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New & Reviews from
Banyen Books and Sound

ISSUE 38  Spring-Summer-Fall 2011

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Managing Editor & Production
Michael Bertrand

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Laura Duncan  Good Look Graphics
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Fiona Garnier  Articulate Design

On the Cover
This Mysterious Jewel of a Plane
“breathing” in the heart of “the garden”
and all of us alive in this Earth too!

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Our Banyen loyal by a review means that title is quite quirky
“Editor’s Choice.”

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See Reviews in this Issue

STEPHEN BATCHELOR  Confessions of a Buddhist Atheist, reviewed on p. 13. Presenting at Hollyhock Oct. 7-12

ROBERT BRINGHURST  A Story as Sharp as a Knife, reviewed on p. 34. Presenting at Hollyhock Sept. 25-29

RICK HANSON  Stress-Proof Your Brain, reviewed on p. 49. Presenting at Hollyhock Aug. 31-Sept.4

LEE HOLDEN  Qi Gong for Health and Healing, reviewed on p. 17. Presenting at Hollyhock May 29-June 3


RUPERT SHELDRAKE  Dogs That Know When Their Owners are Coming Home, reviewed on p. 47. Presenting at Hollyhock with Brother David Steindl-Rast August 3-7

For complete info and registration, see www.hollyhock.ca, call 800-933-6339 or pick up a brochure.

MORE EVENTS

PARVATHY BAIL
Music and Dance from the Indian Baul Tradition of Devotion
Contact: Dan Nesbitt 604-225-0035 info: www.parvathybaul.mimemo.net

DAVID ABRAM
BECOMING ANIMAL : An Earthly Cosmology
Author of the best-selling The Spell of the Sensuous, ecologist, anthropologist and philosopher David Abram says that for too long we’ve inured ourselves to the wild intelligence of our muscled flesh, taking our primary truths from technologies that hold the living world at a distance. He draws readers ever closer to their animal senses in order to explore, from within, the elemental kinship between the human body and the breathing Earth. www.wildethics.org

David Abram is also at Hollyhock Aug. 17-21.

....LOOK FOR THESE FALL EVENTS...

SRI AND KIRA  Sept. 22 booksigning at Banyen. See ad p.2.
VESANTO MELINA  Raw Food Revolution, Sept. 29 booksigning at Banyen.
ANDREW HARVEY AND KARUNA ERICKSON  Heart Yoga, Oct. 27-30. Stay tuned for numerous events, including a Banyen booksigning. Info: christina@inner sanctuary.ca

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DIVINE JOKEs AND INVISIBLE REALITIES
ANANDA PROKOVIEVA

Talk & Booksigning
Fri., May 13
Free 2-3 pm at
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for info on more Vanc. events.

INTRODUCTORY TALK & DEMO
Sun., May 29
Free 11:30-1 at
BANYEN BOOKS
www.QuickFixEnergy.com

REDUCE STRESS USING QI GONG, QI YOGA & QI MUSIC
IQBAL ISHANI, producer of
Quick Fix Energy System DVD,
will be presenting easy-to-
apply techniques for relaxation, health & longevity.

BANYEN EVENTS

IN SEARCH OF THE MEDICINE BUDDHA
DAVID CROW

Talk & Booksigning
Thurs., June 2
6-7:30 pm Free
BANYEN BOOKS
See review p. 48

BUDDHA AND THE QUANTUM—Hearing the Voice of Every Cell
SAMUEL AVERY’s model of consciousness makes difficult and subtle ideas understandable, surprising you with the implications. He describes how experience in the physical world is built not from objective reality, but from experience within.

ASK BABA LON!
Renowned esoteric literature
author LON MILO DUQUETTE (L. & C. Magic: Its All In Your Head, Enochian Vision Magic, etc.) wraps his turban on and transforms himself into his magical alter ego, the mystic sage, “Baba Lon,” as he answers questions from truth-seekers, magicians, and would-be wizards.

MATRIX ENERGETICS
In this interactive, participatory session, RIMA LAVINE will give a brief introduction and demonstration of two modalities for healing & transformation: Matrix Energetics & ‘One Brain’

THE WAY OF THE HAPPY WOMAN
Millions of women trying to do it all, the time, end up feeling depleted and defeated. In this inspiring evening, author and yoga teacher SARA AVANT STOVER shows women how to connect with their innate happiness through refreshingly simple practices that bring them back in sync with their own cycles and those of nature.

AN AYURVEDIC YOGA PRACTICE
MADHURI’S work fosters an understanding of the sister science to Yoga: Ayurveda, which is the world’s oldest holistic healing system still in use today. The 2+ hour DVD has yoga classes for each body type: Vata (air), Pitta (fire) or Kapha (earth).

SEX AND TRANSCENDENCE
Author KEITH SHERWOOD explains how participants can enhance their experience of unconditional love and ecstatic sex by enhancing the flow of sexual energy through their energy field.

Talk & Booksigning
Thurs., June 23
Free 6:30-8 pm at
BANYEN BOOKS

YOU ARE LIGHT
8 Words Reveal Your Truest Self
Seattle author and minister MONICA MADDOX teaches how to: *have all the love, joy, peace, and security you desire; *thrive during tumultuous times; *heal through meditation; *identify 8 qualities of your Truest Self.

Talk & Booksigning
Thurs., July 14
Free 6:30-8 pm at
BANYEN BOOKS

RETURNING TO SACRED WORLDS
Vancouver author STEPHEN GRAY clarifies humanity’s predicament and offers extensive ‘field-tested’ tools for awakening, including: meditation; prayer as understood in indigenous practice; and visionary/teaching plants that wisdom keepers say are here now to help us awaken.

The C. G. Jung Society presents “THE SAILOR CANNOT SEE THE NORTH / but knows the needle can.”

Talk, Fri., May 27
$20 7:30 pm at
UNITY CHURCH,
Oak St. at 42nd
Tiks: Banyen

The Psychopompic Dilemma of our Time
Jungian analyst and author JAMES HOLLIS (What Matters Most, Finding Meaning in the Second Half of Life, etc.) asks: What are the sources of guidance for a thoughtful person in our world amid political factionation, animosity, divisive ideologies, and numbing distractions—a time in which the individual has an enormous summons to social, psychological, and spiritual integrity.

HUMMINGBIRD TATTOO
A Collection of Erotic Haiku
B.C. author and poet ELLERY LITTLETON will introduce his new book, and guide audience members in writing their own haiku. The haiku is an ancient Japanese poetic form with a robust strain of the erotic, though Littleton’s poems are “more zen-like and relational.”

Talk & Booksigning
Thurs., June 2
Free 6:30-8 pm at
BANYEN BOOKS

HOLLYHOCK presents GANGAJI
Hidden Treasure: Uncovering the Truth in Your Life Story
Author and spiritual teacher GANGAJI offers an invitation to directly discover the peace and lasting fulfillment that is alive in the core of your being. Beginning with a period of silence, Gangaji will speak from her essential realization and invite questions and reports from participants.

See more EVENTS on pages 2, 6, 10 & 53
www.banyen.com
for latest event info and updates and to subscribe to our monthly e-newsletter, BLOSSOMING

BRANCHES OF LIGHT • 7 • SPRING - SUMMER • 2011
THE ESSENTIAL SNATAM KAUR
Sacred Chants for Healing
by Snatam Kaur
$20.95, CD. Sounds True. 62 minutes

From one of the most recognized voices in the world of devotional chant comes a heartfelt collection of music sacred for healing, strength, and inner peace: ‘The Essential Snatam Kaur.’ Immersed in the kundalini tradition since birth, Snatam (whose name means ‘universal’) has toured the world offering inspiring and uplifting music to crowds around the globe. Using crystalline vocals and her gift of translating traditional chants for modern audiences, she now shares her favorite songs to help us journey to ecstatic heights and discover the truth of who we are. The album includes:

- By Thy Grace,” a song that goes glory to the divine
- Long Time Sun,” an Irish-inspired blessing played at the end of every kundalini yoga class
- Ra Ma Da Sa,” a seed mantra that taps the energies of the earth, moon, sun, and infinite spirit to inspire healing
- Ek Ong Kaur,” a song for fulfilling our destiny
- Ong Nam o,” a chant for tuning in to the divine within.

With Snatam’s jeweled vocals floating through a landscape of guitar, flute, violin, harmonium, tabla, and other traditional Indian instruments, this album offers a blissful collection and testament to the beauty and power of sacred sound. Among Snatam Kaur’s popular CDs are Liberation’s Door and Ananda Bliss.

TREVOR HALL
by trevor hall
$18.25, CD. Vanguard. 52 minutes

Trevor Hall’s self-titled Vanguard debut embodies a soulfulness, depth and passion far beyond the artist’s 22 years. His youthful exterior belies the depth and intensity of an old soul. Trevor’s music is an unconventional mix of acoustic rock and reggae that serves as a vibrant landscape for his thought-provoking, inspiring lyrics.

Some of his song titles give a hint: “Internal Heights,” “My Baba (featuring Krishna Das),” “Unity (featuring Matayahn),” and “Who You Gonna Turn To.” Singing with the soul of an old-time rastafar, Trevor Hall sometimes rocks the heavens, other times his tender rap lyrics are just fresh from the heart of One Love.

“Humbly offered at the Lotus feet of Sri Baba Neem Karoli Maharam & Sri Naban Das Khyapa Baul,” Trevor Hall is an album many will love. The inner notes also include:

“In the troubled world we live in, Trevor’s music can only be described as a ray of hope. With a strong spiritual undercurrent, his message is undeniable, and will move you to tears… Musically, there is a lot to love, and his unique and powerful voice and well-crafted songs only add to the intoxicating quality of this album—especially when coupled with his profound message of peace, love and unity. Listening to this album will cleanse the soul and lift the spirits. Believe me, you will not be disappointed by what he has to say. Who would have thought that a skinny white boy from South Carolina could be capable of such depth?” –Amazon reviewer

THE WIND THAT SHAKES THE BARLEY
by Loreena McKennitt
$16.75, CD. Quinlan Road. 46 minutes

In a stirring return to her roots, Loreena McKennitt has created a new album of traditional Celtic songs. Every one and again there is a pull to return to one’s own roots or beginnings, with the perspective of time and experience, to feel the familiar things you once loved and love still.

“The Wind That Shakes the Barley” includes famous “classics” such as “Down by the Sally Gardens,” “The Star of the County Down” and “The Parting Glass.” They are mixed with lesser-known traditional songs, including “The Death of Queen Jane” and “As I Roved Out”.

There are two instrumental tracks, including a McKennitt original called “Emigration Tunes,” which refers to Irish-Canadian history during the famine of the 1840s.

This has been somewhat spontaneous project, and it was one that I wanted to accomplish close to home… In another sense, it has been like ‘touching the stone,’ going back to the roots of my initial deep affection for Celtic music. The simple and more traditional arrangements and haunting melodies of that music led me to the broader history of the Celts which in turn resulted in my musical travel writing of recent years.

The album was recorded during the summer of 2010 at Sharon Temple, a handicrafted wooden building north of Toronto.

It was a real joy to record our music in a place that is so rich, both historically and architecturally. There is a fascinating interplay between architecture and sound; visually and sonically, the Temple inspired us all.

Some of McKennitt’s longtime musical companions—violinist Hugh Marsh, cellist Caroline Lavelle, guitarist Brian Hughes, hurdy-gurdy player Ben Grossman—were joined by a cast of other accomplished players. Loreena built her reputation—with some 14 million records sold around the world on her own self-managed record label—by exploring the rich history of the Celts and exploring their roots in the Middle East and even further afield.

IN THESE ARMS
A Song for All Beings
by Jennifer Berezan & Friends
$19.95, CD. Edge of Wonder. 70 minutes

Following on the success of her CD, Returning Berezan has created another long playing, layered composition with all manner of tone and mood—subtle and tender, perfect for meditation and heart-opening.

For the Buddha, the medicine to heal the ills of the world is lovingkindness, the cherishing of all living beings. “Let your heart full of love pervade the whole world, spread, pouring, without measure.” One of the surest ways to invoke this love is through sweet melody and caring voice. On In These Arms, a Song for All Beings, ancient verses, new songs and worldwide voices bless all beings, to awaken the great heart of loving-kindness.

Artists from all over the world have collaborated on this production and the sounds of electric guitar, piano, cello, and sansui blend with voice and spoken word in English, Spanish, Arabic, Hebrew and Persian. Jennifer Berezan crafts a rich and uplifting musical meditation. Jennifer Berezan’s warm voice reminds us of the big-hearted folk tradition from which she comes. The album of the Summer of 2010 in Korea, add their age-old chanting and the mood is both lyrical and profound.
New Visions on DVD
SILENCE AT THE HEART OF THINGS
by Oliver Schroer
$24.95, DVD. Borealis. 72 minutes
Silence at the Heart of Things is a very beautiful documentary about Oliver Schroer, Canadian treasure and fiddler extraordinaire. In a career cut short by illness (he passed away in 2008 just a month after the concert featured on this film), the artist recorded and produced more than 100 albums, composed some 1,000 pieces of music and inspired a generation of young musicians.

The spirit of the film is high fidelity improvisation, playful devotion, and truly inspiring musical mentorship. We’re brought into Ollie’s life to appreciate how he single-handedly brought the violin out of darker ages and into higher musical dimensions (though ever based on his classical foundations). Just watching him—and listening, the sound is exquisite—as he plays with so many young ones and inspires such a playful, expansive musicality is a real treat. The film follows Oliver in the last months of his life as he collaborates with musicians who have come from abroad to work with him. Through his own words, the documentary explores Oliver’s music and the unique voice he brought to his instrument, a voice that challenges traditional views of the fiddle.

The project teams are:

Burma: A World of Music, based in New York City, a not-for-profit organization dedicated to the preservation and development of traditional music from Burma, which has lost its heritage due to political turmoil.

Congo: the Mutoshi Institute, a cultural center dedicated to the promotion of Congolese music and culture.

Central America: the Latin American Music Fund, a non-profit organization that supports music education and cultural exchange in Central America.

Côte d’Ivoire: the Senoufo Music Project, a non-profit organization that promotes and preserves traditional music from Côte d’Ivoire.

Colombia: the Cuerdas de Arco Project, a non-profit organization that preserves and promotes traditional music from Colombia.

South Africa: the Ubuntu Music Project, a non-profit organization that supports music education and cultural exchange in South Africa.
Featuring magnificent excerpts from Oliver’s last sold-out concert, _Silence at the Heart of Things_ is a joyful celebration of his life’s work.

“Oliver Schroer was an extraordinary artist and human being. The legacy of his music and nobility of his spirit are gifts to all of us.” —Lorraine McBurney.

Music albums by Oliver Schroer include _Freedom Ride_ (his last celebration album recorded shortly before his death) as well as the earlier, more contemplative albums _Camino_ and _Hymns & Herbs._

**DIRT! THE MOVIE**

_A Story with Heart and Soil_

*by Ben Benenson & Gene Rosow*

$29.95, DVD. Common Ground.

80 minutes + 2 hours of bonus materials

**DIRT! The Movie** takes you inside the wonders of the soil. It tells the story of Earth’s most valuable and underappreciated source of fertility—from its miraculous beginning to its3 crippling destruction to its future. The opening scenes of the film dive into the wonderment of the soil. Made from the same elements as the stars, plants and animals, and us, “dirt is very much alive.” Though, in modern industrial pursuits and clamor for both profit and natural resources, our human connection to and respect for soil has been disrupted.

Drought, climate change, even war are all directly related to the way we are treating dirt.

Narrated by Jamie Lee Curtis, the film brings to life the environmental, economic, social and political impact that the soil has. But more than the lessons that it teaches, _Dirt! The Movie_ is a call to action. “The only remedy for disconnecting people from the natural world is connecting them to it again.” What we’ve damaged, we can heal.

Dirt feeds us and gives us shelter. Dirt holds up and cleans our water. Dirt heals us and makes us beautiful. Dirt regulates the earth’s climate. Dirt is the ultimate natural resource for all of life on earth. Yet most humans ignore, abuse, or destroy our most precious living natural resource... if we continue on our current path. Dirt might find another use for humans, as compost for future life forms.

The film offers an incisive and witty vision of a sustainable relationship between Humans and Dirt through profiles of the global visionaries who are determined to repair the damage we’ve done before it’s too late. There are many ways we can preserve the living skin of the earth for future generations, as the film demonstrates.

Adapted in part from the book _Dirt! The Ecstatic Skin of Earth_ by William Bryant Logan, _Dirt! The Movie_ received its world premiere at the 2009 Sundance Film Festival.

More info/trailer: **DirTheMovie.org**

---

**Earth as Art**

**SACRED EARTH**

_Place of Peace and Power_ by Martin Gray, foreword by Graham Hancock

$23.95, paper. Sterling, 288 pages, 9x10, colour photos

This luscious pictorial guide will call the pilgrim in you... Get ready to “make the journey” of a lifetime. Photographer and anthropologist Martin Gray spent the last 20 years on an amazing pilgrimage: he visited 1,000 sacred sites in 80 countries around the world with a good camera and his intuitive heart open. His journey unfolds in a remarkable compilation of images that reveals just how devoutly pre-industrial cultures everywhere worshipped and respected our Earth. From the Western Wall to the Great Mosque of Damascus, Mt. Olympus to Assisi, Tibet’s Potala Palace to Hawaii’s Mauna Kea, Teotihuacan in Mexico to the Golden Temple in Amritsar, these are the awe-inspiring sites from which all the world’s great religions sprang, along with our finest culture, art, and architecture. Gray’s stunning photographs and fascinating text provide unique insight into why these powerful holy places—sites imbued with the power to awaken feelings of transcendence, awe, and peace—are the most venerated and valued sites on the entire planet.

Accompanying each photograph is an insightful commentary that takes us deep into the history, mythology, and spiritual magnetism of the particular place. These stone rings, pyramids, shrines, and temples are often situated in locations that were discovered from a special powers and energies by pre-industrial peoples who recognized the earth as a living and sacred being worthy of deep respect.

Maps adapted from the National Geographic Society show the locations of all the sites presented, and a thorough appendix includes a comprehensive list of over 500 of the world’s sacred sites. Gray has also compiled an important record of sacred architecture as well as a celebration of humankind’s spiritual impulse in all the magnificent variety of its expressions. It’s also a Great Places to See Before You Die book.

_Sacred Earth_ is a visual meditation, a passionate prayer, and an expression of loving gratitude. My purpose in creating this book has been to share the teachings I received as a wandering pilgrim passionately in love with the earth.

See the author’s award-winning website at **sacredsites.com**

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**THE MANDALA BOOK**

_Patterns of the Universe_ by Lori Bailey Cunningham

$29.95, cloth. Sterling. 312 pages, full, colour illustrations throughout.

The mandala is an archetypal symbol of wholeness that is replicated on a cosmic scale—not only in manifestations of art, architecture, and religion but also throughout the natural universe. The mandala represents concepts and primal patterns upon which all physical things are created. It is no surprise that we are attracted to mandalas because they illustrate the core of who and what we are. The Mandala Book is a visual symphony of over 500 stunning images from nature and civilization, all related to the mandalike patterns and shapes that are explored in the text. Drawing from mathematics, history, science, and art, Lori Bailey Cunningham takes you on a journey that comprises the infinitely small to the immeasurable grand, from prehistoric petroglyphs to present-day works of art. Magnificently illustrated with mandala images of the awesome, artful flowering of creation (from the tiniest to the vastest in scale), this unique book invites us to “look with new eyes.”

This book is about me and you and everything in between... It’s also about shapes and how they describe a very important part of what we are: connected elements evolving from and, revolving around a unity center—the mandala. Recognition of patterns and shapes can profoundly affect how we see ourselves in relation to each other and the world in which we live, to embrace ideas that unite us, not divide us. In observing connections, we can establish associations that lead to kinship and the possibility of peace.

Interspersed with the satisfyingly broad and deep text—and fantastic images—are apt quotes from a wide variety of sources. At the end of the book thirteen beautiful mandalas are included to photocopy and color-in for fun or meditation.

From the most fundamental to the most grand, all things are composed of mandalas. Each shares a quality of emptiness and contributes to the creation of one vast, infinite mandala of which our finite minds cannot conceive.

Everything is connected; everything changes. Pay attention.

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**M A S T E R I N G C R E A T I V E A N X I E T Y**

_A Story with Heart and Soil_

*by Eric Maisel*

$17.95, paper. New World Library. 246 pages

In his decades as a psychotherapist and creativity coach, Eric Maisel has found a common thread behind what often gets labeled “writer’s block,” “procrastination,” or “stage fright.” It’s the particular anxiety that, paradoxically, keeps creators from doing, completing, or sharing the work they are driven toward. This “creative anxiety” can take the form of avoiding the work, delaying it not good enough, or failing to market it—and it can cripple creators for decades, even lifetimes.

But Maisel has learned what sets successful creators apart. He shares these strategies here, including artist-specific stress management; how to work despite bruised egos, day jobs, and other inevitable frustrations; and what not to do to deal with anxiety. Implementing these 24 lessons replaces the pain of not creating with the profound rewards of free artistic self-expression.

Maisel’s book includes practical insights and proven techniques for overcoming the challenges and fears that plague creators of every kind, as well as teaching tales that convey effective approaches to creating fearlessly and abundantly.

Eric Maisel is widely known as the creativity expert. He coaches individuals and trains creativity coaches, and offers workshops. He is also the author of _Brainstorm, Coaching the Artist Within, The Van Gogh Blues_, and other books.

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**THE PRACTICE OF CONTEMPLATIVE PHOTOGRAPHY**

_Seeing the World with Fresh Eyes_ by Andy Karr & Michael Wood

$27.95, paper. Shambhala

226 pages, 8x10, colour & b&w photos

This book teaches photographers how to fully connect with the visual richness present in their ordinary, daily experiences. According to the authors, photography is not purely a mechanical process. You need to know how to look, as well as where to point the camera, and when to press the button.

Then, as you develop your ability to see, your appreciation and inspiration from the world around you becomes enhanced. Filled with practical exercises and techniques inspired by mindfulness meditations, this book teaches photographers how to “see what’s in front of them.” It offers a system of training and exercises that draws upon Buddhist concepts, as well as the insights of great photographic masters such as Alfred Stieglitz, Edward Weston, and Henri Cartier-Bresson. There is a series of visual exercises and assignments for working with texture, light, and color, as well as for developing mindfulness as a way of bringing the principles of contemplative photography into ordinary experience.

Andy Karr is a photographer and long-time Buddhist meditator and teacher. After discovering Buddhist meditation, Michael Wood began to work on synthesizing his meditation experience with a fresh way of looking and seeing in his professional photography.

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**T A L K & B O O K S I G N I N G W I T H A N D Y K A R R**

_The Practice of Contemplative Photography_

Tues., June 14

Free 6:30-8 pm at BAN YEN BOOKS

See review above
Poetry, Writing & Stories

LEAVINGS
Poems by Wendell Berry
$15.95, paper. Counterpoint. 144 pages

No one writes like Wendell Berry. Whether essay, novel, story, or poem, his inimitable voice rings true, as natural as the land he has farmed in Kentucky for over 40 years. Following the widely praised Given, this new collection offers a masterful blend of epigrams, elegies, lyrics, and letters, with the occasional short love poem. Alternately amused, outraged, and resigned, Berry’s welcome voice is the consistent in this varied mix. The book concludes with a new sequence of Sahih poems, works that have spawned from Berry’s Sunday morning walks of meditation and observation.

TALKING INTO THE EAR OF A DONKEY
Poems by Robert Bly
$29.00, cloth. Norton. 112 pages

With poems ranging from the ghazal form to free verse, Talking into the Ear of a Donkey is Robert Bly’s richest and most varied collection. In the title poem, Bly addresses the “donkey”—possibly poetry itself—that has carried him through a writing life of more than six decades. “What has happened to the spring,” he asks, “and our legs that were so joyful in the babblings of April?” “Oh, never mind. About all that,” the donkey says. “Just take hold of my mouth so I can lift your lips closer to my hairy ears.”

Among Robert Bly’s many books of poetry and translations are Eating the Honey of Words and The Winged Energy of Delight.

Reaching Out to the World

New & Selected Prose Poems by Robert Bly
$18.50, paper. White Pine. 200 pages

Available for the first time, this significant volume collects over one hundred of Robert Bly’s prose poems written over a period of five decades. It includes the bulk of several landmark out-of-print volumes as well as uncollected poems and new material. Bly has been one of the leading Zen-inspired writers of the prose poem since the reemergence of the form in the 1960s.

Adventures in Writing

Rip the Page!
Adventures in Creative Writing
by Karen Benke
$17.95, paper. Shambhala. 246 pages, 7x9

Here are the ideas, experiments, and inspiration to unfold your imagination and get your writing to flow off the page! This is the everything-you-need guide to spark new poems and undiscovered old stories, including lists of big, small, gross-out, and favorite words; adventurous and zany prompts to leap from; dares and double dares to help you mash up truths and lies into outrageous paragraphees; and letters of encouragement written directly to you from famous authors, including: Annie Barrows, Naomi Shihab Nye, Lemonly Snicket, C.M. Mayo, Elizabeth Singer Hunt, Moira Egan, Gary Soto, Lucille Clifton, Avi, Betsy Franco, Carol Edgarigan, Karen Cushman, Patricia Polacco, Prartho Sereno, Lewis Buzzbee, and C.B. Follett.

This is your journal for inward-bound adventures—use it to write, brainstorm, explore, imagine—and even rip!

Rip the Page! is an invitation and a feast. Every page springs the imagination into freedom, eagerness, curiosity, the spirit of experimentation, and the power to express the abundant possibilities of both words and world.” —Jane Hirshfield, poet, author of Nine Gates: Entering the Mind of Poetry

“Fun, sassy and zany. It’s a great resource for writers of all ages—and for teachers of creative writing—who want to put the zing back in their writing.” —Julia Alvarez, author of Return to Sender

Karen Benke is a freelance facilitator, creative writing coach, and poet-teacher in the California Poets in the Schools program, where she specializes in leading creative writing workshops for children seven to fourteen years old.

Ensoul Language
On the Art of Nonfiction and the Writer’s Life
by Stephen Harrod Buhner
$29.50, paper. Inner Traditions. 480 pages

Approaching writing as a sacred art, Stephen Buhner explores the core of the craft in Ensoul Language: the communication of deep meaning that feeds not only the mind but also the soul of the reader. Tapping into the powerful archetypes within language, he shows how to enrich your writing by following “golden threads” of inspiration while understanding the crucial invisibles essential to the art of both fiction and nonfiction, how to craft language with feeling and vision, employ altered states of mind to access the writing trance, clear your work by recognizing the powerful sway of clichéd thinking and hidden baggage, and intentionally generate duende—that physical/emotional response to art that gives you chills, opens up unrecognized aspects of reality, or simply resonates in your soul.

To write your consciousness has to shift. You have to move from one reality into another, from one kind of perception into another. You are changing states of mind. It is this intentional act at the core of the craft that makes artists different from bankers or grocery clerks. Artists, at will, move from one reality to another and it is out of that other reality that their art comes.

Covering practical aspects of writing such as laying down and word symmetry, the author also explores the inner world of publishing—what you really will encounter when you become a writer. He then shows how to develop a powerful and engaging book proposal based on understanding the proposal as a work of fiction—the map is never the territory, nor is the proposal the book it will become.

This book, written using all the techniques discussed within it, offers a powerful, experiential journey into the heart of writing. It is one of the most significant works on writing published in our time.

“I can’t easily imagine a more useful book on the craft of writing… Covering all the steps… Buhner brings all his inspired lucancy to bear, illustrating his passionate insights with lively stories and poems and with glimmering nuggets from other authors, fashioning this instructive, how-to book into a breathing compendium of word magic.” —David Abram, author of Becoming Animal

Stephen Buhner’s other titles include The Secret Teachings of Plants.

Letting the Word Out
Yoga Stories

STORIES FROM THE YOGIC HEART
27 Inspiring Journeys
edited by Lisa Chery
$22.50, paper. Yoga Heart Publishing. 256 pages

Stories From the Yogic Heart features 27 stories by renowned and lesser-known yogis in the vein of Chicken Soup for the Soul. Yogi Lisa Chery spent six years collecting stories that, written in their own voices by such people as Yogi Bhajan, Sunny Rollins, Amy Weintraub and many more, tell how yoga practice has radically transformed their lives.

"Yoga practice has given me tools for facing and processing aspects of the unconscious that otherwise remain hidden and frustrating for a lifetime. It has been a task in my practice of yoga to feel the unlimited aspects of Self as well as to explore and challenge the physical aspects—both pleasant and painful,” says Sting. “This challenge is emotional, intellectual, psychological, physical, and spiritual.”

Equally as fascinating as the celebrities’ tales are stories by lesser-known yogis such as Rabbi Joseph Gelberman, a 98-year-old rabbi who was the first rabbi to seriously get into yoga (he was introduced by none other than Swami Viswna Devananda and Swami Satchidananda).

There are also stories by Amy Weintraub, author of Yoga for Depression, who pulled herself out of her own deep, chronic depression with Kripalu Yoga; Adeledeh Ohigb who cured herself of terminal cervical cancer with a yoga she developed: Luna Yoga; Danny Paradise, one of the first Western Ashtanga yogis; and Father Joe Pereira of India, a 40 year student of Mr. Iyengar who tells his story of how, with the help of Mother Teresa, he was able to help hundreds with AIDS and addictions through yoga.

Today, my yoga practice is absolutely as regular as my Mass, my Eucharist; my celebration of the Mass and the practice of yoga are parallel. Yoga became my way of life and will be to the end of my days.

At the end of each of the 27 stories is a "Reflection” page for readers to reflect on possible similarities in their own lives.

Beautiful stories which point to the power of yoga and meditation to bring genuine change to your life—Phillip Moffitt, author of Dancing with Life.

MYTHS OF THE ASANAS
The Stories at the Heart of the Yoga Tradition by Alanna Kaivalya & Arjuna van der Koij
$24.50, paper. Mandala 192 pages.
7x10, French flaps, 2-color illustrations

Practitioners around the world reap the physical benefits of yoga, assuming poses and frequently calling them by their Sanskrit names. While many know that hanumanasana is named for the deity Hanuman, few understand why this is the case. Behind each asana and its corresponding experiences is an ancient story about a god, sage, or sacred animal, much like Aesop's fables or European folktales. The Myths of the Asanas is the first book to collect and retell these ancient stories. The myths behind yoga’s spiritual tradition have the power to help students of all levels realize their full potential.

Meditating on the tolerance of trees while standing in tree pose can help one become more tolerant. Learning how the disfigured sage Astavakra came to be the teacher of a king can liberate us from anxieties about our external appearance and our self-imposed limitations. Marveling at Hanuman’s devotion to Rama can serve as a source of spiritual strength and determination.

With more than sixty beautiful illustrations to frame the stories, Myths of the Asanas will add a new dimension to your practice and study of yoga.

Rooted in classical yoga yet supported by psychology and science, the techniques in this book will help you create progressive and lasting change. Endorsed by many of the luminaries in western yoga, including Richard Freeman, Leslie Kaminoff, Gary Kraftsow, and Judith Lasater, this book is a valuable addition to the canon.

"Bo Forbes’s voice throughout this book is consistently inviting and gracious, deep and confidently knowledgeable. Readers will feel hopeful as soon as they start to read this book, even before beginning to practice the remarkably accessible exercises,” says Sylvia Boorstein, author of Happiness Is An Inside Job.

