oils in the mouth, leads to better dental and gum health, a stronger immune system, and detoxification of major organs. Includes a step-by-step 7-day detox plan for those who want to maximize the effects of oil pulling and accelerate their return to better health.



The Power Behind Your Eyes

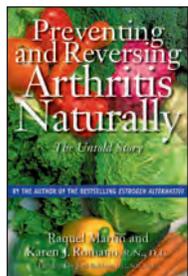
Improving Your Eyesight with Integrated Vision Therapy

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 187)

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

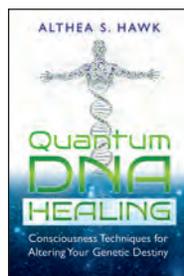
Raquel Martin and
Karen J. Romano, R.N., D.C.

ISBN 978-0-89281-891-4
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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 *The 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.



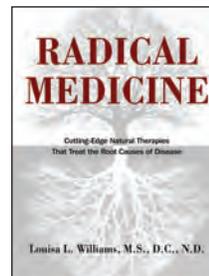
Quantum DNA Healing

Consciousness Techniques for Altering Your Genetic Destiny

Althea S. Hawk

ISBN 978-1-59143-287-6
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240 pages, 6 x 9

Consciousness and quantum energies affect genetic expression and the development of disease and chronic health conditions. Althea S. Hawk explores mind-body techniques to re-encode your DNA, such as sound and breath work, DNA marker removal, recalibration of Akashic information, and cellular communication exercises that readers can apply to their own healing journeys.



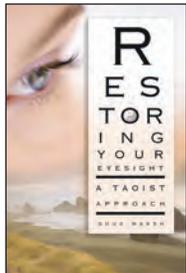
Radical Medicine

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.



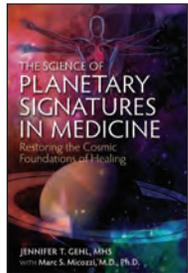
Restoring Your Eyesight

A Taoist Approach

Doug Marsh

ISBN 978-1-59477-150-7
\$16.95 (CAN \$19.95) pb
240 pages, 6 x 9

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. He combines proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism to provide guidelines for a holistic healing of outer and inner vision.



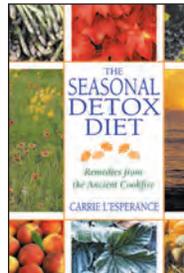
The Science of Planetary Signatures in Medicine

Restoring the Cosmic Foundations of Healing

Jennifer T. Gehl, MHS, with
Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-62055-498-2
\$19.95 (CAN \$24.95) pb
272 pages, 6 x 9
100 b&w illustrations

In this comprehensive guide, Jennifer Gehl, with Marc Micozzi, explores the cosmic influences that underlie health and healing, including how ancient and modern traditions interconnect through the doctrine of signature, "As above, so below." The authors reveal how to restore the cosmic foundations of healing for personal, planetary, and universal health and wellbeing.



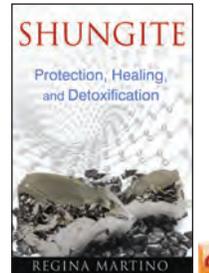
The Seasonal Detox Diet

Remedies from the Ancient Cookfire

Carrie L'Esperance

ISBN 978-0-89281-982-9
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280 pages, 7 x 9

Unlike modern notions of fasting, the concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain.



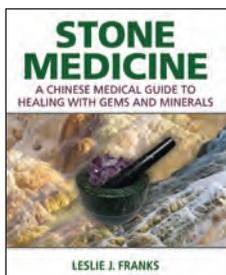
Shungite

Protection, Healing, and Detoxification

Regina Martino

ISBN 978-1-62055-260-5
\$16.95 (CAN \$19.95) pb
168 pages, 6 x 9
Includes 8-page color insert and 30 b&w illustrations

Found near the small village of Shunga in Russia, shungite formed naturally more than two billion years ago from living single-cell organisms. It contains almost the entire periodic table of the elements as well as fullerenes, the molecules that are able to slow both the growth of cancer cells and the development of the AIDS virus. Shungite's protective and healing properties include the counteracting of radiation from cell phones, water purification, and the harmonization of living spaces.



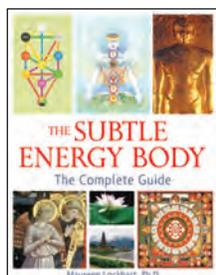
Stone Medicine

A Chinese Medical Guide to Healing with Gems and Minerals

Leslie J. Franks

ISBN 978-1-62055-529-3
\$60.00 (CAN 72.00) hardcover
544 pages, 8.5 x 11
Includes 32-page color insert
and 40 b&w illustrations

Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Leslie Franks explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. Including a thorough primer on Traditional Chinese Medicine, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.



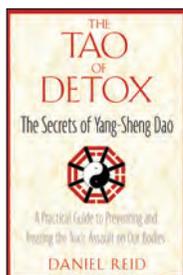
The Subtle Energy Body

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.



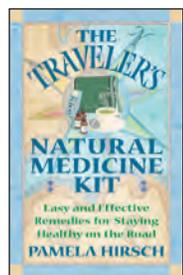
The Tao of Detox

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.



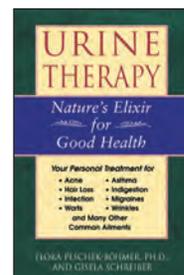
The Traveler's Natural Medicine Kit

Easy and Effective Remedies for Staying Healthy on the Road

Pamela Hirsch

ISBN 978-0-89281-947-8
\$12.00 (CAN \$14.00) 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.



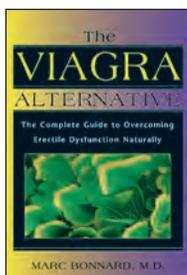
Urine Therapy

Nature's Elixir for Good Health

Flora Peschek-Böhmer, Ph.D., and Gisela Schreiber

ISBN 978-0-89281-799-3
\$14.95 (CAN \$17.95) 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.



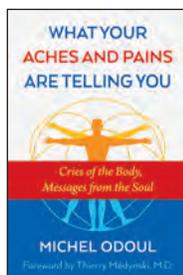
The Viagra Alternative

The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, M.D.

ISBN 978-0-89281-789-4
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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.



New—Available What Your Aches and Pains Are Telling You

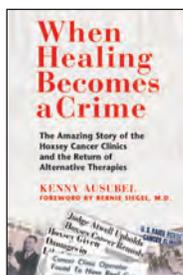
Cries of the Body, Messages from the Soul

Michel Odoul

Foreword by Thierry Médyanski, M.D.

ISBN 978-1-62055-675-7
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208 pages, 6 x 9
24 b&w illustrations

Revealing the clear correspondences between emotional and mental tensions and specific ailments of the body, the author shows how the part of the body affected pinpoints what your soul is trying to tell you and what you need to work through emotionally. Includes a reference grid of body-mind connections.



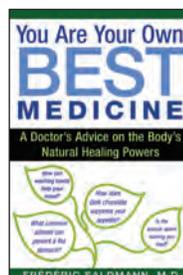
When Healing Becomes a Crime

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 \$23.95) 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.



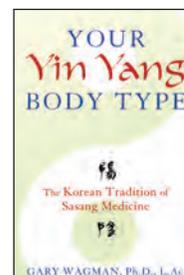
You Are Your Own Best Medicine

A Doctor's Advice on the Body's Natural Healing Powers

Frédéric Saldmann, M.D.

ISBN 978-1-62055-429-6
\$14.95 pb
208 pages, 6 x 9

Frédéric Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body's natural healing powers and address common ailments. Among other things he explains how washing your hands helps your mood; why hitting snooze on your alarm makes you tired; how dark chocolate helps you lose weight; which sleep position increases your risk of cancer; and how kissing boosts the immune system.



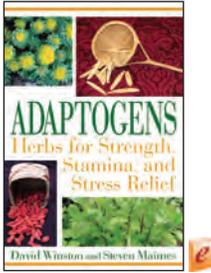
Your Yin Yang Body Type

The Korean Tradition of Sasang Medicine

Gary Wagman, Ph.D., L.Ac.

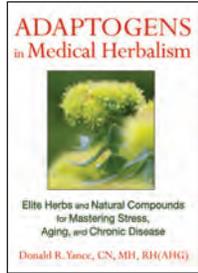
ISBN 978-1-62055-370-1
\$19.95 (CAN \$23.95) pb
416 pages, 6 x 9
120 b&w illustrations

The ancient Korean art of Sasang medicine explains how we each are born with a specific body "type" that establishes our physical and emotional strengths and weaknesses. These traits have a direct influence on how we interact with others and react to stress, trauma, and illness. Discovering your type with the quizzes in this book can empower you to make the best choices regarding your health and well-being.



Adaptogens
Herbs for Strength, Stamina, and Stress Relief

David Winston and Steven Maimes
ISBN 978-1-59477-158-3
\$18.99 (CAN \$22.99) 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.



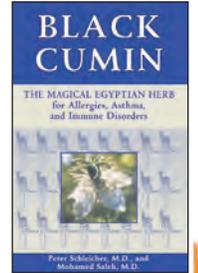
Adaptogens in Medical Herbalism
Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease

Donald R. Yance, CN, MH, RH (AHG)
ISBN 978-1-62055-100-4
\$50.00 (CAN \$57.50) hardcover
672 pages, 8.5 x 11
25 b&w illustrations
This comprehensive reference work joins ancient herbal wisdom and scientific research to reveal how adaptogens can be used to master stress, improve energy levels, and age gracefully, revealing how adaptogenic treatment begins at the cellular level with the mitochondria. Includes 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice.



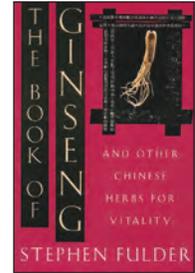
Aloe Vera
Nature's Soothing Healer

Diane Gage
ISBN 978-0-89281-627-9
\$12.95 (CAN \$14.95) pb
128 pages, 5 x 7.75
Also available in Spanish (see page 188)
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.



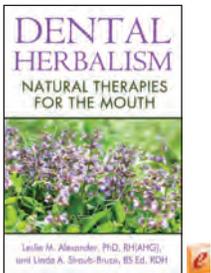
Black Cumin
The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

Peter Schleicher, M.D., and Mohamed Saleh, M.D.
ISBN 978-0-89281-843-3
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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.



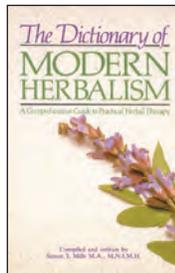
The Book of Ginseng
And Other Chinese Herbs for Vitality

Stephen Fulder, Ph.D.
ISBN 978-0-89281-491-6
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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.



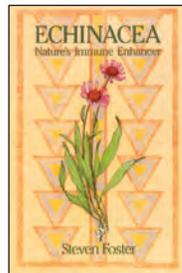
Dental Herbalism
Natural Therapies for the Mouth

Leslie M. Alexander, Ph.D., RH(AHG), and Linda A. Straub-Bruce, BS Ed, RDH
ISBN 978-1-62055-195-0
\$19.95 (CAN \$23.95) pb
488 pages, 6 x 9
Includes 8-page color insert and 50 b&w illustrations
This reference work details how to use 41 safe and effective herbs for optimum oral health. The authors present remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. This book is suitable for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives.



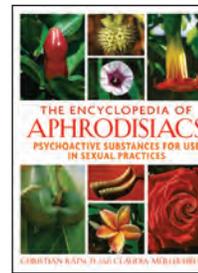
The Dictionary of Modern Herbalism
A Comprehensive Guide to Practical Herbal Therapy

Simon Mills
ISBN 978-0-89281-238-7
\$14.95 (CAN \$17.95) 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.



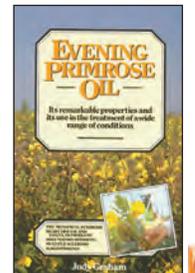
Echinacea
Nature's Immune Enhancer

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.



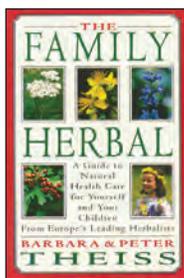
The Encyclopedia of Aphrodisiacs
Psychoactive Substances for Use in Sexual Practices

Christian Rättsch and Claudia Müller-Ebeling
ISBN 978-1-59477-169-9
\$125.00 (CAN \$140.00) hardcover
736 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.

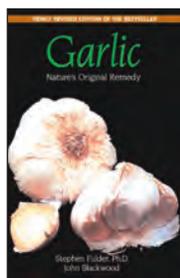


The Family Herbal
A Guide to Natural Health Care for Yourself and Your Children from Europe's Leading Herbalists

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 \$10.95) pb
 144 pages, 5 x 7.75

Also available in Spanish (see page 182)

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.

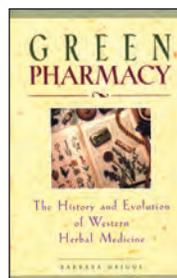


Gemmotherapy
The Science of Healing with Plant Stem Cells

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.

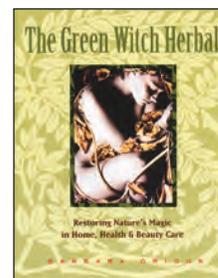


Green Pharmacy
The History and Evolution of Western Herbal Medicine

Barbara Griggs

ISBN 978-0-89281-727-6
 \$24.95 (CAN \$29.95) 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.

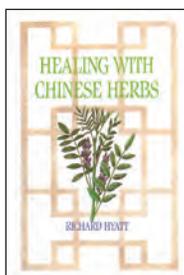


The Green Witch Herbal
Restoring Nature's Magic in Home, Health, and Beauty Care

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.

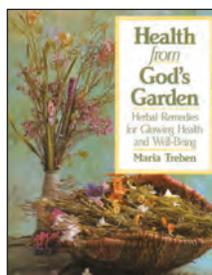


Healing with Chinese Herbs

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.



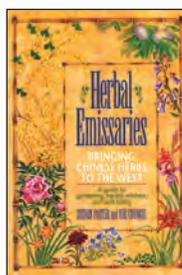
Health from God's Garden

Herbal Remedies for Glowing Health and Well-Being

Maria Treben

ISBN 978-0-89281-235-6
 \$16.95 (CAN \$19.95) pb
 128 pages, 8.5 x 11
 16 color plates

Herbalist Maria Treben reveals the herbal formulas—including Swedish Bitters—that made her famous in Europe, where millions have been healed using her herbal remedies.

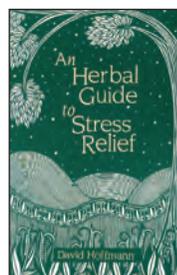


Herbal Emissaries
Bringing Chinese Herbs to the West: A Guide to Gardening, Herbal Wisdom, and Well-Being

Steven Foster and Yue Chongxi

ISBN 978-0-89281-349-0
 \$22.95 (CAN \$26.95) 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.



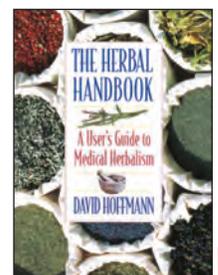
An Herbal Guide to Stress Relief

Gentle Remedies and Techniques for Healing and Calming the Nervous System

David Hoffmann

ISBN 978-0-89281-426-8
 \$16.95 (CAN \$20.95) pb
 192 pages, 5.38 x 8.25

David Hoffmann, author of *Medical Herbalism*, shows how a wide variety of herbs can be used in alleviating the physical and mental problems caused by the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies.