KUNDALINI MEDITATION
Guided Practices to Activate the Energy of Awakening
by Harijiwan Khalsa
$23.00, 2 CDs. Sounds True. 22.5 hours

For thousands of years, the yogic technology of kundalini was veiled in secrecy and passed only from master to chosen disciple. Today this sacred practice, known for its ability to promote health, creativity, and spiritual awareness, is now surfacing in yoga studios.

Now Harijiwan Khalsa offers Kundalini Meditation, a two-CD program to help anyone tap into the power of the ancient kundalini tradition. With guided practices and rare insights drawn from his 30 years of teaching experience, Harijiwan invites listeners on a transformative chakra journey to explore:

• Key concepts and terms to build your foundational knowledge of chakras and kundalini.
• Guided meditations with Harijiwan’s masterful gong accompaniment for clearing out negativity.
• A powerful mantra to help awaken all eight chakras.

"Kundalini practices allow you to cultivate the capacity to expand your perspective and experience each day with increased inspiration and joy,” teaches Harijiwan. With Kundalini Meditation, listeners will have a practical course to access and utilize their own energy for elevation of consciousness and healing.

HANUMAN
The Devotion and Power of the Monkey God by Vanamali
$23.95, paper. Inner Traditions. 384 pages

This interpretive look at the stories of Hanuman, one of the most beloved gods of the Hindu pantheon, contains 36 of the most important Hanuman stories with commentary on their spiritual lessons, yoga practices, and Vedic astrology. Best known for his role in the Ramayana, Hanuman’s playful nature, amazing physical powers, and selfless devotion to Lord Rama have made him one of the most beloved gods in the Hindu pantheon. As a monkey, he symbolizes the ever-reckless human mind. He teaches us that though everyone is born an animal, anyone can attain the heights of spiritual evolution through perseverance and ardent discipline. Having perfected his mind through bhakti (selfless devotion) to obtain his powers, Hanuman embodies the highest potential we can achieve.

Hanuman, who spent his entire life in the service of others, is the epitome of wisdom, self-control, devotion, valor, righteousness, and strength. His indispensable role in reuniting Ram and Sita is liked by some to that of a teacher helping an individual soul realize the divine.

Hanuman himself describes Hanuman thus: “heroism, cleverness, strength, firmness, sagacity, prudence, prowess, and power have taken upon their abode in Hanuman.”

In this book, Vanamali recounts 36 legendary Hanuman stories—his birth to his adventures in the Ramayana—and reveals the spiritual lessons, yogic practices and perspectives, and even the Vedic astrology aspects they contain. Vanamali shows how Hanuman has the ability to bestow selfless devotion and strength to his devotees and that following his example is
Yoga Anatomy

THE KEY MUSCLES OF YOGA: SCIENTIFIC KEYS

Yoga practice is a science, and understanding the underlying muscular architecture is an essential part of that science. This book provides a comprehensive guide to the muscular system, focusing on the muscles that are most relevant to yoga practice. It includes detailed illustrations and descriptions of the muscles involved in various yoga poses, helping practitioners understand how to engage the right muscles for strength, stability, and flexibility.

Buddhism

THE HEART OF THE REVOLUTION

Stephen Batchelor, author of "Writing Down the Bones," explores the radical ideas of the Buddha and how they have been interpreted and transformed over time. This book offers a modern perspective on the Buddha's teachings, focusing on themes such as compassion, wisdom, and the nature of suffering. It challenges traditional interpretations and invites readers to question their own assumptions about the nature of reality and the path to liberation.

The Beginner's Guide to Insight Meditation

This book is an introduction to the practice of mindfulness meditation, a central practice in modern Buddhism. It covers the basics of meditation, including how to sit, how to breathe, and how to maintain focus. The author, a well-known teacher, provides clear and accessible guidance for beginners, making the practice of meditation approachable for anyone interested in exploring the potential benefits of mindfulness.

The Buddha's Radical Teachings

This book offers a fresh look at the Buddha's teachings, highlighting their relevance to contemporary life. It explores themes such as compassion, interconnectedness, and the impermanence of life. The author draws on a wide range of sources, from ancient texts to contemporary insights, to present a modern understanding of the Buddha's message.
spontaneous, poetic, and pragmatic teachings—so reminiscent of his spiritual predecessor Shunryu Suzuki (author of Zen Mind, Beginner’s Mind)—transport us on an exciting journey into the very heart of Zen and its meaningful traditions. Because Koungrōshi can transmit the most intimate experience in the most accessible way, we learn how to ignite our own vitality, wisdom, and compassion and awaken a feeling of intimacy with the world. It is like having a conversation with our deepest and wisest self.

Don’t you feel greatly relieved to know that you don’t have to think about anything and yet you are vividly alive even without thinking? (One thought arising once in a while is no problem...). Everything is simple and direct, and there appears to be much more space from which to live.

The author was originally inspired to study Zen because of zenga, the ancient art of meditation and how it empowers us to see things clearly and be freejarvis.org

THE ENDS OF SUFFERING

ABIDING IN MINDFULNESS VOL. 3

On Dharma
by Joseph Goldstein
99.95, 12 CDs. Sounds True. 18 hours

This is the third and final volume in Joseph Goldstein’s Satipatthana Sutta Series. In the words of the Buddha, the four foundations of mindfulness (the four satipatthanas) are “the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the attenuation of pain and suffering, for the accomplishment of Nibbana.” Within the quincentennial discourse called the Satipatthana Sutta, we find the Buddha’s seminal teachings on the practice of meditation.

On Abiding in Mindfulness Volume 3: On Dharma, esteemed teacher Joseph Goldstein presents the culmination of his landmark series with a 16-CD audio curriculum that reveals the deeper insights of this vital teaching—and how it serves to pragmatically inform and guide your own daily practice.

The fourth foundation of mindfulness instructs us in mindfulness of dhamma, or the “categories of phenomena” that we experience as we are turning our attention in the first two of these traditional categories (the hindrances and the aggregates) in Abiding in Mindfulness Volume 2, Goldstein now takes us into the three remaining categories known as the six sense-spheres, the seven factors of awakening, and the four noble truths.

GUIDED MEDITATIONS FOR SELF HEALING

Essential Practices to Relieve Physical and Emotional Suffering and Enhance Recovery
by Jack Kornfield
$23.00, 2 CD’s. Sounds True. 1.75 hours

Meditation brings you into a deep communion with your own body and heart—but what happens when you are sick or in pain? With Guided Meditations for Self Healing, Jack Kornfield guides you through meditations created specifically to ease physical and emotional suffering and activate a powerful capacity for restoring yourself to wholeness.

Healing Presence—how to use the earth itself as your foundation to support you in self-diagnosis and restoration

The Healing Temple—guided visualization to your inner sanctuary, encountering the great healer, and receiving the necessary gifts for true recovery and blessing

The Healing Power of Love—directing the luminous spirit of loving-kindness to all the places in your body and spirit that are in need.

We are conditioned to approach healing as an act of control, in which we judge what is wrong with us and impose a change. The way of awareness teaches us how to turn toward that which is injured in us with a caring and fearless attention, so we may open the door to true healing at every level of our being.

On Guided Meditations for Self Healing, Jack Kornfield brings you three potent practices to bring compassionate energy where it is needed in your body, psyche, and spirit—and to awaken the “master healer” within you.

Included is a study guide with glossary.

The Jewels of Liberation continues with guidance in managing our troubles, the “weeds” that arise even as we cultivate the seeds of abiding happiness. Our retreat culminates with an inquiry into the “laws of life,” the understandings we must have if we are to experience freedom independent of our circumstances.

The sweet heart’s release is found nowhere else but in our own direct experience—for it is who and what we are... The world so much needs people who are free in this way, unafraid to love every being.

A few highlights:

Meditation as the art of “taking your seat halfway between heav en and earth”

Tending the garden of the heart

Compassion, the antidote to fear and despair

“The One Who Knows”—Ajahn Chah’s description of our innate wisdom and presence

“Enlightenments” and the infinite doorways to freedom

The three laws of impermanence and the secret treasures they hold

That which sustains lasting changes in our lives

Ten hours of Jack Kornfield... The Jewel of Liberation: here is his invitation for each of us to “be a lamp of freedom for yourself and for all”.

Masters has written his remarkable story as a cautionary tale for anyone who might be tempted to follow in his footsteps, and as a plea for “parting with the heart.” Masters’ story is often ignored the plight of the forgotten members of society. His personal story dramatically reminds us that all freedom and opportunity are not to be taken for granted, and that no matter what their neighborhood, no matter what their race, every child matters. It is a “charming, heartbreaking, redemptive and wise. Jarvis Jay Masters has turned his life into remarkable good medicine.” —Jack Kornfield, author of A Path with Heart

Check out his website at freejarvis.org.
Tibetan Buddhism

**B R E A T H , P R A C T I C E & T H E B A R D O •**

**Thich Nhat Hanh**

**Tibetan Buddhism**

*Into the Heart of Life* by Jetsunma Tenzin Palmo

$20.95, paper. Snow Lion. 241 pages

The real test of our Buddhist practice happens not on the cushion or in the protected space of retreat but moment-to-moment in daily life, particularly when we find ourselves in uncomfortable situations. How do we respond? In this book, one of the most respected Western figures of contemporary Buddhism, Jetsunma Tenzin Palmo, offers insights gleaned from more than forty years of engagement with Buddhist practice. Her perspective is vast, with a well-grounded understanding of how the timeless Buddhist teachings apply to the demands and challenges of modern life. Down-to-earth, approachable and deeply informative, this collection of talks and dialogues covers a wide range of topics, along with pragmatic advice on how we can enhance the quality of our lives. Jetsunma offers us a way to transform them into a rich journey, developing more sanity, fulfillment, wisdom and compassion along the way. As with her previous book, *Reflections on a Mountain Lake*, *Into the Heart of Life* is written for a general audience and presents practical advice that can be applied whether or not one is a Buddhist.

*With each being we meet, our first feeling is, “May you be well and happy.” It doesn’t matter whether it’s someone we know or don’t know, or even someone we dislike. May you be well and happy. We can all generate that sense of good will. If we generate that, then slowly, slowly, everything we do in our life is transformed into practice.

*We have this lifetime—this is what we have. How are we going to use it? Are we going to use it skillfully, or are we just going to waste it? It’s up to us… We do with the circumstances we find ourselves in is up to us.*

*One of the true yoginis of our time, a woman who has dedicated her life to Buddhism... Tenzin Palmo’s is a voice we need to hear, a woman who has fully experienced what she speaks about with an ab-solute honesty, delightful humor, and real insight.* —Tsitulrim Allione, author of *Feeding Your Demons*

**VIVID AWARENESS**

*The Mind Instructions of Khenpo Gangshar* by Khenchen Thrangu

$21.50, paper. Shambhala. 242 pages

In the summer of 1957, the revered Buddhist teacher and scholar Khenpo Gangshar foresaw the difficulties that would soon fall upon Tibet and began teaching in a startling new way that enabled all those who heard him to use the coming difficulties as the path of Dharma practice. The teaching consisted of the essential points of mahamudra and dzogchen, both view and practice, presented in a way that made them easy for anyone to use, even in the most difficult of circumstances.

Khenchen Thrangu Rinpoche was one of the grateful recipients of these teachings, which he regards as among the most important he has ever given. He transmits them here, for the benefit of all of us who strive to practice in challenging times. They include contemplations on the ephemeral nature of both joy and suffering, meditations for resting the mind, and guidance for cultivating equanimity in any situation.

*These instructions are exceptionally concise and easy to follow. Khenchen Thrangu Rinpoche received this distillation of the essential points of Mahamudra from the renowned master Khenpo Gangshar, and he credits them with saving his life. They could save your life too—giving you the tools to stabilize the mind even in the most confusing and challenging of circumstances.* —Pema Chodron, author of *Taking the Leap*

**FIRST INVITE LOVE**

*40 Time-Tested Tools for Creating a More Compassionate Life* by Tara Pesso, with Penor Rinpoche

$19.95, paper. Wisdom. 156 pages

Those who read and, more importantly, try out the compassion exercises as outlined by Pesso and her teacher, the late Tibetan Buddhist teacher Penor Rinpoche, may find a marked increase in empathy and good will. Most of the practices in *First Invite Love in are inner visualizations which involve bestowing possessions on others, acknowledging the pain of people and animals, or picturing strangers as nurturing mothers in our past life. The authors emphasize that this is a secular guidebook for anyone who would like to live more compassionately, wisely, and with an open and inviting heart.

*Expanding the heart to have compassion for people who have been unfair or hurt you: Think about someone who has done an injustice to you that still makes you hurt or angry when you think about it. Then in the next moment, think about each and every person you feel has acted badly toward you.*

Prior to undertaking each of the 40 exercises readers are instructed to “first invite love,” an elegant opening sequence which involves identifying and accessing a spiritual support figure. Building on the compassionate inner meditations are chapters that apply the practices to strangers encountered in daily life. These are simple gestures limited to a friendly smile or, at the most, some kind words.

The authors include countless examples of people from all spiritual paths, faiths, and religions who have experienced terrible hardships or who have created hardships and suffering for others, but who have turned their minds towards love and compassion and found peace and happiness.

*Each chapter ends with thought exercises aimed at expanding the heart.*

*The short exercises presented here will benefit anyone who is able to practice them.* —Sakyong Mipham, author of *Turning the Mind into an Ally*

**BARDO TEACHINGS**

*The Way of Death & Rebirth* by Lama Lodur, foreworded by Kalu Rinpoche

$18.05, paper. Snow Lion. 96 pages, b/w illustrations

Bardo Teachings gives readers a precise and vivid description of the way of death and rebirth. It contains a wealth of heretofore untranslated material on the Tibetan presentation of the process of dying, the nature of the intermediate state after death, and the process of taking rebirth. This modest but carefully produced book presents the essence of the Tibetan Book of the Dead in a digestible form.

*“Bardo Teachings is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra—not a potpourri of Western self-help instructions and fragments of Eastern thought… A teaching on how to traverse the stages of death without fear, it is as true a guide to tantric Buddhism’s view of life and death as can be found in print.”* —San Francisco Chronicle

*Lama Kalu Rinpoche is the director of Kagyu Droden Kunchab in San Francisco and was appointed as its resident lama in 1976 by His Holiness the Gyalwa Karmapa and His Eminence Kalu Rinpoche.*

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$19.95, paper. Wisdom. 156 pages

Those who read and, more importantly, try out the compassion exercises as outlined by Pesso and her teacher, the late Tibetan Buddhist teacher Penor Rinpoche, may find a marked increase in empathy and good will. Most of the practices in *First Invite Love in are inner visualizations which involve bestowing possessions on others, acknowledging the pain of people and animals, or picturing strangers as nurturing mothers in our past life. The authors emphasize that this is a secular guidebook for anyone who would like to live more compassionately, wisely, and with an open and inviting heart.

*Expanding the heart to have compassion for people who have been unfair or hurt you: Think about someone who has done an injustice to you that still makes you hurt or angry when you think about it. Then in the next moment, think about each and every person you feel has acted badly toward you.*

Prior to undertaking each of the 40 exercises readers are instructed to “first invite love,” an elegant opening sequence which involves identifying and accessing a spiritual support figure. Building on the compassionate inner meditations are chapters that apply the practices to strangers encountered in daily life. These are simple gestures limited to a friendly smile or, at the most, some kind words.

The authors include countless examples of people from all spiritual paths, faiths, and religions who have experienced terrible hardships or who have created hardships and suffering for others, but who have turned their minds towards love and compassion and found peace and happiness.

*Each chapter ends with thought exercises aimed at expanding the heart.*

*The short exercises presented here will benefit anyone who is able to practice them.* —Sakyong Mipham, author of *Turning the Mind into an Ally*

**BARDO TEACHINGS**

*The Way of Death & Rebirth* by Lama Lodur, foreworded by Kalu Rinpoche

$18.05, paper. Snow Lion. 96 pages, b/w illustrations

Bardo Teachings gives readers a precise and vivid description of the way of death and rebirth. It contains a wealth of heretofore untranslated material on the Tibetan presentation of the process of dying, the nature of the intermediate state after death, and the process of taking rebirth. This modest but carefully produced book presents the essence of the Tibetan Book of the Dead in a digestible form.

*“Bardo Teachings is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra—not a potpourri of Western self-help instructions and fragments of Eastern thought… A teaching on how to traverse the stages of death without fear, it is as true a guide to tantric Buddhism’s view of life and death as can be found in print.”* —San Francisco Chronicle

*Lama Kalu Rinpoche is the director of Kagyu Droden Kunchab in San Francisco and was appointed as its resident lama in 1976 by His Holiness the Gyalwa Karmapa and His Eminence Kalu Rinpoche.*
MINDING CLOSELY
The Four Applications of Mindfulness
by B. Alan Wallace
$29.95 cloth, Shambhala.
320 pages, 2 colour photos

The ability to sustain close mindfulness is a learned skill that offers profound benefits in all situations. Minding Closely explains the theory and applications of the practice the Buddha called the direct path to enlightenment. These simple but powerful techniques to cultivate mindfulness will allow anyone, regardless of tradition, belief, or background, to achieve genuine happiness and freedom from suffering. By closely minding the body and breath, we relax, grounding ourselves in physical presence. Coming face to face with our feelings, we stabilize our awareness against habitual reactions. Examining mental phenomena nakedly, we sharpen our perceptions without becoming attached. Ultimately, we see all phenomena just as they are, and we approach the ground of enlightenment.

Bringing in his experience as a monk, scientist, and contemplative, Alan Wallace offers a rich synthesis of Eastern and Western traditions, along with a comprehensive range of meditation practices interwoven throughout the text. The meditations are systematically presented, beginning with very basic steps, and then gradually built upon to encourage the reader to consider, investigate, contemplate, and meditate on some of the most challenging questions imaginable. Wallace stresses that the process of discovering the answers experientially is essential. The goal of these practices is the radical healing that results when mental obstacles are overcome and the fundamental nature of experience is witnessed. This insight catalyzes an irreversible transformation.

“A comprehensive and rich teaching that combines skillful instruction and scholarly knowledge. Minding Closely draws on wisdom from both Theravada and Vajrayana traditions to offer a practical approach to liberation through mindfulness.” —Jack Kornfield, author of The Wise Heart

TO A MOUNTAIN IN TIBET
by Colin Thubron
$22.00, paper. Random House. 227 pages

This is the account of a journey to the holiest mountain on earth, the solitary peak of Kailas in Tibet, sacred to one-third of humankind. To both Buddhists and Hindus it is the mystic heart of the world and an ancient site of pilgrimage. It has never been climbed. Even today, under Chinese domination, the people of four religions circle the mountain in devotion to different gods.

Colin Thubron reached it by foot along the Karnali River, the highest source of the Ganges. His journey is an entry into the culture of today’s Tibet, and a pilgrimage in the heart of mother’s death and the loss of his family. He undertakes it in order to understand his own exigency and attach it, to leave a sign of their passage. He also explores his own need for solitude, which has shaped his career as a writer. In his own words: “It is the neurotic desire to maintain myself, me, my whole being, as a solid entity, as ego. This approach could be called spiritual materialism. Chogyam Trungpa (1940–1987) is the author of many books, including Shambhala: Sacred Path of the Warrior and Smile at Fear.”

There is in all things an inexhaustible sweetness and purity, a silence that is a fountain of action and joy. It rises up in wordless gentleness and flows out to us from unseen roots of all created being. —Thomas Merton

BRANCHES OF LIGHT • 16 • SPRING - SUMMER • 2011
Cultivating Qi

A DVD (93 minutes) with two daily qi gong sessions, using gentle movement, breathwork, and simple acupressure to activate your powers of rejuvination and healing.

51-page workbook: practice self-assessments, overviews of each practice in the program, journaling exercises, and additional instruction in qi gong and self-healing.

20 qi cards with wisdom insights, quotations, and tips to peel back the surface of everyday thinking and see life in a new way.

We’d all enjoy greater self-sufficiency when it comes to our health. The Qi Healing Kit gives you an empowering set of skills to adventure into the miracles of your body, mind, and spirit for vitality on all levels of your being.

Note: Portions of this program have been excerpted from Qi Gong for Health and Healing.

Also by Lee Holden are Qi Workout AM/PM (DVD) and Your Body of Light (SCD).

THE QI HEALING KIT

Energy Practices for Health & Vitality by Lee Holden

$14.95, Sounds True. DVD: 2 CDs, 20 cards, 53-page workbook.

To the dedicated qi gong practitioner, the body is a wellspring of health and vitality. Qi gong (literally “energy practice”) is a way to tend to the body with understanding, compassion, and love.

With The Qi Healing Kit, Lee Holden immerses us in the key practices of qi gong and Taoist meditation for self-healing, stress and pain reduction, energy enhancement, emotional balance, and spiritual insight. Designed to help us access the potential of our natural healing abilities, this multimedia program includes:

- 2 CDs (24 hours) featuring The Healing Sounds Practice for detoxification and mind-body harmony and the Microcosmic Orbit Meditation to infuse you with life-force energy and boost immunity

QI GONG FOR HEALTH AND HEALING COURSE

A Complete Training Course to Unleash the Power of Your Life-Force Energy by Lee Holden

$170.00. Sounds True. 6 CDs (6 hours).

5 DVDs (5 hours), 140-page workbook, 35 cards

Qi gong masters say that looking for happiness in the outside world is like trying to catch the wind in a net. True fulfillment, tranquility, and joy must be cultivated from within. It was for this reason the ancient sages first developed the art of qi gong—or working with life-force energy to bring forth healing and wisdom. Qi Gong for Health and Healing immerses you in a comprehensive training course in the essential techniques of qi gong. Your instructor is Lee Holden, a protégé of Mantak Chia who makes ancient “mag-ic” re-animated.

Qi Gong for Health and Healing contains everything you need to create and sustain a customized practice rooted in centuries of tradition. Five DVDs provide your qi gong workouts, with six booklet overviews of each practice, self-healing, emotional balance, and spiritual qi gong. Six CDs complement the video instruction offering a series of qi-infusing guided meditations. The beautiful deck of qi cards gives you on-the-spot inspiration along with practice themes and pointers. The workbook features energy self-assessments, a glossary of acupressure points, practice overviews, and tips for “qi gong cross-training”—or combining the exercises with other specific areas of concern. All of these tools support the primary goals of qi gong: increasing the flow of life-force energy, boosting immunity, and clearing out stress.

People write regular reports that qi gong report remarkable results, from starting every day full of vitality, to overcoming serious illness, to spiritual awakening.

“One thing is certain,” explains Lee Holden, “the more you engage in the practice of qi gong, the greater your return will be.”

Qi Gong for Health and Healing gems:

- Qi gong for self-healing—simple acupressure techniques for activating your body’s healing points
- Emotions as energy—qi gong movements and meditations to balance and heal emotions
- The Healing Sounds Practice—detoxify your major organ systems while cultivating mental calmness
- Meridians and the microcosmic orbit—learn how to circulate energy throughout your body as you open to spiritual insights.

CULTIVATING QI

An Introduction to Chinese Body-Mind Energetics by Jun Wang

$18.95, paper. North Atlantic. 80 pages, 7x9, bw/photos

While Chinese acupuncture and herbalism enjoy widespread popularity in the West, traditional Chinese exercise techniques—qi gong—have rarely been taught outside China. This book is designed to change that. Written by Jun Wang, a doctor of Chinese medicine, Cultivating Qi draws upon classic Chinese texts to introduce these body-mind-healing exercises to Western readers.

In simple, accessible language, Wang presents three specific qi exercises: the Tijn Jing, a popular form of calisthenics associated with both Chinese Buddhist and Daoist traditions; Taiji Neigong, a series of 34 movements adapted from the Wu-Hao style of Taiji Quan; and the “Six Healing Breaths,” which combines spoken sounds with movements associated with the six major vital organs of Chinese medicine.

Written for beginner students of Chinese medicine as well as laypersons, healthcare practitioners, and martial artists, Cultivating Qi includes clear explanations of Chinese medical terminology—and provides the original Chinese characters for more advanced students—along with step-by-step instruction in the three exercises. Accompanied by 100 photographs, these exercises are suitable for all ages and activity levels, and most of them take no more than 15 to 20 minutes to complete.

The Healing Energy of Shared Consciousness

A Taoist Approach to Entering the Universal Mind by Mantak Chia

$19.95, paper. Inner Traditions. 128 pages, colour illustrations throughout

Western science now recognizes the three “minds” associated with the three tan tises of Taoism: the observing mind centered in the brain, the conscious mind centered in the heart, and the mind of awareness centered in the lower abdomen. By unifying the three minds—the “clown” in Chinese is called YI—we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams. This can lead to a more balanced, less negative way of life and offers a way to gain inner peace, wholeness, and happiness as well as the ability to heal yourself and others.

In The Healing Energy of Shared Consciousness, Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire, which creates a seal around all allowing us in only good energy and intentions. He explains step-by-step how to perform the World Link meditation practice to connect with global and universal mind—health, happiness and healing. Accessible even for those who have never worked with the Universal Healing Tao, this practice offers a way to unite people all over the world in a new form of shared consciousness that amplifies collective loving energy to benefit the world.

Mantak Chia founded the Universal Healing Tao System in 1979. He is the author of more than 35 books including Taoist Cosmic Healing.

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DOCTORS ARE MORE HARMFUL THAN GERMS
The Truth about Chronic Illness
by Harvey Bigelsen, with Lisa Haller
$18.95, paper. North Atlantic. 144 pages
Most people would consider a knife wound to the arm a serious health risk, but a similar scalp wound in an operating room is often shrugged off. In Doctors Are More Harmful Than Germs, Dr. Harvey Bigelsen explains how today’s medical doctors overscribe surgery and ignore its long-term health implications. Any invasive medical procedure, he argues—including colonoscopies and root canals—creates inflammation in the body, leading to serious and long-lasting health problems.
Inflammation, according to Dr. Bigelsen, is the real cause of all chronic disease associated with Western medicine (rather than as a set of symptoms), avoids further damage to the body through surgery, and looks for the root cause of chronic disease in past damage done to the patient’s body—whether caused by a bad fall or a scalpel. Provocatively written and radical in its approach, Doctors Are More Harmful Than Germs challenges readers to rethink everything they believe about illness and how to treat it.
Harvey Bigelsen, MD, helped found the American Holistic Medical Association (AHMA) in 1978, and three years later helped to write the Arizona law allowing alternative medical practitioners to be licensed and judged by their peers rather than by mainstream doctors.
This small book is a gem, containing much more than a critique of the current American medical system. The cure of inflammation and disease resides in simple, non-toxic approaches that relieve tension, reduce inflammation, and allow self-regulation to cure. For those who have ears to hear and eyes to see, Doctors Are More Harmful Than Germs provides a great philosophical foundation: keep it simple and safe!—C. Norman Shealy, MD, President, Holos Institutes of Health

CRISTALLINE ILLUMINATION
The Way of the Five Elements
by Katrina Raphaell
$21.95, paper. Aurora Press. Crystalline Illumination is a practical guide to embracing the potential of a new millennium. Katrina Raphaell once again guides us into uncharted territory as she presents her fourth crystal book introducing. The High Healing Path, the activation of five subtle high bodies. Included are five new crystal layouts, colour photographs, the practical use of grid patterns, sacred geometry, original
Energy Healing


With The Energy Cure, Dr. William Bengston presents evidence that challenges us to totally rethink what we believe about our ability to heal. Drawing on his scientific research, unexpected results, and mind-bending questions, Bengston invites us to follow him along his 35-year investigation into the mystery of hands-on healing, and to discover a technique that may activate your healing abilities. Part memoir and part instruction, this provocative book explores:

+ Bengston’s paradigm-shifting experimental results and why they seem so difficult for some medical practitioners to accept
+ Image healing—a unique preparation method for a hands-on-healing treatment
+ Why traditional Western medicine isn’t always best, the value of process he calls “image cycling.” Requiring no preconceptions, beliefs, or inherent psychic gifts, this learnable skill circumvents our conscious limitations to access a deeper source of healing intelligence that we all possess. With detailed instruction, compelling bodybuilding exercises, and playful strategies for getting your own ego out of the way, Dr. Bengston guides you through each step toward mastery of this powerful technique. With his scientific and energy practitioners alike have been astonished by the consistent, measurable success of Dr. Bengston’s healing method. Yet even after decades of study, he theorizes that we have only glimpsed a tiny fraction of our potential. With the program Hands-On Healing, he invites you to learn a powerful technique to ignite your own abilities—and to join him in an ever-expanding experiment to chart our untapped capacity for healing.

HENDS-ON HEALING
A Training Course in the Energy Cure by William Bengston $69.95, 6 CDs. Sounds True. 6:25 hours.

Does hands-on healing work, and can it be taught? Like many scientists, Dr. William Bengston would once have dismissed this phenomenon as an example of the power of suggestion. But after 35 years of extraordinary research, Dr. Bengston has demonstrated time and again that hands-on healing works—even on some conditions that have no conventional treatment. With Hands-On Healing, he brings you an in-depth training course in the method that produces reliable results in the laboratory—and can trigger profound transformation and healing for those who learn it.

At the core of Bengston’s hands-on healing method is a unique technique that allows you to imagine a “healing transmission” from your hands to another person. The transmission “connects” the healer and the recipient in a powerful way.

WHAT TO DO WHEN YOU CAN’T DECIDE

You’re at a fork in the road. Now what? It may surprise you, but according to Meg Lundstrom, you already have the answer—if you just know how to tap your inner guidance system. With What to Do When You Can’t Decide, she teaches us three effective divining tools for accessing our innate wisdom:

+ "P e n d i n g ," a method that uses a handheld instrument
+ The Chits, an easy pen-and-paper technique
+ "Muscle testing," an on-the-spot technique that allows you to make decisions without spending time on endless lines of questioning.

The emphasis in this book is on decision-making in the moment. It is notfortunetelling... This book is about decision-making for you alone, not for others.

Meg Lundstrom first discovered divining on a trip to India: over the next 20 years, she studied its power for decision-making and as a spiritual path. She is also coauthor of The Power of Flow, a book on synchronicity.

WOMEN’S HERBS, WOMEN’S HEALTH by Christopher Hobbs & Kathi Keville $29.95, paper. Book Publishing Company. 366 pages, 88 b/w photos.

Written by two acclaimed practicing herbalists, Women’s Herbs, Women’s Health provides scientific information on herbal healing. Best herbs for treating a variety of female conditions using both Western and Chinese herbs. Recipes for specific herbal preparations are included. The book describes how to use each of 250 herbs, as well as side effects to watch out for, how to prevent osteoporosis and heart disease, how to use herbs to keep hormones in balance, and provides multiple case studies and personal stories.

The authors thoroughly explore the causes of conditions of particular concern for women, including heart disease, osteoporosis, and mood disorders, as well as menstrual and reproductive issues. And they offer an introductory section on how to use herbs to address underlying conditions of disease, relieve discomfort, and achieve better health.

"Presents current information, clinical studies, and controversial subjects in an accessible manner, making it particularly valuable for the contemporary woman. Christopher and Keville have created a wonderful resource, one that is infused with the history of herbalism and colorfully garnished with the essence of who we are."
—Rosemary Gladstar, author of Herbal Healing for Women
**THE BODY IN MOTION**

Its Evolution and Design
by Theodore Dimon
$21.50, paper. North Atlantic. 108 pages, 7x10, colour illustrations

In *The Body in Motion*, author Theodore Dimon confronts a simple yet crucial task: to make sense of our amazing design. This comprehensive guide demonstrates the functions and evolution of specific body systems, explaining how they cooperate to form an upright, intelligent, tool-making marvel, capable of great technological and artistic achievements.

Enhanced with 162 beautifully rendered full-color illustrations, the book opens with an introduction to the origins of movement, leading the reader on a journey through time and evolution—from fish to amphibian, quadrupled to primate—showing how humans became the preeminent moving beings on the planet.

Delving deeper into our upright support system, *The Body in Motion* clearly describes the workings of the hands and upper limbs; the pelvic girdle; the feet and lower limbs; breathing; the larynx and throat musculature; and more. Central to the book is the idea that it is our upright posture that makes it possible for us to move in an infinite variety of ways, to manipulate objects, to form speech, and to perform the complex rotational movements that underlie many of our most sophisticated skills. These systems, Dimon argues persuasively, have helped us build, invent, create art, explore the world, and imbue life with a contemplative, spiritual dimension that would otherwise not exist.

This guide has been written for students and professionals in the field of human movement—from educators, bodyworkers, and clinicians to actors, dancers, and yoga students and teachers.

Theodore Dimon (dimoninstitute.org) is a widely recognized expert in the Alexander Technique, a practical method for improving ease and freedom of movement, balance, support, and coordination. Also by Dimon is *Anatomy of the Moving Body*.

**NO-RISK ABS**

A Guide to Working Out Safely
by Blandine Calais-Germain
$22.50, paper. Inner Traditions. 160 pages, 8x10, colour illustrations throughout

Presenting a new type of abdominal exercise program designed with the body’s anatomical relationships in mind, *Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently*. 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reveals the common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower back, pelvic floor, diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work.

Exploring this often misunderstood region of the body in her trademark anatomical style, Calais-Germain details the muscular structures that make up the abs, revealing that strength alone is not the sole factor in a flat stomach. Including tips to get rid of belly fat—both superficial fat and deeper visceral fat—this book reveals how to get great abs, lose weight, gain strength, and build your core, all without hurting yourself.

Blandine Calais-Germain is the author of the bestselling *Anatom y of Breathing*, and is a certified Alexander Technique practitioner. She is also the author of *Anatom y of Movement*, *The Female Pelvis: Anatomy and Exercises*, and *Anatomy of Breathing*. In addition to being a dancer and a dance teacher, she is a certified physotherapist.

**Craniocasral Therapy**

**CELL TALK**

Transmitting Mind into DNA
by John Upledger
$15.00, paper. North Atlantic. 544 pages

Craniosacral therapy (CST) has become an important modality in treating trauma and promoting wellness. With its gentle approach to working with the spine, the skull and its cranial substructures, fascia, and ligaments, CST has proven equally useful for physical therapists, massage therapists, naturopaths, chiropractors, and osteopaths. One reason for its success has been its underlying theory, as explained by CST pioneer John Upledger. According to Upledger, bodily tissues and cells have individual memories, and traumatic memories can be stored in these cells and tissues. *Cell Talk*, written for the layperson, explores this concept in depth and shows practitioners how to use it in healing their patient’s health care professionals can add these techniques to their practices.

The book offers simple strategies for treating disease and dysfunction by communicating with these cells to uncover the memories and then follow the healing path they suggest. Upledger blends the scientific aspects of cell biology with insights into the nature of inner consciousness, in the process uncovering the deep links between physiology, energy, health, and healing. Fascinating case studies—from people rescued from serious ailments to “talking” with AIDS cells—show how these ideas can be turned into useful medical treatment. Anecdotes from the author’s personal and work life add an intimate, human touch to this helpful book.

Also by John Upledger: *Your Inner Physician and You* and other books.

**FOUNDATIONS OF CRANIOSACRAL BIODYNAMICS**

The Breath of Life and Fundamental Skills, Volume 1
by Franklyn Sills
$40.00, paper. North Atlantic. 389 pages, 8x11, bw illustrations

Biodynamic Craniosacral Therapy (BCST) is commonly seen as the spiritual approach to craniosacral therapy (CST); in fact, BCST as taught by Franklyn Sills, the pioneer in the field, is quite different from conventional CST. Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiration and also to the power of spontaneous healing. Through the Breath of Life, which, Sills asserts, echoes the Holy Spirit in the Judeo-Christian tradition, bodhicitta in Buddhism, and the Tai Chi in Taoism, students of BCST learn to enter a state of presence oriented to the client’s inherent ability to heal.

In *Foundations of Craniosacral Biodynamics*, Sills offers students and practitioners an in-depth, step-by-step guide to the development of perceptual and clinical skills with specific clinical exercises and explorations to help students and practitioners learn the essentials of a biodynamic approach. Individual chapters cover such topics as holism and biodynamics; mid-side, Long Tide, Dynamic Stillness and stillpoint process; the motility of tissues and the central nervous system; transference and the shadow; shamansic resonances; and more.

Drawing on developments in the field since the publication of his groundbreaking first textbook *Craniosacral Biodynamics*, Sills provides illuminating discussions of theory and practice and a wide range of exercises and explorations used in accredited training courses.

**Sharon Sauer**

**TRIGGER POINT THERAPY FOR LOW BACK & HIP PAIN**

A Self-Treatment Workbook
by Sharon Sauer & Mary Biancalana
$25.95, paper. New Harbinger. 208 pages, 8x10, diagrams

Sharon Sauer developed a range of trigger point protocols for many areas of the body. *Trigger Point Therapy for Low Back & Hip Pain* presents her protocols for lumbar, buttocok, and iliosacral pain. These gentle techniques are easy to learn and administer at home.

They include compression, stretching, and a range of motion exercises for the muscles that refer pain to the lower back and hip areas.

The book includes an overview of myofascial trigger point therapy, describing the basic process of treatment. It also includes an index of all pain and dysfunction symptoms pertaining to the hip and lower back, including pain, numbness, weakness, or restricted range of motion in specific areas, which will enable readers to find the muscles most likely to be the cause of the specific symptoms presented. Although the book is geared toward readers wishing to use the

**The Complete Book of Traditional Reiki**

Practical Methods for Personal and Planetary Healing
by Amy Rowland
$23.95, paper. Inner Traditions. 272 pages, 8x10, 83 bw illustrations

Reiki practitioners direct universal energy into the physical body through hands-on energy-field healing to support the client in recovering health and re-establishing well-being. An easy-to-learn form of energy medicine, Reiki is becoming commonplace in such conventional settings as hospitals, hospices, and psychotherapy practices because it relaxes, relieves stress, reduces and eliminates pain, accelerates healing, and
helps support the gentle restoration of the body’s natural balance. It is a unique healing art in that it can be learned by anyone, with no special knowledge of anatomy needed.

The Complete Book of Traditional Reiki takes the reader step by step through a traditional Reiki class. It discusses Reiki’s origins and purpose, describes the attainment 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. The first book to serve as a teaching manual, an extensive reference work for students, and compelling reading for those considering taking a Reiki class, this updated edition includes new information on the history of Reiki and the Reiki principles and features never-before-published photographs and a translation of a Usui Memorial in Japan, a tribute to the founder of Usui Reiki.

Amy Rowland began her studies in 1987 with Rev. Beth Gray, a Reiki Master trained by Mrs. Haywoy Takata, and the first Westerner to teach and practice Reiki outside Japan. Rowland is also an author of Reiki for the Heart and Soul and Intuitive Reiki for Our Times.

THE COMPLETE TASSAJARA COOKBOOK
Recipes, Techniques, and Reflections from the Famous Zen Kitchen—Over 300 Vegetarian Recipes
by Edward Espe Brown
$27.95, paper. Shambhala. 544 pages, 7 x9, over 200 two-colour line drawings

Tassajara, the California spa/Zen retreat center, has long been renowned for its gourmet vegetarian cuisine. In this comprehensive book, one of Tassajara’s most well-known and beloved cooks, Ed Brown, presents hundreds of recipes using fresh, whole foods; detailed notes on preparing seasonal ingredients; and, perhaps most important, inspiration for cooking with joyful intention and attention. Presented with humor and warmth, this book is full of wonderful insights into living a life that celebrates simple food.

I came to see my task as empowering people to cook, not just to cook recipes, but to cook— to see, smell, taste, touch, and to know one’s experience closely enough to act on it, to bring forth food. The basic principles still seem apt and relevant: placing emphasis on awareness of one’s own capacity to respond to circumstances; to be inspired by the ingredients; to know for yourself what’s what, to go beyond getting it right; to making food alive with aliveness.

This lovely kitchen guide includes revised and updated material previously published in Tassajara Cooking, The Tassajara Recipe Book, and Tomato Blessings and Radish Tea—plus new material.

By compiling the unique aspects of these three books into one volume, I hope to present a complete approach to cooking—one that gives you recipes to follow, and then allows you to experiment more, and reflect upon the joys of cooking, as well as the value of being transformed in the process.

THE FOOD REVOLUTION
How Your Diet Can Help Save Your Life and Our World
by John Robbins
$22.95, paper. North Atlantic. 281 pages, 7 x9, colour photos

John Robbins’ Diet for a New America, which sold over a million copies since 1987, was an early version of the message this book is called The Food Revolution—here in a new edition with a new introduction by the author—and it will help us find our way through the maze of information about food choices and the food industry. This powerful and provocative expose of the political, economic, and social realities of our current food system—from the heir of the Baskin-Robbins ice cream dynasty who walked away from that world—challenges and inspires individuals to accept responsibility for our choices and to take action for positive change.

We are human beings, flawed but learning, stumbling but somehow making our way toward wisdom, sometimes ignorant but learning through it all to live with respect for ourselves, for each other, and for the whole Earth community.

I have written The Food Revolution in the belief that—sounded and human as we are—we can still create a thriving and sustainable way of life for all. The restorative powers of both the human body and the Earth are immense.

A leading voice in the world for restoring humanity to its proper relationship with food, the Earth, and health, Robbins presents compelling new information regarding the fields of nutrition, heart disease and cancer, agribusiness, and bioengineering. He discusses the latest discoveries about the relationships between diet and longevity, aging, and vitality. Armed with powerful statistics, fascinating viewpoints, and incisive exposés, he argues for adopting a vegetarian diet for personal well-being as well as for the health of the planet.

“The Food Revolution will change your life and the lives of those you love. Thoughtful, penetrating, impeccably researched, it will make you laugh, then cry, then pass it on to your loved ones.” —Marianne Williamson, author of A Return to Love

“Packed with political dynamite, this book will change your life. Forthright and fearless, thoroughly researched and engagingly presented, this is must reading for everyone who eats.” —Joanna Macy, author, Coming Back to Life

Also by John Robbins are: Healthy at 100 and The New Good Life.

THE FOOD, GLORIOUS FOOD!
Cooking and Eating at Tassajara
by Edward Espe Brown

The real joy of work is in providing for yourself and your family, in working to benefit your community. We could be baking and cooking for one another. I’d like to see a bakery every few blocks. Skip the trucks. No one out walking distance of fresh bread and pastries. Sure it’s hard work, but it is also loving what you do, in companionship with other bakers, and wonder about love, and bakes together beautiful.

“Like thousands of cooks of my generations, I have in my kitchen an ancient volume of The Tassajara Bread Book, its cover griely with flour, its spine crumpled from use, its pages stained with molasses and doused with decades of personal sweat. It is the book that taught me how to make bread and its simple wisdom has been present in every loaf I have baked. I will recommend it with enthusiasm to a new generation of cooks.” —Steve Raichlen

BRANCHES OF LIGHT  21  SPRING - SUMMER  2011

THE TASSAJARA BREAD BOOK
by Edward Espe Brown
$21.50, paper. Shambhala.

The book that started a generation baking, hailed by The Washington Post as “the bible for bread baking.” The Tassajara Bread Book was first published in the autumn of 1976, and was one of the first books Banyen ever carried. For nearly 30 years, it has embodied philosophy of life utilized—115 fabulous recipes for breads, pastries, desserts, and more. Ed’s warmth and the subtle humor in the line drawings that meander through the book are a delight.

Tassajara is a Zen practice centre deep in the Santa Cruz mountains, and Ed Brown was chief cook and bread baker there. He’s writing drawing readers into that ordinary magic of wet dough, sticky hands, sweet smells, and warm, crusty satisfactions to share. For this beautiful new edition, he reflects on the widespread influence of the book, offers five new recipes—and a baker baker’s social vision:

“We are—can still create a thriving and sustainable way of life for all. The restorative powers of both the human body and the Earth are immense.

A balanced and natural vegetarian diet is neither a fad nor a passing trend. It has been part of many cultures for untold millennia. The Compassionate Diet distills the history, philosophy, and core benefits of this ancient, engaging, non-judgmental fashion of food.

The Compassionate Diet and compassion and humanity has animated Stehens’s life’s work, and it drives this book. The vegetarian lifestyle is innumerable benefits, but for Stephens, eating a plant-based diet is first and foremost an expression of compassion for animals, for ourselves, and for the planet. This elegant and completely approachable is a beautiful guide that illustrates the rich gifts that compassion yields.

Arran Stephens and his wife are the founders of Moo-Leg Path Organic Foods, North America’s largest organic breakfast foods company, which has been named among Canada’s Best 100 Employers. He lives with his family in Vancouver.

**Arran Stephens**
Mindful Eating, Mindful Life
An Unexpected Path to Almost Everything by Geneen Roth
$17.00, paper. Simon & Schuster. 224 pages
136.99, 4 CDs. Simon & Shuster. 5 hours, unbridged

No matter how sophisticated or wealthy or broke or enlightened you are, how you eat tells all.

If you suffer about your relationship with food—you eat too much or too little, think about what you are eating, or wonder if you should be eating—try not to think about it at all—you can be free. Just look down at your plate. The answers are there. Don’t run. Look. Because when you welcome and hear what your body is saying, you will find the part of yourselves that is fresh and alive. We touch the life we truly want and evoke divinity itself.

Since adolescence, Geneen Roth has been dangerously overweight and dangerously underweight. She has been plagued by feelings of shame and self-hatred and she has felt euphoric after losing a quick few pounds on a diet. Then one day, on the verge of suicide, she did something radical: she dropped the struggle, ended the war, stopped trying to fix, deprive and shame herself. She began trusting her body and questioning her beliefs. It worked. And losing weight was only the beginning.

She wrote about her discoveries in When Food Is Love, which gave many women their first insights into compulsive eating and changed huge numbers of lives for the better.

Now, after more than three decades of studying, teaching and writing about what drives our compulsions with food, she adds a profound new dimension to her work in Women Food and God. She begins with her most basic concept: the way you eat is inextricably bound to your core beliefs about being alive.

With penetrating insight and irreverent humor, Roth traces food compulsions from subtle beginnings to unexpected ends. She teaches personal examination, showing readers—with very useful exercises—how to use their relationship with food to know and love themselves better.

Packed with revelations on every page, Women Food and God is a knock-your-socks-off ride to a deeply fulfilling relationship with food, your body... and almost everything else.

SAVOR
Mindful Eating, Mindful Life
by Thich Nhat Hanh, with Lilian Cheung

Despite countless numbers of fat diets, weight loss plans and annual spending of $50 billion on weight loss efforts, practically all fail. In Savor, world-renowned Zen master Thich Nhat Hanh and Harvard nutritionist Dr. Lilian Cheung offer a new paradigm for ending the weight battle once and for all.

Drawing on the scientific expertise of Lilian Cheung in obesity prevention and nutrition and Thich Nhat Hanh’s rich experience in teaching mindfulness, this book applies mindfulness practice to help us better understand our motivations for and obstacles to staying healthy. As we become more aware of our perceptions, feelings, incentives, and obstacles that prevent us from taking action, we realize—in the living present—that what we need to do individually to change our patterns of eating.

Offering practical tools, including personalized goal setting, a detailed nutrition guide, and a mindful living plan, the authors help us to uncover the roots of our habits and then guide us as we transform our actions. Savor teaches you how to easily adopt the practice of mindfulness and integrate it into eating, exercise, and all facets of our daily life, so that being conscious and present becomes a core part of our being.

It is the awareness of the present moment, the realization of why we do what we do, that enables us to stop feeling bad and start changing our behavior. Savor not only helps us achieve the healthy weight and well-being we seek, but it also brings to the surface the rich abundance of life available to us in every moment.

Among Thich Nhat Hanh’s many other books are Peace is Every Breath and The Miracle of Mindfulness.
EXCUSES BEGONE!
How to Change Lifelong, Self-Defeating Thinking Habits by Wayne Dyer $17.95, paper. Hay House. 288 pages

In Excuses Begone! Wayne Dyer maps out how we can change lifelong, self-defeating thinking patterns that prevent us from living our optimal levels of success, happiness, and health. We may know what to think, but find it challenging to actually change those thinking habits that go back to childhood.

Dyer presents a compendium of conscious and subconscious excuses employed by virtually everyone, such as “I’m too old or too young.” If I changed it would create family dramas. I can’t afford the things I want. I always have been this way… According to Dyer, we can toss out our tired excuses and put them to rest once and for all. To show how this can be done, Dyer presents specific exercises that readers can apply to any excuse. He then proceeds through the steps of a new Excuses Begone! paradigm. Through this process old excuses, habitual ways of thinking, will fall away…the joy of realizing our future will resonate throughout our very being. When you eliminate the need to explain your shortcomings or failures, you’ll awaken to the life of your dreams.

This book represents Dyer’s effort to help anyone whose self-defeating thoughts are persistently present, learn how to discuss those old thinking habits, and discover the infinite possibilities of life.

A COURSE IN WEIGHT LOSS 21 Spiritual Lessons for Surrendering Your Weight Forever by Marianne Williamson $29.95, cloth. HarperCollins. 298 pages

What is the connection between spiritual and weight loss? Marianne Williamson answers that question, sharing spiritual and practical lessons to help you surrender your weight forever. These lessons form a holistic paradigm for weight loss, addressing the spiritual, emotional, and psychological elements involved in what Williamson refers to as a “consuming weight loss.” If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, this book is for you. A Course in Weight Loss addresses the true causal root of your weight-loss issues: a place within you where you have forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you and reject that which does. As your mind reclames its spiritual inheritance, your body will reclaim its natural intelligence as well.

These lessons will take you on a deep, sacred journey. One step at a time, you will learn to shift your relationship with yourself—and your body—from one of fear to one of love. And you will begin to integrate the various parts of yourself—mind, body, and spirit—to become, once again, and in all ways, the beautiful and peaceful person you were created to be.
THE FOUR PURPOSES OF LIFE
Finding Meaning and Direction in a Changing World
dan millman
$19.95, cloth. New World Library. 144 pages

In his first work of new teachings in 12 years, teacher Dan Millman (The Way of the Peaceful Warrior) faces life's fundamental questions: Why am I here? What am I meant to do? What Millman comes to understand is the primary human need for direction and purpose. Here, in his wonderfully straightforward and reliable way, he shares fresh, realistic techniques anyone can use to learn, find, fulfill, and attend to their four-fold life purpose.

Willing with special consideration for those in transition or at a crossroads, such as graduation, raising a family, health challenges, career upheaval, or impending retirement, Millman simply and beautifully addresses everything from intuition to sexuality, making money to the meaning of service, predestination to paying attention to the present. The result is an extraordinarily lucid guide to nothing less than how to live it.

When my seeking ended and my practice began, I came to understand that what we all need, even more than a happy feeling, is a clear purpose—a meaningful goal or mission that connects us with other human beings. As Viktor Frankl wrote in his Man's Search for Meaning, this fundamental need for purpose and direction may be as important to our psychological growth as anything our biological survival.

The Four Purposes of Life provides insights and answers to help bring your life into sharper focus. He helps us understand that we are here to fulfill four fundamental purposes:

Learning Life's Lessons; Finding Your Career and Calling; Toging Your Life Path; and Attending This Arising Moment.

Millman distills decades of exploration and experience into a concise map of what we're here to accomplish in our life's journey.

Among Dan Millman's other books are The Life You Were Born To Live and The Laws of Spirit.

New from Dan Millman & Caroline Myss

THE MINDFUL WAY THROUGH ANXIETY
Break Free from Chronic Worry and Overcome Anxiety
by Susan Orsillo & Lizabeth Roemer
$18.95, paper. Guilford. 316 pages

You can’t just “get over” anxiety. In fact, the very things most people do to try to feel better—avoiding feared situations, pushing worry out of mind—only make the problem worse.

Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it. With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without using the usual crutches; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being.

Free audio downloads of mindfulness exercises plus other resources are available at the authors’ website, www.mindfulwaythroughanxietybook.com

“Potentially of great benefit to anyone suffering from anxiety in this era of relentless driveness, social isolation, stress, and perpetual digital distraction. The authors’ wise counsel based on their own clinical experience is complemented with vivid stories of their own and other people’s lives, provide compelling evidence for why mindfulness is so important in reclaiming your life, and effective guidance in how to go about it in meaningful and very practical ways.”—Jon Kabat-Zinn, co-author of The Mindful Way Through Depression

LITTLE WAYS TO KEEP CALM AND CARRY ON: Twenty Things You Can Do Managing Worry, Anxiety, and Fear
by Mark Reinecke
$17.95, paper. New Harbinger. 126 pages

“Inhale deeply, exhale slowly” is a phrase that was featured on a British poster produced in the thirties that had a popular appeal and effect. In this updated guide, noted psychiatrist Mark Reinecke offers twenty simple ways that can help you keep your anxiety manageable and your life on track. Using the latest research on how the brain works in response to stress, Dr. Reinecke provides tools to help you anticipate, adapt, and overcome anxiety and worry.

He relates stories of ordinary people, political activists, artists, and spiritual teachers from all traditions—people who are summoning the best of who they are in all kinds of moments, great and small.

I invite you to inhale these stories, to let them fill your lungs and circle your heart, to let them empower you to stand more firmly by your core and a little taller in the world.

Also by Mark Nepo are The Book of Awakening and The Essence Rish—both highly recommended.

Psychology, Therapy & Dreams

B R A N C H E S O F L I G H T • 2 4 • S P R I N G • S U M M E R • 2 0 1 1
Healing the Wounds

OVERCOMING TRAUMA THROUGH YOGA
Reclaiming Your Body
by David Emerson & Elizabeth Hopper
$23.00, paper. North Atlantic. 184 pages, 64 b/w photos

Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one’s body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle, mindfulness, and movement practices.

Overcoming Trauma through Yoga is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center, Justice Resource Institute, led by yoga teacher David Emerson, along with physician Bessel van der Kolk.

The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga.

Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens and children, veterans and first responders. Routed out by valuable quotes and case descriptions, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

“This landmark book offers survivors a gentle, step-by-step mindful yoga that is tailored for their specific needs…” This well-conceived book is a tremendous resource for therapists and yoga teachers. By engaging the wisdom of their bodies, it is a great companion and guide… a gift for those taking the hero’s journey of recovery and vibration.”

—from the foreword by Peter Levine, author, Waking the Tiger: Healing Trauma

David Emerson is the director of yoga services at the Trauma Center (traumacenter.org). Elizabeth Hopper works as the associate director of training at the Trauma Center.

THE EMOTIONALLY ABSENT MOTHER
A Guide to Self-Healing and Getting the Love You Missed
by Jasmin Lee Cori
$18.00, paper. The Experiment. 226 pages

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were “undermothered” in childhood struggle with intimate relationships, in part because of their unmet need for maternal care. The Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your own mother’s own history, and how you can fill the “mother gap” by:

• Examining the past with compassion for yourself and your mother
• Finding the child inside of you and learning to mother yourself
• Opening to the archetype of the Good Mother
• Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed.

Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today’s undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

Effortlessly intertwines neuroscience with clinical acumen in a lovely work of extraordinary depth. In her compelling and trendsetting analysis of the importance of motherhood, Cori has created a work as significant as Alice Miller’s The Drama of the Gifted Child. Easily accessible and very useful, it is a must-read for parents-to-be, those in the helping professions, and adults who have been wounded by a negligent parent.”

—Kate Crowley, Specialist in Infant Mental Health, U. of S. Cal.

Jasmin Lee Cori is a psychotherapist who specializes in working with adults who experienced childhood abuse and neglect. She is the author of numerous articles and four previous books, including Healing From Trauma.

A mist is only a mistake when you don’t learn from it. Be aware that even with the best intentions, your emotions can sometimes dissuade us. They know just how to catch us off guard if we’re not centered. Although they’re emotional twists and turns of life, a sense of humor has been my salvation.

Emotional Freedom is a road map for those who are stressed out, discouraged or overwhelmed, and as well for those who are in a good emotional place but want to feel even better.

Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives—through the lens of negative, react constructively, and seize command of any situation.

Orloff’s “native tongue is intuition, that invisible, unspoken language that peers into the poetry of things,” and her writing is wonderfully engaging.

“A must-read for anyone who’s tired of feeling frustrated, lonely, jealous, or emotionally tense. Dr. Orloff shows you how to achieve a lightness of being and feel more positive and peaceful. Highly recommend!”

Judith Orloff is also author of Positive Energy, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight.

ACTIVE DREAMING
Journeying Beyond Self-Limitation to a Life of Wild Freedom
by Robert Moss
$25.95, cloth. New World Library. 224 pages

As the success of the recent film Inception shows, dreams are a source of perennial fascination. Moss has advanced our understanding of the phenomenon with his pioneering and down-to-earth synthesis of contemporary dreamwork and seasoned shamanic methods. His “active dreaming” involves re-enacting dreams, exploring their possibilities, and directing the subconscious to illuminate and solve problems.

Practical magic for living the “life of your dreams,” active dreaming is a way of being fully of this world while maintaining constant contact with another world, the world beyond-soul, where the deeper logic and purpose of our lives are to be found. Active Dreaming offers three core areas of practice: talking and walking our dreams to bring energy and guidance from the dreamworld into everyday life; shamantic lucid dreaming; and conscious living.

Active dreamers are choosers. They learn to recognize that whatever situation they are in, they always have choice. They choose not to buy into self-limiting beliefs or to be limited by their suggested by others. Active dreamers learn to grow a dream of possibility, a dream strong enough to take them beyond fear and despair to a place of freedom and delight.

Based on Moss’s decades of teaching, the techniques he shares are road-tested, powerful, and even playful. Readers learn to understand the synchronicity, shared dreaming, dreams, and healing dreams. The examples Moss shares encourage readers to face fears and tap into dormant potential. He challenges you to choose—and then revel in—the life of their dreams.

Among Robert Moss’s other books is The Three Only Things and Dreamtactics.
THE ART OF AGEING
Inspiration for a Positive and Abundant Later Life
by John Lane
$20.95, paper. Chelsea Green. 128 pages, b/w drawings

“No young man believes he shall ever die,” observed William Hazlitt. Yet ageing remains a natural part of life and it is precisely the impermanence of life that renders it so precious. Knowing that it is brief requires us to appreciate each moment of beauty and waste no opportunity for learning and love. The Art of Ageing has been written to help us achieve these ends. However this aim has become much more difficult on account of our culture’s marginalization of the elderly and its glorification of the youth. A consequence of this bias is that ageing has become the major fear of a generation despite the calculation that by 2040 there will be more people over sixty-five years of age than children under five.

Advanced age can replace the shallowness of inexperience with a depth of understanding and complexity of being, and restless speed with the serenity of untroubled leisure. Now there is time for experiment and creativity, time for exploring out different potentials, time to live in accordance with our dreams, time to be ourselves. And as well as this freedom to find a wide range of new interests, ageing has something else to offer: the value of modesty. When the 93 year old cellist Pablo Casals was asked why he continued to practice his instrument for three hours a day, he wryly replied: “I’m beginning to notice an improvement.”

John Lane shares his own experience and insights, offers advice on how to make the most of ageing, and how we can celebrate our positive gifts. He includes the stories of a variety of people who have enjoyed creative and productive lives well into their eighties and nineties. Lane is a painter, writer, and educationalist—and 80 years old when we wrote the book.

This is a book which, whilst denying neither the frustrations and limitations of our physical beings in a now the terrible bittersweetness of our mortality, reveals the creativity, the passion, the adventure and the profound joy that can come when our elder years are fully lived and savoured.” — Maran V Eyk McCain, author of Elderwoman

Also by John Lane are Timeless Beauty and The Spirit of Silence.

BEES, HONEY AND THE HIVE
Circumambulating the Center: A Jungian Exploration of the Symbolism and the Psychology
by Frith Lunot
$10.00, paper. Inner City. 204 pages, b/w photos & illustrations

The symbolism of bees, honey and the hive intertwine, but at the core is the image of the circunambulation of the centre. For bees, this is a dynamic in the service of the queen bee and the production of the hive. In depth psychological terms, circumambulation is linked with mandala symbolism or the archetype of inner order, an archtype that Jung said was perhaps the most important.

This work explores the alchemical union of opposites through symbolism related to the life and nature of the bee. Some particular opposites associated with bees, honey and the hive include those of love and war, sweetness and bitterness, the individual and community, light and dark, order and chaos, industry and laziness, earth and heaven/the sky, sun and moon, spirit and matter, fertility and sterility, generation and death.

The author brings together his practical experience as a beekeeper and insights gained in her work in depth psychology, particularly through an appreciation of Jung’s final work, Mysterium Coniunctionis: An Inquiry into the Separation and Synthesis of Psychic Opposites in Alchemy.

Scientists are now honing this pivotal role of the bee in nature in a different way, especially since 2006 when the honey bee genome was published, offering new insights into how the bee’s instincts and the life of the hive as a whole could be in serving and educating human beings and in healing some of the ills of humankind.

Frith Lunot was a beekeeper for ten years and now has a private Jungian analytic practice in Melbourne, Australia.

WRITING IN THE SAND
Jesus and the Soul of the Gospels
by Thomas Moore
$17.95, paper. Hay House. 208 pages

Here Thomas Moore examines the Gospels using a new approach based on a fresh reading of the original Greek texts and the newly discovered gospels, employing depth psychology and an “archetypal” approach.

Speaking of contemporary “Gospel decline,” he writes: “I would like to show people of other traditions, those who have abandoned the Christian way, and those who have no spiritual allegiances how valuable these texts are for all of us. You don’t have to be a believer to be a follower. You don’t have to be Christian to make the Gospels an important source of your spiritual life and practice.

Moore shows that Jesus’ teachings are challenging in a way that is far different from the moralism often associated with him. Writing in the Sand sets forth how we can today live the way of life that Jesus represents. Showing that Jesus is a vibrant figure whose teachings can be meaningfully integrated into our 21st century intellectu- al and spiritual lives. Moore also unravels the mystery of Jesus in the past and present, from the hidden and coded texts of the Gospels, and the result will enlighten and delight readers.

There are two ways to be spiritually secure: One is to attach to a fixed and uncomplicated teaching. Another is to be open to ever deepening your understanding and giving up all defensiveness around your convictions. Jesus represents this second approach.

“Through his study of some of the most pertinent passages of the Bible, Moore offers readers a long-awaited, modern, practical application of the scripture, and illus- trates the 21st century relevance of Jesus’ visionary philosophy.” — Deepak Chopra, author of The Third Jesus: The Christ We Cannot Ignore

A Roman Catholic and Jungian psychotherapist, Thomas Moore is the author of many books including Care of the Soul.
Dear brave souls, I warmly invite you to come be at the fireside with me and the Dangerous Old Woman and the Power of the Crone. Who is the crone? She is the most dangerous, the most radical, the most revolutionary woman in existence. Whether in fairy tales or in consensual reality, the old one goes where she wants to and she acts as she wishes; she lives as she chooses. And this is all as it should be. And no one can stop her. Nor ought they try.