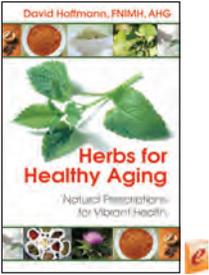
The Herbal Handbook

A User's Guide to Medical Herbalism

David Hoffmann

ISBN 978-0-89281-782-5
 \$16.95 (CAN \$19.95) pb
 240 pages, 6.25 x 8.50

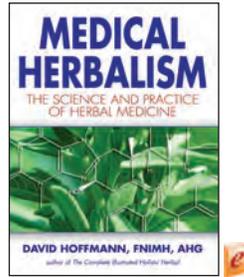
In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.



New Edition of *Herbal Prescriptions after 50*
Herbs for Healthy Aging
Natural Prescriptions for Vibrant Health

David Hoffmann, FNIMH, AHG
 ISBN 978-1-62055-221-6
 \$19.95 (CAN \$24.95) pb
 384 pages, 6 x 9

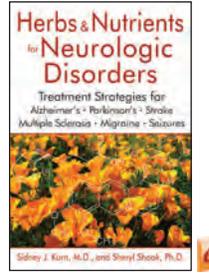
David Hoffmann discusses how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect the body's major systems as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, varicose veins, and arthritis. Herbs can help minimize dependence on conventional medical treatments and provide a safe alternative to the dangers of synthetic drugs.



Medical Herbalism
The Science and Practice of Herbal Medicine

David Hoffmann, FNIMH, AHG
 ISBN 978-0-89281-749-8
 \$60.00 (CAN \$69.95) hardcover
 672 pages, 8.5 x 11
 487 b&w illustrations

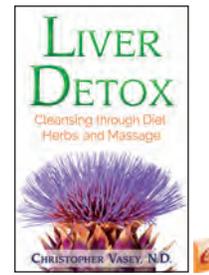
Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect. It also includes information on toxicology, contraindications, and dosages.



Herbs and Nutrients for Neurologic Disorders
Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures

Sidney J. Kurn, M.D. and Sheryl Shook, Ph.D.
 ISBN 978-1-62055-553-8
 \$29.95 (CAN \$35.95) hardcover
 256 pages, 6 x 9

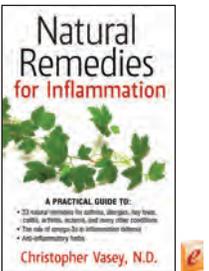
In this guide the authors explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for 6 common neurologic disorders. Integrating neuroscience, biochemistry, herbalism, and clinical experience, the authors lay the scientific foundation for a holistic, naturopathic approach to neurologic disorders.



New—March 2018
Liver Detox
Cleansing through Diet, Herbs, and Massage

Christopher Vasey, N.D.
 ISBN 978-1-62055-699-3
 \$12.99 (CAN \$16.50) pb
 128 pages, 5.38 x 8.25
 10 b&w illustrations

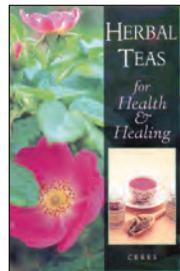
In this practical guide to liver health, Christopher Vasey details how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He also explains specific foods to avoid and includes simple charts and questionnaires to help you determine to what degree your liver function is compromised.



Natural Remedies for Inflammation

Christopher Vasey, N.D.
 ISBN 978-1-62055-323-7
 \$14.95 (CAN \$17.95) pb
 192 pages, 5.38 x 8.25
 Color illustrations throughout

This illustrated guide presents 33 anti-inflammatory herbs and remedies, such as bay laurel, basil, turmeric, propolis, and fish oil, explaining which conditions each addresses most effectively, the proper dosage, and the best methods of ingestion. It shows how to deacidify the body, as acids have an inflammatory effect, and how to use hydrotherapy to calm inflammation.



Herbal Teas for Health and Healing

Ceres
 ISBN 978-0-89281-646-0
 \$9.95 (CAN \$11.95) pb
 96 pages, 5 x 7.75

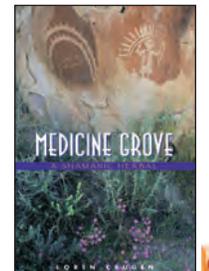
Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an "out-of-gear" system back to complete health. The author describes a wide range of tea-making herbs and gives instructions 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 \$19.95) pb
 296 pages, 6 x 9
 104 b&w illustrations

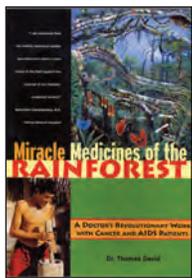
Vermont herbalist Dawson traces the human-plant relationship through the seasons, providing practical and enlightening information about every aspect of herbalism. Includes chapters on how to identify, collect, and preserve herbs as well as detailed illustrations of plants and their anatomy.



Medicine Grove
A Shamanic Herbal

Loren Cruden
 ISBN 978-0-89281-647-7
 \$16.95 (CAN \$19.95) pb
 224 pages, 6 x 9

Loren Cruden combines her first-hand experience as an herbalist with a profound knowledge of indigenous tradition to bring us a sacred herbal. With listings for every common herb and many wild plants in North America, she explains which plants are best for seasonal ceremonies and making offerings, and tells how to purify a sacred space. She covers topics such as vision quests, consciousness-altering, and the special connections between certain herbs and totem animals.



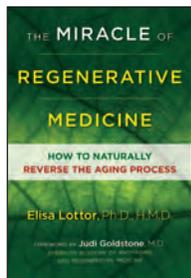
Miracle Medicines of the Rainforest

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.



**New—Available
The Miracle of Regenerative Medicine**

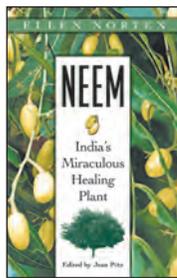
How to Naturally Reverse the Aging Process

Elisa Lottor, Ph.D., HMD

Foreword by
Judi Goldstone, M.D.

ISBN 978-1-62055-6030
\$18.95 (CAN \$23.95) pb
320 pages, 6 x 9

Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and epigenetics and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many other regenerative therapies.



**Neem
India's Miraculous Healing Plant**

Ellen Norten

Edited by Jean Pütz

ISBN 978-0-89281-837-2
\$9.95 (CAN \$11.95) 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. Effective in the treatment of fever, malaria, skin diseases, dental problems, diabetes, arthritis, and jaundice, it is also a natural pesticide hailed by many for its diverse ecological benefits.



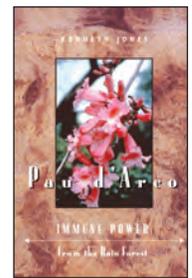
Of People and Plants

The Autobiography of Europe's Most Celebrated Healer

Maurice Mességué

ISBN 978-0-89281-437-4
\$19.95 (CAN \$23.95) pb
336 pages, 5.38 x 8.25

This autobiography, flavored by Mességué'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.

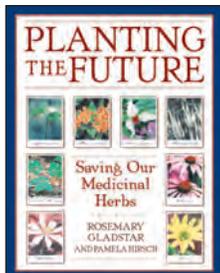


**Pau d'Arco
Immune Power from the Rain Forest**

Kenneth Jones

ISBN 978-0-89281-497-8
\$12.95 (CAN \$15.95) pb
160 pages, 5 x 7.75

Traditionally used to treat a wide range of ailments, the bark of the pau d'arco tree is today widely used as an immunostimulant. Many have found it to be particularly valuable in managing allergies associated with *Candida*. Kenneth Jones describes the usage of pau d'arco in South American folk medicine, and gives clear directions for its preparation as a tea and as an extract.



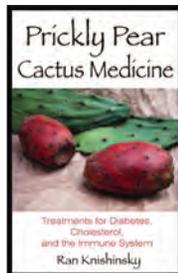
Planting the Future

Saving Our Medicinal Herbs

Edited by Rosemary Gladstar and Pamela Hirsch

ISBN 978-0-89281-894-5
\$29.95 (CAN \$35.95) 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

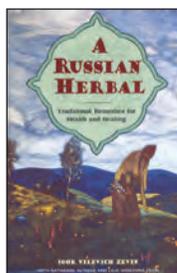
Treatments for Diabetes, Cholesterol, and the Immune System

Ran Knishinsky

ISBN 978-0-89281-149-6
\$12.95 (CAN \$15.95) pb
144 pages, 5 x 7.75

Also available in Spanish (see page 189)

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.



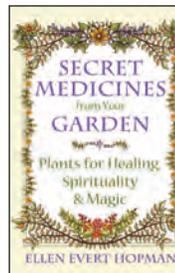
A Russian Herbal

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

Blessed with a wide variety of climates, geography, and flora, Russia has a rich folk tradition of herbal healing that is among the most sophisticated in the world. A Russian Herbal explains the folkways, properties, and uses of the best-known Russian herbs—widely available in North America, Europe, and Australia.



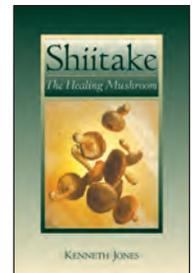
Secret Medicines from Your Garden

Plants for Healing, Spirituality, and Magic

Ellen Evert Hopman

ISBN 978-1-62055-557-6
\$19.95 (CAN \$23.95) pb
384 pages, 6 x 9
Includes four 8-page color inserts and 7 b&w illustrations

Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals. She reveals the herbal lore surrounding each plant, drawing on traditional knowledge and remedies from around the world.

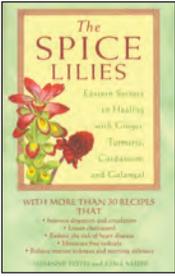


**Shiitake
The Healing Mushroom**

Kenneth Jones

ISBN 978-0-89281-499-2
\$12.95 (CAN \$17.95) pb
128 pages, 5 x 7.75

The shiitake is a highly prized food, yet few are aware of its important role in traditional Chinese medicine where it has been used as a folk treatment for colds, measles, and bronchial inflammations. But recent studies also indicate its usefulness in lowering blood cholesterol, bolstering the immune system, and increasing the body's ability to ward off tumors, viral infections, and chronic fatigue.

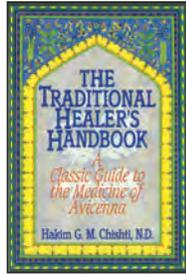


The Spice Lilies
Eastern Secrets to Healing with Ginger, Turmeric, Cardamom, and Galangal

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.



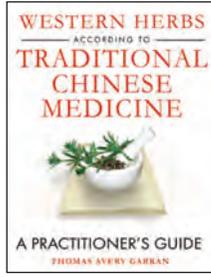
The Traditional Healer's Handbook
A Classic Guide to the Medicine of Avicenna

Hakim G. M. Chishti, N.D.

ISBN 978-0-89281-438-1
\$24.95 (CAN \$29.95) 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

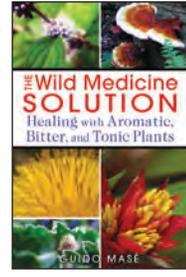


Western Herbs according to Traditional Chinese Medicine
A Practitioner's Guide

Thomas Avery Garraan

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.

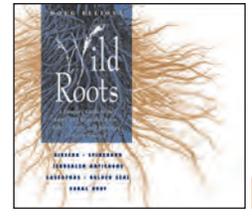


The Wild Medicine Solution
Healing with Aromatic, Bitter, and Tonic Plants

Guido Masé

ISBN 978-1-62055-084-7
\$18.95 (CAN \$21.95) pb
328 pages, 6 x 9
Includes 8-page color insert

There are three classes of wild plants necessary for optimal functioning: bitter plants that ignite digestion and improve metabolism, tonic plants that normalize cell functions and nourish the immune system, and aromatic plants that relax the organs and stimulate sluggish systems. The book provides easy recipes that will integrate these wild herbs into your diet for vibrant health and a tranquil spirit.

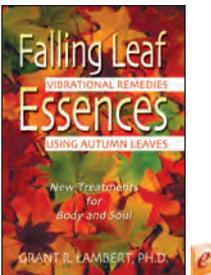


Wild Roots
A Forager's Guide to the Edible and Medicinal Roots, Tubers, Corms, and Rhizomes of North America

Written and illustrated by Doug Elliott

ISBN 978-0-89281-538-8
\$16.95 (CAN \$19.95) 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.

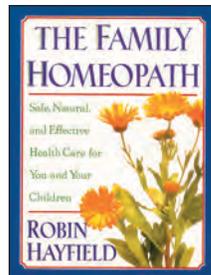


Falling Leaf Essences
Vibrational Remedies Using Autumn Leaves

Grant R. Lambert, Ph.D.

ISBN 978-0-89281-928-7
\$14.95 (CAN \$23.95) pb
224 pages, 6 x 9

Autumn embodies the energy of change, transformation, and release. Essences prepared from autumn leaves can relieve ailments associated with the autumn experiences of our lives: separation, job change, or the release of old patterns. Contains descriptions of 160 essences and their healing properties.



The Family Homeopath
Safe, Natural, and Effective Health Care for You and Your Children

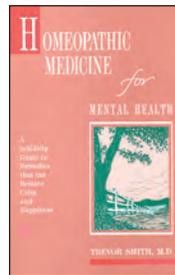
Robin Hayfield

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

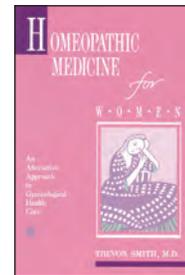


Homeopathic Medicine for Mental Health

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.



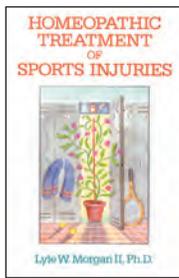
Homeopathic Medicine for Women

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.

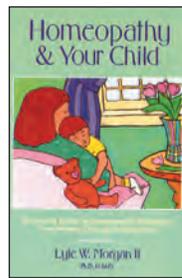


Homeopathic Treatment of Sports Injuries

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 and Your Child

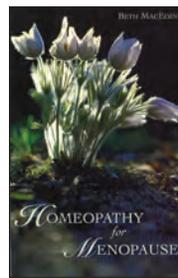
A Parent's Guide to Homeopathic Treatment from Infancy Through Adolescence

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN 978-0-89281-330-8
\$14.95 (CAN \$20.95) pb
128 pages, 5.38 x 8.25

Also available in Spanish (see page 186)

Dr. Morgan discusses a wide range of homeopathic remedies for childhood disorders and examines alternatives to controversial immunization and antibiotic treatments.

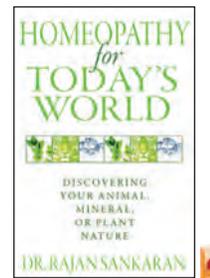


Homeopathy for Menopause

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.



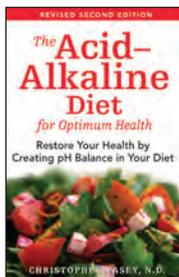
Homeopathy for Today's World

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.