Entering the terrain of wisdom occurs at any age. We sometimes step, sometimes stumble, and other times are pulled into the territory of the Crone when the need for a deeper, larger understanding of our most meaningful paths in life can no longer be denied, and when the gifts that are hidden in our challenges must be brought forth.

On The Power of the Crone, Dr. Estés presents volume two of the Dangerous Old Woman, with six sessions of original stories, psychological commentary, and blessings. Join her to meet Las Cocomias (The Old Cacklers), La Mística (The Seer), La Asedaria (The Spellbreaker), and the wisdom-yielding Crone in many more of her guises.

If you weep, the Crone will move closer to you. Laugh, and she wants to hear the joke. Dance, and she wants to dance with you and in you. She has help for the hurt and for the one poisoned by bitterness. She can pull the thorn from the breast, and tattoo your scars with flowering boughs.

This is the power of the Crone, ready to assist each of us to “fulfill the callings of the souls on this earth—with verse, with style, with critical insights, with wisdom, and with love.”

Stories, poems, and blessings include:
- The Littlest Gaianess
- The Orchard Who Tried to Deforest the Trees
- Backwoods Woman… When the Old Woman Comes to Shake You Awake
- Don’t Make Creator Too Small
- The 15 Phases of the Cycle of Life—Death—Life
- The Unrepentant Trees
- El Mando and the Monster
- When ‘The Great They’ Say ‘Stop Acting Up’
- The Girl Who Had No Story
- The Checker-Barked Cherry Tree
- Jack and the Beanstalk
- The Sitar Player
- The Rhymer’s Advice
- Father Bring Me Fire
- Gratitude is an Emotion of the Heart

Also by Clarissa Pinkola Estés are the legendary Women Who Run with the Wolves as well as the first volume in this audio series, The Dangerous Old Woman.

Twelve Steps to a Compassionate Life
by Karen Armstrong
$25.00, cloth. Crown. 222 pages

The prolific, well-informed, and passionate Karen Armstrong (The Case for God) writes a somewhat different book here, stemming from her winning the TED Lectures prize which provided her with the means to promote an idea worth spreading: A Compassionate Life. This is a book with an agenda: we all ought to be more compassionate, and here’s how. So instead of being her usual somewhat academic teacher of religious history, in Twelve Steps to a Compassionate Life she is more of a personal spiritual teacher, in the vein of the Dalai Lama. That task, and corresponding tone (“Be patient with yourself during this meditation”), is not her long suit. Still, this slightly self-help-y book is deeply grounded in what Armstrong knows, and presents well: the core teachings of all religions that can make us better, more compassionate, and here’s how. Armstrong claims that the “warfare” between science and religion is a myth perpetuated by those with axes to grind. Likewise, the modern atheistic movement, “death of God” theology and even fundamentalism arise from extremists who see religion as correct doctrine, not correct living. Armstrong cautions us that religion was never supposed to provide answers that lie within the competence of human reason. The task of religion is “to help us live creatively, peacefully, and even joyously with realities for which there are no easy explanations.” She emphasizes, too, that religion will not work automatically. It is, she says, a practical discipline: its insights are derived not from abstract speculation but from “dedicated intellectual endeavor” and a “compassionate lifestyle that enables us to break out of the prison of thought.”

Karen Armstrong’s other books include A History of God and The Battle for God.

The Heart of Religion
by Karen Armstrong
$22.00, paper. Crown. 406 pages

Moving from the Paleolithic to the present, Karen Armstrong details the great lengths to which humankind has gone in order to experience a sacred reality. Focusing especially on Christianity but including Judaism, Islam, Buddhism, Hinduism, and Chinese spiritualities, Armstrong examines the diminished impulse toward religion in our own time, when a significant number of people either want nothing to do with God or question the efficacy of faith. Why has God become unbelievable? Why is it that atheists and theists alike now think and speak about God in a way that veers so profoundly from the thinking of our ancestors?

Answering these questions with the same depth of knowledge and profound insight that have marked her previous books, Armstrong makes clear in The Case for God how the changing face of the world has necessarily changed the importance of religion at both the societal and the individual level. And she makes a powerful, convincing argument for drawing on the insights of the past in order to build a faith that speaks to the needs of our dangerously polarized age. Scholars have always attempted to define and “prove” God, and Armstrong admirably outlines the best of them through the centuries, including Origen, Anselm, Pascal and Tillich.

Karen Armstrong claims that the “warfare” between science and religion is a myth perpetuated by those with axes to grind. Likewise, the modern atheistic movement, “death of God” theology and even fundamentalism arise from extremists who see religion as correct doctrine, not correct living. Armstrong cautions us that religion was never supposed to provide answers that lie within the competence of human reason. The task of religion is “to help us live creatively, peacefully, and even joyously with realities for which there are no easy explanations.” She emphasizes, too, that religion will not work automatically. It is, she says, a practical discipline: its insights are derived not from abstract speculation but from “dedicated intellectual endeavor” and a “compassionate lifestyle that enables us to break out of the prison of thought.”

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Living a Compassionate Life
by Karen Armstrong
$22.00, paper. Crown. 406 pages

The prolific, well-informed, and passionate Karen Armstrong (The Case for God) writes a somewhat different book here, stemming from her winning the TED Lectures prize which provided her with the means to promote an idea worth spreading: A Compassionate Life. This is a book with an agenda: we all ought to be more compassionate, and here’s how. So instead of being her usual somewhat academic teacher of religious history, in Twelve Steps to a Compassionate Life she is more of a personal spiritual teacher, in the vein of the Dalai Lama. That task, and corresponding tone (“Be patient with yourself during this meditation”), is not her long suit. Still, this slightly self-help-y book is deeply grounded in what Armstrong knows, and presents well: the core teachings of all religions that can make us better, more compassionate, and here’s how. Armstrong claims that the “warfare” between science and religion is a myth perpetuated by those with axes to grind. Likewise, the modern atheistic movement, “death of God” theology and even fundamentalism arise from extremists who see religion as correct doctrine, not correct living. Armstrong cautions us that religion was never supposed to provide answers that lie within the competence of human reason. The task of religion is “to help us live creatively, peacefully, and even joyously with realities for which there are no easy explanations.” She emphasizes, too, that religion will not work automatically. It is, she says, a practical discipline: its insights are derived not from abstract speculation but from “dedicated intellectual endeavor” and a “compassionate lifestyle that enables us to break out of the prison of thought.”

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by Karen Armstrong
$25.00, cloth. Crown. 222 pages

The prolific, well-informed, and passionate Karen Armstrong (The Case for God) writes a somewhat different book here, stemming from her winning the TED Lectures prize which provided her with the means to promote an idea worth spreading: A Compassionate Life. This is a book with an agenda: we all ought to be more compassionate, and here’s how. So instead of being her usual somewhat academic teacher of religious history, in Twelve Steps to a Compassionate Life she is more of a personal spiritual teacher, in the vein of the Dalai Lama. That task, and corresponding tone (“Be patient with yourself during this meditation”), is not her long suit. Still, this slightly self-help-y book is deeply grounded in what Armstrong knows, and presents well: the core teachings of all religions that can make us better, more compassionate, and here’s how. Armstrong claims that the “warfare” between science and religion is a myth perpetuated by those with axes to grind. Likewise, the modern atheistic movement, “death of God” theology and even fundamentalism arise from extremists who see religion as correct doctrine, not correct living. Armstrong cautions us that religion was never supposed to provide answers that lie within the competence of human reason. The task of religion is “to help us live creatively, peacefully, and even joyously with realities for which there are no easy explanations.” She emphasizes, too, that religion will not work automatically. It is, she says, a practical discipline: its insights are derived not from abstract speculation but from “dedicated intellectual endeavor” and a “compassionate lifestyle that enables us to break out of the prison of thought.”

Karen Armstrong’s other books include A History of God and The Battle for God.

THE CASE FOR GOD
by Karen Armstrong
$22.00, paper. Crown. 406 pages

Moving from the Paleolithic to the present, Karen Armstrong details the great lengths to which humankind has gone in order to experience a sacred reality. Focusing especially on Christianity but including Judaism, Islam, Buddhism, Hinduism, and Chinese spiritualities, Armstrong examines the diminished impulse toward religion in our own time, when a significant number of people either want nothing to do with God or question the efficacy of faith. Why has God become unbelievable? Why is it that atheists and theists alike now think and speak about God in a way that veers so profoundly from the thinking of our ancestors?

Answering these questions with the same depth of knowledge and profound insight that have marked her previous books, Armstrong makes clear in The Case for God how the changing face of the world has necessarily changed the importance of religion at both the societal and the individual level. And she makes a powerful, convincing argument for drawing on the insights of the past in order to build a faith that speaks to the needs of our dangerously polarized age. Scholars have always attempted to define and “prove” God, and Armstrong admirably outlines the best of them through the centuries, including Origen, Anselm, Pascal and Tillich.

Karen Armstrong claims that the “warfare” between science and religion is a myth perpetuated by those with axes to grind. Likewise, the modern atheistic movement, “death of God” theology and even fundamentalism arise from extremists who see religion as correct doctrine, not correct living. Armstrong cautions us that religion was never supposed to provide answers that lie within the competence of human reason. The task of religion is “to help us live creatively, peacefully, and even joyously with realities for which there are no easy explanations.” She emphasizes, too, that religion will not work automatically. It is, she says, a practical discipline: its insights are derived not from abstract speculation but from “dedicated intellectual endeavor” and a “compassionate lifestyle that enables us to break out of the prison of thought.”

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Mediation Explorations

BEGINNING MEDITATION Enjoying Your Own Deepest Experience
by Sally Kempton
$19.95, 2 CDs. Sounds True. 2:25 hours.
What if you turned to meditation for the sheer enjoyment of it? That may sound unlikely, but when we approach the practice with playfulness, receptivity, and excitement, meditation can become one of the most intimate and fulfilling relationships we will ever have.
On Beginning Meditation, master teacher Sally Kempton welcomes newcomers to a practice based on embracing the fullness of our experience—and reconnecting with the love, compassion, and wisdom that we are in essence.
Beginning Meditation offers a rich informative program—a rendezvous with your innermost self, through insights and techniques including:
• How to choose a core practice that will become your meditation home base
• The principles of practice—and their inherent paradoxes
• How to experiment with other techniques—and ultimately transcend technique entirely
• Six guided meditations to support your evolving practice.
“Meditation is a journey,” says Kempton, “and the secret is to stay on the map.” Beginning Meditation offers a strategy for creating a practice infused with love and fueled by the spirit of adventure.
Also by Sally Kempton is her excellent book, Meditation for the Love of It: Enjoying Your Own Deepest Experience.

MEDITATION FOR THE LOVE OF IT Enjoying Your Own Deepest Experience
by Sally Kempton
$19.95, paper. Sounds True.
164 pages, French flaps.
With Meditation for the Love of It, Sally Kempton shares practical tips and tools to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the challenges of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of mind-body-being.
Drawing on her 40 years as a teacher and mediator, Sally teaches us how we can connect to our inner longings and creative “shakti” energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including:
• How to tune in to your own “meditation channel,” a band-wagon to tranquillity, energizing your practice
• Why you don’t need a quiet mind to meditate

NO YES ACTIVE MEDITATION
by Eliza Mada Dalian
$19.95, CD. Shanti Om. 68 minutes.
From Eliza Mada Dalian, author of In Search of the Maravuloso: Finding into Consciousness comes this unique audio meditation tool. Dalian says “I have experimented with this technique—based on guidance Osho gave to one of his disciples—in my workshops for many years and having powerful transformative results for hundreds of people, I am now happy to introduce this meditation to you.”
The No Yes Active Meditation is a powerful tool for detoxifying the body of suppressed negative emotions that cause energetic blocks, inner unrest, anxiety, and depression. Practicing this meditation will allow the experience of an authentic “yes” that leads to inner joy and celebration of life. Even if practiced occasionally, this meditation can help maintain a sense of inner balance and peace.
Stage 1 (30 minutes): Say No! No! No! “Allow your negative emotions, and repressed feelings of anger, resentment, and sadness to be fully and freely expressed… Let your body move freely, remain a witness to all your thoughts and emotions throughout the meditation.”
Stage 2 (15 minutes): Sit silently and look inside. “Observe your breath, thoughts, emotions, and any movement of energy in your body. While observing, focus your attention on your inner stillness and peace.”
Stage 3 (15 minutes): Say Yes! Yes! Yes! “Let the ‘Yes’ open your heart. When you feel like it, move your body and start dancing while saying ‘Yes.’ Say ‘Yes’ to yourself, to existence, and to the lessons you have been learning. Let your body and heart be in gratitude to your Being!”
The CD includes a spoken introduction to the practice, music passages for the No and Yes sections, and sweet silence for the Silence period.
“The ones who cannot say no, their yes is impotent; it means nothing, it has no strength in it.”—Osho

THE MINDFULNESS REVOLUTION Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life
edited by Barry Boyce & the editors of the Shamahala Sun
$18.95, paper. Shamahala. 284 pages.
Mindfulness, in both its Buddhist and secular forms, is becoming increasingly familiar to many of us.
This essay collection describes mindful attention and how it can be applied to such diverse aspects of life as parenting, trauma recovery, money, illness, relationships, and the like.
In recent years there has been an explosion of interest in the art and science of mindfulness. Simply put, mindfulness is a means for developing greater awareness of our moment-to-moment experience—for fully experiencing what is happening within us and around us. It has been scientifically shown to reduce stress and improve health.
Recent studies also indicate that mindfulness can alleviate depression and anxiety, improve attention and performance, and increase an individual’s overall levels of happiness.
Mindfulness is being applied in a wide variety of fields, including health care, education, leadership development, the law, and the military. This volume captures the momentum of this growing movement.
Selections include:
• Jon Kabat-Zinn on the essence of mindfulness, stress reduction, and positive change
• Daniel Siegel on how mindfulness benefits the brain
• Thich Nhat Hahn on the power of mindful breathing
• Michael Carroll on mindfulness in the workplace
• Pema Chodron on developing compassion for ourselves and others
• Daniel Coleman on a mindful approach to shopping habits and consumerism
• Jan Chozen Bays on mindful eating
• Steve Silberman on being mindful online
The contributors bring their considerable knowledge and skills to bear on the issue of how best to help others and themselves. The book acknowledges the influence of the Mindfulness-Based Stress Reduction method pioneered at the University of Massachusetts Medical Center by Jon Kabat-Zinn, who has provided two essays; other writers include Jack Kornfield, Joseph Goldstein, Matthieu Ricard, Norman Fischer, Doshchen Ponlop, and the Dalai Lama. Of particular note are Karen Maeren Miller’s meditation on housework, Sue Moon’s graceful attention to secular moments, and Bob Howard’s close attention to soil. Simple practices for the reader are included.

THE RAGGED EDGE OF SILENCE Finding Peace in a Noisy World by John Francis
$18.00, cloth. National Geographic. 270 pages.
And listening is so important, because without listening we can recognize neither silence nor each other.
By the author of *Planetwalker*, *The Ragged Edge of Silence* takes us to another level of appreciating, through silence, the beauty of the planet and our place in it. John Francis’s real and compelling prose forms a tapestry of questions and answers woven from interviews, stories, personal experience, science, and the power of silence through history, including practices by Native American, Hindu, and Buddhist cultures.

Through their time-honored traditions and his own experience of communicating silently for 17 years, Francis’s practical exercises lay the groundwork for the reader to build constructive silence into everyday life: to learn more about oneself, to set goals and accomplish dreams, to improve relationships, and to appreciate and be a steward of the Earth. With its amazing human interest element and first-person expertise, this book is energizing and edifying.

I think one of the most important things we need to do is to take a walk and listen, and to find the ragged edge of silence; then, from that place, peace will come.

*The Ragged Edge of Silence* explores the long tradition of silence and its effect through the ages, as well as the enormous impact it has on the modern world. We learn about the effect of silence on body and mind, and the symbiotic relationship between silence and creativity. We begin to understand the differences between introverted silence and interactive silence and learn how to use them both. Simple lessons/exercises follow each chapter, teaching us how to integrate the power of silence into daily life, along with interactive techniques that can help improve every reader’s introspection, creativity, and listening and observation skills.

John Francis is founder of the environmental education organization Planetwalk, and author of *Planetwalker: 22 Years of Walking, 17 Years of Silence*. John has led environmental walks in many countries.

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**SILENCE AND TEACHERS**

Essences from Adya & Eckhart

**FALLING INTO GRACE**

**Insights on the End of Suffering**

_by Adyashanti_

_69.95, 6 CDs. 6 hours_

In this “clear drink of sparkling water, straight from the source,” Adyashanti asks us to let go of our struggles with life and open to the full panoply of spiritual awakening: the end of delusion and the discovery of our essential being. In his 15 years as a spiritual teacher, Adyashanti has found that the simpler the teaching, the greater its power to change our lives.

In *Falling into Grace*, he shares what he considers fundamental insights that will “spark a revolution in the way we perceive life.” Available in CD or book format, here is a progressive inquiry exploring:  

- The human dilemma—the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering  
- Taking the backward step into the pure potential of the present moment  
- Why spiritual awakening can be a disturbing process  
- Intimacy and availability—feeling absolute union with every part of our experience  
- In the same way that we fall in love, the arms of a loved one or drop our heads on the pillow at night, we can surrender into the beauty and truth of who and what we really are. *Falling into Grace* is an invitation into the core of why we suffer. It’s also Adyashanti’s invitation “to be taken by a moment of grace and find in that moment of grace a sense of separation from you, when life is actually an expression of something indefinable, mysterious, and immense.”

This idea of a book on the “fundamentals of spiritual discovery” became the organizing principle for a series of talks given over five days in the fall of 2009, in Los Gatos, California. These talks were then transcribed and edited... As you read, my recommendation is that you take your time and attend as much as possible to what is evoked within you, to the moments of realization, to what Adya calls “ah-ha moments.”

In a sense, *Falling into Grace* is a transmission, a revealing of our true nature beyond any definition. Transmission is a heart-to-heart meeting in which we are directly shown, almost like being pulled along by the hand in a dream. The transmission occurs not at the level of the words, but at a feeling level, as part of a more subtle communication. The book is filled with pointers. The question is: Can we follow and fall into where the pointers lead? —from the foreword by Tami Simon

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**CREATING A NEW EARTH**

**Teachings to Awaken Consciousness**

_by Eckhart Tolle TV_

_99.00, 10 CDs. Sounds True. 8.5 hours_

Many of us have heard Eckhart Tolle’s profound message about the extraordinary potential that is available in every moment. But how do we apply this wisdom amid the challenges of relationships, money, and the daily stresses of life in the 21st century?

Available in DVD or CD from *Creating a New Earth* presents a series of practical teaching sessions designed to help us overcome the most common “obstacles to presence.” Offered in response to what he describes as the evolutionary impasse to assist in humanity’s collective spiritual awakening, this beautiful collection of Eckhart’s teachings invites you to explore with Eckhart Tolle such topics as:

- The Economy—points us toward the hidden opportunities in seemingly “dreadful” financial times  
- Spiritual Awakening in Daily Life—offers a liberating alternative to perceiving life as something separate from us  
- To Think or Not to Think—discover the transformation that awaits when we learn to operate in presence rather than under the direction of our mental activity  
- The Gift of Nature—explores the many ways in which nature can serve as a portal to presence  
- Meditation—discusses the many faces of meditation and its ultimate essence: realizing the precious spaciousness that is available in every moment  
- Eckhart on Emerson—commentary on the collected essays of Ralph Waldo Emerson, writing that Eckhart considers to be of rare depth and truth  
- Bonus Session—Life-changing questions with Eckhart and a short talk on relationships with his teaching partner Kim Eng

The best thing we can do to build a better future is to live fully right now in alignment with the flow of nature and empowered by wisdom that transcends thought. The topic of presence is ours with every teaching, the greater its power to change our lives.

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**SEX AND THE SPIRITUAL TEACHER**

**Why It Happens, When It’s a Problem, and What We All Can Do**

_by Scott Edelstein_

_230.50, paper. 252 pages_

See the *Spiritual Teacher* looks at the complex forces that tempt otherwise intelligent people to lose their innocence and intuitive wisdom. It analysts why most of our current efforts to keep spiritual teachers transgressing usually don’t (and in fact can’t) work. Perhaps the most important thing to do, it says, is to recognize and support those practices and structures that can build community, employees healthy student-teacher relationships, increase trust and spiritual intimacy between teachers and their students, and help authentic spiritual teachers stay happily monogamous or celibate.

**Sex and the Spiritual Teacher** is for anyone who is or might become part of a spiritual community, including spiritual leaders, and even casual visitors. It’s a read-friendly, non-nonsense guide to making spiritual life safer and fuller for all of us—one person, one relationship, and one community as a whole.

“*He explores the understandable, human reasons why these transgressions so often arise, without wavering in the clear message that when they must be avoided, for the sake of all members of the spiritual community*.”

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**A WOMAN’S WORK**

_with Carldjeff, Ramana Maharshi, Krishnamurti, Anandamayi Ma & Pak Subah_

_by Mary Ellen Korman_

_29.95, 6 CDS. 6 hours_

There are few comprehensive accounts of individual Westerners—especially women—who really explored Indian spirituality in the first part of the 20th century.

Ethel Merston (1883–1964) left an intimate record of her journey as she constantly questioned and searched for a remedy to relieve the malady in her soul. We owe Mary Ellen Korman our appreciation for chronicling that time when, with the decline of Christianity, well-intentioned people began to question the spiritual vacuum in the West and then turned to the East for answers. She has brought to life many of the people Merston encountered, and who we may have heard about in passing years but never quite knew as fellow seekers committed to the search for higher truths. A rich vein of history has been opened up to those curious about the pioneers who came to India against the current of ideas and balance of power which then favored the West.

An early 20th century spiritual seeker’s “Who’s Who,” *A Woman’s Work* chronicles Ethel Merston’s time spent with many important teachers of the time, amongst them Helena Blavatsky, Malati & Nicoll, G.I. Gurdjieff, Edgar Cayce, Krishnamurti, Sunyata, Alain Daniélou, Sri Aurobindo and the Mother, Pak Subah, and especially, Ramana Maharshi.

“Based on Ethel Merston’s candid memoirs, *A Woman’s Work* chronicles her journey of self-transformation from privileged English socialite to intrepid, resilient and engaging account of a spiritual seeker whose inner struggles, confusions and insights are recounted as she meets many of the key figures of her time.” —*The Gurdjieff Journal*
Great Lives by Eknath Easwaran

**GANDHI THE MAN**
*How One Man Changed Himself to Change the World, 4th Edition* by Eknath Easwaran
$20.50, paper. Nilgiri. 212 pages, 7 x 9, French flaps, 70 b/w photos

“I am not a visionary. I claim to be a practical idealist.”
—Gandhi

In 1892 Mohandas K. Gandhi was a shy, tongue-tied man whose past was full of failure; thirty years later—called a saint even by those who opposed him—he was the acknowledged leader of 400 million Indians in their struggle for independence through nonviolent revolution. The story of a great soul and the power of nonviolence, *Gandhi, the Man* does what no other book does: it describes the astonishing inner revolution by which M.K. Gandhi became the Mahatma who brought about India’s independence after 300 years of foreign rule.

When growing up in Gandhi’s India, author Eknath Easwaran (1910–1999) sought and came face to face with the personal power of Gandhi. Is it that power—not of Gandhi the political leader, but of Gandhi the man—that is revealed in this book.

A human being is an immense spiritual force barely contained in a physical form. When all his hopes, all his desires, all his drive, all his will fuse together and become one, this force is released even in his own lifetime, and not even the death of his body can imprison it again. Gandhi made himself the force of nonviolence. He is a force which cannot die, which awakens again wherever a person, or a community, or a nation turns to nonviolence with all its strength and all its will.

Once, while Gandhi’s train was pulling slowly out of the station, a reporter ran up to him and asked him breathlessly for a message to take back to his people. Gandhi’s reply was a hurried line scrawled on a scrap of paper: “My life is my message.” It is a message which does not require the vast stage of world politics, but can be put into practice here and now, in the midst of daily life.

A new cover and revised text (*Gandhi, the Man* was first published in 1975) enhances this widely acclaimed profile that begins in South Africa, where Gandhi’s remarkable transformation took place. More than 70 photographs, many not published elsewhere, enrich the story of Gandhi’s development, and revealing quotations from Gandhi display that progress against the backdrop of his social and political work. Timothy Findley, an educator and student of Easwaran, contributes “How Nonviolence Works,” a chapter relating Gandhi techniques to contemporary problems and shows readers how to apply Gandhi’s principles to promote peace in their own lives.

Revealing how one gentle yet determined man became a force for human progress and freedom, *Gandhi, the Man* “comes closer to giving some sense of how Gandhi saw his life than any other account I have read.” —Bill McKibben

“I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith.”
—Gandhi

**IGNITING THE INNER LIFE**
*by Regina Sara Ryan*
$19.50, paper. Hohm. 276 pages

Igniting the Inner Life is the intrinsic spiritual dimension of existence. To “ignite” it is to make a pilgrimage within—to move from “out there” to “in here” in the orientation of life, work, choices and relationships. This book is directed to those with a focus on spirituality, self-understanding, contemplative prayer, God, or the awakening of the heart’s knowledge, regardless of the religious tradition they follow.

Every major religious or spiritual tradition contains recommendations for building and maintaining an inner life—through silence and solitude, through prayer, mantra and ritual, through sacred reading and contemplation, through poetry, nature and symbolism. This book is designed to remind us of what we know about the life of our souls, and yet easily forget in the busyness of contemporary life. We can move quickly and work hard while still maintaining our sense of self, our clear intention; we can bless others rather than judge them; we can practice seeing ourselves more clearly and build a foundation of self-appreciation and forgiveness.

“Waiting and the miracle will appear.” —Andrew Harvey, author of *Naked Honesty*

We are turning base metals into gold. We are transforming ourselves so a new era for humanity can begin. We are surrendering our separateness so we can harmonize once more with Creation. The time for this work is now. Now, before it is too late. Give everything you have to this great awakening. Sacrifice all your resistance upon the altar of your own becoming. Nothing less will do.

**PRAYING DANGEROUSLY**
*Radical Reliance on God* by Regina Sara Ryan
$19.50, paper. Hohm. 276 pages

To grow up spiritually we must relinquish a childish relationship to prayer as a superstitious ritual or plea for favors. In *Praying Dangerously*, readers take the step of prayer that asks for reassurance, and prayer that asks for God and stands for transformation. The author invites us to assume greater responsibility for our inner lives by choosing not-knowing, insecurity, and difficult circumstances as potential blessings and means of purification and inspiration.

Drawing its wisdom from a multitude of spiritual traditions, this 10th Anniversary Edition is fully revised, with several new chapters, including one on “Praying on the Subway,” about how public places can provide us with continuous inspiration for blessing others.

“This wise, fierce, challenging book restores to seekers on all paths the art of praying dangerously and reveals the joys of sacred passion and naked honesty, of surrender and of the capacity to celebrate fearlessly, even in the darkest depths of personal anguish or public apocalypse.” —Andrew Harvey, author of *The Essential Mystics*

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where can peace be found? by j. krishnamurti $17.95, paper. shamblala. 110 pages.

"truth is a pathless land; you cannot approach it by any religion... my only concern is to set men absolutely free of any doctrine or organization. he passionately rebuked violence, decried both governments and organized religion, insisting they result in conformity, division and fragmentation, rather than freedom.

"god is disorder," krishnamurti once remarked during a talk. he shocked many in the audience. it was a shock designed to jolt us out of the consensus trance we typically inhabit until our graves. in your hands is a collection of insights, truths, originating in love and compassion, to jolt you into full attention. krishnamurti was awake; will you dare to join him in wakefulness and make your own revolution?"

robert epstein has culled key quotations from krishnamurti's talks and writings. conveniently organized from a to z, topics range from acceptance and anger to consciousness, faith, fulfillment, god, hope, joy, love, nonviolence, reincarnation, relationships, self-understanding, sex, suffering, vegetarianism, war, and wisdom. "you are the world, and the world is you," said krishnamurti. "if there is a radical transformation in the structure of an individual's psyche, it will affect the whole consciousness of man." this small jewel of a book contains enormous power to inspire readers to just such a change.

when you open it, there is unending help in all things, from the song of a bird to the call of a human being, from the blade of grass to the immensity of the heavens.

unreservedly." —nevil drury, author of the new age: the history of a movement

"the three dangerous magis is a must read for those who have a penchant for crazy wisdom's top unframers! mušulberner unravels and makes the three rascals awakeners come alive in all of their unconventional glory. krishnamurti readers will be stirred to the core, turned upside down and fit together again in new ways." —satsen raja, author of living ecstasy

p.t. mundhir is a transpersonal therapist and meditation teacher. from monasteries in the tibetan highlands to tantric ashrams in india, in the monuments of egypt and stone circles of britain to high deserts in arizona and native sweat lodges in british columbia, he has scoured the globe seeking the best of the world's wisdom traditions. he lives in vancouver.

**the five ways we grieve**

finding your personal path to healing after the loss of a loved one

by susan berger $20.50, paper. shamblala. 221 pages.

in this new approach to understanding the impact of grief, susan berger goes beyond held theories of stages of grief with a new typology for self-awareness and personal growth. in the five ways we grieve, she offers practical advice for healing from a major loss in this presentation of five basic ways, or types, of grieving. these five types describe how different people respond to a major loss. the types are: nomads, who have not yet resolved their grief and often don't understand how their loss has affected their lives; memorialists, who are committed to preserving the memory of their loved ones by creating concrete memorials and rituals to honor them; artists, who are committed to re-creating a sense of family and community; activists, who focus on helping other people who are dealing with the same disease or issues that caused their loved one's death; and seekers, who adopt religious, philosophical, or spiritual beliefs to create meaning in their lives.

drawing on research results and anecdotes from working with the bereaved over the past ten years, berger examines how a person's world-view is affected after a major loss. according to her findings, people experience significant changes in their sense of mortality, their values and priorities, their perception of and orientation toward time, and the manner in which they "fit" in society. the five types of grieving she finds, reflect the choices people make in their efforts to adapt to dramatic life changes.

by identifying with one of the types, readers who have suffered a recent loss—or whose lives have been shaped by an early loss—find ways of understanding the impact of the loss and of living more fully.

"this is a useful tool for interpreting their responses to a loss and creating a new normal for their lives." —bob deits, author of life after loss

**evidence of the afterlife**

the science of near-death experiences

by jeffrey long, with paul perry $16.99, paper. harpercollins. 214 pages.

"evidence of the afterlife presents the first-hand accounts of people who have died and lived to tell about it. through their work at the near-death experience research foundation, radiation oncologist jeffrey long and his wife, jody, have gathered thousands of accounts of near-death experiences (nde's) from all over the world. in addition to sharing the personal narrative of their experiences, visitors to the website are asked to fill out a one hundred-item questionnaire designed to isolate specific el— robert e. epstein

**the new age: the history of a movement**

by jeffrey long, with paul perry $16.99, paper. penguin. 256 pages.

"gives bereaved people a useful tool for helping themselves with the outrageously funny platypus walk into a bar. now they can turn their attention to the big d and share the timeless wisdom of the great philosophers, theologians, psychotherapists, and wise men. from angels to zombies and everything in between, cathcart and klein offer a fearless and irreverent history of how we approach death, why we embrace life, and whether there really is a hereafter. as hilarious as it is illuminating, a hippo walk through those pearly gates is a sort of everything you wanted to know about death but are sorry you asked dedicated to their "philosophical mentor," king of the philohoggers, woody allen. they kick off their discussion with the question, "do you really think you're going to die?" their point is this:

"we are the only creatures who comprehend that we are going to die and we are the only creatures who can imagine living forever. it's that combo that drives us crazy."