Revised Second Edition

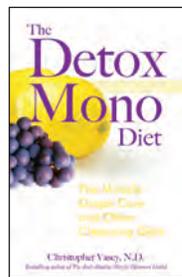
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

ISBN 978-1-59477-154-5
\$12.95 (CAN \$14.95) 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.



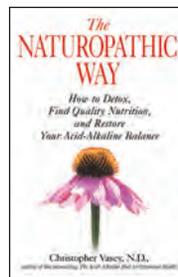
The Detox Mono Diet

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.



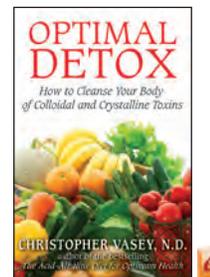
The Naturopathic Way

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.



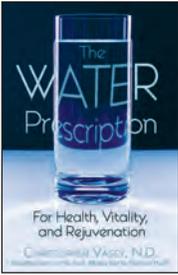
Optimal Detox

How to Cleanse Your Body of Colloidal and Crystalline Toxins

Christopher Vasey, N.D.

ISBN 978-1-59477-489-8
\$14.95 (CAN \$17.50) pb
176 pages, 5.38 x 8.25
26 b&w illustrations

The benefits of detox are well-known. But it is important to identify the type of toxin—either colloidal or crystalline—polluting your biological terrain. Colloidal toxins hinder circulation while crystals damage tissues and cause pain. *Optimal Detox* explains how to identify which type of toxin is triggering your illness; which herbs, hydrotherapy techniques, or nutritional options are your best choice; and which foods should be avoided.



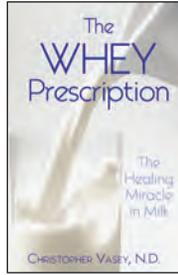
The Water Prescription

For Health, Vitality, and Rejuvenation

Christopher Vasey, N.D.

ISBN 978-1-59477-095-1
\$12.95 (CAN \$14.95) 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.



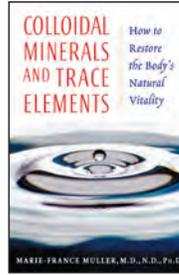
The Whey Prescription

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.



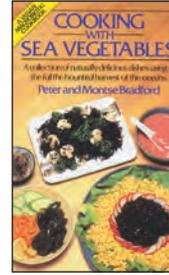
Colloidal Minerals and Trace Elements

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 colloid supplements to use based on your health concerns.

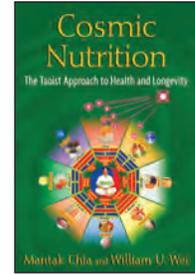


Cooking with Sea Vegetables

Peter Bradford 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.



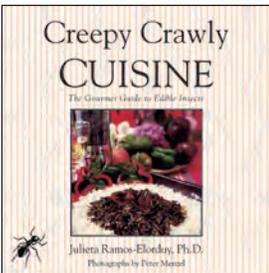
Cosmic Nutrition

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
424 pages, 6 x 9

Includes 8-page color insert and 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.



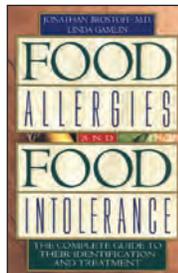
Creepy Crawly Cuisine

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.



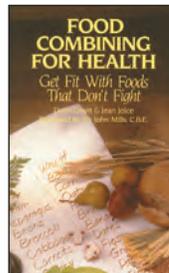
Food Allergies and Food Intolerance

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.



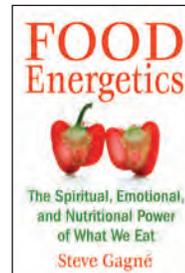
Food Combining for Health

Get Fit with Foods that Don't Fight

Doris Grant and Jean Joice

ISBN 978-0-89281-348-3
\$16.95 (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.



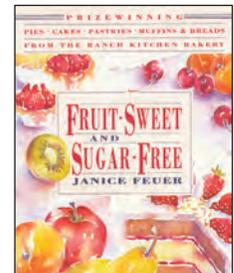
Food Energetics

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

Steve Gagné

ISBN 978-1-59477-242-9
\$26.95 (CAN \$29.95) 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.



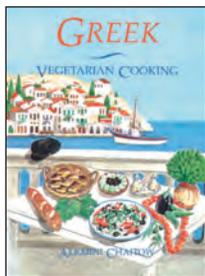
Fruit-Sweet and Sugar-Free

Prize-Winning Pies, Cakes, Pastries, Muffins, and Breads from the Ranch Kitchen Bakery

Janice Feuer

ISBN 978-0-89281-449-7
\$19.95 (CAN \$23.95) pb
216 pages, 8 x 10
8 color plates
b&w illustrations throughout

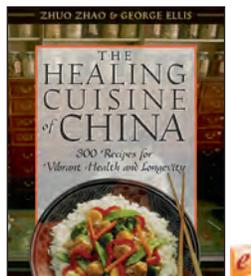
A Cordon Bleu-trained pastry chef transforms traditional bakery favorites into lighter, healthier alternatives. The author provides more than 150 recipes sweetened only with natural, widely-available fruit sweetener and prepared using unbleached whole wheat or rice flour and fresh fruits, berries, and nuts. Many of the recipes have nondairy options and are low in cholesterol.



Greek Vegetarian Cooking

Alkmini Chaitow
ISBN 978-0-89281-340-7
\$12.95 (CAN \$16.50) pb
128 pages, 6 x 8.5

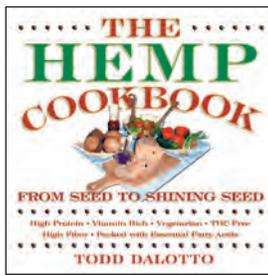
The author, herself a native of Greece, offers ideas for gluten- and dairy-free cooking with 110 colorful dishes from the eastern shores of the Mediterranean as well as tips for the proper presentation and balance of Greek cuisine. Dips, soups, raw and cooked salads, main courses, and desserts are all easily achieved with readily available ingredients.



The Healing Cuisine of China

300 Recipes for Vibrant Health and Longevity
Zhuo Zhao and George Ellis
ISBN 978-0-89281-778-8
\$24.95 (CAN \$29.95) pb
288 pages, 8.5 x 11
14 b&w photographs

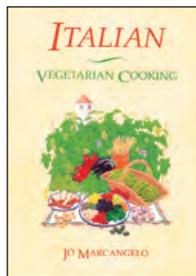
This collection not only offers more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality, but also explains the theories behind traditional Chinese beliefs about health and diet and reconciles these with contemporary Western medical knowledge.



The Hemp Cookbook

From Seed to Shining Seed
Todd Dalotto
ISBN 978-0-89281-787-0
\$16.95 (CAN \$19.95) pb
192 pages, 8 x 8
9 b&w photographs

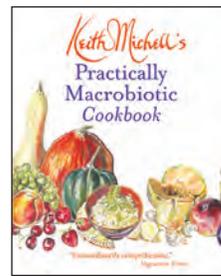
The Hemp Cookbook serves up a tantalizing range of recipes that combine the unique nutritional advantages of hemp seed with other vitamin- and mineral-rich foods. From hearty breakfasts of Hemp Pancakes to gourmet dinners of Vegan Cannabis Stuffed Shells, *The Hemp Cookbook* will be welcomed by hempsters and mainstream cooks alike.



Italian Vegetarian Cooking

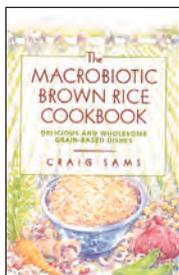
Jo Marcangelo
ISBN 978-0-89281-343-8
\$9.95 (CAN \$15.95) pb
160 pages, 6.25 x 8.5

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.



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 \$15.95) pb
128 pages, 5.38 x 8.25

Craig Sams' collection of recipes features brown rice in delicious macrobiotic dishes, including soups, salads, main courses, and desserts. The authors offer tasty recipes for sauces as well as other information and advice for making this nutritious grain a delectable part of your diet.



Meals That Heal

A Nutraceutical Approach to Diet and Health
Lisa Turner
ISBN 978-0-89281-625-5
\$21.95 (CAN \$31.95) pb
248 pages, 8 x 10

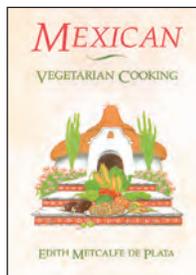
Presents a compilation of the most recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases. More than 100 recipes by a macrobiotic chef for creating healthy and delicious meals. Here is the perfect guide to eating well and living well.



Mostly Macro
A Guide to Healthy Cuisine for the Discriminating Palate

Lisa Turner
ISBN 978-0-89281-534-0
\$18.95 (CAN \$21.95) pb
232 pages, 8 x 10
19 b&w illustrations

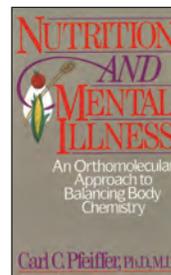
More than thirty years ago George Ohsawa introduced the principles of macrobiotics, a diet based on whole grains, vegetables, and fresh foods. Now, Lisa Turner summarizes these principles and provides practical information on how to use natural ingredients to plan healthy meals. One hundred twenty palate-pleasing dishes use the best macrobiotic principles adapted to our Western lifestyle and taste.



Mexican Vegetarian Cooking

Edith Metcalfe de Plata
ISBN 978-0-89281-341-4
\$14.95 (CAN \$17.95) pb
128 pages, 6.25 x 8.5

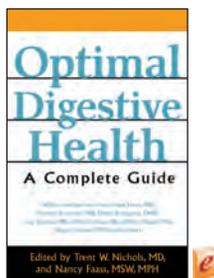
The author compiled this fascinating and accessible cookbook from first-hand experience as manager of a vegetarian restaurant in Guadalajara, Mexico. More than 100 authentic national dishes are represented in these distinctive and delicious recipes. Exotic and spicy, de Plata's Mexican cuisine adds a new and welcome dimension to vegetarian dining.



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 \$15.95) 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.



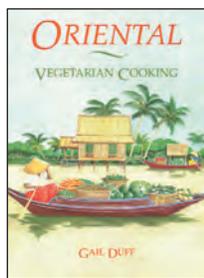
Optimal Digestive Health

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.

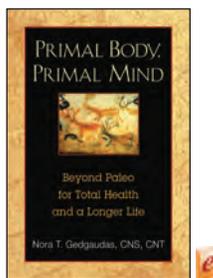


Oriental Vegetarian Cooking

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 Asia. Contains 160 recipes.



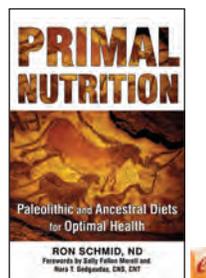
Primal Body, Primal Mind

Beyond Paleo for Total Health and a Longer Life

Nora T. Gedgaudas, CNS, NTP, BCHN

ISBN 978-1-59477-413-3
\$19.95 (CAN \$23.95) 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." It provides dietary strategies to counter the nutritional problems of eating grains, gluten, soy, dairy, and starchy vegetables.



New Edition of *Traditional Foods Are Your Best Medicine*

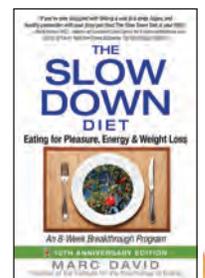
Primal Nutrition

Paleolithic and Ancestral Diets for Optimal Health

Ron Schmid, ND
Forewords by Sally Fallon Morell and Nora T. Gedgaudas, CNS, CNT

ISBN 978-1-62055-519-4
\$19.95 (CAN \$23.95) pb
384 pages, 6 x 9
20 b&w photos and 1 line illustration

The healthiest indigenous cultures have lived on whole, natural foods—seafood, wild game, healthy grass-fed animals, and, in some cases, whole grains and raw dairy. Here, Dr. Schmid blends the wisdom of these traditional diets with modern scientific knowledge to create a commonsense primal diet that rebuilds health and improves longevity.



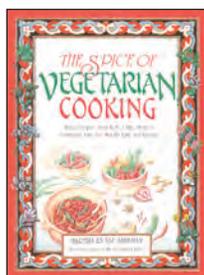
The Slow Down Diet

Eating for Pleasure, Energy and Weight Loss

Marc David
ISBN 978-1-62055-508-8
\$14.95 (CAN \$17.95) pb
208 pages, 6 x 9

First edition also available in Spanish (see page 184)

We eat fast, on the run, and often under stress, removing the pleasure of meal time and wreaking havoc on our metabolism. This book reveals the shortcomings of all quick-fix digestive aids and fad diets, and shows instead how slowing down and fully enjoying each meal is the optimal way to more energy and weight loss.

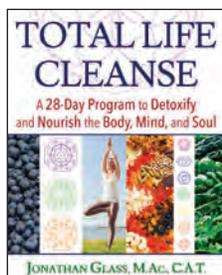


The Spice of Vegetarian Cooking

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.



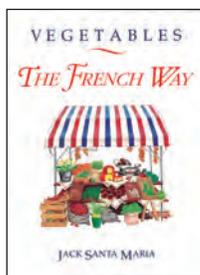
New—Available Total Life Cleanse

A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul

Jonathan Glass, M.Ac., C.A.T.

ISBN 978-1-62055-691-7
\$24.95 (CAN \$31.50) pb
448 pages, 8 x 10
32 b&w illustrations

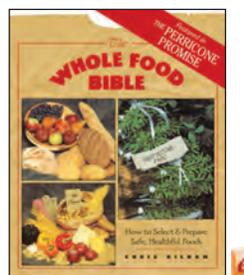
Jonathan Glass presents a practical 28-day program to initiate and maximize detoxification of your body, mind, and spirit. Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, he includes recipes, exercises, mental and physical detox practices, and tips on liver and digestive health.



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.

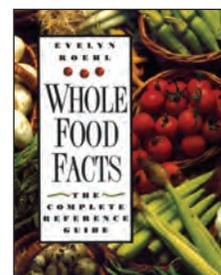


The Whole Food Bible

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*.

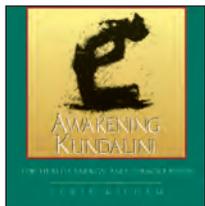


Whole Food Facts

The Complete Reference Guide

Evelyn Roehl
ISBN 978-0-89281-635-4
\$24.95 (CAN \$29.95) 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.

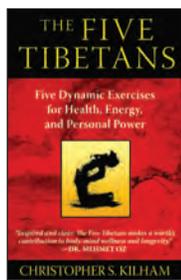


Awakening Kundalini for Health, Energy, and Consciousness

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.



New Edition

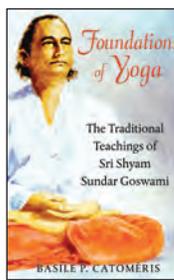
The Five Tibetans
Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham

ISBN 978-1-59477-444-7
\$9.95 (CAN \$11.95) pb
96 pages, 5.38 x 8.25
18 b&w photographs

First edition also available in Spanish (see page 184)

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.