"the only concern is to set men absolutely free of any doctrine or organization. he passionately rebuked violence, decried both governments and organized religion, insisting they result in conformity, division and fragmentation, rather than freedom.

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finding your personal path to healing after the loss of a loved one

by susan berger $20.50, paper. shamblala. 221 pages.

in this new approach to understanding the impact of grief, susan berger goes beyond held theories of stages of grief with a new typology for self-awareness and personal growth. in the five ways we grieve, she offers practical advice for healing from a major loss in this presentation of five basic ways, or types, of grieving. these five types describe how different people respond to a major loss. the types are: nomads, who have not yet resolved their grief and often don't understand how their loss has affected their lives; memorialists, who are committed to preserving the memory of their loved ones by creating concrete memorials and rituals to honor them; artists, who are committed to re-creating a sense of family and community; activists, who focus on helping other people who are dealing with the same disease or issues that caused their loved one's death; and seekers, who adopt religious, philosophical, or spiritual beliefs to create meaning in their lives.

drawing on research results and anecdotes from working with the bereaved over the past ten years, berger examines how a person's world-view is affected after a major loss. according to her findings, people experience significant changes in their sense of mortality, their values and priorities, their perception of and orientation toward time, and the manner in which they "fit" in society. the five types of grieving she finds, reflect the choices people make in their efforts to adapt to dramatic life changes.

by identifying with one of the types, readers who have suffered a recent loss—or whose lives have been shaped by an early loss—find ways of understanding the impact of the loss and of living more fully.

"this is a useful tool for interpreting their responses to a loss and creating a new normal for their lives." —bob deits, author of life after loss

**evidence of the afterlife**

the science of near-death experiences

by jeffrey long, with paul perry $16.99, paper. harpercollins. 214 pages.

"evidence of the afterlife presents the first-hand accounts of people who have died and lived to tell about it. through their work at the near-death experience research foundation, radiation oncologist jeffrey long and his wife, jody, have gathered thousands of accounts of near-death experiences (nde's) from all over the world. in addition to sharing the personal narrative of their experiences, visitors to the website are asked to fill out a one hundred-item questionnaire designed to isolate specific el
ments of the experience and to flag counterfeits accounts.

The website has become the largest NDE research database in the world, containing over 1,600 NDE accounts. The people whose stories are captured in the database span all age groups, races, and religious affiliations and come from all over the world, yet the similarities in their stories are as awe-inspiring as they are revealing. Using this treasure trove of data, Dr. Loog explains how medical evidence fails to explain these reports and why there is only one plausible explanation—that people have survived death and traveled to another dimension.

More info: ndef.org

Transpersonal Psychology

INSIDE-OUT HEALING
Transforming Your Life Through the Power of Presence
by Richard Moss
$18.95, paper. Hay House. 254 pages

The two greatest sources of life-force energy that you can directly access come through how you experience yourself from moment to moment, and through how deeply you meet other people in the Now.

Join world-renowned consciousness new teacher and healer Richard Moss in an exploration of the power of presence. Presence is associated with feelings of aliveness, connection, creativity, satisfaction, and flow. It is presence that makes the difference in your experience intimacy, and support the growth and transformation of others.

This inspiring book presents powerful principles, tools, and practices for transforming self-limiting patterns of thought and behavior and for staying in the present even in the midst of very difficult feelings. Drawing from individual counseling sessions and sharing many practical exercises, Moss demonstrates how awareness and presence can be applied to support change in yourself and others, thereby creating a solid bridge between knowing and doing.

Inside-Out Healing will help you:
• Become more available and fully connected with yourself and others
• Build a solid foundation for healing in all areas of your life
• Be better able to handle difficult situations with more elegance and ease
• Improve both personal and professional relationships
• Expand your capacity for genuine empathy and compassion
• Experience more richness, gratitude, and fulfillment in your life and relationships.
• Are you ready for a shift of consciousness that liberates your mind and heart? Whether you’re motivated by illness, relationship unhappiness, or the desire to excel and experience life to the fullest, this book holds the keys.

Also by Richard Moss is The Mandala of Being.

A LIFE OF BEING, HAVING AND DOING ENOUGH
by Wayne Muller
$16.00, paper. Crown. 272 pages

“This wise and compassionate book helps us recognize and receive what we already have and offers us a place of refuge, renewal, and peace. A must-read for anyone who has ever felt ‘It’s never enough’.” —Rachel Naomi Remen, author of Kitchen Table Wisdom

From the moment we are born, we are seekers. Our culture obsessively preaches the pursuit of money, success and self-improvement. At the end of each activity-jammed day, though, we collapse into bed discouraged by everything we have not checked off on our todo lists, anxious that whatever we have accomplished is never enough.

In A Life of Being, Having, and Doing Enough, therapist and interfaith minister Wayne Muller offers healing for us, the perennially stressed. By learning compassion and mercy for ourselves and by recognizing what is most profoundly true about who we are and what we need, we can gain the freedom to be who we choose to do, in this moment, it is wholly enough.

By beautifully illustrating how “enough” looks and feels, he offers the reader a tremendous gift.

Muller mixes the writings of great spiritual and political leaders with inspirational anecdotes from his own life, inviting us to derive more satisfaction from less and pull gratitude out of the ashes of grief. The answer to what he describes as “authentic happiness” lies not in seeing the world all full instead of half empty, reality, he writes, the glass is always half full and half empty. The world is neither broken nor whole, but entirely engaged in rhythms between joy and sorrow. With Muller’s guidance, we may find ourselves on the most courageous spiritual pilgrimage of our lives.

“An antidote to ‘more is better’ and the madness of multitasking. It offers a respite from the endless cycle of seeking that perpetuates our suffering” —Frank Ostak, founder of Zero Project

Previous books by Muller include How Then, Shall We Live? and Sabbath.

THE PSYCHEDELIC EXPLORER’S GUIDE
Safe, Therapeutic, and Sacred Journeys
by James Fadiman
$21.50, paper. Inner Traditions. 320 pages

Called “America’s wisest and most respected authority on psychedelics and their use,” James Fadiman has been involved with psychedelic research since the 1960s. He speaks to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose) purposes. Fadiman outlines best practices for safe, sacred entheogenic voyages learned through more than 40 years of experience, including having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-seshion intention.

Suggestions for the initial session: a simple, safe, comfortable setting; a trusted guide; and a frame for the session (a ritual or journey) that is meaningful to you. You may want to have a friend or mentor who has had significant psychedelic experiences who can provide support and guidance during the session, or you may find it helpful to have an experienced, knowledgeable guide who can help you navigate the experience.

Fadiman also discusses the importance of setting intentions and preparing for the session in order to maximize the therapeutic potential of the experience. He emphasizes the importance of setting boundaries and establishing a safe and supportive environment. He also suggests incorporating rituals and practices that help to create a sense of sacredness and connection.

The guide provides detailed instructions for setting up a safe space, preparing for the session, and facilitating a meaningful experience. It also includes a section on the integration process, which is crucial to fully maximizing the benefits of a psychedelic experience.

In the final chapter, Fadiman presents a series of instructions for conducting a ritual, which can be adapted to suit the needs of the individual. These rituals include elements such as lighting candles, chanting, and offering gratitude.

Fadiman’s guide is a valuable resource for anyone interested in exploring the potential of psychedelics for personal and spiritual growth.
Ayahuasca Journeys

VINE OF THE SOUL
Encounters with Ayahuasca
by Richard Meech
$18.95, DVD. Meech Grant. 60 minutes
Can a sacred plant from the Amazon heal our minds and spirits? For centuries, indigenous people of South America have used ayahuasca, a psychoactive plant medicine, to cure all manner of psycho-spiritual ills. Today, thousands of Westerners, seeking healing and spiritual awakening, drink ayahuasca ceremonies around the world to drink the vision-inducing tea and experience dramatic transformations in their lives.

Vine of the Soul is a documentary that explores this brave new world, offering insights into the nature of faith, mystical experience and self-healing through a heightened state of consciousness. Filmmaker Richard Meech follows key protagonists as they journey to Peru—and back home—capturing in verité style both the life-altering epiphanies and nights of terror encountered after drinking the sacred brew.

Is ayahuasca a doorway to direct knowledge of the divine or a path that leads to psychological trauma? Can ayahuasca moderate addictions to drugs and alcohol or is ayahuasca itself a possible substance of abuse? Some people call it a medicine, others a sacrament; the Amazonians say it is simply a ‘plant teacher’ that tells you what you need to know.

Throughout the film, in-depth interviews with Peruvians and Canadian shamans, ethnobotanist Dennis McKenna, addiction expert Dr. Gabor Maté and scholar Kenneth Tupper speak of increasing ayahuasca use outside the Amazon and the potential benefits for Western medicine, personal spiritual growth and a new understanding of nature.

Featuring Guillermo Árêvalo, Męsya Nieve and Ronin Nieve, shot on location at Espíritu de Anaconda near Iquitos, Peru and at other locations in North America.

There has been one of the great experiences of my life. And yes, the gifts I’ve been given are real and available in those moments when they are needed. I’m grateful for the experience.

But I know there is a lot more work to do. "Long before ayahuasca tourism became a pastime for rich gringos, Peter Gorman was knocking around Iquitos and the jungle. He’s traveled the rivers and quaffed the brew with the best (and the worst) of them and been keen, way beyond the chrysanthemum on many a dark jungle night. This is the intensely personal story of an old-school jungle rat for whom ayahuasca is not just a hobby, but a life-long quest."

—Dennis McKenna, Ph.D, co-author of The Invisible Landscape

Unlike many writing about ayahuasca, Peter Gorman knows this plant and these forests long and well. Explorer, ethnobotanist, writer and raconteur—Gorman is uniquely qualified to tell this incredible tale... a wild mixture of adventure, horror, spirituality, tenderness, and insight." —Mark Plotkin, author of Tales of a Shaman’s Apprentice

THE ABSENCE OF AIM
25 Years of Medicine Dreaming by Peter Gorman $28.75, paper. Gorman Bench Press. 246 pages, bw photos

Ayahuasca in My Blood reads like a page-turning, action-adventure story, and Gorman’s exquisitely described experiences with the sacred jungle juice will certainly stretch the boundaries of what readers think is possible. He describes absolutely incredible encounters with nonhuman spirit entities and transcorporeal shamans and spirits! For centuries, people have reported remote viewing, telepathy, contact with the dead, and striking synchronicities that confirm his ayahuasca visions.

The wise and generous shamans that Gorman worked with, the spiritual allies that he gained, and the plant teachers that he challenged and educated him are all described in fascinating detail, intimately woven into his personal story about the many years he spent living in the Amazon.

The first 25 years of dreaming have been a challenge... Taking people to the deep jungle and watching the medicine work with them has been one of the great experiences of my life. And yes, the gifts I’ve been given are real and available in those moments when they are needed. I’m grateful for the experience.

But I know there is a lot more work to do. "Long before ayahuasca tourism became a pastime for rich gringos, Peter Gorman was knocking around Iquitos and the jungle. He’s traveled the rivers and quaffed the brew with the best (and the worst) of them and been keen, way beyond the chrysanthemum on many a dark jungle night. This is the intensely personal story of an old-school jungle rat for whom ayahuasca is not just a hobby, but a life-long quest."

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Unlike many writing about ayahuasca, Peter Gorman knows this plant and these forests long and well. Explorer, ethnobotanist, writer and raconteur—Gorman is uniquely qualified to tell this incredible tale... a wild mixture of adventure, horror, spirituality, tenderness, and insight." —Mark Plotkin, author of Tales of a Shaman’s Apprentice

THE AYAHU ASC A VISIONS O F
PABLO AMARINGO
by Howard Charing, Peter Cloudsey & Pablo Amaringo $43.95, cloth. Inner Traditions. 192 pages, 10x13, colour illustrations & photos

Recognized as one of the world’s great visionary artists, Pablo Amaringo was renowned for his intricate, colorful paintings inspired by his shamans visions. A master communicator of the ayahuasca experience—where snakes, jaguars, subterranean beings, celestial palaces, aliens, and spacecraft all converge—he presents a doorway to the transcendent worlds of ayahuasca intended for contemplation, meditation, and inspiration.

Illustrating the evolution of his intricate and colorful art, this book contains 47 full-color reproductions of Amaringo’s latest works with detailed explorations of the rich Amazonian mythology underlying each painting. Through their longstanding relationship with Amaringo, co-authors Charing and Cloudsey are able to share the personal stories behind his visions and experiences with Amazonian people and folklore, capturing Amaringo’s powerful ecological and spiritual message through his art and words.

With contributions by Graham Hancock, Jeremy Narby, Robert Venosa, Dennis McKenna, Stephen Beyer, and Jan Kounen, this book brings the ayahuasca experience to life as we travel on Amaringo’s visionary brush and palette.

We are made of music. Artists do well to whistle or hum when they are working—much as a little bird sings to protect the forest. The huarmi taquina is the vibration of the spirit that accompanies creation; everyone feels happy when they hear it.

The woman represents beauty, and her chant is an exalted bird song lifting everyone’s spirits—like lianas twisting up into the sky.

Pablo Amaringo (1938-2009) trained as a curandero in the Amazon, healing himself and others from the age of ten, but retired in 1977 to become a full-time painter and art teacher at his Usko-Ayar school in Pucullpa, Peru. He is also the author/artist of Ayahuasca Visions: The Religious Iconography of a Peruvian Shaman.

THE LAIKA
Courageous Dreaming and Shaman, Healer, Sage. Info: thefourwinds.com

The Laika intuited what researchers in neuroscience are discovering today: illumination is an inherent faculty of the brain, and not just a gift that some higher power can bestow. And while indeed it was possible to receive truth and knowledge directly from Spirit through mysterious means, they discovered that they could attain illumination by successfully completing certain initiations into the mysteries of life. There are seven passages we all experience during our lives—birth, manhood or womanhood, first love, marriage, parenthood, sagehood, and death. To experience these as initiations is to encounter Spirit in all its forms; to rise to meet Spirit's challenge is to experience the intensely personal, somatic rapport, some- thing miraculous emerged. Through the words and teachings of the kauna wisdom-keeper Hale Makua, Dr. Hank Wesselman was gifted with an enhanced perspective into the sacred knowledge of ancient Hawai‘i.

Before his passing, elder Makua encouraged Dr. Wesselman to convey much of what he had passed between them to the wider world, giving him permission to share his spiritual knowledge. Now, with The Bowl of Light, you are invited to share in the sacred
AWAKENING THE DIVINE SOUL
Finding Your Life Purpose
by Rosanna lenco
$29.95, paper. O Books.
isbn 9781846941542. 182 pages.
Awakening the Divine Soul leads you on an extraordinary journey—the author’s spiritual adventure, introducing you to the many strange and surprising things we meet along the way. Let Rosanna lenco lead you along the path to enlightenment. Allow yourself to rise up from the abyss of your own soul, meet your soul messenger, connect with your power animal, heal your relationships, love yourself, and find your true purpose.

From a gathering of fruit elders in an icy igloo, her journey unfolds with an incredible meeting with a spirit guide who assists her on her life—such as recounting her time in Tintagel, England. Before we can embrace our future, we need to understand our own cultural heritage. This book vividly demonstrates how important it is to know where we come from.

“In Rosanna’s book, Awakening the Divine Soul, she gives you stirring examples from her life—such as recounting her time in Greenland as she explored the shamanic traditions of that ancient land and recounting her own inner travels—to begin to open the door for you to embark on your own heart’s journey towards self-discovery.” —Denise Linn, author of Sacred Space.

Native American Medicine Way
A STORY AS SHARP AS A KNIFE
The Classical Haida Mythtellers and Their Works
by Robert Bringhurst
$24.95, paper. Greystone.
544 pages, 24 b/w photos.
The Haida world is a misty archipelago a hundred stormy miles off the coast of British Columbia and Alaska. For thousands of years and more before the Europeans came, a great culture flourished in these islands. The masterworks of classical Haida sculpture, now enshrined in many of the world’s greatest museums, range from exquisite tiny amulets to magnificent huge housepoles. Classical Haida literature is equally beautiful and fine. It extends from tiny jewels crafted by master storytellers to elaborate mythical cycles lasting many hours. The linguist and ethnographer John Swanton took dictation from the last great Haida-speaking storytellers, poets and historians from the fall of 1900 through the summer of 1901. His Haida hosts and colleagues had been raised in a wholly oral world where the mythic and the personal interpenetrate completely. They joined forces with their visitor, consciously creating a great treasury of Haida oral literature in written form. Poet and linguist Robert Bringhurst has worked for many years with these century-old manuscripts, which have waited until now for the broad recognition they deserve.

Bringhurst brings these works to life in the English language— and sets them in a context just as rich as the stories themselves—one that reaches out to dozens of Native American oral literatures, and to mythtelling traditions around the globe.

The world of classical Haida literature is a world as deep as the ocean, as close as the heart and as elusive as the Raven, whose unrelenting laugh persists within it all. This is a tradition brimming with profundity, hilarity and love. It belongs where Bringhurst sees it: among the great traditions of the world. Bringhurst, an acclaimed typographer and book designer, has elegantly redesigned this edition.

PLANETARY SPELLS & RITUALS
Practicing Dark & Light Magick Aligned with the Cosmic Bodies
by Raven Digitalis
$29.95, paper. Llewellyn. 318 pages, b/w illustrations.
An extension of every Witch’s spirituality, spellcraft is a vital tool for sparking significant life change. And when you attune your magick to planetary energies, it becomes infinitely more potent. Organized by the Solar System, these 60 spells and rituals in the book are aligned according to astrological energies and designed to be easily customized for your specific intention and unique spiritual path. From personal growth to practical concerns, you’ll find a rich variety of dark and light magickal workings for every purpose:

Among the topics: Glamour; Healing childhood wounds; Revealing truth; Halting gossip; Attracting love; Mending quarrels; Banishing heartache; Ending addictions; Cursing a vandalizer; Breaking a curse; Cord-cutting; Summoning ancestors; Guiding the dead and dying; Weather magick; Prophetic dreaming; Scrying; Spiritual rebirth; Past-life regression.

Includes a list of zodiacal and astrological correspondences—Sun sign, Moon sign, day of the week, mystical archetypes, themes, and more—to help you determine the best times to work magick.

“Unlike most spellbooks, which focus on the moon, Planetary Spells & Rituals places major importance on zodiacal and planetary influences, with the power of the sun playing a pivotal role. Eclectic and unusual spells are accompanied by sensible explanations of how spells work and how to cast them well. As always, Raven takes an old standard and makes it new and fresh, with a magickal approach all his own.” —Deborah Blake, author of The Goddess is in the Details.
THE PORTAL
An Initiate’s Journey into the Secret of Rennes-le-Château
by Patrice Chaplin
$20.50, paper. Quest. 344 pages, b/w photos
The true-life memoir Patrice Chaplin began in *City of Secrets* continues in *The Portal*, the story of her spiritual initiation into the Kabbalistic tradition preserved since the Middle Ages in the pre-Roman city of Gironda, Spain. Dali was a member of that society charged with preserving exegetical information, as was the renowned author Umberto Eco, the filmmaker Jean Cocteau, and Jancint Verdeguer, one of the most famous living Kabbalists, traverse cities and landmarks in southern France and northern Spain that fall on energy-rich ley lines—geographic locations that resonate with mystical force. One stop is Rennes-le-Château, the small French church popular with speculative historians of the Holy Grail. Chaplin’s journey is an initiation into the Holy Grail’s deeper mystery and involves fasting, chanting, and a psychic baptism. Reading like the adventures of a female Indiana Jones, this new edition of Chaplin’s classic 1969 book—was being published in 2008, died suddenly at the age of fifty-two. His powerfully wise and lyrical voice is profoundly missed, but his many readers are now given an opportunity to revisit John O’Donohue in his first book—*Echoes of Memory*, a collection of poetry. He lived in the West of Ireland, in a remote cottage, and spoke Irish as his native language. Many of his poems reference the old Gaelic. Beanacht.

IF DARWIN PRAYED
Prayers for Evolutionary Mystics
by Bruce Sanguin
$22.95, paper. Northstone. 216 pages
Our vocation is to fall back in love with creation and to treat the planet, her biosystems, and creatures, as we treat our family. By fusing the wisdom of luminaries such as Charles Darwin, Bruce Cockburn, Emily Dickinson, Leonard Cohen, Van Morrison, Brian Swimme, and Thomas Berry with the ancient wisdom traditions of Christianity, Bruce Sanguin writes prayers for the contemporary mystic. When the science of evolution is told as sacred story, the human heart requires new prayers to express itself. These cosmological prayers awaken the soul to its essential unity with Spirit and creation, and support a new Reformation emerging from the conversation between religion, science, and the arts.

Poetic Prayer

Humble Homecoming
We gather now, harvesters of an all-pervasive grace, unexpected beneficiaries of the deed to this great and glorious cosmic inheritance. We, the walking, waking stars, ablate with wonder, imagination, and hope, gather to remember three words: kinship with all that is; debt that can only be paid forward; and gratitude. Thank you.

“Today, there is no shortage of wonderful books on prayer, but Bruce Sanguin blends wonder, contemplation, and Holy Mystery in prayers that resonate deeply with co-creators embracing their connectedness with all that is. These cosmic prayers for the liturgical seasons are uniquely inspiring for pioneers on the sacred path of conscious evolution, as the prayers evoke a coherence of heart, mind, and soul.” —Barbara Marx Hubbard, author of *Conscious Evolution: Awakening the Power of Our Social Potential*

“For some people dismiss Christian theology that embraces scientific evolution as arid. But they have not experienced Sanguin’s deep, earthly, erosive prayers. The outpourings in this book shimmer with mystical connection. Their psychological insights elicit shudders of recognition. They offer direction for our sacred paths.” —Douglas Todd, Vancouver Sun

Also by Vancouver minister Bruce Sanguin is *Darwin, Divinity, and the Dance of the Cosmos.*

FOR LOVERS OF GOD EVERYWHERE
Poems of the Christian Mystic
edited by Roger Housden
$18.95, paper. Hay House
Roger Housden, author of the best-selling *Ten Poems to Change Your Life*, celebrates mystical poetry with this beautiful compilation from the Christian contemplative tradition. Although the writings of the Sufi mystics (Rumi and Hafez) and the Indian mystics (Mirabai and Kabir) have reached a wide audience in recent decades, the poetry of the Christian mystics has yet to be discovered by a general audience. *For Lovers of God Everywhere*, a collection of nearly 100 poems from both historic and contemporary writers, heralds the re-emergence of the great spiritual voices of the Christian tradition—a tradition with its own love songs to God, cries of longing, and bliss of union.

Love can perform a wondrous labor which I have learned internally, and all the good or bad in me takes on a penetrating savour, changing my soul so it can be consumed in a delicious flame. I feel it in me as a ray, and quickly killing every trace of light—I burn my self away.

—Saint John of the Cross

In this collection, Roger introduces us to some of the foremost poets of both the Eastern and Western Christian traditions. He takes us from the wisdom of the Desert Fathers to the passion of St. Augustine, through the medieval ecstasies of St. Francis of Assisi and St. Catherine of Siena, to the subtleties of St. John of the Cross and St. Teresa of Avila; and on to contemporary voices such as Rainer Maria Rilke, T.S. Eliot, and Mary Oliver. Roger’s insightful commentary on each poem inspires us to take its words more deeply into ourselves and shows how the mystical tradition transcends sectarian divides and speaks to the heart of humanity.

Roger Housden is the author of many books including the Ten Poems series, as well as *Seven Sins for a Life Worth Living, Dancing with Joy, and Risking Everything.*
MOVING THROUGH FEAR
Cultivating the Seven Spiritual Instincts for a Fearless Life
by Jeff Gillmor
$18.50, paper. Tarcher/Putnam. 270 pages, French flaps.

There is no escaping fear; even while we may not always perceive it, fear is ever present. But what is it? What are we afraid of—really—and what can we do about it? These are the questions that Jeff Gillmor answers in Moving Through Fear, a sensitive, personal, and wholly inspiring work.

Gillmor illuminates five insights about fear, and then reveals the seven instincts that can allow each of us to move from a life of fear to one of freedom. As we cultivate each of these seven instincts, we will in turn be creating a life where fear doesn’t rule our emotions and hold our lives hostage.

Through a mix of stories and anecdotes, Gillmor illustrates human nature—from the cultivation of love and justice to the power of community—before tackling fear and its role in these aspects of our lives. Spiritual practices follow, and the reader is encouraged to develop his tools for navigating and ultimately moving through fear.

According to Gillmor, author of A Deeper Faith, “the fear that rules our lives makes us a danger to ourselves.” That has weight because the author approaches the nature of fear with uncommon acuity and insight. He’s not out to frighten, but instead to help us understand fear and its role in our lives.

Christian Mystics

365 Readings and Meditations
by Matthew Fox
$14.95, paper. One World Library. 384 pages.

Spiritual maverick Matthew Fox believes that through the ages religious and philosophic hierarchies and rigidities have obscured Christianity’s most beneficial and essential teachings. Those that arise out of personal, mystical experiences, he says, are Divine. A true religious renewal, according to Fox, can arise only through the mystical dimension of faith.

Christian Mystics, Fox offers a wide-ranging collection of quotations from Christianity’s greatest mystics and prophets of the past two thousand years, including St. Thomas Aquinas, Julian of Norwich, Thomas Merton, and Howard Thurman. In the form of a kind of mediated notebook, Fox explores and celebrates the mystical path with insightful commentary on the thoughts and revelations of some of history’s greatest religious visionaries, along with his typically challenging questions.

The effects of love should be displayed as well as felt.—Thomas Aquinas.

True love produces something, displays its existence. Love is to be put into action. Maybe this is why American philosopher William Hocking said, “The prophet is the mystic in action.” True mysticism leads to behavior. True fasting and non-action leads to authentic action.

A member of the Catholic Dominican Order for 34 years, Fox held closely to the mystical teachings of Christianity—teachings that embraced the feminine, the natural world, and social justice in its vision of the sacred. This vision continually put him at odds with the Vatican until he was expelled from the order by Cardinal Ratzinger, now Pope Benedict. Now linked with the Episcopal church, he is widely regarded as one of the most transformative Christian theologians of the last 50 years, and with these illustrative notes on the mystics he never loses sight of his abiding interest in the goodness of created existence.

The author of many books, including Original Blessings and The Reinvintion of Work, Matthew Fox has been instrumental in the revival of Western mysticism.

Fox might well be the most creative, the most comprehensive...religious-spiritual teacher in America.—Thomas Berry, author of The Great Work.

WISDOM FROM THE MONASTERY
A Program of Spiritual Healing
edited by Peter Seewald

380 pages, 6x8, 110 b&w photos.

Recent studies have shown that, on average, men and women in Christian Holy Orders are healthier and live longer than the rest of us. What timeless solutions to the problems that all of us might have dismissed in our rush into the modern age? Written by three very modern seekers who visited monastic communities to explore facets of the contemplative life, Wisdom from the Monastery reveals what these lay practitioners found rewarding and deeply relevant to their lives today.

Origami published in Germany as three separate volumes, the North American edition combines these three major aspects of monastic practice: fasting, healing, and silent meditation.

Monks consider periods of fasting to be the most interesting times of their lives. When they talk about their fasts, you can tell that they regard them as intense, happy experiences. There are paths that lead uphill and paths that lead downhill, toward the good or the bad. There are temptations everywhere. When fasting, these temptations become more obvious to us. We recognize their attraction but also their price: that they result in a diminishment of ourself, in the loss of the essence of our being.

The book’s warm, engaging tone presents millennium-tested practices of contemplative Christianity free from Church dogma. One need not be Catholic, nor even Christian, to benefit from fasting, herbal and other natural remedies, and profound approaches to prayer, meditation, and silence. Readers learn what characterizes the best monastic communities and discover a sense of the re-treat experience as spiritual adventure.

“Exploring over 100 photographs, daily exercises, personal anecdotes, and fascinating snapshots on monastic experience through the ages, Wisdom from the Monastery introduces readers to a cast of remarkable monks and nuns who have chosen lives of renunciation and simplicity. Within these pages, monastic wisdom demonstrates its relevance across millennia and beyond the monastery walls. Peter Seewald includes a guide to U.S. monasteries for those readers who wish to experience a period of contemplative retreat.

SUFISM

An Introduction to the Mystical Tradition of Islam by Carl Ernst

The Sufis are as diverse as the countries in which they’ve flourished—from Morocco to India to China—and as varied as their distinctive forms of art, music, poetry, and dance. They are said to represent the mystical heart of Islam, yet the term Sufism is notoriously difficult to define, as it means different things to different people both within and outside the tradition. With that fact in mind, Carl Ernst explores the broad range of Sufi philosophy and practical approaches to provide one of the most complete and comprehensive introductions to Sufism available in English. He traces the history of the movement from the belief in the Transcendent to the present day, along the way examining its relationship to the larger world of Islam and its encounters with both fundamentalism and secularism in the modern world.

“Not only a welcome introduction to the key tenets of Sufism but also offers an impartial perspective on the important question of how Sufism relates to Islam and the broad sociopolitical realities of our time.”—Kabir Helminski, author of Living Presence

Before Buddha or Jesus spoke, the nightingale sang, and long after the words of Jesus and Buddha are gone into oblivion, the nightingale still will sing. Because it is neither praying nor reaching nor commanding nor urging. It is just singing.

D.H. Lawrence
Rumi & The Fire of Love

All the world is full of thorns.
The lover's heart would be a bed of roses.
Even if the sphere of stars stops turning.
The world of lovers keeps going on.
Although alone, a lover is never lonely.
Forever with the hidden Beloved.
The lover's wine spills out of their chests;
They give their love in secret ways.
Love will not be satisfied with a hundred promises,
For those who steal your heart away have so many tricks.
Ride on love and don’t worry about the road!
Because the seed of love has the
smoother ride.

The book’s emphasis on the deeper meta-
physical aspects of astrology has resulted in
continuous word-of-mouth recommendation
by generations of enthused readers.
This new 2011 edition includes excerpts
from a rare unpublished letter from Hickey
that reveal her personal experiences, moti-
vations, and philosophy.

YOU AND YOUR FUTURE
Your Signs, Your In-depth Personality
Facets, Your Daily Horoscopes
by Georgia Nicols
$24.95, paper. Anansi. 611 pages
Rumis fire and the Spirit of the zodiac is first book
by Canadas foremost astrologer, Georgia
Nicols, whose newspaper columns are read
daily by millions around the world. Never
before has a single astrology book spanned
four decades of change (1985-2025), thus allow-
ing you to go back into your past and check the
accuracy of Georgias predictions.

Our lives are a series of cycles within cycles:
Daily cycles, weekly cycles, monthly cycles,
annual cycles, and the cycles of the changing
seasons. Astrology is based on the
mathematical cycles of the planets moving
through the signs. A good astrologer can interpret
information from these cycles and correlate them
to the cycles of your chart and predict the future with reasonable
accuray.

And hey—if you’re concerned about the future.
This is where you’re going to spend the rest of your life!
Georgia’s sage advice for being happy in
this mixed-up, muddled-up, shook-up world
is tailored to each sign. As well describing,
with devastating humour, the essence and
qualities of each sign, she also looks at our
roles in life: the child, the parent, the boss,
the employee, and the lover before going into
each sign’s forty year forecasts.