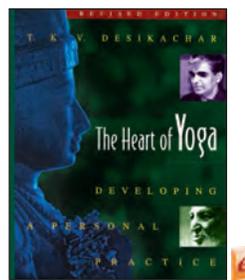
Foundations of Yoga

The Traditional Teachings of Sri Shyam Sundar Goswami

Basile P. Catomeris

ISBN 978-1-59477-454-6
\$14.95 (CAN \$16.95) pb
160 pages, 6 x 9
Includes 16-page color insert and 144 b&w illustrations

Foundations of Yoga presents the full and rigorous yogic training of traditional Hatha Yoga as taught by the late Sri Shyam Sundar Goswami. Written by his spiritual heir, it offers Yoga practitioners the means to advance their practice through a deep understanding of physiology, psychology, and philosophy based on tantric principles.



The Heart of Yoga

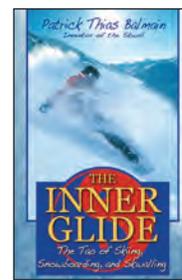
Developing a Personal Practice

T. K. V. Desikachar

ISBN 978-0-89281-764-1
\$19.95 (CAN \$24.95) pb
272 pages, 8 x 10
100 b&w photographs and 200 b&w illustrations

Also available in Spanish (see page 184)

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



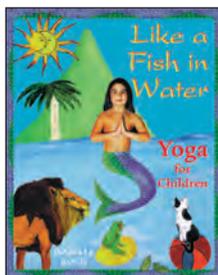
The Inner Glide

The Tao of Skiing, Snowboarding, and Skwalling

Patrick Thias Balman

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

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



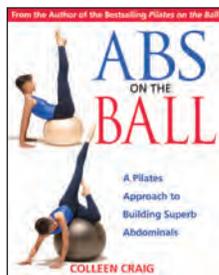
Like a Fish in Water

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.



Abs on the Ball

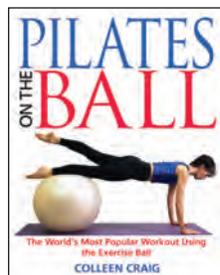
A Pilates Approach to Building Superb Abdominals

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 182)

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

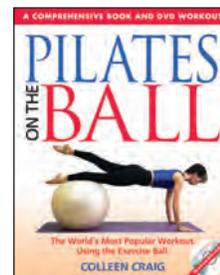
Colleen Craig

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 187)

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.



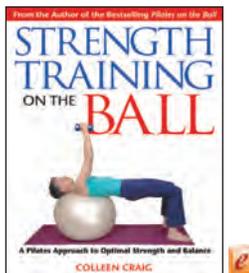
Pilates on the Ball

A Comprehensive Book and DVD Workout

Colleen Craig

ISBN 978-0-89281-095-6
\$24.95 (CAN \$29.95) 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.



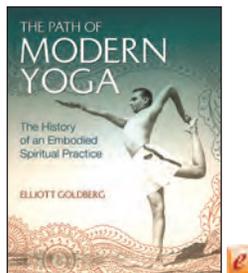
Strength Training on the Ball

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.



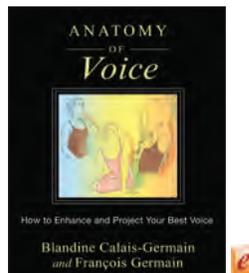
The Path of Modern Yoga

The History of an Embodied Spiritual Practice

Elliott Goldberg

ISBN 978-1-62055-567-5
\$39.95 (CAN \$47.95) hardcover
512 pages, 8 x 10
99 b&w illustrations

Author Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime in the early 20th century and then gradually transformed over the course of the 20th century into today's embodied spiritual practice. Goldberg tells the sweeping story of modern yoga through the remarkable lives of 11 key figures. This is an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga.



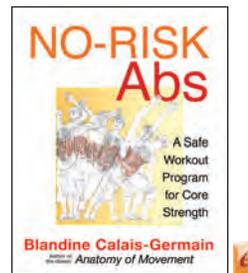
Anatomy of Voice

How to Enhance and Project Your Best Voice

Blandine Calais-Germain and François Germain

ISBN 978-1-62055-419-7
\$35.00 (CAN \$40.00) pb
304 pages, 8 x 10
Full-color throughout

Using the signature anatomical style of the author's groundbreaking *Anatomy of Movement*, this illustrated guide presents a dynamic, integrated study of the physical structures of the vocal tract and their functional relationships to the entire musculoskeletal system.



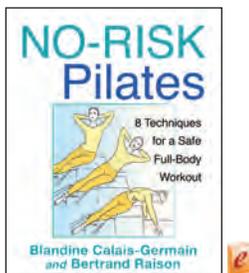
No-Risk Abs

A Safe Workout Program for Core Strength

Blandine Calais-Germain

ISBN 978-1-59477-389-1
\$19.95 (CAN \$24.95) 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.



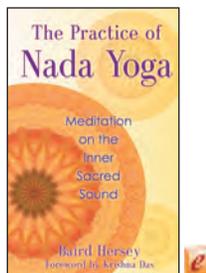
No-Risk Pilates

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.



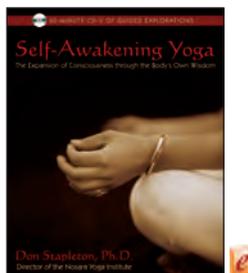
The Practice of Nada Yoga

Meditation on the Inner Sacred Sound

Baird Hersey

Foreword by Sri Krishna Das
ISBN 978-1-62055-181-3
\$16.95 (CAN \$19.50) pb
224 pages, 6 x 9
24 b&w illustrations

The ancient practice of nada is the yoga of listening. It is a journey from the noise of the external world inward to a place of peace and bliss, to the source of the transformational power of sound—the nada. By meditating on the inner sacred sound of the nada, we can release ourselves from mind chatter and obsessive thinking. We can still the body, quiet the mind, and open the heart to create a state of mind where joy naturally arises.



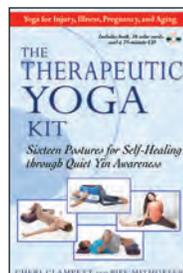
Self-Awakening Yoga

The Expansion of Consciousness through the Body's Own Wisdom

Don Stapleton, Ph.D.

ISBN 978-0-89281-183-0
\$29.95 (CAN \$35.95) 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.



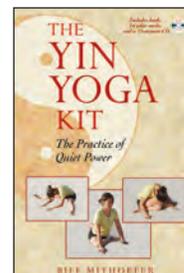
The Therapeutic Yoga Kit

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.



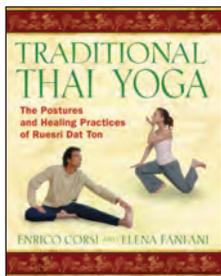
The Yin Yoga Kit

The Practice of Quiet Power

Biff Mithoefer

ISBN 978-1-59477-116-3
\$24.95 (CAN \$29.95)
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.



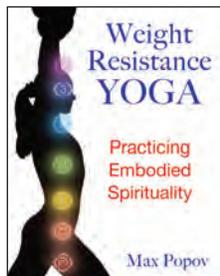
Traditional Thai Yoga

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.



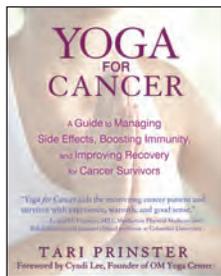
Weight-Resistance Yoga

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.



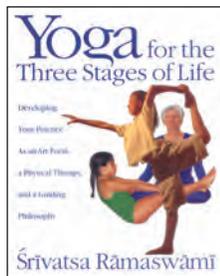
Yoga for Cancer

A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors

Tari Prinster

Foreword by Cyndi Lee
ISBN 978-1-62055-272-8
\$19.95 (CAN \$23.95) pb
324 pages, 8 x 10
67 b&w illustrations

For those faced with a cancer diagnosis, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. This illustrated guide presents 53 traditional yoga poses and 9 practice sequences, adaptable for all levels of ability, that address specific challenges including how to strengthen the immune system, rebuild bone density, and decrease anxiety and pain.



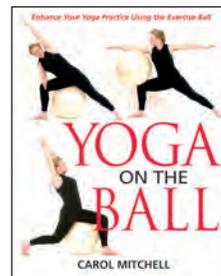
Yoga for the Three Stages of Life

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 \$29.95) 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.



Yoga on the Ball

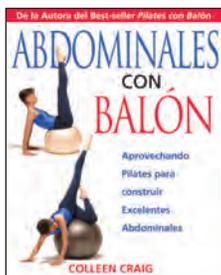
Enhance Your Yoga Practice Using the Exercise Ball

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 189)

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.



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 photos and illustrations

Pilates con Balón revela el motivo por el cual el balón de ejercicios es insustituible como herramienta para construir una excelente fuerza abdominal. *Abdominales con Balón* presenta más de 100 innovadores ejercicios para todos los niveles de habilidad que construyen el centro abdominal y aumentan la fortaleza, el equilibrio y la coordinación corporal general.



El ajo (Garlic)

Un remedio natural

Stephen Fulder, Ph.D., y John Blackwood

ISBN 978-0-89281-580-7
\$9.95 (CAN \$10.95) pb
128 pages, 5.25 x 8.06

Durante siglos se ha dicho que el ajo es un alimento curativo. Investigaciones actuales demuestran que el ajo previene eficazmente enfermedades cardiovasculares, cáncer e infecciones. Este libro presenta las últimas investigaciones, detallando cómo funciona el ajo y como extraer el mayor beneficio del mismo. El Ajo es una guía completa de esta notable medicina natural.



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 por Ralph Nader

ISBN 978-0-89281-143-4
\$14.95 (CAN \$23.95) pb
202 pages, 6 x 9

Este libro expone los elementos básicos sobre esta tecnología controversial que ya forma parte de la dieta de todos los americanos.



Alternativa al uso del estrógeno

(The Estrogen Alternative)

Terapia hormonal con progesterona natural

Raquel Martin con Judi Gerstung, D.C.

ISBN 978-0-89281-589-0
\$14.95 (CAN \$23.95) pb
248 pages, 6 x 9

Los autores examinan cuidadosamente la gran cantidad de estudios sobre la controversial terapia de hormonas y sugieren alternativas naturales.



Alternativas para el Prozac

(The Prozac Alternative)

Remedios naturales para la depresión

Ran Knishinsky

ISBN 978-0-89281-591-3
\$12.95 (CAN \$19.95) pb
160 pages, 6 x 9

Alternativas para el Prozac presenta un panorama completo de la hierba San Juan, incluyendo su historia, estudios médicos, aplicaciones clínicas, y los efectos secundarios. También proporciona información sobre otras terapias naturales como: la kava, la melatonina, el aminoácido 5-HTP y otros usos de estas sustancias naturales.



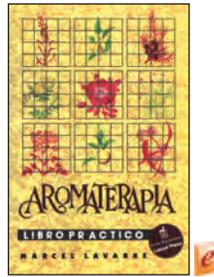
**Aromaterapia:
El olor y la psique**
(Aromatherapy:
Scent and Psyche)

Utilización de los aceites esenciales para el bienestar físico y emocional

Peter Damian y
Kate Damian

ISBN 978-0-89281-473-2
\$16.95 (CAN \$26.95) pb
264 pages, 6 x 9

Los autores—profesionales en aromaterapia—investigan la fisiología y psicología del aroma basándose en investigaciones y estudios clínicos. Incluye esquemas explicativos de 44 aceites esenciales, además de instrucciones específicas para crear mezclas de los mismos.



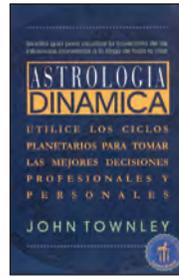
**Aromaterapia
libro práctico**
(Aromatherapy
Workbook)

Marcel Lavabre

ISBN 978-0-89281-464-0
\$16.95 (CAN \$19.95) pb
212 pages, 6 x 9

Aprende como aceites esenciales pueden beneficiar mente y cuerpo.

“Una guía práctica que cubre la historia, el folklore, la ciencia y el arte de este antiguo sistema de curación. Este libro es una introducción al mundo de las fragancias.”
Yoga Journal



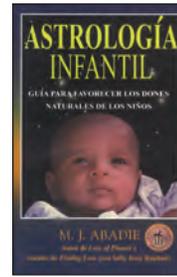
Astrología dinámica
(Dynamic Astrology)

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
44 b&w illustrations

Avanza más allá de la interpretación estática de tu carta natal a entender el funcionamiento de los ciclos planetarios que influyen en la carrera, finanzas y oportunidades. John Townley aborda los principios de la astrología dinámica y muestra como el ciclo de los planetas e importantes grados en la carta natal juegan un papel continuo en la vida.



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

Astrologo y psicoterapeuta profesional M. J. Abadie ofrece una guía práctica para los padres sobre la influencia de los planetas en el desarrollo emocional, intelectual, físico y espiritual de sus niños.



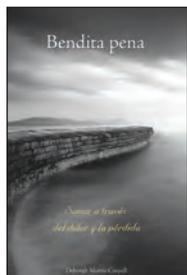
El baño curativo
(The Healing Bath)

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

Este libro se dedica a la enseñanza de la Terapia de Aceites Esenciales con la finalidad de sanar el campo energético que rodea el cuerpo físico.



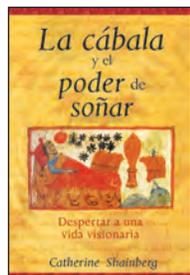
Bendita pena
(Good Grief)

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

En *Bendita Pena*, Coryell describe pena como una experiencia en la que carecemos un lugar donde colocar nuestro amor. Nos recuerda que toda pérdida debe pasar por un proceso de duelo y que prestar atención a toda experiencia de pérdida ayuda a ponernos en sintonía con nosotros mismos, dándonos la oportunidad de integrarnos una vez más al ritmo de la vida del que nos hemos desconectado.



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

Basada en la antigua tradición sefardí de la cábala, Shainberg expone prácticas esotéricas para desbloquear los poderes transformativos e intuitivos de la mente cuando soñamos. Al enseñar a la mente consciente a estar despierta durante el sueño y a la mente soñadora a manifestarse en la conciencia diurna, seremos capaces de revolucionar nuestra conciencia y lograr autorrealización.



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

El calendario profético Maya no está ajustado al movimiento de cuerpos planetarios. Más bien funciona como un mapa metafísico de la evolución de la conciencia y registra cómo fluye el tiempo espiritual, brindando una nueva ciencia del tiempo. Carl Johan Calleman revela los pasos concretos que podemos tomar para alinearnos con este desarrollo hacia el esclarecimiento.



Caminar aleja la tristeza
(Walking Your Blues Away)

Cómo sanar la mente y crear bienestar emocional

Thom Hartmann

ISBN 978-1-62055-623-8
\$12.95 (CAN \$16.95) pb
128 pages, 6 x 9

En general, nuestros cuerpos se curan rápidamente de enfermedades, lesiones o heridas. Pero nuestras mentes y corazones sufren durante años por síntomas debilitantes de angustia y tristeza. ¿Por qué resulta tan difícil sanar el trauma emocional? Hartmann ha descubierto que, a sólo unos pasos, hay una terapia bilateral simple y efectiva para esa sanación.



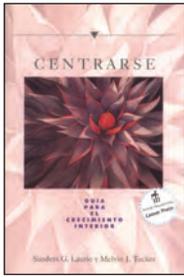
Catastrofobia
(Catastrophobia)

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 muestra que una serie de desastres cataclísmicos de hace 11,500 años estremeció al mundo y dejó la psique humana colectiva profundamente cicatrizada. Este miedo es responsable de nuestra constante expectativa de apocalipsis. Pero, según la autora, cambios en la conciencia durante los últimos treinta años denota el comienzo de una colectiva curación de estos miedos.