Written in Georgia’s wickedly trade-
marked style, Luminaries is an illus-
taining and insightful astrology guide that
can tell you what makes you tick, what your
style is in love and romance, who you real-
ly are at home at work, and how to be
a happier person. But don’t be deceived by
the light tone, Nicols is confident in the ac-
curacy of her opinions and doesn’t hesitate
to call it as she sees it.

TAROT PREDICTION & DIVINATION
Unveiling Three Layers of Meaning
by Susyn Blair-Hunt
$21.95, paper. Llewellyn.
382 pages, bw illustrations
Bring more depth to your tarot readings
and unleash your psychic sense—once you
understand the
three dimensions of the tarot. Tarot
expert Susyn Blair-Hunt pre-
vents an original, step-by-step
approach, using the
inches as a means to
awaken your psy-
chic abilities and
help you discover
the predictive, therapeutic, and spiritual
messages hidden within the cards.

Newcomers to the tarot journey will
find everything you need to get started immedi-
ately. More experienced ones can use this
guide to expand your abilities, refresh your
perspective, and take your interpretive skills
to the next level.

Compatible with any deck of your choice,
this unique system offers new techniques
that will give more versatility to your
intermediate cards. With fifteen original lay-
outs, forty-five sample readings, and a series
of useful correspondence charts, this book
will help you perform the most effective
tarot readings possible.

Learnings herein:
Expand your interpretations through tarot
imagery
Choose the ideal Significator
Identify topic-specific card combinations
Explore special sections on love, career,
health, timing, and more
Learn readings for dreams, past lives,
channeling and the chakras.

BRANCHES OF LIGHT ♦ 37 ♦ SPRING - SUMMER ♦ 2011
Astrology: Chinese, Shamanic, Egyptian...

THE HANDBOOK OF CHINESE HOROSCOPES
Seventh Edition
by Theodora Lau
$21.99, paper.iapress.com 432 pages

Artfully combining the Eastern lunar calendar with Western solar-based astrology, this seventh updated 2011 edition of the most complete and popular book about Chinese astrology ever written explores the personality traits of the twelve animal signs of the Chinese zodiac—from the sentimental but crafty Rat to the capricious, unpredictable Tiger—and the influence of the five elements (metal, water, wood, fire, and earth) as well as the seasons and ascendant signs based on the hour of your birth.

A long section on compatibility considers the 144 possible marriage combinations, and a section titled “When Sun Signs Meet Moon Signs” examines East-West combinations: Gemini boars, Scorpio rabbits, Sagittarian dragons. Theodora Lau’s fascinating presentation of the Eastern zodiac has, and will continue to have, great appeal for astrology enthusiasts as well as those with a casual interest in how they would fare in marriage to an Aquarian fire sheep born under the hours of the rooster.

Perhaps after reading this book, you may believe enough to listen to the wise counsel of the Snake, look for sympathy from the gentle Sheep, go along with the clever Monkey, have fun with the ever-youthful and carefree Horse, rely on the Rabbit’s good taste and unerring diplomacy, or depend on the strength of the indomitable Dragon. You may get your way by honoring the critical Rooster, reasoning with the fast-minded Dog, joining forces with the optimistic Tiger, or bargaining with the indefatigable, cost-conscious Rat. It’s up to you to use the knowledge gained to make life easier and more productive for yourself and others.

Also by Theodora Lau is Children of the Moon.

SHAMANIC EGYPTIAN ASTROLOGY
Your Planetary Relationship to the Gods
by Linda Star Wolf & Ruby Falconer
$19.50, paper. Bear & Company 196 pages, b/w illustrations

Shamanic Egyptian Astrology integrates the Egyptian pantheon, the ancient language of astrology, and shamanic practices to promote a new way to interpret and work with natal charts. Revealing the cross-cultural mythology and astrological significance of the individual Egyptian gods and goddesses, the authors link each of the 12 zodiac signs and 11 celestial bodies of Western astrology with its Egyptian ancestor, introducing new significance to their positions and interactions in a horoscope. For example, Leo is linked with Anubis and Taurus with Hathor; Venus is associated with the goddess Isis and Jupiter with Horus.

Each chapter includes sacred invocations and shamanic rituals to invite the wisdom of each Egyptian deity into your life—such as calling on Sekhmet for action or Thoth for clarity. With sample interpretations of the charts of Barack Obama and Gloria Steinem, this book provides a practical framework for accessing the wisdom of ancient Egypt and offers astrological and shamanic tools for spiritual guidance and the coming shift in planetary consciousness.

Linda Star Wolf is also author of Shamamic Breathwork and The Anubis Oracle. Ruby Falconer has been a professional astrologist since 1977.

THE MAYAN ORACLE
The Galactic Language of Light
by Ariel Spilbury & Michael Bryner, illustrated by Oceanna Kiddie
$34.95, cards & book. Inner Traditions 320-page book, 44 colour cards, boxed

As the Mayan calendar comes to a close, we are entering into a time of great opportunity for spiritual growth and higher planetary consciousness. The ancient Maya foresaw this awakening and thus embodied within their archetypal symbol systems instructions for harnessing the energies created during this transformational period. Forming a “language of light” that represents a bridge between physical and spiritual realities, these ancient symbols have the power to catalyze growth, change, and awareness. Interacting with these glyphs establishes a personal “resonance,” or direct communication with each of the symbols, creating a conduit through which to receive their galactic energies.

Conceived in a prophetic dream, The Mayan Oracle is composed of 44 cards—20 Mayan star-glyphs, 13 numbers, and 11 “lenses of the mystery”—along with an in-depth guidebook. Providing divinatory spreads, poetic meditations, and exercises for insight and intuition, the guide explains each symbol’s Mayan usage, divinatory meaning, and the attributes, elements, and items associated with them—from colors and herbs to ritual movements. Designed to stimulate the intuition, this oracle offers a way to interact with the Mayan archetypes in order to elevate your consciousness to a higher dimension and transform old ways of seeing, doing, and being.

Ariel Spilbury is a planetary midwife whose focus is on expanding consciousness, building the Sanctuary of the Open Heart, and honoring the Divine Feminine.

HEALING YOUR PAST LIVES
Exploring the Many Lives of the Soul
by Roger Woolger
$17.50, Book+CD set. Sounds True. 60-page paperback + 45-minute CD

Could our memories of past-life experiences offer a key to unlocking the mysteries and questions we struggle with today? According to Roger Woolger, author of Other Lives, Other Selves, the answer is yes—and anyone can learn to explore these memories to retrieve valuable healing insights. With the book and CD set Healing Your Past Lives, Woolger gathers together an astonishing two decades of research that he has conducted with hundreds of patients, to offer a clear account of past lives—including many specific techniques to begin exploring them. Learn about:

✦ Past-life memories: the clinical studies and history
✦ World cultural views of reincarnation and karma
✦ Common symptoms of past-life trauma
✦ How past-life memories can help resolve cases of depression, anxiety, and other inexplicable symptoms
✦ The evolution of the soul and the three levels of soul imprinting
✦ How to “unfreeze” past-life memories and emotional complexes in the body
✦ Consciousness at the time of death: world teachings and clinical evidence
✦ Forgiving past-life failures, and much more.

For skeptics and believers alike, Healing Your Past Lives offers a unique, research-based guide for entering this extraordinary dimension of human consciousness for self-discovery and reintegration from a pioneer in the field. Included are six guided past-life practices on CD.

Roger Woolger is a Jungian analyst and past-life therapist.
bolism to their essentials, and offers notes and a glossary to illuminate arcane references. His historical and literary introduction casts new light on some of the book’s sources and on the career of its brilliant and elusive author, one of the most intriguing personages of the 19th century.

At once compact and representative of the work as a whole, this new edition of The Secret Doctrine brings unprecedented accessibility to the key esoteric classic of the modern age.

Helena Petrovna Blavatsky (1831-1891) was the co-founder of the Theosophical Society. A world-famous figure of mystery and controversy, and a leading intellect behind the occult revival in the West, Blavatsky published The Secret Doctrine in 1888 as her magnum opus.

YOUR PSYCHIC POTENTIAL
A Guide to Psychic Development
by Richard Ireland
$21.50, paper. North Atlantic. 314 pages

Known as the “Psychic to the Stars,” Richard Ireland counseled celebrities including Mae West, Amanda Blake, and Glenn Ford. Twelve years after Ireland’s death in 1992, his son Mark was sent this manuscript, written in 1973. In the foreword, Mark Ireland describes how two psychic mediums with no prior knowledge of the project have received messages suggesting that his father deliberately delayed the book’s release until now, when it would reach an audience more receptive to developing their psychic talents.

Richard’s Psychic Potential strives to increase readers’ awareness of the subtle spiritual and psychical forces that partake of a part of the invisible world and yet are constantly weaving themselves in and out of our everyday lives. Despite the esoteric nature of his subject matter, Ireland writes in a charmingly avuncular style.

Submit to your reason all teaching that might come to you. Do not accept anything on the authority of anyone, whether or not of the flesh. Truth alone must be the final authority and that you have to discover for yourself. If the teaching appeals to you as good and helpful, accept it and live it. Mere acquiescence in a body of teaching is not enough. There are plenty of believers; what the world needs are doers.

Ireland’s book is comprehensive and practical. He provides tests and experiments to help unleash psychic ability and teaches simple methods to aid psychic development, including meditative exercises that support the freer flow of abilities, and tools to counter inhibitory fear. He describes the four spheres/levels of psychic activity and discusses the relationship between artistic talents and the psychic. He even suggests a diet that will support the freer flow of abilities. Anyone interested in discovering their extraordinary talents and achieving conscious control over them is sure to find this a fascinating and useful guide.

BEYOND THE MATRIX
Daring Conversations with the Brilliant Minds of Our Times
by Patricia Cori
$22.50, paper. North Atlantic. 400 pages, 16 b/w photos

Those concerned with the current eco-crisis most often look only to scientists and politicians for solutions. In this far-ranging book, Patricia Cori invites another, overlooked group—perhaps the most important one—to join the discussion. Beyond the Matrix collects some of the most provocative, forward-thinking interviews conducted on Cori’s radio show of the same name, bringing together leaders in various fields of alternative thinking to propose new and exciting perspectives on the future of humanity as we approach the potentially life-changing 2012. Beyond the Matrix offers a portrait of a surprisingly optimistic future. The book features free-wheeling, in-depth interviews with such renowned thinkers as author and theoretical physicist Michio Kaku, whom many call the Einstein of our times; radical string theorist Stephen Hawking; and the sixth man on the moon, Edgar Mitchell; crop circle expert Andy Thomas; sham an MaAnna Stephensen; paradigm Research Group director Stephen Bassett; founder of bluevoice.org Hardy Jones; and ten others. The conversations cover a bracing range of subjects, from string theory, UFO and extraterrestrial life, crop circles, and ecology to healing, Egyptian mysticism, ascension, and other significant topics in the New Age and New Thought genres. With its blend of lively conversation and thoughtful ideas, Beyond the Matrix offers both hope and reassurance in these challenging times.

Also by Patricia Cori are the channeled works No More Secrets, No More Lies and the Starseed Dialogues.

OPENING OUR SPIRITUAL EYES
Karmic Cleansing for Humanity and the Earth
by Síri’Ama Qala Phoenix
$22.95, paper. North Atlantic. 412 pages

Karma is generally understood as personal, and changes karma is often considered an individual effort, with individual rewards. In Opening Our Spiritual Eyes, spiritual teacher Síri’Ama Qala Phoenix shows how karmic clearing can also be used in collective healing. Karma is shared within families and communities, and clearing karma releases it from the ethereal body of our children and future generations.

The book was inspired by the ongoing “Celestial Project,” a fourteen-year global teaching initiative of Australia’s Divine University that began in 2009. The project involves people gathering worldwide on specific dates to focus on the karmic cleansing of the ethereal body of a major city. Opening Our Spiritual Eyes draws on the author’s experiences of meeting the Enlightened Master, those divine guides who, through her, present new understandings of the collective karma held within the world’s primary cities and our ethereal bodies—all that can be and uniting it within thee.”

Simple gifts lie within this story, and, as you read, divine codes will transfer into your body. Frequencies are encoded into different journeys. You will receive ripples of light, sensations in your body reminding you of your spirit and how you truly are as your Presence sinks deeply with you.
into the evolutionary path of your soul. Take your time with each passage and let it open your eyes to another way of looking, listening, hearing, receiving.

Sri’amma Qala Phoenix has received over 4,000 visitations from the Enlightened Masters. These divine interventions led her to become an international teacher and “founding mother” of the Divine University, Project and Academy of Energy Science and Consciousness in Byron Bay, Australia, where she lives.

**PLEIDEAN INITIATIONS OF LIGHT**
A Guide to Energetically Awaken You to the Pleiadian Prophecies for Healing and Resurrection
by Christine Day
$26.50, Book+CD set.
New Page. 182 pages + 2 audio-CDs

Pleidian Initiations of Light, Christine Day offers her crowned healing energy work, enabling readers to birth a new awareness of fear and pain, no matter where they are in their lives’ path. Through these steps and initiations, you will be empowered to access profound answers and make positive, healing changes in your life. Whether you are a beginner or a more experienced energy worker, Day coaches you through each step, teaching you the physical, emotional, and spiritual components of each initiation.

Pleidean Initiations of Light offers a direct connection to the Pleiadians and a direct experience of their power. You have the opportunity to work firsthand with some basic Pleidean processes and to begin to form your own personal relationship with them. This book holds unique energies that are transmitted to you for your initiation.

As human beings we are ‘perfectly imperfect.’ This is the only book that holds these frequencies of initiation and makes it possible for you to awaken through them. With Day’s guidance, you will learn how to answer questions for yourself, and make the most of the answers to make real changes in your life.

Included are two audio-CDs which contain exercises and meditations that correspond to each chapter of the book.

By the time she was 31 years old, Christine Day was suffering from advanced systemic lupus and given a short time to live. Soon after, she had a spiritual awakening, she was able to produce and transform energy in accordance with the cosmic cycles charted by the calendars. This book reveals for the first time the wisdom of the Pleidean calendar and shows how it can help guide our modern world.

Hunbatz Men is a Mayan daykeeper—an authority on the history, chronology, and calendars of Mayan civilization. He is the author of Secrets of Mayan Science/Religion, a ceremonial leader, and founder of the Mayan Indigenous Community near Mérida, Mexico.

**ZEN AND THE ART OF MAKING A LIVING**
A Practical Guide to Creative Business
by Laurence Boldt
$27.50, paper. Penguin.
680 pages, 798 b/w illustrations & charts

First published in 1991, Zen and the Art of Making a Living is the life-changing book that helped revolutionize the career planning field by offering a new vision of work. This new 2010 edition has been updated throughout with up-to-the-minute contact information and hundreds of new websites, biographical and internet resources. Guiding listeners to discover and find—or create—they dream job, the author gives support and encouragement with inspiring how-to’s, and tips from sages of every stripe.

Practical advice, detailed information, and targeted websites guide you every step of the way. A book that goes far beyond the career guides, Zen and the Art of Making a Living brings creativity, dignity, and meaning to every aspect of the work experience.

Identifying what moves you, and choosing and purpose is the journey you must start...It’s clearly possible for people to make a living doing what they love to do, since they are doing it only half the day. The real question is: can you do it?

In his long and wonderful introduction, “The Grass Quilt or the Bourgeois Nest?” Boldt brings attention to the “way of the artist,” which he describes as a universally human way, not dependent upon a shared religion, myth, geography, or even technology.

The way of the artist offers us an image of humanity in harmony with nature, the deep rhythms of the human soul, and the Transcendent Order. In the end, it will not produce, if not an enlightened society, at least a happier and more humane one. Also by Laurence Boldt is The Tao of Abundance.

**THE NEW GOOD LIFE**
Living Better Than Ever in an Age of Less
by John Robbins
$31.00, cloth. Ballantine.
282 pages

John Robbins, author and heir to the Baskin Robbins family, walked away from a fortune only to lose most of his own money in Bernie Madoff’s ponzi scheme. As the author of Diet for a New America, Robbins championed a friendly food that became an enduring popular leader, talk-show guest, and feature of the best documentary, SuperSize Me.

Now, in The New Good Life, he taps his rare free-spirited and social consciousness to argue that when it comes to not just your food but also your bank accounts, homes, and many other aspects of our lives, bigger is not always better. Coming like “Eating Better, Spending Less” and “Choosing Where to Live” combine research and case studies with Robbins’s own personal experience, defining our notions of a successful life. While we may not choose to live like Thoreau on a remote island (as Robbins did in the 1970s), this examination will help you consider how our consumer choices impact our family and, perhaps, society as a whole.

It’s a game, really. The object of the game is to choose how much you can lower your spending while raising your quality of life...In the new good life, the point is not to have the most toys, but the most joy.

The new way of defining success is liberating. Now you’re playing a game that lowers your cost of living and protects you from being exploited. Now you’re playing a game that is good for your spirit that is healthy for your relationship, that is in service to the wider earth community—and that is crucial for your financial sanity.

“John Robbins has lived the game—from riches to chosen ‘rags’ to riches to unchosen ‘rags’—a journey that makes him an authority on every choice, every blessing, and every curse of the money journey we all are taking”—Vicki Robin, co-author of Your Money Life

“If there is anyone who can provide a new vision for money and happiness, it is John Robbins. His ability to take a complex and emotional subject and bring the reader insight and resolve are unparalleled.” — Paul Hawken, author of The Ecology of Commerce
WISE ECONOMICS

The New Kind of Capitalism
That Severs Humanity’s Most Pressing Needs
by Muhammad Yunus
$18.95, paper, Public Affairs, 272 pages

Muhammad Yunus, the practical visionary who pioneered microcredit and, with his Grameen Bank, won the 2006 Nobel Peace Prize, has developed a visionary new movement for capitalism that he calls “social business.” By harnessing the energy of profit-seeking to the objective of fulfilling human needs, social business creates self-supporting, viable commercial enterprises that generate economic growth even as they produce goods and services that make the world a better place.

In this book, Yunus shows how social business has gone from being a theory to an inspiring practice, adopted by leading corporations and entrepreneurs across Asia, South America, Europe and the US. He demonstrates how social business transforms lives; offers practical guidance for those who want to create social businesses of their own; and explains how public and corporate policies must adapt to make room for the social business model; and shows why social business holds the potential to redeem the failed promise of free-market enterprise.

Yunus engagingly profiles international social businesses, whether launched by multinational corporations or conceived by ordinary people with a vision to solve social problems. He offers practical advice for starting your own social businesses: from idea generation to the nuts and bolts of launching and running the concern. His impassioned dream of a different version of capitalist endeavor is as inspirational as it is practical. Also by Muhammad Yunus are Creating a World Without Poverty and Banker to the Poor.

HUMANIZING THE ECONOMY
Co-operatives in the Age of Capital
by John Restakis
$19.95, paper, New Society, 248 pages

While the defenders of corporate capitalism argue that globalization is the only way forward for modern, democratic societies, the spread of this system is failing to meet even the most basic needs of billions of people around the world. Moreover, the entrenched system of this free market system is undermining the foundations of healthy societies, caring communities, and personal wellbeing.

Humanizing the Economy shows how co-operative models for economic and social development can create a more equitable, just and humane future. With over 800 million members in 85 countries and a long history linking economy to values, they possess enough genuine wealth to allow all their inhabitants to enjoy a vastly improved quality of life. Creating Wealth demonstrates how a healthy economy can be attained through developing new systems of exchange. Using creative initiatives such as time banks, local currency, shared ownership, and local currencies, cities and towns can empower themselves and build vibrant, healthy, sustainable local economies.

In addition to presenting many compelling case studies of successful alternative currencies in action, Creating Wealth also explores the different types of capital that communities have to draw on, including natural, built, social, human, institution, cultural, technological, and financial. This book will appeal to community activists, city planners and architects, religious leaders, and anyone interested in developing strong local economies. Gowdelyn Hallsmith is the founder and director of the Global Community Initiatives and the editor of The Key to Sustainable Cities. Bernard Lietar is the world’s leading authority on complementary currencies and the author of The Future of Money.
to agreement to solve our toughest environmental problems? In response to this pressing need, Integral Ecology unites the valuable insights from multiple perspectives into a comprehensive theoretical framework—one that can be put to use right now. The framework is based on Integral Theory, as well as Ken Wilber’s AQAL model, and is the result of over a decade of research exploring the myriad perspectives on ecology available to us today and their respective methodologies.

Real-life applications of integral ecology are examined, including work with marine fisheries in Hawaii, strategies of ecotourists to protect Canada’s Great Bear Rainforest, and a study of community development in El Salvador. In addition, eighteen personal practices of transformation are provided for you to increase your own integral ecological awareness.

The greatest respect we can pay to nature is not to trample it, but to acknowledge that it eludes us and that our own nature is also fluid, open, and conditional.

—Gary Snyder, in a foreword

“This is the finest book on ecology bar none. Highest recommendation!” —Ken Wilber, author of Sex, Ecology, Spirituality

Michael E. Zimmerman is co-leader of the Integral Ecology branch of the Integral Institute.

Now updated, Worldchanging has been called “The Whole Earth Catalog retooled for the i-mate generation.”

Worldchanging.com is packed with the information, resources, reviews, and ideas that give readers the tools they need to build a brighter green future. Led by Alex Steffen, founder of the award-winning website Reallyworldchanging.com, this team includes more than 60 contributing authors—all of whom are innovators in their fields.

Five years after the initial publication of Worldchanging, the landscape of environmentalism and green living has changed dramatically. The average reader is now well-informed—even inundated—with green lifestyle advice. In 2011, green is the starting point, not the destination. This second edition is explicitly revised to include the latest trends, technologies, and solutions in sustainable living. More than 160 new entries include up-to-the-minute information on the locavore movement, carbon-neutral homes, novel transportation solutions, the growing trend of ecotourism, the concept of food justice, and much more. Additional new sections focus on the role of cities as the catalyst for change in our society. With 50 percent new content, this overhauled edition incorporates the most recent studies and projects being implemented worldwide. The result is a guided tour through the most exciting new tools, models, and ideas for building a better future.

This book has seven main chapters:

- Stuff (green design, ecological footprint, bioregionalism, sustainable agriculture, cloth, cars and emerging technology)
- Shelt (green building, green transportation, green energy, water systems, disaster relief and humanitarian design)
- Cities (smart growth, sustainable communities, transportation, greening infrastructure, product-service systems, leapfrogging and megacity challenges)
- Community (education, women’s rights, mobile health, community food systems, social entrepreneurship, micro-lending, and philanthropy)
- Business (socially responsible investment, worldchanging start-ups, ecological economics, corporate social responsibility and green business)
- Politics (networked politics, new media, transparency, human rights, non-violent revolution and peacekeeping)

Much of the book is a heady crash course in the science of global warming, and the author makes readily apparent the nuances of human-caused and other factors involved in climate change. The science sections are followed by his own prescriptions for action. The most significant step, he says, would be creating a cost structure that escalates cost as carbon emissions increase. Coal use, he says, must be prohibited unless ways can be found to capture and dispose of carbon dioxide emissions. Relying on renewables and increasing energy efficiency will not do the trick either. Dismissing the cap-and-trade approaches now being considered, Hansen proposes a fee-and-dividend approach as the best way to phase out fossil fuels. He considers nuclear power a possible safe-energy alternative.

He shows that there is still time to do what we need to do. Urgent, strong action is needed, and this book will be key in setting the agenda going forward to create a groundswell, a tipping point, to save humanity—and our grandchildren—from a dire fate more imminent than we had supposed.

Our hope depends, McKibben argues, on scaling back—on building the kind of societies and economies that can hunker down, concentrate on essentials, and create the type of community (in the neighborhood, the city, the nation) that will allow us to weather trouble on an unprecedented scale. Change—fundamental change—is our best hope on a planet suddenly and violently out of balance.

We need a new Earth, McKibben says, not as nice as the old one; it’s the greatest mistake humans have ever made, one that we will pay for literally forever. But we have to live on this new planet. So we better start understanding what the hell is going on.

“What I have to say about this book is very simple: Read it, please. Straight through to the end. Whatever else you were planning to do next, nothing could be more important.” —Barbara Kingsolver, author of Animal, Vegetable, Miracle

“With clarity, eloquence, deep knowledge, and even deeper compassion for both planet and people, Bill McKibben guides us to the brink of a new, uncharted era... May restore your faith in the future, with us in it.” —Alan Weissman, author of The World Without Us

Also by Bill McKibben: Deep Economy.

BRANCHES OF LIGHT 42 SPRING - SUMMER 2011

The Great Disruption offers an unflinching look at the challenge humanity faces—yet also a deeply optimistic message. The coming decades will see loss, suffering, and conflict as our planetary overdraft is paid; however, they will also bring out the best humanity can offer: compassion, innovation, resilience, and adaptability.

The global nature of the problem means only a global solution can fix it, and that means we are going to come together as a people like never before... This crisis presents what may be a “once in a civilization” opportunity for a steep change in human evolution, but only if we seize it.

The crisis is also an unmatched business opportunity: old industries will collapse while new companies will reshape our economy. After the Great Disruption, we will measure “growth” in a new way. It will mean not quantity of stuff but quality and happiness of life.

“Gilding offers a clear-eyed and moving assessment of our predicament, but more importantly, he offers a plausible way forward and good reasons to think we will rise to the occasion. His message is that our situation is dire, but we will act because we must. Essential reading.” —David Orr, author of Down to the Wire

**The Great Disruption**

**BY BILL MCKIBBEN**

**AN OFFERING FROM B贡献者**.

**THE GREAT DISRUPTION**

**WHY THE CLIMATE CRISIS WILL Bring on the End of Shopping and the Birth of a New World**

**BY PAUL GILDING**

**$11.00, cloth. Bloomsbury, 292 pages**

Civilization is on a collision course, warns Gilding, former head of Greenpeace International and adviser to Fortune 500 companies, as he details dire stats: humans using 149 percent of Earth’s resources, overpopulation rates collapsing, deforestation, extreme weather, and lots of scary math. He advocates putting the world on an economic war footing, as during World War II. He describes how “Other War” is a provision plan to reduce the planet’s temperature, caused by greenhouse gases, to only one percent higher than at the start of the Industrial Revolution.

It’s too late to just worry about climate change, says Gilding. We need instead to brace for impact because global crisis is no longer avoidable. This Great Disruption started in 2008, with spiking food and oil prices and dramatic ecological changes, such as the melting ice caps. It is not simply about fossil fuels and carbon footprints. We have come to the end of Economic Growth, Version 1.0, a world economy based on consumption and waste, where we lived beyond the means of our planet’s ecosystems and resources.

**STORMS OF MY GRANDCHILDREN**

**THE TRUTH ABOUT THE COMING CLIMATE CATACLYST AND OUR LAST CHANCE TO SAVE HUMANITY**

**BY JAMES HANSEN**

**$18.50, paper. Bloomsbury, 320 pages**

James Hansen, whose climate predictions have come to pass beginning in the 1980s when he first warned about global warming, is the single most credible voice on the subject worldwide. In Storms of My Grandchildren he explains how the planet is changing even more rapidly than previously acknowledged. Hansen lays all the cards on the table in this thorough, detailed analysis of the history, science and politics of climate change, a Silent Spring-style warning cry that predicts a tough future for our grandchildren. He paints a devastating but all-too-realistic picture of what will happen in their lifetimes if we follow the course we’re on. Using numerous charts and graphs alongside accessible explanations, Hansen presents copious climate data for a broad audience.

This leading climatologist lambasts world governments for their ineffectual response to the dangers of global warming.

**EAARTH**

**MAKING A LIFE ON A TOUGH NEW PLANET**

**BY BILL MCKIBBEN**

**$17.50, cloth. Martin’s, 288 pages**

Twenty years ago, with The End of Nature, Bill McKibben offered one of the earliest warnings about global warming. Those warnings went mostly unheeded; now, he insists, we need to acknowledge that we’ve waited too long, and that massive change is not only unavoidable but already underway. Our old familiar globe is suddenly melting, drying, acidifying, flooding, and burning in ways that no human has ever seen. We’re created, in very short order, a new planet, still recognizable but fundamentally different. We may as well call it Eaarth.

That new planet is filled with new hills and traps. A changing world costs large sums to defend—think of the money that went to repair New Orleans, or the trillions of dollars it will take to transform our energy systems. But the endless economic growth that could underwrite such largesse depends on the ’stable’ planet we’ve managed to damage and degrade. We can’t rely on old habits any longer.

**The Big Picture**
THE WORLD ACCORDING TO MONSANTO
Pollution, Corruption, and the Control of our Food Supply
by Marie-Monique Robin
$33.95, cloth. New Press. 372 pages
In a book that won the 2009 Rachel Carson Prize, French journalist and documentary filmmaker Robin (she filmed a DVD also called The World According to Monsanto) takes a close look at the behemoth Monsanto across the globe. It’s a wonderful book, if not a mystery, how the company has managed to sustain business, given its lengthy list of products that have been proven to be deleterious to life on earth: DDT, PCBs, dioxin, Agent Orange, bovine-growth hormone, and more.

Appalled that Monsanto still reports billions in profits, the author charts its self-serving product testing, its collusion with governmental agencies—“they are prepared to finance a study to improve the straws used for in vitro fertilization of the most widely sold herbicide in the world”—its bullying of whistle-blowers, its veiled threats to advertisers and its thuggish patent-law litigation. As the world’s leading producer of genetically modified organisms, the company has now positioned itself as the savior from world hunger. Of course, especially in children. Already harnessed in most industrialized nations, it was approved in the U.S. on the backs of fired whistleblowers, manipulated research, and a corporate takeover at the FDA. This must-see film includes footage prepared for a Fox TV station—cancelled after a letter from Monsanto’s attorney threatened “dire consequences.”

A bonus DVD offers “Don’t Put That in Your Mouth,” a speech by Jeffrey M. Smith. Dairy products from cows treated with Monsanto’s genetically engineered bovine growth hormone (rBGH or rBST) may sharply increase cancer risk and other diseases, and likely harm children. After tracking the company for four years, I am in a position to state that we can no longer say we didn’t know, and it would be irresponsible to allow the food of humanity to fall into Monsanto’s hands.

THE WORLD ACCORDING TO MONSANTO: THE WORLD ACCORDING TO MONSANTO
by Marie-Monique Robin
$23.00, DVD. Chelsea Green.
109 minutes + bonus CD
Monsanto’s controversial past combines some of the most toxic products ever sold with misleading reports, pressure tactics, collusion, and attempted corruption. They now race to genetically engineer (and patent) the world’s food supply, which profoundly threatens our health, environment, and future. Combining secret documents with first-hand accounts by victims, scientists, and politicians, this widely praised film expands why Monsanto has become the world’s poster child for malignant corporate influence in government and technology.

Also on the DVD: Your Milk on Drugs—Just Say No!, a film by Jeffrey M. Smith. Dairy products from cows treated with Monsanto’s genetically engineered bovine growth hormone (rBGH or rBST) may sharply increase cancer risk and other diseases, and likely harm children.

EYEAR SPRING
An Ecologist and Her Children
Waking to a Warming World
by Amy Seidl
$17.25, paper. Beacon. 193 pages
With an engaging mix of memoir and science, Amy Seidl brings the reality of global warming to a personal level. As a mother, Seidl demonstrates how climate change has altered her daughters’ experiences of their woods and garden, and the seasonal community events of her small New England town. As an ecologist, Seidl explains how natural upheaval occurs in the microcosms of our backyards and parks. While the human community, including Seidl’s children, adapts to a changing climate, plants and animals also adapt, she shows, in ways both obvious and surprising.

Some of the unfortunate consequences in Seidl’s neighborhood are increased mosquito outbreaks, more flooding, a reduction in maple tree seedlings, and plants out of sync with their pollinators. Informative and hopeful, this book is a true gem.

Seidl’s tender descriptions of her young daughters’ encounters with the natural world—skipping rocks, choosing Halloween pumpkins from the garden and ‘gorging on the abundance’ of cherries picked off the tree—add personal poignancy to a subject few can stand to talk about at any length.”—Publishers Weekly

PLANE HOME
Conscious Choices for Cleaning & Greening The World You Care About Most by Jeffrey Hollender
$29.95, paper. Crown. 352 pages; 7x9, b/w illustrations
From the co-founder of Seventh Generation (the environmentally friendly household cleaner and personal care company) comes this useful guide to maintaining absolutely everything in the home in a natural, nontoxic way.

In Plane Home, Jeffrey Hollender leads you through each room of the house with straightforward advice, comprehensive checklists, quick tips, and unparalleled resources while revealing the hidden repercussions of daily routines that most of us take for granted. From improving air quality in your bedroom to avoiding mildew in the bathroom, from sourcing local or organic food to saving landfills, from how to wash your clothes, Planet Home offers invaluable information for making conscious decisions for your family, your neighbors, and our shared planet home. Hollander’s expert and inspiring guidance is thorough, scientifically grounded and infused with the broad-thinking, do-it-yourself spirit of the Whole Earth Catalog. Tips, charts, boxes, illustrations, and sidebars lead the reader beyond “green” into the next revolution for the home: conscious living. Water and power systems, renovating, transportation, babies, pets, and, yes, cleaning—Hollander covers it all.

With additional information on power, garbage and recycling, air quality, and community activism, this book goes a step further by describing how any household is part of a much larger system. Arranged for maximum reader-friendliness with ample illustrations, Planet Home helps busy and disorganized readers clean up their homes nok by nok, and might even inspire them to re-vision the world as well.

PRACTICAL WISDOM
The Right Way to Do the Right Thing by Barry Schwartz & Kenneth Sharpe
$33.50, cloth. Riverhead. 324 pages
What the world needs now is practical wisdom. From collapsing economies to failing schools, it’s clear that we need wisdom to get things done and dissatisfaction is epidemic. The solution lies in what Aristotle identified as the master human virtue: practical wisdom, the ability to apply knowledge and empathy in the real world. This is not wisdom as ethical contemplation; it is wisdom as action. And this book teaches us to identify it, cultivate it, and harness it.

Barry Schwartz and Kenneth Sharpe have studied practical wisdom for years, but Schwartz’s TED Talk on the war on wisdom has been continually rated one of the most popular, inspiring TED Talks ever. The book begins with the argument that the rules and incentives that currently govern our lives have cut us off from the essence of wisdom—and then they lead the way forward, introducing the “canny outliers” (teachers, doctors, lawyers, even janitors) wisely working around those business-as-usual obstacles, and the “system changers” building better institutions based on more rewarding and ultimately more effective ways to work. They prove that wisdom is not just practical, but the surest route—individual and collective—towards happy, productive futures. They show us how to make wisdom work for us.

What is practical wisdom? For Aristotle, it combined the will to do the right thing and the skill to figure out what the right thing is. In the professional world, this means workers embracing the “soul” of their professions, defining and achieving the proper aims of their work...

But wisdom is not just will; wise practitioners must also have skill. A wise practitioner...

• is perceptive enough to know what a situation calls for;
• knows when and how to make the exception to every rule;
• knows how to improve;
• can take the perspective of another;
• knows how to choose among goals when they conflict, or to find a way to balance them.

It takes the right kind of experience to cultivate practical wisdom. But we don’t pay attention, these skills—already rare—will disappear.

THE SPIRIT LEVEL
Why Equality is Better for Everyone by Richard Wilkinson & Kate Pickett
$20.00, paper. Penguin. 175 pages
Popular wisdom would tell us that poverty is the breeding ground for many of society’s ills, but British academics Wilkinson and Pickett argue otherwise. Based on thirty years of research, The Spirit Level shows how income inequality, not poverty per se, is what conditions a society’s social problems. One common factor links the healthiest and happiest societies: the degree of equality among their members. Further, more unequal societies are bad for everyone within them—the rich and middle class as well as the poor.

The authors not only compare data from a range of countries, but also gather data from all 50 American states to verify that relationships that exist on a national level also exist on a more local scale. The first element they examine is trust—as a measure of community life and social relations. Once it is established that people in unequal societies don’t trust one another, the stage is set to examine a host of dystopian problems from mental health to teenage births to social mobility.

In this fascinating study, the authors do an excellent job of presenting the research, analyzing nuances, and even offering policy suggestions for creating more equal and sustainable societies. Is it what they call ‘evidence-based politics’?

In laying bare the contradictions between material success and social life more in the developed world, Wilkinson and Pickett do not merely tell us what’s wrong. They offer a way toward a new political outlook, shifting from self-interested consumerism to a friendlier, more sustainable society. All readers with an interest in understanding the dynamics between modern economic and political conditions will find this an illuminating book.

ALL THAT WE SHARE
A Field Guide to the Commons by Jay Walljasper
$20.95, paper New Press. 296 pages; 7x9, b/w illustrations
How you see the world is about to change. All That We Share is a wake-up call that will inspire you to see the world in a new way. It is written as soon as you realize that some things belong to everyone—water, for instance, or the Internet or human knowledge—you become a commoner, part of a movement to solve the problems facing us in the 21st century.

Edited by award-winning journalist Jay Walljasper (also author of The Great
Our Stuff & Our Carbon Footprint

THE STORY OF STUFF
The Impact of Overconsumption on the Planet, Our Communities, and Our Health—and How We Can Make It Better
by Annie Leonard

$19.95, paper; $29.95, cloth. Chelsea Green.
384 pages, b&w illustrations

We have a problem with Stuff. With just 5 percent of the world’s population, we’re consuming 30 percent of the world’s resources and creating 30 percent of the world’s waste. If everyone consumed at U.S. rates, we would need three to five planets!

This alarming fact drove Annie Leonard to create the 20-minute Internet film Stuff: The Story of Stuff, which has been viewed over 10 million times by people around the world. In her ground-breaking book of the same name, Leonard tracks the life of the Stuff we use every day—where it is made, how it’s transported to us, how it’s produced, distributed, and consumed, and where it goes when we throw it away. Like Rachel Carson’s Silent Spring, The Story of Stuff is a landmark book that will change the way we think about the way we live.

Leonard’s message is clear: We have too much Stuff, and too much of it is toxic. Devoting a chapter to each stage of the life of Stuff—extraction, production, distribution and consumption—and disposal, Leonard describes the stories from mines to factories, landfills and waste recycling facilities to create a vivid account of how waste is connected to disparate aspects of our lives. Annie reveals the true story behind our possessions—why it’s cheaper to replace a broken TV than to fix it; how the promotion of “perceived obsolescence” encourages us to toss out everything from our cell phones to our clothes while there’s still life in them; how we are being marketed and conditioned to want more—how all this Stuff isn’t even making us happy! We work hard so we can buy Stuff that we quickly throw out, and then we want new Stuff so we work harder and have no time to enjoy any of our Stuff...

Annie Leonard is a leading authority on the Stuff that destroys the Earth while delivering social and economic chaos. This is must reading for anyone seeking to grasp the interlocking crises of our time, what to do about them, and how to talk about them with others. An educational and organizing tool of the utmost importance.”—Jerry Mander, author of In the Absence of the Sacred.

HIGHLY ACCESSIBLE AND THOROUGHLY ACCESSIBLE FIELD GUIDE TO THE NEW WORLD OF THE COMMONS.
Including such topics as retro farming, urban gardening, and making the loss of a Monterey pine that was cut down in the Monterey Bay National Marine Sanctuary—when the tree was a living symbol of the local community—this book is an indisputable introduction to fresh ideas that touch us all. Filled with practical solutions for today’s economic, political, and cultural issues, it’s a much-needed and thoroughly accessible field guide to the new world of the commons. Including success stories from communities across North America and around the world, this book is for anyone seeking new ways of thinking about our shared values.

Like A Tree
How Trees, Women, and Tree People Can Save the Planet
by Jean Shinoda Bolen

$26.95, cloth. Chelsea Green.
268 pages

Like A Tree takes the form of walking among tall trees and mourning the loss of a Monterey pine that was cut down in her neighborhood. Appealing most to people who realize that they are “tree people,” it is poetic, educational, inspirational, spiritual, and down to earth, covering the subject of trees from anatomy and physiology to trees as a central part of our life and sacred symbols.

It is a strong call to ecological action, with stories of the organizations and “tree people” who are working to save our forests: Greenpeace’s Kleeru campaign to save the Boreal Forest, Wangari Maathai’s Green Belt Movement, Julia Butterfly Hill’s campaign to save a California Redwood, and Bomber’s vision based on metaphysics, psychology, mythology, and global gender politics. She writes eloquently about deforestation, global warming, and overpopulation.

“Read Like A Tree and you will never again see a tree without knowing it has a novel inside, it’s supporting your life, and it’s more spiritual than any church, temple or mosque. Like A Tree is the rare book that not only informs, but offers a larger consciousness of life itself.”—Gloria Steinem

In this book Jean Bolen expresses the essence of our deep connection to and separability from trees. Trees have stood by us humans always; it is the least we can do to protect and save and honor them now. Bolen’s thoughts and suggestions for moving forward will, as always, help us see and feel how this might be done. This is a conversation with the Tree tribe not to be dismissed or dismissed.”—Alice Walker

Jean Shinoda Bolen is a psychotherapist, shamanist, and Jungian analyst in private practice, is the author of many books including Urgent Message from Mother: Gather the Women in Our Dreams, Earth Demands Our Whiteness and The Millennial Circle.

Earth Pilgrim
by Satish Kumar

$24.95, cloth. Chelsea Green.
144 pages, 10 b&w illustrations.

In Earth Pilgrim, Satish Kumar draws on his personal experience and also his understanding of the spiritual traditions of both East and West. The book takes the form of conversations between Kumar and others about the inner and outer aspects of pilgrimage:

To be a pilgrim is to be on a path of adventure, to move out of our comfort zones, to let go of our prejudices and preconceptions, to make strides towards the unknown.

If we want to tread the pilgrim’s path, we need to go beyond ideas of good and evil and to be dedicated to our quest—to our natural calling. We need to shed not just our unnecessary material possessions but also our burdens of fear, anxiety, doubt, and worry; in this way we can find spiritual renewal and enter on the great adventure into the unknown.

Kumar believes that at this stage of human history we now need a new kind of pilgrim, a new form of dogma—“Earth Pilgrims” who are concerned with this world, not the next, and who are seeking a deep commitment to life in the here and now, this Earth, in this world. We need to realize that we are all connected, and through that connectivity we become pilgrims.

Satish Kumar, editor of Resurgence magazine, is also author of No Destination and The Buddha and the Terrorist.

Thomson Berry, Dreamer of the Earth
The Spiritual Ecology of the Father of Environmentalism

edited by Ervin Laszlo & Allan Combs

$17.50, paper. Inner Traditions.
160 pages

When cultural historian and spiritual ecologist Thomas Berry, described by Newsweek as “the most provocative figure among the new breed of eco-theologians,” passed away in 2009 at age 94, he left behind a dream of healing the Earth and a community. In his numerous lectures, books, and essays, he proclaims himself a scholar of the earth, a “geologian,” and diligently advocated for a return to Earth-based spirituality.

This anthology presents ten essays from leading philosophers, scientists, and spiritual visionaries—including Matthew Fox, Joanne Macy, Duane Elgin, Sean Ebyhans-Hargens, Ervin Laszlo, and Allan Combs—on the genius of Berry’s work, as well as a little-known but essential essay by Berry himself expressing Berry’s insights as far ahead of their time. These essays reiterate the radical nature of his ideas and the urgency of his most important conclusion: that money and technology cannot solve our problems; rather, we must re-establish the indigenous connection with universal consciousness and return to our fundamental spontaneous nature—still evident in our dreams—in order to navigate our ecological challenges successfully.

Berry’s basic insight remains entirely valid. “The present situation is so extreme that we need to go beyond our existing cultural formation, back to the primary tendencies of our nature itself, expressed in the spontaneities of our being.”

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We can derive solace and draw courage from Berry's assurances. “We are not left simply to our own rational contrivances. We are supported by untold powers of the universe as they make themselves present to us through the spontaneities within our own beings.”

The brightest glimmer of hope shimmering at the darkening horizons of the current global crisis is, in Berry’s words, “that the universe is revealing itself to us in a special manner just now. Also the planet Earth and the life communities of the earth are speaking to us through the deepest elements of their nature.”

“Thomas Berry, Dreamer of the Earth offers an introduction to one of the most extraordinary thinkers of the 20th century. His stature cannot be fully appreciated unless one brings to mind such axial personalists as Pythagoras or Confucius, thinkers who gave rise to civilizations. The deep structure of human beings is undergoing a seismic shift, which Thomas Berry saw and in part evoked. To understand this new planetary mode of consciousness, there is no substitute for a close study of his ideas.” —Brian Swimme, co-author, with Thomas Berry, of The Universe Story

Alick Bartholomew was part of the editorial team that in 1962 published Rachel Carson's Silent Spring. The author of Hidden Nature: The Startling Insights of Viktor Schauberger, he lives near Bath, England.

The Universe Story

Earth Energies & Eco-Design

Simply Imperfect: Rewiring the Wabi-Sabi House by Robyn Griggs Lawrence

$22.95, paper. New Society.

208 pages, 7x9, b&w & colour photos

Simply Imperfect is a fully revised and updated edition of The Wabi-Sabi House aimed at moving past our belief in life, liberty, and the pursuit of stuff to finding beauty in austerity, serenity, and authenticity.

Far more than home decor, wabi-sabi is a state of mind: living modestly in the moment, stripping away the unnecessary, and finding satisfaction in everyday things. Simply Imperfect renews wabi-sabi’s rich history, tracing it from its Zen Buddhist roots through to the present day. This beautifully-illustrated book reveals ways to introduce wabi-sabi into your home such as:

Clearing clutter and blocking noise
Integrating salvaged and recycled materials
Making and growing things yourself (or supporting local artisans who do)
Taking time and space for self-reflection

Wabi-sabi is everything that today’s sleek, plastic, technologically-saturated culture isn’t. This gentle book asks readers to see that mass-produced perfection is seductive but boring. It is for anyone who is overwhelmed by consumerism or whose focus has shifted from getting more to getting better.

Robyn Griggs Lawrence is editor of Natural Home magazine and a prolific writer and speaker on topics ranging from green building and ecological design to organic gardening.

Feng Shui Made Easy: Designing Your Life with the Ancient Art of Placement by William Spear


272 pages, 7x9, b&w illustrations

While most of the early English-language books on feng shui were dauntingly mystical or relied on complex techniques, this book presents clear, accessible guidelines that anyone can follow.

The story of water as the stage manager of life, communicating to our bodies’ cells how to be part of a vast orchestra, distributing energy in the landscape to make it balanced and productive has not yet been simply told. Indeed, the very laws that govern the harmonious movement of the planets also determine the form and behavior of our organic life, through water. This extraordinary picture of water’s part in the evolution of life derives from the quantum discovery of quantum physics that we are embedded in a vast web of energy that interconnects all creation.

Pocket neighbourhoods

Pocket Neighbourhoods: Creating Small-Scale Community in a Large-Scale World by Ross Chapin $32.95, cloth. Taunton.

220 pages, 9x10, colour photos & illustrations

Pocket neighbourhoods are small-scale communities embedded in a larger scale of community and the American Dream over several generations, leading to supersized houses in a sea of development, then describes a solution to help restore healthy, livable communities. The first section of the book looks at historic precedents of pocket neighborhoods, from 15th century almshouses in the Netherlands, to a 19th century Quaker camp community on Martha’s Vineyard, to early 20th century Garden City models and Southern California Cottage Courtyards.

The second section covers a wide range of contemporary pocket neighborhoods including New Urban communities, affordable housing, houseboat communities, eco-neighborhoods, and Ross Chapin’s own pocket neighborhood example. The third section focuses on ‘co-housing’ communities, from Danish origins in the 1960s, to examples across America, Australia and New Zealand, including a chapter on senior co-housing.

The fourth section looks at retrofitting pocket neighborhoods within existing communities. Throughout the book are series of “Design Keys” that highlight the essential principles of pocket neighborhood planning and design, and short stories about “Pocket Neighborhood Pioneers” who blazed new trails. The book is filled with rich photographs, drawings, illustrations and site plans, and a Resources section at the end provides leads for the reader to explore the topic in further detail.

“Ross Chapin is a master in understanding the importance of ‘scale’ in creating beautiful, healthy communities. His new book is a profound manual of what works to create vibrant pocket communities—essential components of a sustainable future.” —Jason McLennan, CEO Cascadia Green Building Council

An excellently resourced website backing up this book (and movement) is pocket-neighborhoods.net.

Within a universal source and prompts us to ask “How can we improve things for the benefit of all?” Practiced from this premise, intuitive Feng Shui is a unique approach to interior design.

“User-friendly, while still respecting the deeper aspects and implications of a profound science... so you can learn to trust your feelings about your surroundings.” —Yoga Journal

Pocket Neighbourhoods

Pocket Neighbourhoods: Creating Small-Scale Community in a Large-Scale World by Ross Chapin

$19.95, paper. New Society.

192 pages, b&w & colour photos & illustrations

You don’t have to journey to a rural paradise to find the farm of the future. It’s your neighbor’s suburban lawn, the roof of your up-town condominium, or the patch market garden in the vacant lot down the street. Urban Agriculture is a detailed look at how food is taking root in our cities. It offers

Urban Agriculture

Ideas and Designs for the New Food Revolution by David Tracey

$19.95, paper. New Society.

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**GARDENING**

**BACKYARD BOUNTY**
The Complete Guide to Year-Round Organic Gardening in the Pacific Northwest
by Linda Gilkeson
$24.95, paper. New Society. 292 pages, 7x9, photos & illustrations

Are you itching to start your own garden or improve the yield from the one you already have but feel that gardening is too challenging or time consuming for your busy schedule? Would you like to enjoy fresh, home-grown produce every month of the year?

Brimming with seasoned wisdom and practical common sense, *Backyard Bounty* is like having your own master gardener to consult. This encyclopedic reference de-mystifies gardening, bringing it back to the down-to-earth, environmentally practical activity that anyone can enjoy. Learn about:

- Planning your garden and preparing the soil
- Organic fertilizers and simplified composting
- Growing healthy seedlings, transplanting, easy weeding and mulching
- Growing fruit and simple pruning methods
- Greenhouses, tunnels, and containers
- Organic pest management...and more

Packed with a wealth of information specific to the Pacific Northwest, this complete guide showcases many homestead methods, exposes common gardening myths, includes a monthly garden schedule for year-round planting and harvesting, and features plant profiles for everything from apples to zucchini. Excellent for novice and experienced gardeners alike, *Backyard Bounty* shows how even the smallest garden can produce a surprising amount of food twelve months of the year.

Linda Gilkeson is a passionate organic gardener with over forty years of gardening experience. She is a regular instructor in the Master Gardener programs in British Columbia.

**THE BIOSHELTER MARKET GARDEN**
A Permaculture Farm
by Darrell Frey
$34.95, paper. New Society. 462 pages, b/w & colour photos

To ensure food security and restore the health of the planet, we need to move beyond industrial agriculture and return to the practice of small-scale, local farming. *The Bioshelter Market Garden: A Permaculture Farm* describes the creation of a sustainable food system through a detailed case study of the successful year-round organic market garden and permaculture design at Pennsylvania’s Three Sisters Farm.

At the heart of Three Sisters is its bioshelter—a solar greenhouse that integrates growing facilities, poultry housing, a potting room, storage, kitchen facilities, compost bins, a reference library, and classroom area. *The Bioshelter Market Garden* examines how the bioshelter promotes greater biodiversity and is an energy-efficient method of extending crop production through Pennsylvania’s cold winter months.

Both visionary and practical, this fully illustrated book contains a wealth of information on the application of permaculture principles. Some of the topics covered include:

- Design and management of an intensive market garden farm
- Energy systems and biothermal resources
- Ecological soil management and pest control
- Wetlands usage
- Solar greenhouse design/management

Whatever your gardening experience and ambitions, this comprehensive manual is sure to inform and inspire.

Darrell Frey, the owner and manager of Three Sisters Farm, writes extensively on permaculture design and ecological land use planning. He’s taught permaculture for 25 years.

"Equal parts inspired storytelling and how-to manual for living creatively and responsibly upon the earth... Frey sets forth a detailed roadmap by which we might all travel with a sustainable future and celebrate our interdependence."
—David Sullivan, editor, *BioCycle Magazine*

**INSPIRATIONAL ADVICE AND WORKING EXAMPLES TO HELP YOU DIG IN AND BECOME MORE SELF-SUFFICIENT WITH YOUR OWN FOOD CHOICES**

Taking the local food movement to its next logical step, this fully illustrated, de-sign-rich guide presents a cornucopia of proven ideas for:

- Window sill and container growing
- Edible landscaping
- Farming the commons
- Community gardening from allotments to collective gardens and community rights
- Taking urban agriculture to the next level with creative spaces, bigger lots, and higher yields

**URBAN AGRICULTURE** is about shaping a new food system that values people and the planet above profits. First-time farmers and green thumbs alike will be inspired to get growing by working examples and expert interviews. Proving that the city of the future will be green and tasty, this book is packed with edible solutions for anyone keen to join the new food revolution.

**DAVID TRACY** is a journalist, environmental designer, and the author of *Guerrilla Gardening: A Manual for the Urban Guerrilla*. The director of *EcoUrbanist in Vancouver*, he is an advocate for all those reclaiming our right to great food through urban agriculture.

**SURVIVING & PREPAREDNESS**

**SURVIVING THE APOCALYPSE IN THE SUBURBS**
The Thrillist’s Guide to Life Without Oil
by Wendy Brown
$19.95, paper. New Society. 258 pages, b/w photos

In the latter half of the 20th century, the percentage of the total North American population living in suburbs grew to nearly fifty percent. Fossil fuels were cheap and plentiful, and car-dependent, energy-intensive lifestyles came hand in hand with this demographic transition. But now, as we move into the age of Peak Oil, environmental catastrophe, and a failing economy, it is imperative that we transform the suburbs into sustainable communities.

*Surviving the Apocalypse in the Suburbs* envisions a suburban evolution—from isolated cookie cutter houses with manicured lawns and two-car garages to small, closely packed, productive, interdependent homesteads. This guide to simplifying suburban and adopting a energy lifestyle breaks down all our basic needs and describes how they might be met after the loss of the modern conveniences we currently take for granted. From small-space gardening techniques and a guide to small livestock to tips on cooking and heating, sanitation options, and much more, this is a complete guide to becoming more self-sufficient wherever you live.

Required reading for anyone interested in increased self-reliance and a lower carbon footprint. *Surviving the Apocalypse in the Suburbs* will help you look past the white fence picket to a new world of possibilities.

Wendy Brown is a suburban homesteader growing roots (both literally and figuratively) in southern Maine where she and her family have made the transition from a completely dependent, consumerist lifestyle to one of living debt-free in a comfortable, more efficient home in a desirable location with a bountiful garden.

**EARTHQUAKE!**
Preparing for the Big One
by Graem Castell
$5.00, paper. Graem Castell. 290 pages, b/w, illus

If you live in southwestern British Columbia or the Pacific Northwest of the United States, you live in earthquake country. It may not seem that way, because recent earthquakes here have been relatively minor—large enough to cause a stir and small enough to convince us that earthquakes are no big deal. Every two to eight hundred years, however, for thousands of years, this region has suffered a truly gigantic earthquake—far larger than most of us can imagine. The last one was on January 26, 1700.

*Earthquake!* is the definitive earthquake-preparedness guide for British Columbians. It is equally relevant for anyone living in the United States Pacific Northwest (we share similar earthquake threats), and it will be extremely helpful for those living in any other earthquake zone.

Comprehensive, user-friendly, and written with input from numerous experts, this guide makes preparation for a major earthquake (or any comparable disaster) as easy and effective as it is ever going to get. It covers just about everything that one should know, consider, and do in order to be thoroughly prepared.

A pleasure to use, with a vivid Jack Shadbolt image on the front cover and a spaciou, elegantly designed interior, it is an easy and enjoyable read. Part of this guide’s secret lies in its detailed, helpful checklists. These enable users to build emergency plans and resources, step-by-step, knowing exactly where they are in the process.

Also included are some fascinating excerpts from newspaper articles of the past few years on the earthquake threat to this region and further and updated resources are available from the publisher at www.earthquakeprep.ca.

**THE MEDITATIVE GARDENER**
Cultivating Mindfulness of Body, Feelings, and Mind
by Cheryl Wilfong
$19.95, paper. Heart Path. 244 pages, 8x10, French flaps, colour photos

In this wise, down-to-earth book (*The Meditative Gardener*), master gardener and mindfulness teacher Cheryl Wilfong gently offers us a rich bouquet of the Dharma, the laws of nature. Her gentle, friendly, and humorous tone creates a nurturing environment in which to practice mindfulness in our very gardens.

Beginning meditators will find practical easy-to-follow suggestions. Lapsed meditators can refresh their practice. Seasoned meditators will appreciate the variety of wisdom practices that can be transplanted into daily life in the garden: while sitting, walking, or bending over (a gardener’s favorite position), become aware of the present moment. Notice feelings of happiness, pleasure, and calm as you take refuge from the busy world in the sanctuary of your garden. Observe the mind in a pleasure garden. Use naturally-occurring contemplation to gain insight into the Dharma, the laws of nature.

You may not have done all the weeding or planting you had hoped (or felt you had to do), but appreciate that you are doing the best you can. As you sit in the shade of your own back yard, simply hold this book in your lap. Allow *The Meditative Gardener* to help you nourish the seed of enlightenment that is already growing in your heart.

*Use the tools of mindfulness and kindness toward yourself to discover how to cultivate your garden and meditation practice at the same time.*

More info: meditativegardener.com

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BRANCHES OF LIGHT • 46 • SPRING • SUMMER • 2011
Tanis Helliwell Dances with Leprechauns

SUMMER WITH THE LEPRECHAUNS
A True Story: the Authorized Edition
by Tanis Helliwell
$19.95, paper. Tanis Helliwell. 190 pages

With a humorous, enjoyable style, Tanis Helliwell delights skeptics and believers alike as she relates an incredible story that began after a long relationship ended. Ms. Helliwell took a break from corporate management and went to Ireland for a restful retreat. Instead of finding peace and quiet, she was pestered—and later charmed and even illumined—by the appearance of a Leprechaun and his family who lived in the cottage she’d reserved for herself.

The little man materialized before her one day, and became her daily companion. Her interest was piqued by the series of lessons he had to share. He hoped she would share them with the human race when the time was right.

His message is simple: there are many forms of light out there, and we need to respect them all. According to the small gentleman, Leprechauns, Faeries, Elves, etc. wish to work with humans to heal the Earth and to evolve both of our species.

If humans could see lighter vibrations and the life force in all living things, they wouldn’t be harming the world the way they have been—killing streams, trees, and other delicate creatures. Humans could create wonderful food, beautiful gardens, and healthy trees if they listened to what nature wanted, visualized it happening, and enlisted the help of the ‘little people.’

“...This delightful book is not only great fun to read, but makes most interesting and intelligent suggestions about the work of this particular branch of the natural world. It can help us open our minds to fascinating dimensions that do exist on the planet.” —Dorothy Maclean, co-founder of Findhorn and author of To Hear the Angels Sing

I remember those ‘intimations of childhood’ that said there were ‘little people’ watching me in the garden. As I read Summer with the Leprechauns, I felt all the joy and mystery of that long ago time rekindle in me. This is a magical and important book and one that deserves to become a cherished classic.” —Ann Mortifee, singer/composer, and author of In Love with the Mystery

ELEMENTALS AND NATURE SPIRITS
with Tanis Helliwell
$19.95, DVD. Helliwell Publications. 25 minutes

Tanis Helliwell, well-known for her work with elementals, also called nature spirits, brings us easily into her world. Her new DVD is informative while being entertaining. With the good-humoured spirit akin to an Irish storyteller she brings us on a journey to learn more about elementals.

Tanis’s DVD has real images of fairies and lovely visuals that create a warm, natural environment that enhance her words. Viewers, who are both new to elementals, and those that have read a great deal, and even those who have encountered nature spirits, will find this DVD engaging.

Some of the topics covered are: Purpose of Elementals, The Body Elemental, The Four Elements, Meeting Elementals, and Birth of the New Earth.

You will come away from this DVD with an appreciation of the beings with whom humans share this planet as well as tools to work with them. You will understand why it is essential that humans learn to co-create with natural and spiritual laws in order to become guardians of the Earth—which is our purpose. This timely DVD assists us to more fully embrace all consciousness on Earth and to take responsibility for our place in the plan.

Tanis Helliwell is the founder of the International Institute for Transformation. She is also author of Pilgrimage with the Leprechauns, Take Your Soul to Work, and Summer with the Leprechauns. Visit her website www.tanishelliwell.com.
Living Through the Earth Changes

GAIA’S QUANTUM LEAP
A Guide to Living Through the Coming Earth Changes by Marko Pogacnik $21.95, paper, Lindisfarne, 228 pages, 9x6.5
With more than thirty years of geomantic and Earth-healing work behind him, Marko Pogacnik uses his deep psychic sensitivity and extensive experience to help us understand and adjust to the self-healing process of Earth change. In Gaia’s Quantum Leap, Marko recalls his recent dramatic dreams with drawings and accompanying commentary to craft a way for us through these deep changes. He brings remedies, insights, and exercises that will help us adapt and survive, and that will help Gaia herself bring forth her true self.

Our Earth, Gaia, is changing. As individuals and as a civilization, we are being drawn into a cosmic event whose breadth and depth we can hardly imagine. Gaia is entering a multidimensional form, and we must change, too, if we wish to survive this imminent transformation. We are not facing the “end of the world,” but rather a fundamental change in the environment that allows the further evolution of nature and mankind on the Earth’s surface. Earth’s intelligence has already set in motion certain energy-related measures to avert the destruction that threatens Earth and its life forms owing to the irresponsible conduct of our modern civilization. These measures are a unique self-healing process that will enable “earthspace” to receive a completely new quality. One thing is certain; however, the inner development of each individual is decisive in building the coming multidimensional consciousness. This hope for a healing process must become part of our everyday reality.

Practice the exercises described in the book to recover the truth in your heart. Marko Pogacnik is not a guru laying down the law from on high; he encourages us to open our hearts and let our bodies guide us. His book represents the completion of a cycle in Marko Pogacnik’s works of admonition to recognize this immense issue and to cooperate in the Earth’s and humanity’s changes now. Among his other books are Touching the Breath of Gaia and Turned Upside Down.

2012: A CLARION CALL
Your Soul’s Purpose in Conscious Evolution by Nicolya Christi $17.95, paper, Bear & Company, 240 pages
According to ancient Mayan prophecy, December 21, 2012, marks the moment of humanity’s rise or fall. Our “rise” depends on higher consciousness and roused vibration as well as the expanded awareness of a critical mass of people. As humanity enters the evolutionary transition from Homo sapiens to Homo luminosus—from 3rd-dimensional human beings to 5th-dimensional beings of light—we are being called to fully participate in the dawn of a New World built upon unconditional love, co-creation, cooperation, equality, unity, peace, justice, and sustainability.