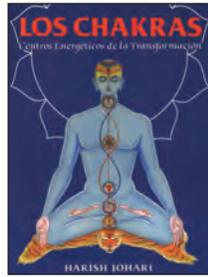


Centrarse
(Centering)
Guía para el crecimiento interior

Sanders G. Laurie y Melvin J. Tucker

ISBN 978-0-89281-579-1
\$9.95 (CAN \$15.95) pb
224 pages, 6 x 9

Sistema único de técnicas de meditación que ayudan a aumentar el poder de aprendizaje, aliviar las tensiones, y acceder la energía curativa.

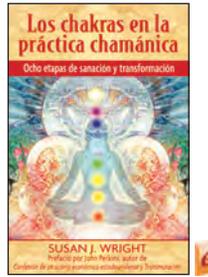


Los chakras
(Chakras)
Centros energéticos de la transformación

Harish Johari

ISBN 978-0-89281-469-5
\$19.95 (CAN \$23.95) pb
132 pages, 8.25 x 10.75

Estudioso y practicante indú del tantra Johari, presenta los principios clásicos de los chakras, así como la aplicación práctica actual. En esta edición expandida, con arte y texto nuevo, Johari proporciona herramientas para activar los centros de la energía transformadora y elevar el conocimiento intelectual, convirtiéndolo en una experiencia del crecimiento espiritual.



Los chakras en la práctica chamánica
(The Chakras in Shamanic Practice)
Ocho etapas de sanación y transformación

Susan J. Wright
Prólogo por 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

Wright muestra cómo trabajar con cada chakra para curar heridas psíquicas que no resueltas. Ella identifica ocho etapas claves de desarrollo de la vida, del nacimiento hasta la vejez/muerte, y vincula cada etapa a su chakra. La autora presenta ejercicios físicos y meditaciones guiadas de cada chakra, ofreciendo a quienes practican una manera de curar traumas encerrados.



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

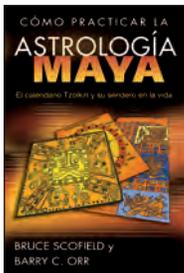
Estos energizantes ejercicios de yoga requieren poco tiempo y esfuerzo, pero aumentan drásticamente la fuerza, flexibilidad física y la agudeza mental. La práctica diaria de estos ejercicios libera la tensión muscular y nerviosa, mejora la respiración y la digestión, beneficia el sistema cardiovascular y llevan a una relajación profunda y bienestar.



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 demuestra como el Calendario Maya es un puente a la sabiduría galáctica que fomenta crecimiento personal y evolución humana. Basándose en el trabajo de biólogo Carl Johan Calleman y otros investigadores del nuevo paradigma la autora revela el significado del calendario y su mensaje para la civilización moderna durante sus últimos cinco años.

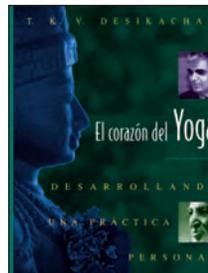


Cómo practicar la astrología maya
(How to Practice Mayan Astrology)

El calendario Tzolkin y su sendero en la vida
Bruce Scofield con Barry C. Orr

ISBN 978-1-59477-300-6
\$19.95 (CAN \$26.95) pb
336 pages, 6 x 9
15 b&w illustrations

La astrología maya se basa en 20 días, que se repiten 13 veces hasta crear un calendario de 260 días, llamado el Tzolkin. Los autores exponen el simbolismo, la lógica, y el significado de los 20 signos de los días; cómo estos signos reflejan 260 posibles tipos de personalidad; y cómo se usan para la adivinación.



El corazón del Yoga
(The Heart of Yoga)
Desarrollando una práctica personal

T. K. V. Desikachar
ISBN 978-0-89281-593-7
\$19.95 (CAN \$23.95) pb
272 pages, 8 x 10
100 b&w photographs and 200 b&w illustrations

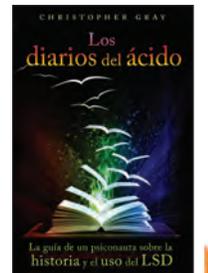
Primer texto de yoga que bosqueja, paso a paso, la secuencia para desarrollar una práctica completa de acuerdo al viniyoga, adaptados a las necesidades del individuo. El autor es profesor de yoga reconocido mundialmente e hijo de Krishnamacharya, quien se dio a conocer por B. K. S. Iyengar. Esta edición incluye treinta y dos poemas compuestos por Krishnamacharya que capturan la esencia de sus enseñanzas.



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

Todas las culturas indígenas comparten el mito de un antiguo diluvio. Frank Joseph enlaza este fenómeno mundial con la historia de la civilización perdida de la Atlántida. Este cuento combina 20 años de investigación con una asombrosa representación de un gran imperio corrompido por codicia, ofreciendo una lección importante para nuestra civilización materialista.



Los diarios del ácido
(The Acid Diaries)
La guía de un psiconauta sobre la historia y el uso del LSD

Christopher Gray
ISBN 978-1-62055-466-1
\$16.95 (CAN \$20.50) pb
288 pages, 6 x 9

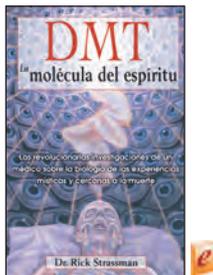
Los numerosos viajes en LDS de Christopher Gray durante un periodo de tres años pasan por tres etapas distintas. Los diarios del ácido expone el potencial del LSD desde el punto de vista del crecimiento transpersonal y el desarrollo espiritual.



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

La dieta del sosiego presenta un programa de ocho semanas que resulta en disminución de peso al comprender que disfrutar cada comida es importante para lograr salud óptima. David muestra como este nuevo enfoque aumenta la energía y mejora la digestión. El autor revela las debilidades de dietas de moda y ofrece métodos que producen resultados sostenibles para transformar la vida.



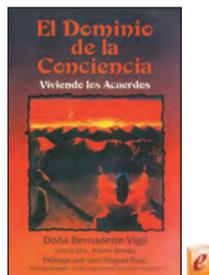
DMT: La molécula del espíritu
(DMT: The Spirit Molecule)

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

Las investigaciones de Strassman conecta DMT con la glándula pineal, considerada por Hindús la ubicación del séptimo chakra y por Rene Descartes la sede del alma. El libro argumenta que DMT, naturalmente liberado por la glándula pineal, facilita la entrada y salida del alma del cuerpo físico es una parte integral de las experiencias de nacimiento y muerte.



El dominio de la conciencia
(Mastery of Awareness)

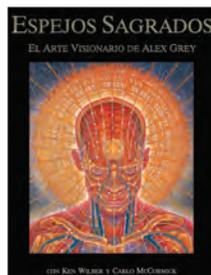
Viviendo los acuerdos

Doña Bernadette Vigil
con Arlene Broska, Ph.D.

Prólogo por 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

Haciendo uso de la auténtica tradición Tolteca, doña Bernadette lo guía para hacer los cambios que transformarán su vida. *El dominio de la conciencia* le enseña a: descubrir antiguos patrones que lo mantienen esclavizado al pasado, crear nuevos acuerdos consigo mismo, hablar con su verdad y abrazar la verdadera libertad y vivir la vida en cada momento.



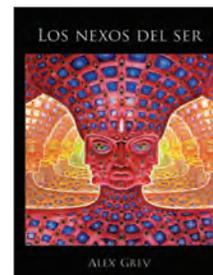
Espejos sagrados
(Sacred Mirrors)

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

El arte de Grey nos lleva a través la anatomía del yo físico, metafísico y espiritual, mostrando el corazón de la existencia humana cuando nos coloca cara a cara con nosotros mismos.

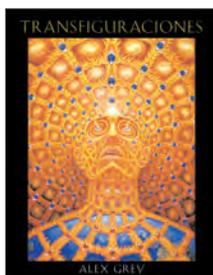


Los nexos del ser
(Net of Being)

Alex Grey
con Allyson Grey

ISBN 978-1-62055-391-6
\$30.00 (CAN \$35.95) pb
208 pages, 10.5 x 13.5
Full-color throughout

Los nexos del ser, primer libro de Grey en diez años, contiene más de 200 imágenes a todo color, incluyendo pinturas nunca antes reproducidas. Este libro documenta el arte de la pintura en vivo del autor, la "Capilla de los espejos sagrados", y las formas en que sus obras han permeado los nexos del ser en nuestra cultura, desde vestuario y joyería hasta tatuajes y videos musicales.

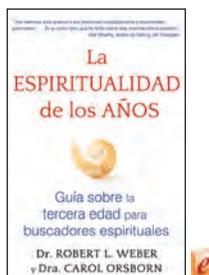


Transfiguraciones
(Transfigurations)

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

Transfiguraciones es una continuación de *Espejos sagrados*, uno de los libros de arte más exitosos de los noventa. El arte de Grey mezcla detalles científicos con visionarias representaciones de energía universal, que nos conduce a un viaje transformativo a través de la oscuridad del mundo material hacia la recuperación de nuestro corazón, divinamente iluminado.



New—Available
La espiritualidad de los años
(The Spirituality of Age)

Guía sobre la tercera edad para buscadores espirituales

Robert L. Weber, Ph.D. and
Carol Orsborn, Ph.D.

ISBN 978-1-62055-627-6
\$14.95 (CAN \$18.95) pb
272 pages, 5.38 x 8.25
19 b&w illustrations

Una guía compasiva para convertir el envejecimiento en una fase de crecimiento espiritual. Por medio de 25 preguntas claves, los autores muestran como usar de forma constructiva sentimientos de remordimiento y vergüenza, como encontrar nuestro valor a la sociedad y como aceptar la libertad de la tercera edad.

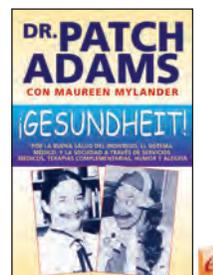


Las frecuencias de los chakras
(Chakra Frequencies)

El tantra del sonido
Jonathan Goldman y
Andi Goldman

ISBN 978-1-62055-539-2
\$16.95 (CAN \$20.50) pb
224 pages, 6 x 9
19 b&w illustrations

Jonathan y Andi Goldman demuestran cómo la voz humana puede hacer que entren en resonancia nuestros cuerpos físicos y sutiles, con poderosos ejercicios que van desde los mantras de las bijas hasta sonidos vocálicos sagrados que balancean y alinean los chakras.



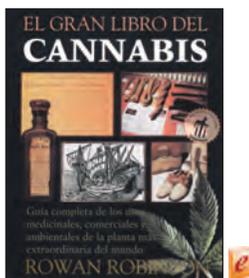
¡Gesundheit!
(Gesundheit!)

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., con
Maureen Mylander

ISBN 978-1-59477-369-3
\$16.95 (CAN \$17.50) pb
272 pages, 6 x 9 • 17 b&w photos

La medicina actual de alta tecnología se ha convertido en un recurso excesivamente caro e impersonal. En este libro, Patch Adams demuestra cómo la sanación puede ser un intercambio afectuoso, creativo y simpático, no una transacción comercial. Aquí está su historia real.



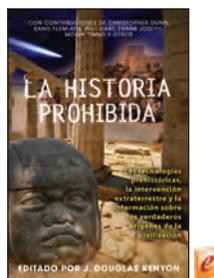
El gran libro del cannabis

(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

Esta guía amplia e ilustrada es la más completa escrita sobre la Cannabis sativa. Rowan Robinson muestra la historia, usos actuales, organizaciones involucradas en la legalización, suplidores de producto, bibliografía y mucho más.



La historia prohibida
(Forbidden History)

Las tecnologías prehistóricas, la intervención extraterrestre y la información sobre los verdaderos orígenes de la civilización

Redactado por J. Douglas Kenyon
ISBN 978-1-59477-446-1
\$20.00 (CAN \$21.50) pb
376 pages, 6 x 9
Includes 8-page color insert and 108 b&w illustrations

J. Douglas Kenyon ofrece 42 ensayos que han aparecido en la revista Atlantis Rising proporcionando un panorama general sobre los misterios antiguos y las versiones alternativas de la historia. Una introducción excelente a Cambios de la Tierra, Remota Antigüedad de la Civilización, Darwinismo en Duda, y más.

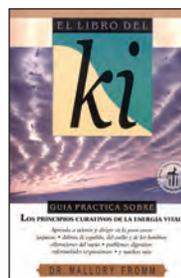


La homeopatía y su hijo
(Homeopathy and Your Child)

Para niños desde la infancia hasta la adolescencia

Lyle W. Morgan II, Ph.D., H.M.D.
ISBN 978-0-89281-468-8
\$12.95 (CAN \$15.95) pb
128 pages, 6 x 9

Doctor Morgan discute una variedad amplia de remedios homeopáticos para enfermedades de los niños y propone alternativas a las controvertidas prácticas de vacunación y tratamientos de antibióticos.



El libro del ki
(The Book of Ki)

Los principios curativos de la energía vital

Mallory Fromm, Ph.D.
ISBN 978-0-89281-598-2
\$14.95 (CAN \$17.50) pb
144 pages, 6 x 9
68 b&w photographs

Ki es energía viva que anima el universo entero y que existe en cada uno. Aprender a acceder y reestablecer el flujo de ki promueve la auto-curación y puede ser utilizado para la recuperación de los demás. *El libro del ki* presenta un panorama completo de lo que es el ki, y nos muestra cómo accederlo, fortalecerlo y curarlo.

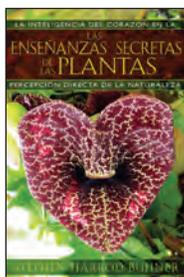


Más allá de los niños índigo
(Beyond the Indigo Children)

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

El primer estudio importante de los niños de hoy y su lugar en nuestro mundo cambiante que combina investigación objetiva con revelación mística y profecías. Atwater explora la relación de los nuevos niños con las profecías del calendario maya y la gran transformación de conciencia que está ocurriendo, que llevara a la humanidad al próximo nivel de desarrollo.



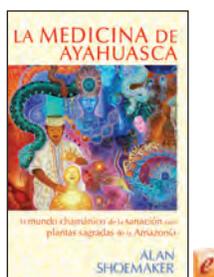
Las enseñanzas secretas de las plantas

(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

Pueblos antiguos y aborígenes afirman que sus conocimientos de remedios botánicos provienen de las plantas mediante percepción basada en el corazón y no de experimentación a través de pruebas y errores. Stephen Harrod Buhner explora esta modalidad, instigando el descubrimiento de los usos medicinales de las plantas y como reunir información mediante esa profunda conexión con el mundo.

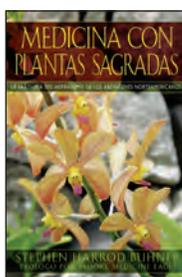


La medicina de ayahuasca
(Ayahuasca Medicine)

El mundo chamánico de la sanación con plantas sagradas de la Amazonía

Alan Shoemaker
ISBN 978-1-62055-543-9
\$14.95 (CAN \$18.95) pb
184 pages, 6 x 9
Includes 8-page color insert

Por más de 20 años, Alan Shoemaker fue aprendiz de chamanes en Ecuador y Perú, donde conoció los métodos tradicionales para la preparación de la ayahuasca, las ceremonias rituales para su uso y cómo comunicarse con el espíritu sanador de plantas sagradas, además del espíritu de San Pedro cactus y otras plantas aliadas.



Medicina con plantas sagradas
(Sacred Plant Medicine)

La sabiduría del herbalismo de los aborígenes norteamericanos

Stephen Harrod Buhner
Prólogo por Brooke Medicine Eagle
ISBN 978-1-59477-355-6
\$16.95 (CAN \$21.50) pb
256 pages, 6 x 9
27 b&w illustrations

Pueblos aborígenes han acumulado conocimientos del uso de las plantas mediante comunicación directa y honrando la relación sagrada con el mundo vegetal. Stephen Harrod Buhner examina las técnicas que utilizan estas culturas y explora la dimensión sagrada de interacciones entre humanos y plantas.



Remedios naturales para aumentar la testosterona

(Natural Remedies for Low Testosterone)

Cómo mejorar la salud sexual y la energía masculina

Stephen Harrod Buhner
ISBN 978-1-62055-625-2
\$14.95 (CAN \$18.95) pb
224 pages, 6 x 9

Agentes de estrógeno bloqueadores de testosterona que se encuentran en insecticidas, fármacos y alimentos alteran el nivel de testosterona en los hombres. Este libro muestra como hombres pueden mantener su nivel de testosterona a medida en que envejecen usando fitoandrógenos naturales —plantas medicinales que contienen hormonas masculinas— para corregir sin riesgos disminución de testosterona.



La mente inmortal
(The Immortal Mind)

La ciencia y la continuidad de la conciencia más allá del cerebro

Ervin Laszlo con Anthony Peake

ISBN 978-1-62055-541-5
\$16.95 (CAN \$20.50) pb
176 pages, 6 x 9

La conciencia puede existir sin estar vinculada con un organismo vivo. Esto es afirmado por evidencia de experiencias cercanas a la muerte, comunicación post-muerte e información neurosensorial recibida en estados alterados. Adelantos en física postulan que cosas en nuestro plano espacio-temporal no son intrínsecamente reales sino manifestaciones de una dimensión velada en la que existen en forma de supercuerdas, campos de información y matrices energéticas.



El mundo es como uno lo sueña

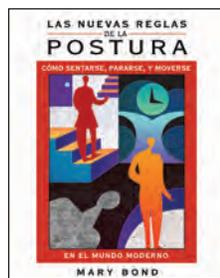
(The World Is As You Dream It)

Enseñanzas chamánicas de las Amazonas y los Andes

John Perkins

ISBN 978-0-89281-465-7
\$10.95 (CAN \$17.50) pb
160 pages, 6 x 9

Mediante su música, mitología, medicina botánica, y la ceremonia sagrada con la planta alucinógena ayahuasca, los Shuaras nos invitan dentro de un sueño que han hecho realidad—uno de fomentación vital en el cual el gran privilegio de ser humano está en aceptar nuestro papel de cuidadores de la Madre Naturaleza.



Las nuevas reglas de la postura

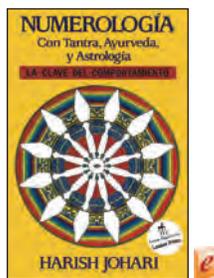
(The New Rules of Posture)

Cómo sentarse, pararse, y moverse en el mundo moderno

Mary Bond

ISBN 978-1-59477-422-5
\$19.95 (CAN \$22.50) pb
256 pages, 8 x 10
41 b&w illustrations

Mary Bond explica que lograr una postura saludable viene de aprender a sentir, en lugar de entrenamiento de músculos hasta que adquieran una forma ideal. Bond identifica las características anatómicas clave que influyen en la alineación y sugiere que es posible crear cambios de postura a partir de seis zonas del cuerpo. Ofrece ejercicios de autoayuda que propician el funcionamiento saludable en cada una de las zonas.



Numerología

(Numerology)

Con Tantra, Ayurveda, y Astrología

Harish Johari

ISBN 978-0-89281-463-3
\$14.95 (CAN \$18.95) pb
256 pages, 6 x 9

Johari explica cómo determinar nuestro número psíquico (representa la auto-imagen), el número del destino (pertenece al karma y a cómo nos perciben los demás) y el número del nombre (vida profesional y social). Da recomendaciones, basadas en los números, respecto a periodos fuertes y débiles del día o año, colores favorables y meditaciones a practicar para obtener salud y prosperidad.



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.

Fotografías por Suzanne Arms
ISBN 978-0-89281-471-8
\$24.99 (CAN \$29.99) pb
300 pages, 7.75 x 7.88
55 b&w photographs

En *Opciones para un parto suave*, Barbara Harper, partera, enfermera y madre, define los elementos de un parto suave y muestra un nuevo modelo de maternidad que reduce la necesidad de intervención de alta tecnología, enfocándose en la preparación y buena salud de madre y bebé.



El oráculo maya

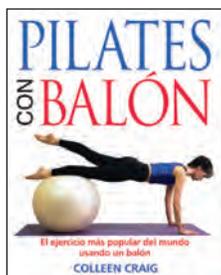
(The Mayan Oracle)

Un lenguaje galáctico de la luz

Ariel Spilisbury y Michael Bryner

Ilustrada por 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

Concebido en un sueño profético, *El oráculo maya*, contiene 44 tarjetas representando arquetipos mayas junto con un exhaustivo manual para aprovechar las energías activadas en este actual tiempo de esclarecimiento.



Pilates con balón

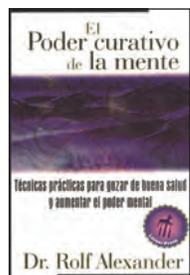
(Pilates on the Ball)

El ejercicio más popular del mundo usando un balón

Colleen Craig

ISBN 978-0-89281-694-1
\$18.95 (CAN \$29.95) pb
192 pages, 8 x 10
182 b&w photographs and illustrations

Colleen Craig nos ofrece una síntesis única y emocionante del Método Pilates de acondicionamiento del cuerpo y el ejercicio con el balón suizo, proporcionado una manera nueva de bajo impacto, para estar en forma. Utilizado por entrenadores olímpicos, bailarines, y atletas para aumentar el conocimiento del cuerpo y realzar el desempeño.



El poder curativo de la mente

(The Healing Power of the Mind)

Técnicas prácticas para gozar de buena salud y aumentar el poder mental

Rolf Alexander, M.D.

ISBN 978-0-89281-590-6
\$12.99 (CAN \$14.99) pb
128 pages, 5.38 x 8.25

Con más de treinta años de investigación de las culturas Tibetana, India y otras, el doctor Alexander transmite con sentido espiritual y práctico, consejos sobre la verdadera naturaleza del proceso curativo, ilustrando como imaginación, deseo, poder de la sugestión, influencia psíquica y eliminación de las limitaciones, son herramientas valiosas para aumentar nuestra capacidad innata de autocuración.



El poder detrás de sus ojos

(The Power Behind Your Eyes)

Mejore su vista mediante la Terapia de Visión Integral

Robert-Michael Kaplan, O.D.

ISBN 978-0-89281-576-0
\$16.95 (CAN \$26.95) pb
192 pages, 8 x 10
23 b&w illustrations

El Dr. Kaplan se dirige a los problemas de visión desde una perspectiva holística y psico-espiritual, que permite comenzar un camino de autocuración.



Psiconavegación

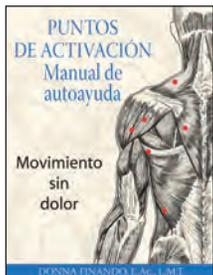
(Psychonavigation)

Técnicas para viajar más allá del tiempo

John Perkins

ISBN 978-0-89281-461-9
\$14.95 (CAN \$17.50) pb
160 pages, 6 x 9

Psiconavegación, practicada por culturas tribales, nos puede ayudar a tomar decisiones plenas de sabiduría y a desarrollar nuevos enfoques para enfrentar los problemas de todas las áreas de la vida. Mediante su experiencia con culturas nativas, el autor John Perkins nos enseña cómo hacerlo.



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
\$19.95 (CAN \$24.95) pb
224 pages, 8.38 x 10.88
228 two-color illustrations

Finando presenta métodos para la sanación y prevención de lesiones musculares. Identifica causas y remedios relacionados con zonas de tensión y restricción muscular y detalla técnicas de autotratamiento. Dolores vinculados con los puntos de activación en cada músculo del cuerpo son identificados con instrucciones de como palpar, tratar y estirar el músculo para poder liberarlo.



Terapia de puntos de activación para el dolor miofascial

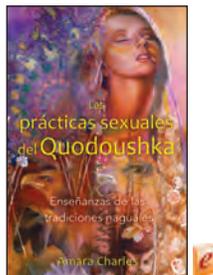
(Trigger Point Therapy for Myofascial Pain)

La práctica de saber dónde palpar

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

ISBN 978-1-62055-478-4
\$24.95 (CAN \$29.95) pb
256 pages, 8.38 x 10.88
147 two-color illustrations

Donna y Steven Finando presentan técnicas de evaluación y palpación para reducir los puntos de activación, y aliviar el dolor en los músculos. Información detallada de cada músculo incluyendo patrón de dolor, ilustraciones de puntos de activación e instrucciones específicas de palpación para ubicar áreas específicas rápidamente.



Las prácticas sexuales del Quodoushka

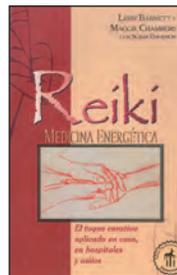
(The Sexual Practices of Quodoushka)

Enseñanzas de las tradiciones naguales

Amara Charles

ISBN 978-1-59477-478-2
\$18.95 (CAN \$21.50) pb
336 pages, 6 x 9
57 b&w illustrations

Basado en antiguas enseñanzas mayas, olmecas y toltecas, transmitidas de generación en generación por los ancianos naguales del cabello torcido del sendero de la dulce medicina de la danza del sol, *Las prácticas sexuales del Quodoushka* ofrece orientación práctica sobre el sexo, la intimidad y las relaciones y sobre cómo alcanzar niveles más elevados de orgasmo y éxtasis sexual.



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

El sistema de atención a la salud obliga instituciones a brindar servicio de alta calidad pero bajo costo; por ello se ha reconocido que reiki es valioso para mejorar la atención al paciente y reducir su tiempo de recuperación. Este es el primer libro que muestra como el reiki funciona dentro del modelo tradicional de atención a la salud.



El regreso de los niños de la luz

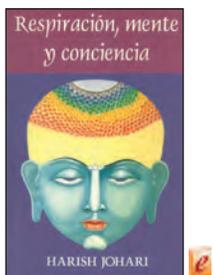
(Return of the Children of Light)

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

Culturas incas y mayas se consideraban "los niños de la luz", descendientes de reinos celestiales. Sus profecías anuncian un tiempo de gran despertamiento espiritual. Ahora la semilla de dios humana está empezando a despertarse y la civilización moderna está comenzando a percibir el potencial humano que culturas antiguas aceptaban como verdad. Polich presenta técnicas para despertar nuestro potencial humano.



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

Yoguis han sabido desde hace siglos que la fuerza vital que da vida al cuerpo está regulada por la respiración y que la energía de la respiración está controlada por la mente. Johari presenta la ciencia esotérica y la práctica del Swara Yoga—la observación consciente y el control de la respiración que pueden establecer balance en el sistema nervioso y llevar a óptima salud y vitalidad.



La sábila

(Aloe Vera)

Suavizante y curativo natural

Diane Gage

ISBN 978-0-89281-583-8
\$8.95 (CAN \$13.95) pb
128 pages, 5.38 x 8.25

La autora expone las propiedades biológicas de la sábila y explica su capacidad curativa, también explora distintas aplicaciones que le han dado culturas como la egipcia, la árabe o la de los indios americanos. En este libro, Gage desmitifica las probadas propiedades curativas de la sábila y muestra como puede ser utilizada para resolver una variedad de problemas.



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 encauja la necesidad de madres nuevas de reponer su cuerpo, mente y espíritu para poder cuidar a su bebe. Este libro proporciona apoyo para nuevas madres, ayudando tanto a las que se quedan en casa, como a aquellas que regresan al trabajo poco después del parto.



Santería Cubana

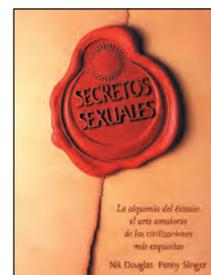
(Cuban Santería)

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

Iniciado en la santería a los siete años, Canizares nos desvela el mundo secreto y seductor de esta religión afro-cubana. Canizares explica la práctica de la santería con los conocimientos de un miembro de la misma y la perspicacia de un erudito, revelando sus dimensiones ocultas, y proporcionando a la vez un análisis fascinante sobre la mezcla de las tradiciones católicas, cubanas y africanas.



Secretos sexuales

(Sexual Secrets)

La alquimia del éxtasis: el arte amoroso de las civilizaciones más exquisitas

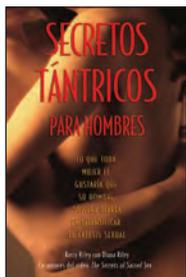
Nik Douglas y Penny Slinger

ISBN 978-0-89281-588-3
\$26.95 (CAN \$36.95) pb
384 pages, 7 x 9.5
473 b&w illustrations

El libro más vendido sobre sexo y misticismo publicado hasta hoy que cubre filosofía, psicología, arte teoría y la práctica de la sexualidad del Occidente.

"Por veinte años Secretos Sexuales ha sido la guía de copulación celestial para la persona espiritual. Carne conoce fe adentro de este libro y ambos son mejores por ello."

ForeWord



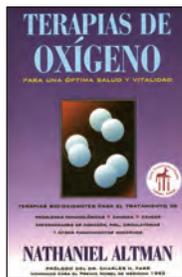
Secretos tántricos para hombres
(Tantric Secrets for Men)
Lo que toda mujer le gustaría que su hombre supiera acerca de intensificar el éxtasis sexual

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
Expertas enseñanzas de un comprometido matrimonio que practica sexualidad extática en un moderno estilo de vida. Proporciona todo lo que un hombre necesita saber para satisfacer los anhelos físicos, emocionales y espirituales en una relación sexual, además de cómo llevarse a sí mismo a nuevas alturas de éxtasis en el proceso.



La solución para la hipertensión
(The High Blood Pressure Solution)
Prevención y cura natural con el factor K

Dr. Richard D. Moore
ISBN 978-0-89281-578-4
\$14.95 (CAN \$23.95) pb
376 pages, 6 x 9
El enfoque del doctor Moore es simple: si se lleva una dieta con la proporción adecuada de potasio y calcio, se regula la presión en el nivel celular, evitando la hipertensión y la alta incidencia de infartos y paros cardíacos asociados con esta condición.



Terapias de oxígeno
(Oxygen Healing Therapies)

Para una óptima salud y vitalidad
Nathaniel Altman
ISBN 978-0-89281-472-5
\$12.95 (CAN \$20.95) pb
248 pages, 6 x 9
Los científicos afirman que la mayoría de las enfermedades son debidas a la carencia de oxígeno a nivel celular. Con las nuevas terapias bio-oxidantes se puede generar más oxígeno en el organismo para lograr óptima salud y longevidad. Este es el único libro que sitúa las terapias bio-oxidantes en el contexto de la salud holística.



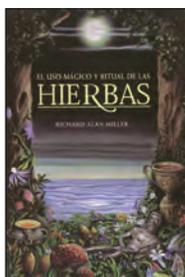
Terapias naturales para el enfisema y la enfermedad pulmonar obstructiva crónica

Alivio y sanación de trastornos pulmonares crónicos
Robert J. Green Jr., ND, RRT
ISBN 978-1-62055-555-2
\$16.95 (CAN \$20.50) pb
224 pages, 6 x 9
8 b&w illustrations
El primer libro que aborda el enfisema y la enfermedad pulmonar obstructiva crónica (EPOC) a partir de un enfoque basado en la nutrición y la medicina alternativa. Robert Green demuestra que las terapias holísticas alternativas, que van desde las hierbas medicinales hasta la homeopatía, son muy prometedoras para aliviar los síntomas debilitantes de la EPOC.



Transmutación
(Shapeshifting)
Técnicas chamánicas para la transformación global y personal

John Perkins
ISBN 978-0-89281-592-0
\$12.95 (CAN \$18.50) pb
184 pages, 6 x 9
13 b&w photographs
La antigua práctica chamánica de transmutación permite que el individuo se convierta a nivel profundo y logre unidad con todas las cosas "volviéndose el otro". John Perkins muestra las técnicas mentales que permiten que un individuo no solo se una a otro, sino que logre transformar su vida personal, salud física, carrera y comunidad.



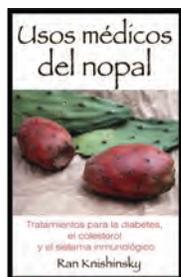
El uso mágico y ritual de las hierbas
(The Magical and Ritual Use of Herbs)

Richard Alan Miller
ISBN 978-0-89281-467-1
\$12.95 (CAN \$20.95) pb
112 pages, 6 x 9
Miller, bioquímico, físico y herbolario de profesión, describe el uso histórico, la estructura química, la preparación para el consumo y los rituales mágicos de hierbas narcóticas, alucinógenas, estimulantes y sedantes.
"E rango de los conocimientos prácticos y arcaicos de Miller es impresionante. La integración de lo científico con lo místico es una de las partes más interesantes del libro."
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
\$10.95 (CAN \$17.50) pb
144 pages, 6 x 9
El autor demuestra que se puede modificar la intención y la motivación de manera que aumenten notablemente los efectos físicos de los afrodisíacos y proporciona diversos rituales pertenecientes a culturas del tantra yoga y la magia occidental.



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
El nopal está destinado a ser la próxima superestrella de los remedios botánicos, como lo han sido la hierba de San Juan y la equinácea. Tradicionalmente se ha utilizado como remedio para más de cien dolencias y ha sido objeto de pruebas e investigaciones relacionadas con el nivel de colesterol en la sangre patrocinadas por la Asociación Estadounidense de Cardiología.



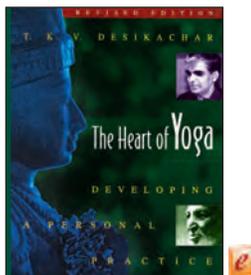
Vacunas: Una guía para padres inteligentes
(Vaccinations: A Thoughtful Parent's Guide)

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 presenta el espectro total de opciones para padres: un programa completo de vacunas, horario estándar o individual, vacunas selectivas, o no vacunar. El libro incluye sugerencias para fortalecer el sistema inmunológico de los niños y mantener la salud óptima, y recomienda remedios herbales y homeopáticos para enfermedades infantiles.



Yoga con balón
(Yoga on the Ball)
Realce su práctica de yoga, usando el balón de ejercicios

Carol Mitchell
ISBN 978-1-59477-039-5
\$18.00 (CAN \$28.95) pb
192 pages, 8 x 10
240 b&w photographs and illustrations
Ejecutando posiciones yoga mientras se utiliza el balón de ejercicio es meditación en movimiento. El balón permite involucrar varios grupos de músculos al mismo tiempo y con solo un leve girar del balón los profundos estiramientos yoga pueden alterarse para dirigirse a las diferentes áreas de los músculos, permitiendo que cada posición yoga sea lo más beneficiosa posible.



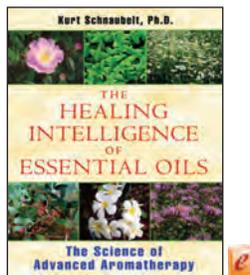
The Heart of Yoga

Developing a Personal Practice

T. K. V. Desikachar
ISBN 978-0-89281-764-1
\$19.95 (CAN \$24.95) pb
272 pages, 8 x 10
100 b&w photographs
and 200 b&w illustrations

Also available in Spanish
(see page 184)

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

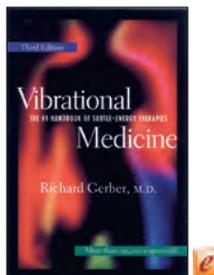


The Healing Intelligence of Essential Oils

The Science of Advanced Aromatherapy

Kurt Schnaubelt, Ph.D.
ISBN 978-1-59477-425-6
\$19.95 (CAN \$24.95) 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.

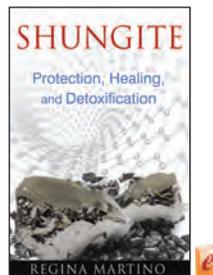


Third Edition Vibrational Medicine

The #1 Handbook of Subtle-Energy Therapies

Richard Gerber, M.D.
ISBN 978-1-879181-58-8
\$18.00 (CAN \$22.00) pb
608 pages, 6 x 9
40 b&w illustrations

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

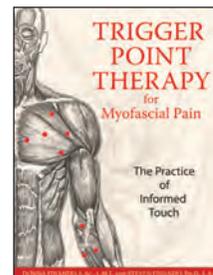


Shungite

Protection, Healing, and Detoxification

Regina Martino
ISBN 978-1-62055-260-5
\$16.95 (CAN \$19.95) pb
168 pages, 6 x 9
Includes 8-page color insert and
30 b&w illustrations

Found near the small village of Shunga in Russia, shungite formed naturally more than two billion years ago from living single-cell organisms. It contains almost the entire periodic table of the elements as well as fullerenes, the molecules that are able to slow both the growth of cancer cells and the development of the AIDS virus. Shungite's protective and healing properties include the counteracting of radiation from cell phones and water purification.



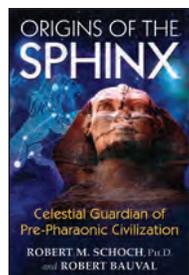
Trigger Point Therapy for Myofascial Pain

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 \$23.95) 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, enable clinicians to locate specific areas quickly and accurately.

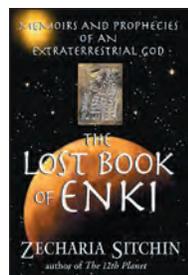


Origins of the Sphinx

Celestial Guardian of Pre-Pharaonic Civilization

Robert M. Schoch, Ph.D.,
and Robert Bauval
ISBN 978-1-62055-525-5
\$24.99 (CAN \$31.50) pb
528 pages, 6 x 9
Includes 16-page color insert
and 247 b&w illustrations

According to orthodox Egyptology, the Sphinx was built around 2500 BCE as a memorial to the pharaoh Khafre. In this provocative collaboration from two Egyptology outsiders, Robert M. Schoch, Ph.D., and Robert Bauval combine their decades of research to show how the Sphinx is thousands of years older than the conventional Egyptological timeline.

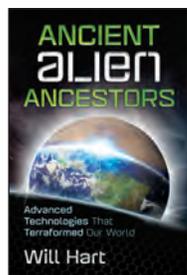


The Lost Book of Enki

Memoirs and Prophecies of an Extraterrestrial God

Zecharia Sitchin
ISBN 978-1-59143-037-7
\$16.00 (CAN \$18.95) pb
336 pages, 6 x 9
14 b&w illustrations
ISBN 978-1-879181-83-0
\$24.00 (CAN \$29.95) 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.

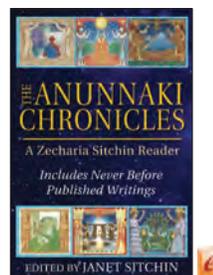


Ancient Alien Ancestors

Advanced Technologies That Terraformed Our World

Will Hart
ISBN 978-1-59143-253-1
\$20.00 (CAN \$24.95) pb
384 pages, 6 x 9
30 b&w illustrations

Sharing scientific evidence of alien involvement with life on our planet, author Will Hart refines the theory of directed panspermia—that life was intentionally seeded on Earth by extraterrestrials—and shows that advanced ETs are our ancestors and as human as we are.

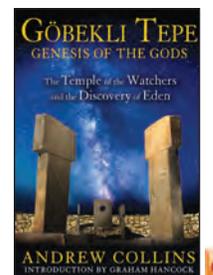


The Anunnaki Chronicles

A Zecharia Sitchin Reader

Zecharia Sitchin
Edited and Introduced
by Janet Sitchin
ISBN 978-1-59143-229-6
\$24.00 (CAN \$28.95) hardcover
384 pages, 6 x 9
100 b&w illustrations

This collection of Zecharia Sitchin's work includes never-before-published letters, articles, and lectures culled from his decades of presentations, revealing the man behind the controversial claim of Anunnaki influence on Sumerian civilization. Each piece is introduced by Sitchin's niece, offering context and insight into his passionate work.

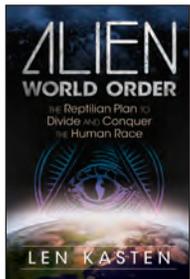


Göbekli Tepe: Genesis of the Gods

The Temple of the Watchers and the Discovery of Eden

Andrew Collins
Introduction by
Graham Hancock
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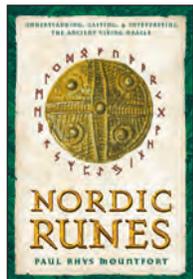
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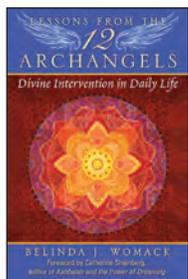
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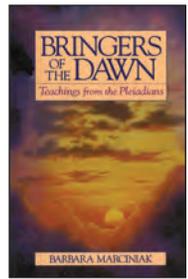
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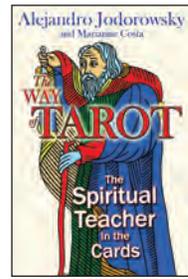
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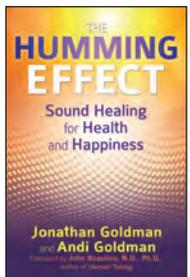
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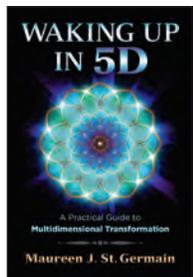
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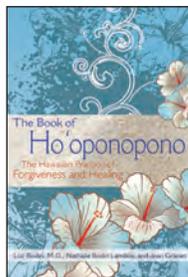
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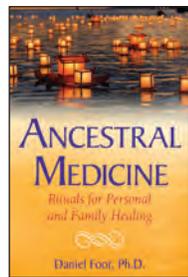
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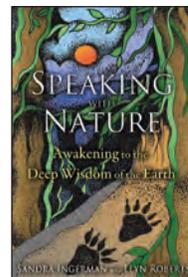
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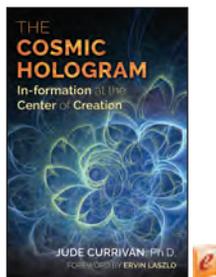
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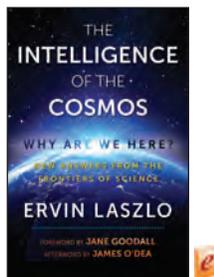
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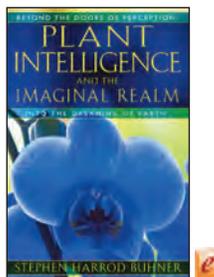
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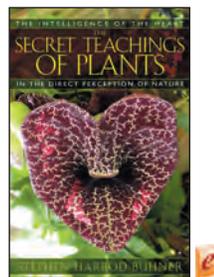
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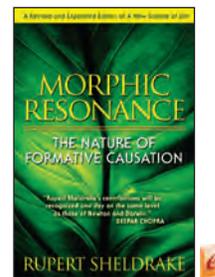
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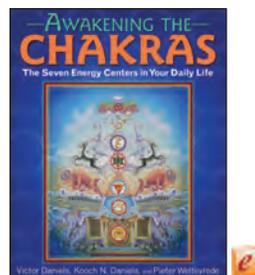
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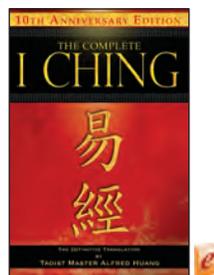
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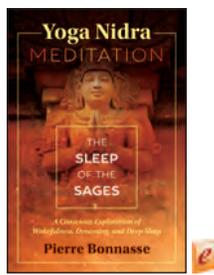
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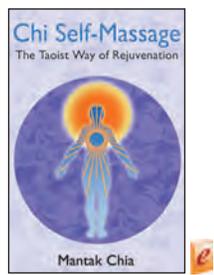
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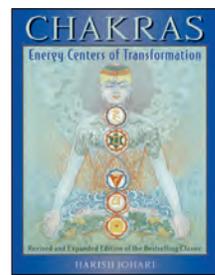
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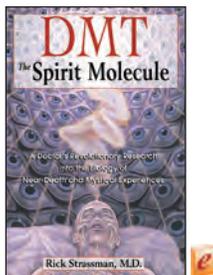
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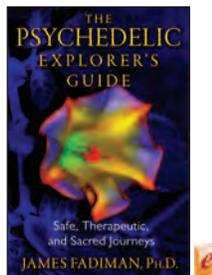
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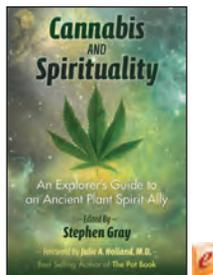
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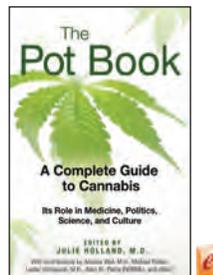
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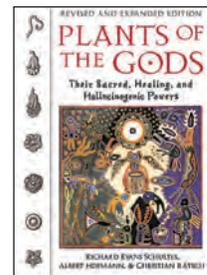


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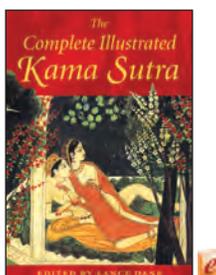
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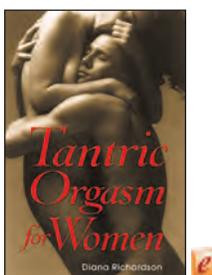


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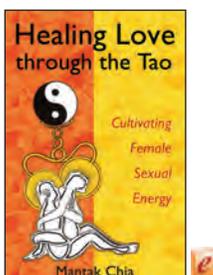


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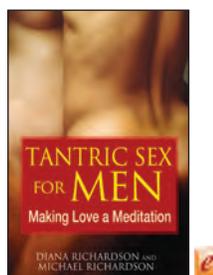
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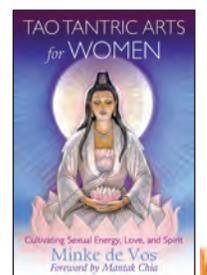


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Minke de Vos

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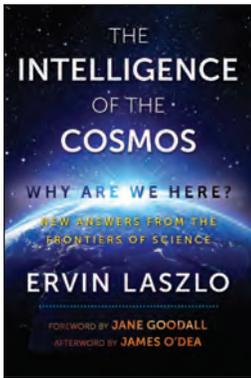
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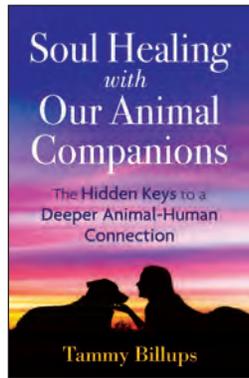


The Intelligence of the Cosmos

Why Are We Here? New Answers from the Frontiers of Science

The new paradigm emerging in science shows how the world is an interconnected, coherent whole, informed by cosmic intelligence. Ervin Laszlo shows how this integrates seamlessly with the wisdom traditions and enables us to evolve consciously and re-discover our purpose, revealing a way forward into a new era of peace and global wellbeing.

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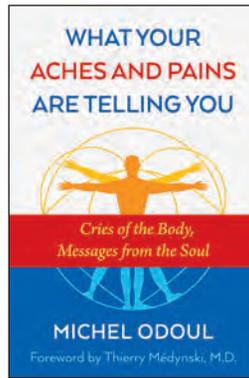


Soul Healing with Our Animal Companions

The Hidden Keys to a Deeper Animal-Human Connection

The animals we attract in our lives reflect us in many ways. Offering a soulful and bioenergetic perspective on decoding our animals' actions, behaviors, and physical issues, Billups explains how our animal companions share our energetic patterns and emotional wounds, revealing issues in our own lives that may be hidden or suppressed.

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What Your Aches and Pains Are Telling You

Cries of the Body, Messages from the Soul

Revealing the clear correspondences between emotional and mental tensions and specific ailments of the body, the author shows how the part of the body affected pinpoints what your soul is trying to tell you and what you need to work through emotionally. Includes a reference grid of body-mind connections.

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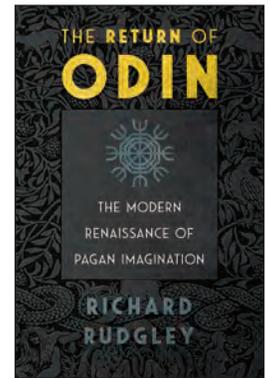


White Spirit Animals

Prophets of Change

All-white animals are held sacred by many indigenous cultures and offer deep wisdom to all who will listen. Exploring the major White Spirit Animals--White Buffalo, White Lion, White Elephant, White Wolf, and White Spirit Bear--the author explains how to use shamanic dreaming and telepathy to communicate with these spiritual teachers.

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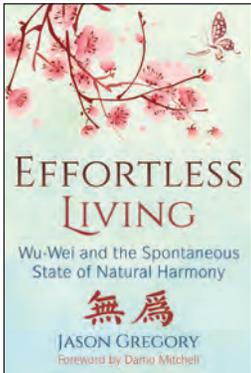


The Return of Odin

The Modern Renaissance of Pagan Imagination

Exploring the influence of the Norse god Odin in the modern world, Richard Rudgeley reveals Odin's central role in a wide range of cultural movements and phenomena, including Nazi Germany as well as the 1960s counterculture. He explains how the Odin archetype is responsible for both regressive tendencies and the green ecological mindset.

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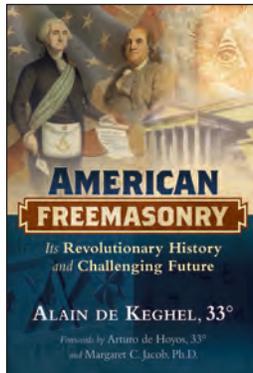


Effortless Living

Wu Wei and the Spontaneous State of Natural Harmony

Jason Gregory outlines the Taoist practice of wu-wei, revealing that when we release our ego and allow life to unfold as it will, we align ourselves more closely with our goals and cultivate skill and mastery along the way. He includes meditation practices, yoga exercises, and wisdom from renowned sages.

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American Freemasonry

Its Revolutionary History and Challenging Future

A lifetime member of the Scottish Rite Research Society examines the history of Freemasonry in the United States from the colonial era to the present offering an unobstructed view of the strengths and failings of the American system.

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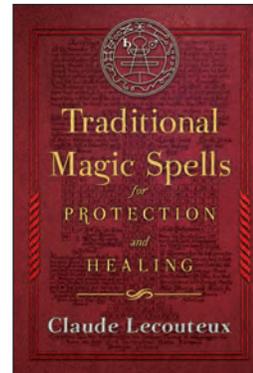


The Angelic Origins of the Soul

Discovering Your Divine Purpose

Exploring the Soul's angelic origins, the Nine Orders of Angels, and the multi-dimensional landscapes of Heaven, Tricia McCannon explains the six stages of Soul Evolution and how to reawaken to higher vibrations, remember your Soul's purpose, and embrace the joy and love that reside eternally at the core of your being.

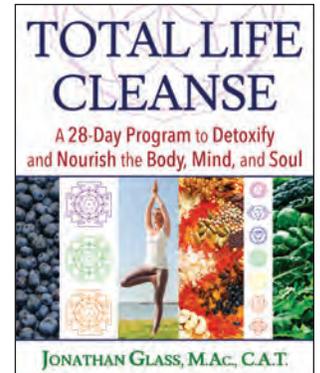
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Traditional Magic Spells for Protection and Healing

Drawing on his extensive knowledge of ancient texts, Claude Lecouteux presents more than 600 magical prescriptions from both pagan and Christian sources. He examines the folk practice of diagnosing illness through magic, explores protection magic and evil spells such as curses, and includes spells from the gypsy tradition of magic and healing.

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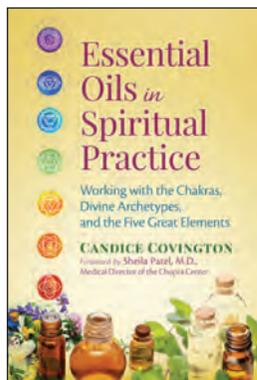


Total Life Cleanse

A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul

Jonathan Glass presents a practical 28-day program to initiate and maximize detoxification of your body, mind, and spirit. Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, he includes recipes, exercises, mental and physical detox practices, and tips on liver and digestive health.

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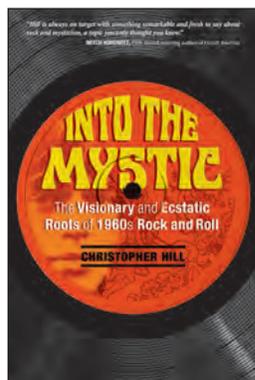


Essential Oils in Spiritual Practice

Working with the Chakras, Divine Archetypes, and the Five Great Elements

Learn how to use essential oils energetically to affect the *tattvas*, the elemental energies behind your unique personal characteristics, and how to craft your own ritual practice with essential oils.

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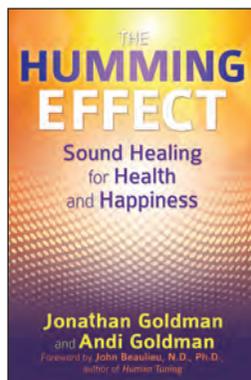


Into the Mystic

The Visionary and Ecstatic Roots of 1960s Rock and Roll

Music critic Christopher Hill examines the visionary, spiritual, and mystical influences on the Beatles, the Rolling Stones, the Grateful Dead, Bob Dylan, Van Morrison, and others to show how 1960s rock and roll music transformed consciousness.

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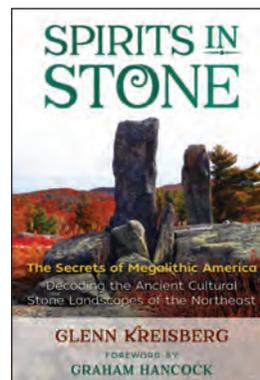


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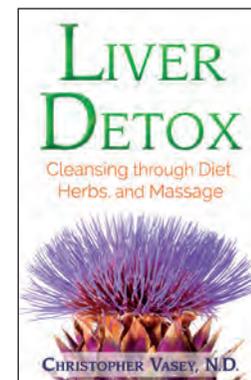


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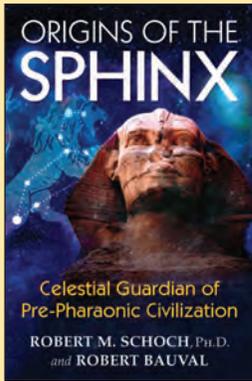
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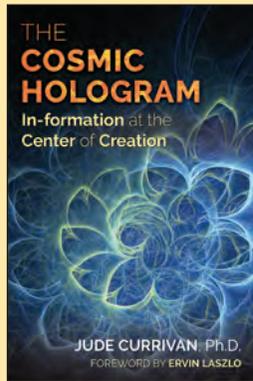


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Celestial Guardian of Pre-Pharaonic Civilization

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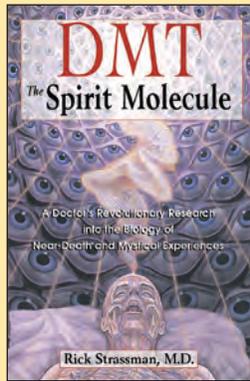


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In-formation at the Center of Creation

Jude Currivan, Ph.D., examines the latest research across many fields to show how our Universe is in-formed and holographically manifested. She explores how information is more fundamental than energy, matter, space, or time.

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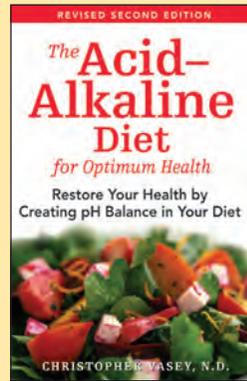


DMT: The Spirit Molecule

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

Rick Strassman, M.D., 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.

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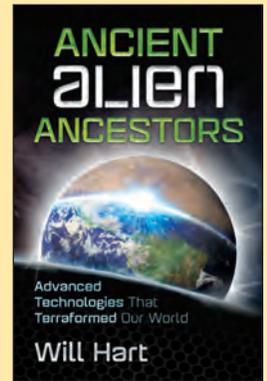


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Restore Your Health by Creating pH Balance in Your Diet

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.

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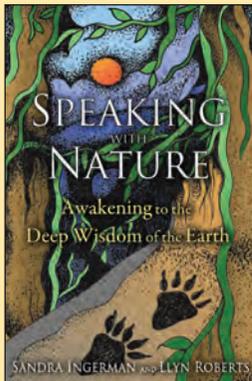


Ancient Alien Ancestors

Advanced Technologies That Terraformed Our World

Sharing scientific evidence of alien involvement with life on our planet, author Will Hart refines the theory of directed panspermia—that life was intentionally seeded on Earth by extraterrestrials—and shows that advanced ETs are our ancestors and as human as we are.

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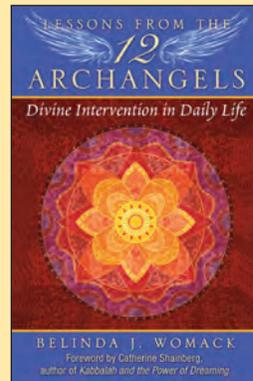


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Sandra Ingerman and Llyn Roberts share transformative teachings from their own conversations with nature spirits. These practices can be used in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature.

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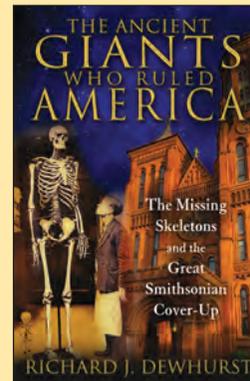


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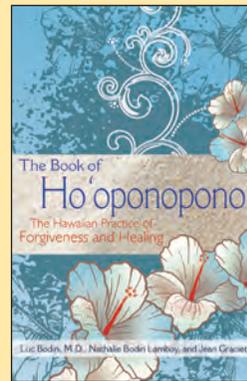


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The Missing Skeletons and the Great Smithsonian Cover-Up

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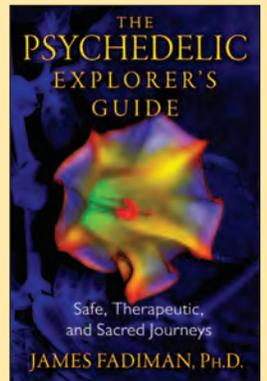


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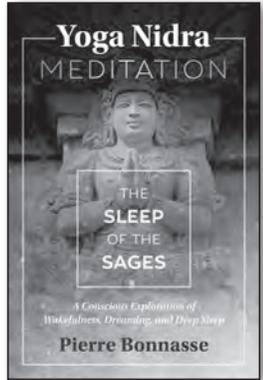


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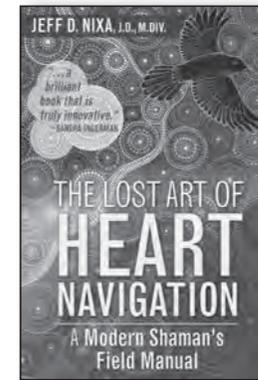


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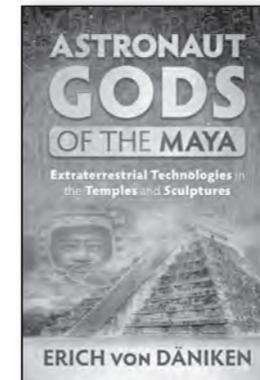
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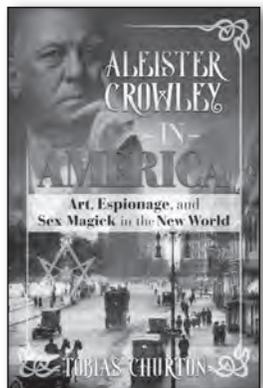
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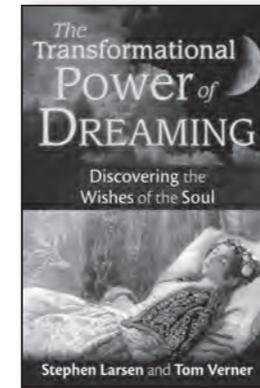
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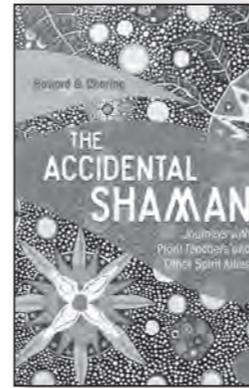
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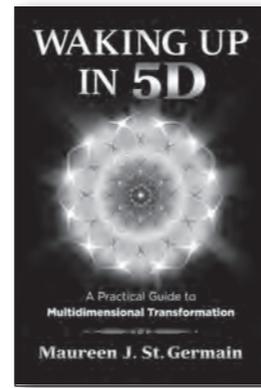
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