Sounding the clarion call for a global shift in consciousness starting at a personal level, Nicolya Christi presents a step-by-step guide to healing and transforming your inner world—an essential step toward co-creating a world shift as we head toward the tip point of 2012. She offers core psychological insights and exercises, spiritual teachings, guided visualizations, and a concise overview of the spiritual and astrological events surrounding 2012, as well as identifying the signs and symptoms of the 12 different stages of ascension, a process that millions are currently experiencing as we approach the global spiritual awakening of 2012. She explains how to clear past-life, ancestral, and current trauma imprints lodged within your energy field to accelerate the process of your evolution and ascension. Revealing that many people chose to reincarnate in this lifetime as “midwives” to help birth the New World, this book provides a way to rediscover your soul’s higher purpose, thus serving your own evolutionary journey as well as that of the Earth.

Nicolya Christi is a consciousness expansion spiritual teacher. The founder of the WorldShift Movement, she lives near Nantes-Chateau in southern France.

In what may very well be a new literary style, this biography begins in the future, then travels backward through the story of Barbara Marx Hubbard’s birth, her early life, and her remarkable journey towrites her remarkable 80-year journey...to our own daily lives.

I am not alone. It is not as if I’m the only “catalyst” on the earth. It feels as if there are many, in many different areas, undertaking many different activities.

—Ibarbara Marx Hubbard

On this journey, we will visit Barbara as she became one of the first women ever to have her name placed in nomination for the vice presidency of the United States by a major political party, traveled to Russia as a cultural ambassador for peace, visited the Oval Office and asked the President a question that he could not answer, and developed deep acquaintanceship with the American space program. Today, we continue to find her at the leading edge of contemporary thought and innovative action regarding our construction of the future.

In a very real sense, the story of Barbara Marx Hubbard is a story of the future of all of us, rendering it one of the most relevant and compelling modern biographies of our time.

THE BOND
Connecting Through the Space Between Us by Lynne McTaggart $13.95, cloth, Simon & Schuster, 304 pages
Here the author of the popular books The Field and The Intention Experiment uses the interconnectedness of mind and matter to demonstrate that the key to life is in the relationship between things. The Bond connects with others, hardened at our most elemental level—from the quantum level to the cellular, from personal relationships to business and societal structures. This book is at the core of Lynne McTaggart’s The Bond, the fruit of her extensive research with frontier scientists working in a broad range of fields. The world essentially represents a huge relationship: within the space between things. The essential impulse of all of life is to will to connect.

Her discussion of the Bond encompasses quantum mechanics, evolutionary biology, neuroscience, anthropology, psychology, and a host of other disciplines. She provides ample and fascinating examples of the interconnectedness of life that the reader will find riveting. Her work is a wake-up call for all who believe in our collective power to change the world.

The Bond brilliantly reveals the essence of the key to the future: our being, our amazing new science and expressed with clarity and power. McTaggart is a visionary and an extraordinary scholar of the heart. In this seminal book, she communicates a life-affirming message that has the power to transform the way we see ourselves and therefore the way we see the world. Read this book, it will open your heart, and change your life.” —Lynne Twist, author of The Soul of Money

“There is something on every page of this book to make you jump for joy. It’s like things you’ve secretly suspected but figured must not be true since no one else seems to think them are suddenly proven to be true! You don’t even realize how thirsty your soul has been for another way of looking at the world, until it’s given you and you can’t stop drinking it in. Rarely does a book so tell it like it is.” —Marianne Williamson, author, The Gift of Change

THE BUDDHA AND THE QUANTUM
Hearing the Voice of Every Cell by Samuel Avery $13.95, paper, Sentient, 132 pages
The Buddha and the Quantum is the first book that explains physics and the everyday world in terms of consciousness awareness now—the classical world they describe—and the physical world they define—are a structure of consciousness. We can only understand the motion of the planets by putting the physical world back in. Similarly, we can only understand modern physics if we put space and time within consciousness.

“The Buddha and the Quantum is also unique in that it shows why we think there is a world independent of consciousness. The concept of material substance is explained in terms of the same structure of consciousness that explains quantum mechanics and relativistic theories.”

Kallop is a Basilisk term for a subtle sensation: a point of consciousness in the body. Rarely noticeable most of the time, it fills awareness during meditation. It is the voice of the cell. This book shows the voice is also the quantum. Quanta arranged in space-time—photons—are visual consciousness: the experience of cells in the nervous system. This explains why modern physics has had so much difficulty understanding light. Light is not in space; space is in light. The Buddha and the Quantum describes how experience in the physical world is built not from objective reality, but from experience within. Avery’s brilliant model of consciousness makes difficult and abstract ideas understandable, surprising you with the implications.

The idea that the fundamental nature of the cosmos is not matter but mind answers many of the hard questions about consciousness, without undermining the discoveries of Western science. Sam Avery’s one key idea explains a crucial aspect of this exploration—namely how the dimensional structure of our experienced world arises in consciousness. His work is a wake-up call for all who believe in our collective power to change the world.

In his most important book since Talking the Quantum Leap, Fred Alan Wolf explains how our understanding of time, space, and matter have changed in just the last few years, and how with these new ideas we have a glimpse into the mind of God.

Making comparisons to Hindu Vedic and Judeo-Christian cosmology, Living Through the Earth Changes, and Space Twists takes us into the world of fundamental particles and shows us how they are actually made from light—how they can appear and disappear, move through time forming loops going forward and backward, and twist in space resulting in the appearance of our everyday world of matter and energy.

Dr. Wolf explains how the universal command of the Deity “Let there be light” now takes on a new scientific meaning: everything is literally made of light—we are made of light, and the universe is a light show on a grand scale. Wolf concludes with his amazing insight that these new ideas may give us a glimpse into the “mind of God.” Science and spirituality meet!

Wolf’s engaging style and charming illustrations lead us through a conceptual understanding of how time loops and space twists. Written in everyday language and using simple mathematical examples, Time Loops and Space Twists explains some of the newest and best ideas in physics for the common approach—they lead us in a new view of how consciousness and science are related.” —Deeckop Chopra
Power up Your Brain: The Neuroscience of Enlightenment by David Perlmutter and Alberto Villoldo $29.95, cloth. Hay House. 256 pages.

The quest for enlightenment has occupied mankind for millennia. And from the depictions we’ve seen—monks sitting on meditation cushions, sages kneeling in prayer, shamans communing with the universe—it seems that elusive state is just for a chosen few. But now, neuroscientist David Perlmutter and medical anthropologist and shaman Alberto Villoldo have come together to explore the commonalties between their specialties with the aim of making enlightenment possible for anyone.

Joining the long-separated worlds of science and spirit, Perlmutter explores the exciting phenomena of neurogenesis and mitochondrial health, while Villoldo brings his vast knowledge of shamanic and spiritual practices to the table. Together they draw from the most powerful tools in each discipline to create the Power Up Your Brain program, a ground-breaking, five-week plan that helps prime your brain’s response to the challenges of today’s world, dietary supplements, plus exercise, shamanic practices, meditation, and visualizations, Perlmutter and Villoldo guide readers, step-by-step, through a program that helps them clear their minds from previous trauma and open themselves up to experience the inner peace, vast insight, and extraordinary creativity that defines the experience of enlightenment, paving the way to successfully face the challenges to come.

We combine two complementary strategies: brain-specific nutrients used in conjunction with lasting and enlightenment practices. Neuronutrients…work to repair regions in your brain that have been affected by stress, psychological trauma, and degenerative brain disease to help grow new brain cells and turn on the genes responsible for longevity, improved immunity, and enhanced brain function. And the enlightenment practices…help awaken brain regions that allow you to slow down, compassion, innovation, and joy to arise naturally. Together, they will enable you to establish new neural networks for joy and well-being.

STRESS-PROOF YOUR BRAIN
Meditations to Rewire Neural Pathways for Stress Relief and Unconditional Happiness
by Rick Hanson
$23.00, 2 CDs. Sounds True. 2 hours.

Our brains have evolved powerful tools for coping with threats and dangers—but in the face of modern stresses like information overload, money worries, and interpersonal conflicts, our survival reflexes can do more harm than good. To help you adapt your nervous system to the challenges of today’s world, neuroscientist Rick Hanson presents Stress-Proof Your Brain. On this friendly and accessible two-CD program, Hanson teaches research-based techniques and meditations that will literally reshape your brain to make you more resilient, confident, and peaceful.

Guided meditations for calming chronic worries, developing gratitude, building inner strength, and more. Down-to-earth ways to take the power of your mind into your hands. For anyone who cares for children needs to know more about the power of human consciousness, this psychiatrist offers an illuminating exploration of The Mindful Brain.

Conscious Parenting
Revised Edition by Lee Lozowick
$23.00, paper. Hohm. 336 pages.

Anyone who cares for children needs to attend to the essential message of this book: that the first two years are the most crucial time in a child’s education and development, and that children learn to be healthy and whole by living with healthy, whole adults. Conscious parenting, says author and child-advocate Lee Lozowick, involves love, affection and life-positive boundaries for our children, and requires honesty, generosity, compassion and common sense from parents and caregivers.

Parental role-modeling is the most essential component, the author affirms, since we can’t give our kids what we don’t have ourselves. Lozowick invites parents and educators to examine areas of selfishness, ignorance and unconsciousness in their own lives, pointing out how these can jeopardize a child’s well-being. While the book is not based in a sectarian religious philosophy, the author, a respected spiritual teacher, presents a strong case for making parenting a substantial part of one’s spiritual practice throughout the childhood years.

The book begins with a discussion of conscious conception and continues with a treatment of conscious pregnancy, birth and bonding. Lozowick stresses the importance of breastfeeding and keeping the infant “in arms” especially in the first two years of life. Giving children this optimal start is absolutely crucial to their mental, emotional, and physical health and well-being. Later chapters include such relevant topics as honesty in our communication with children; our use of language as the descriptor of reality; a holistic context of education and the home-schooling alternative; and play, emotions, and energy management.

Children are like sponges and what they pick up will influence how they grow, which in turn will have effects on the world-at-large that we can’t possibly imagine; one’s relationship to children has an impact on many levels of existence. Conscious parenting, then, is not only about the welfare of an individual, but also the well-being of the Earth.

“I loved this book. The passage about breastfeeding is incredible. As a pediatrician, I have been struggling for many years to put into words these ideas treated so eloquently by Lee Lozowick.” —Charles Atwood, MD

Lee Lozowick is a father and spiritual teacher who has also written Enlightened Duality, among other books.
**Partners in Birthing**

**Birth Matters**
A Midwife’s Manifesto
by Ina May Gaskin

Ina May Gaskin and more compassionate.

Renowned for her midwifery practice’s exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America, and a cesarean rate of 33%. Ina May Gaskin’s message is that the births are genuine, human, and just what we need.

Ina May Gaskin

Ms. Gaskin is a bright light shining into a dark chasm of forgetting. With this new book she offers a glimpse of her vast life experience and the power and the purpose of childbirth. If there were an atmosphere of respect and reverence for mothers, in which women were empowered to access their inner strength and wisdom, we would do well to hold Gaskin’s writings up among the great philosophical contributions of our time. —Ani DiFranco, from the introduction

“Simply put, midwife Ina May Gaskin is the most important person in maternity care in North America, bar none.” —Marsden Wagner, MD, MS, former director of Women’s and Children’s Health, World Health Organization

Ina May Gaskin has practiced for nearly forty years at the Farm Midwifery Center. She is the only midwife for whom an obstetric maneuver has been named (Gaskin maneuver). She is the author of Spiritual Midwifery, Ina May’s Guide to Childbirth, and Ina May’s Guide to Breastfeeding.

**The Birth Partner**
A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions
by Penny Simkin

Women who have continuous support during labor have fewer complications, a lower cesarean section rate, and a more satisfying birth experience. This makes the presence of a prepared, competent, and calming birth partner essential to the mother’s overall health during labor and delivery and to the creation of a positive memory of her baby’s birth.

For almost two decades, The Birth Partner has been the definitive guide for life partners, relatives, friends, and professional doulas (labor assistants) who wish to perform this role and help a woman through childbirth. This new edition of The Birth Partner also includes more information on the 3Rs (Relaxation, Rhythm, and Ritual) for coping with the pain and uncertainty of labor; non-drug techniques to relieve pain and enhance the woman’s sense of well-being; current medications, tests, technologies, and interventions and how, when, and why they are used; and the rapidly increasing rate of both first and repeat cesarean deliveries. It’s a must-have for every labor companion.

In these days of fear-based maternity care, this book is an antidote. Employing the lessons and information provided, the birth partner, working with delivery staff (and hopefully with the support of a doula), can form a strategic alliance that will promote the mother’s desired birth experience. And even when the birth takes an unexpected turn, the information will fortify the woman and her supporters with what they need to turn the most complex and medicalized birth into a positive experience.

—Michael Klein, pediatrician, University of British Columbia

**Parenting Adventures**

**Raising Happiness**
10 Simple Steps for More Joyful Kids and Happier Parents
by Christine Carter

What do we wish most for our children? Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain.

Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratitude, selﬁshness, and generosity, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate do’s and don’ts in action, Christine Carter boils the process down to 10 simple happiness-inducing steps.

With great heart and humor, Carter covers the day-to-day pressure points of parenting—how best to discipline, get kids to school and activities on time, and get dinner on the table—as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. Inside you will discover:

• The best way to avoid raising a brat—changing bad habits into good ones
• Tips on how to change your kids’ attitude into gratitude
• The trap of trying to be perfect—and how to stay clear of it pitfalls
• The right way to praise kids—and why too much of the wrong kind can be just as bad as not enough
• The spirit of kindness—how to raise kind, compassionate, and loving children
• Strategies for inspiring kids to do boring (but necessary) tasks—and become more self-motivated in the process

Complete with a series of “try this” tips, secrets, and strategies, Raising Happiness is a unique resource that will help you instill joy in your kids—and, in the process, become more joyful yourself.

“Brimming with brilliantly distilled science, poignant stories from Christine Carter’s family, and a practical and informed guide—it is an encyclopedia of wisdom for raising children in today’s multitasking, multime dia world… In reading this engaging book, you are very likely to find yourself a bit happier as well.” —Dacher Keltner, author of Born to Be Good

Christine Carter is director of the Greater Good Science Center at UC Berkeley, an interdisciplinary research center that “translates” the study of happiness, compassion, and altruism for the public.

**Wild Play**
Parenting Adventures in the Great Outdoors
by David Sobel

$17.95, paper. Sierra Club. 224 pages

When David Sobel’s children were toddlers, he set out to integrate a wide range of nature experiences into their family life, play, and storytelling. Blending his passion as a parent with his professional expertise, he created adventures tailored to their developmental stages: cultivating empathy with animals in early childhood, exploring the woods in middle childhood, and developing ideas of passage in adolescence. Wild Play is Sobel’s vivid and moving memoir of their journey and an inspiring guide for other parents who seek to help their children bond with the natural world. As we share the family’s experiences, we learn to observe how wild play in nature homes a sense of wonder, provides healthy challenges, and nurtures Earth stewardship—and we share Sobel’s joy as his children, Eli and Tara, grow into earthbound, grounded young adults.

Richard Louv’s Last Child in the Woods identified the urgent problem of “nature deﬁcit” in today’s children, sounding the alarm for parents, educators, and policy makers. Wild Play is a hopeful response, offering families myriad ways to blaze their own trails: it should become another classic in this ﬁeld.
by Susan Piver

Insight, and New Love

THE WISDOM OF A BROKEN HEART
How to Turn the Pain of a Breakup into Healing, Insight, and New Love by Susan Piver
$16.00, paper. Simon & Schuster. 406 pages, b/w illustrations.

There is no pain quite like the heartbreak when a relationship ends. For many, the heart is a complete surprise. You feel like something has been physically shattered, right in the middle of your chest. The aching and disappointing nature of a broken heart is devastating, but Susan Piver shows how heartbreak’s overwhelming pain also creates an opportunity for genuine spiritual transformation, enabling you to emerge on the other side stronger, softer, and capable of loving even more deeply than before.

The heart that is broken has been broken open. When my heart was broken, it changed my life... I still breathe through the consequences of this incredibly difficult event every day—but with gratitude, not despair. From this most painful experience came the ability to find and appreciate lasting love.

In instantaneously recognizable anecdotes—heart-rending and, at times, comic—from her own life and others’, she shows that heartbreak is a rite of passage for everyone and that you can learn from it, firmly convinced of your personal power and secure in your indestructible ability to love. And like an infinitely patient, trusted friend, she tells you in a thousand different ways the most important thing to remember and the easiest to forget: “You’re going to be okay.”

Job number one when it comes to a broken heart is regaining your mind. This is exactly what the practice of meditation teaches. It trains the mind to be your ally, not your foe. In meditation, you simply stop struggling with your muddled self. You simply notice each thought with a nonjudgmental “thank you very much” and go back to the present moment of your breath.

The Wisdom of a Broken Heart is a practical, steady, compassionate plan filled with on-the-spot practices, exercises, meditations, poems, and down-to-earth advice on living with day-to-day muckery, offering a kindly prescription of solace and encouragement, wisdom and humour during the toughest times of your life.

by Gilbert Piver

Committing: A Love Story

The Art of Marriage
A Guide to Living Life as Two by Catherine Blyth
$20.00, cloth. Penguin. 275 pages

The thrust of Catherine Blyth’s The Art of Marriage is that a lifelong marriage is worth all the angst and compromises that are necessary to make it work. Blyth uses examples from history (Napoleon, philosophers (Diderot), and personal stories (Madonna and Guy Ritchie) to illustrate the challenges inherent in everyday relationships and offers entertaining advice on how to enjoy a successful marriage. She also shows how to deal with wandering eyes or in-laws who should be outlawed, and amusingly answers vital questions such as can housework improve sex life? Why should husbands argue? And why must wives relax? She acknowledges the unglamorous aspects of being married but puts marriage into the larger context of home and society.

Even if you lived together before, and superficially your life remains the same, marriage alters the compass of your world. In the eyes of the law, friends, and family, from now on, you are side by side, in a three-legged race, before the obstacle course of life. Like an axle between wheels, marrying shifts your center of gravity to somewhere between you two. This is your wedlock. Henceforth, your first obligation is not to yourself but to a strange new state of being, us. It means something simple but profound: putting “we” before “I.”

This is not so much a self-help guide for marriages in trouble as it is inspiration and assistance for those in relationships that are fairly healthy. As Catherine Blyth so eloquently puts it, “Each story has at least two sides. Reconciling them is the art of marriage.”

Blyth’s first book is The Art of Conversation.

by Elizabeth Gilbert

Eat, Pray, Love

The Slow Down Diet

by Diana Richardson

SLOW SEX
The Path to Fulfilling and Sustainable Sexuality by Diana Richardson
$17.95, paper. Inner Traditions. 176 pages, 14 b/w illustrations.

While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring, mechanical, and depleting, causing couples to lose interest and stop making time for physical intimacy. The first step to reviving a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana’s practice of slow sex awakens the body’s innate capacity for ecstasy, unlocking the door to realms of extraordinary sensitivity, sensuality, and conscious communion.

Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age.

“Like everything else in this fast-forward world, our sex lives have been infected by the virus of hurry. Slow is the perfect antidote.” —Carl Honore, author of In Praise of Slowness

“How rare it is for a book to appear about sex and sensuality with a truly fresh and innovative approach. Diana Richardson has crafted a masterpiece” —Marc David, author of The Slow Down Diet

Diana Richardson is also author of Tantric Orgasm for Women and The Heart of Tantric Sex and the co-author of Tantric Sex for Men. A disciple of tantric master Osho, she is a teacher and practitioner of holistic body therapies.

TAOIST FOREPLAY
Love Meridians and Pressure Points by Mantak Chia & Kris Deva North
$19.95, paper. Inner Traditions. 160 pages, colour & b/w illustrations throughout.

Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harness their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices simulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies.

Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

A student of several Taoist masters, Mantak Chia has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Universal Healing Tao training center in northern Thailand and is the author of many books, including Cosmic Fusion, Sexual Reflexology, and the bestselling The Multi-Organic Man.
“Piver has managed to perform an extra-ordinary task, namely, to inspire a person to want to love again. She knows how to repair the shattered soul, using her personal experience as well as the wisdom of great sages, poets, and cultural elders.” —Caroline Myss, author, Entering the Castle

“Quite beautiful, a natural read for heal- ing. Many do not realize how much more painful a divorce is than the betrayal of the heart, can be even the loss of death.” —Stephen & Ondrea Levine, co-authors of Embracing the Beloved

SEX, SIN AND ZEN

A Buddhist Exploration of Sex from Celibacy to Polyamory and Everything in Between by Harold Warner $16.50, paper. New World Library. 160 pages, colour & b/w illustrations throughout.

Leave it to the iconoclastic ex-punk-rocker Zen teacher Warner (Zen Dipped in Chocolate) to plunge in, double entendres in tow, and all. With his one-of-a-kind blend of autobiogra- phy, love of pop culture, and “I’ve been brain-spoken Buddhist phi-losofyl, Brad Warner explores an A-Z of sexual topics—from masturbation to abortion, gender identity to pornography. In addition to ap- proaching sexuality from a Buddhist per- spective, he looks at Buddhism—empi- crity, loving kindness, karma—from a spiritual vantage point. Throughout, he stresses down that: Can a good sexual master also be really, really bad? And ultimately, what’s love got to do with it? Though he’s no Puritan when it comes to adventuresome sex, Warner offers a conscious approach to sexual ethics and intimacy fit for all appetites. Since Buddhism is no longer the province of sequestered seekers, this is real world wisdom for our times.

The subject is as fundamental as the hu- man sex drive, which does not go away as one spends time on the cushion. Since most Buddhists are laypeople (yes, the author in- tends that pun!), Warner offers practice- and experience-based analysis and reflection over a wide range of sex-related topics and flavors, from vanilla (traditional hetero) to kink. A mind-opening interview with Zen-influenced porn star Nina Hartley is includ- ed, as is discussion of a difficult topic in Buddhism: student-teacher sexual involve- ment. Warner is as usual at his best in con- fessional-analytic mode; he’s been romantically involved with a student and written a Buddhist column for a sex-positive website, “Youngly fucking, neurologically honest, razor-sharp, and the most useful and heal- ing book about sex (and Zen) you’ll find… Whenever anyone tells me that sex is the key to businessness, or the key to damnation, I’m handing them this book.” —Violet Blue, sex columnist for the San Francisco Chronicle

Men & Women

THE MALE BRAIN

by Louann Brizendine $19.99, paper. Beyond Words. 370 pages

Women have lost their connection to this source. Author Tami Lynn Kent has an answer. Drawing from her experiences as a woman’s health physical therapist who works with the physical body and fe- male energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic body- ogy, sexual alignments, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the fe- male body.

WILD FEMININE


Wild Feminine offers a unique, holistic approach to re- claiming the power, spirit, and joy of the female body and to understanding its connection to creative energy. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine.

Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Lynn Kent has an answer. Drawing from her experiences as a woman’s health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic body- ogy, sexual alignments, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the fe- male body.

Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman’s everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine offers you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

“By suggesting a return to the root, Tami Lynn Kent offers direction for a path largely forgotten. Within the pages of Wild Feminine lies great hope for women, natu- ral birth, and all things precious to the female body.” —Ina May Gaskin, author of Spiritual Midwifery

“There is not a woman in the world who would not benefit from reading it. Whether you are seeking healing from emotional or sexual wounding or you just want to learn how to more fully enjoy and inhabit the most feminine aspect of yourself, this book will be a friend for life.” —Elizabeth Lesser, co-founder of Omega Institute, author of The Seeker’s Guide

WOMB WISDOM

Awakening the Creative and Forgotten Powers of the Feminine


In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spir- ituality, and relationships. However, because the womb stores the energetic imprint of every encounter—loving or not—the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships.

Drawing on a rich tradition from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners.

The authors include exercises to clear the past, release toxic emotions, open the womb’s energetic pathways, activate the sacred sensual self, bring balance to rela- tionships, and harness creative potential.

Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb’s energies are crucial to birth a new civilization in the spiritual shift of 2012. The accompanying 45-minute CD includes a soundscape to assist in the awakening of these creative forces.

“Womb Wisdom is a book that can reanimate the deep, inherent, often forgotten feminine power within us. It is a vital key to dissolving the problems in modern-day relations- hips and to entering the mystical chamber of the heart in union with the womb, in relationship. Women and men together as one!” —Margot Anand, author of The Art of Sexual Ecstasy

Padma Aon Prakash is an evolutionary catalyst and author of The Power of Shakti and The Christ Blueprint. Anaia Aon Prakash shares her personal experience of opening her womb and heart.

Women don’t have to stop helping others to fulfill their own needs and desires. Women are deeply intimate and intimately connected to the rhythms and cycles of na- ture, and The Way of the Happy Woman will help them reconnect to that aspect of their body and mind.

Each season offers opportunities for self- discovery and healing, as well as for letting go and leaving behind those patterns that no longer serve you. Springtime is a time of renewal and discovery; summer, celebration and creativity; autumn, harvesting and reorganizing, and winter, deep rest and
contemplation. On a larger scale, each season represents a stage in our own creative process, or in our entire life journey.

Readers will learn to prepare ceremonious and simple healthful foods according to ayurvedic wisdom for spring, summer, fall, and winter. These recipes will help align the body with nature’s rhythms for optimum energy, rest, and radiant health. Yoga postures and contemplations will further help to synchronize readers’ inner and outer worlds. The Way to the Happy Woman is an owner’s manual for the radiant mind, body, and spirit at the core of every woman.

APHRODITE’S MAGIC
Celebrate and Heal Your Sexuality
by Jane Meredith
$29.95, paper. O Books. 168 pages

Far above and beyond a regular sex manual, Aphrodite’s Magic is a journey into seven aspects of your sexuality: Enter the temple of Aphrodite, ancient Greek Goddess of Love and explore your most intimate, private feminine self. Resolve and heal trauma, grief and abuse from the past to set your sexuality free. Honour and celebrate your unique embodiment of the Divine Feminine. Included are creative journaling, inspiring rituals and activities as well as guided visualizations to support each step of your journey.

Renew your relationship to your sexuality as you discover the threads that have created it. Reweed each one into a clear, sacred strand and then weave them together with your magic, your dance and your life. Create your own magical Goddess girdle and a spell that culminates in a powerful affirmation of self-honouring and sexual embodiment.

The essential things needed to create Aphrodite’s Magic are your commitment, your intention and your willingness to trust in the process. Along the way you will develop your relationship with the Goddess and your own self. Like Aphrodite, you will come to understand and revel in your own sexuality, your unique embodiment of the feminine, your beauty and your freedom.

BLOOD TIME, MOON TIME, DREAM TIME
Women Bringing Forth Change
by Roberta Cantow
$39.95, DVD. Buffalo Rose. 118 minutes

This poetic trilogy of films, directed by Roberta Cantow, with musical score by Bronwen Jones, is an evocative re-contextualization of the experience of menstruation, blood, creativity and power for women today. Bloodtime, Moontime, Dreamtime is a documentary trilogy containing poetic, experimental and conventional documentary elements. The theme of the ancient “blood mysteries” threads throughout the trilogy and provides a lens through which to view this contemporary landscape of women invested in bringing forth change. Collectively, the three parts depict an alternative culture and alternative modes of being which might be considered the empowering preliminary steps to transformative social action. A musical score by Bronwen Jones, hauntingly layers voice and instrument, provides beauty, depth, and integrity to the trilogy as a whole.

Included are three films:
Part 1: Bloodtime: Claiming the Territory
Part 2: Moontime: Celebrating the Blessing
Part 3: Dreamtime: Creating Art & Ritual
The DVD also comes with a 3-page pdf of discussion questions, making it very appropriate for use in groups and circles.

“How lovely this work is... We are reminded, elegantly and generously, how rites of passage can support our transitions, and why values of the Feminine (community-keeping and peace-making) are being recalled, revalued and put to work.” —Karen Hawthorne, Trauma Specialist

NEW IN PAPERBACK

I AM AN EMOTIONAL CREATURE
The Secret Life of Girls Around the World
by Eve Ensler
$15.00, paper. Random House. 160 pages

In this daring and insightful book, author and playwright Eve Ensler (The Vagina Monologues) writes fictional monologues and stories inspired by girls around the globe. Moving through a world of topics and emotions, these voices are fierce, alive, tender, complicated, imaginative, and smart. Most girls today find themselves in a struggle between remaining strong and true to themselves and conforming to society’s expectations in an attempt to please. They are taught not to be too intense, too passionate, too smart, too caring, too open. They are encouraged to shut down their instincts, their outrage, their desires and their dreams, to be polite, to obey the rules. I Am an Emotional Creature is a celebration of the authentic voice inside every girl and an inspiring call to action for girls everywhere to speak up, follow their dreams, and become the women they were always meant to be.

Among the girls Ensler creates are an American who struggles with peer pressure in a suburban high school; an anorexic blogging as she eats less and less; a Masai girl from Kenya unwilling to endure female genital mutilation; a Bulgarian sex slave, no more than fifteen; a Chinese factory worker gaining as she eats less and less; a Masai girl from Kenya unwilling to endure female genital mutilation; a Bulgarian sex slave, no more than fifteen; a Chinese factory worker making Barbies; an Iranian student who is tricked into a nose job; a pregnant girl trying to decide if she should keep her baby.

Through rants, poetry, questions, and facts, we come to understand the universality of girls everywhere: their resiliency, their wildness, their pain, their fears, their secrets, and their triumphs. I Am an Emotional Creature is a call, a reckoning, an education, an act of empowerment for girls, and an illumination for parents and for us all.

Whether read in silence or performed on stage, these monologues are a call to action for the hope of recalling us to our better selves. They remind us of a store of energy in our midst that doesn’t cost anything and does not pollute, a source of power waiting to be set free... As humans, we are all emotional creatures.
Nutritionist and holistic health counselor Margaret Floyd offers easy ways to make the switch to a healthy “naked” diet of unrefined, unprocessed, fresh and natural whole foods.

Written by two psychologists who specialize in treating anxiety, Overcoming Health Anxiety offers readers effective cognitive behavioral therapy techniques for overcoming hypochondriasis and health-related fears.

Trustworthy, instant advice. Learn the essentials about anxiety: what causes and contributes to anxiety symptoms, how to stop them using skills from cognitive behavioral therapy (CBT) and mindfulness, and how to keep them from coming back.

Hormone scientist Kathryn Simpson presents a step-by-step plan designed specifically for those suffering from adrenal imbalance. Learn to assess symptoms and create a personalized plan for restoring adrenal function, balancing cortisol levels, and improving quality of life.

Real change.

Mind and Emotions

A landmark book in Self Help, Mind and Emotions is the first book to reveal the seven unhealthy coping styles that are at the root of all suffering and emotional disorders. Readers develop a new way of coping with negative emotions and reconnecting to core values.

In this book, readers will deal with the myriad questions that arise in the wake of an ADD diagnosis, including: Should you tell people at work? What are you supposed to do to treat it? Can you still have a family, friends, a job, and a normal life?

Living with Your Heart Wide Open book helps readers use mindfulness to move past the universal feelings of shame and self-loathing and develop greater confidence and self-esteem.

Written by experts in the field, Living With Your Heart Wide Open book helps readers use mindfulness to move past the universal feelings of shame and self-loathing and develop greater confidence and self-esteem.

The gift of anger

A revolutionary approach to the concept of anger: instead of viewing anger as a problem, therapist and anger expert Marcia Cannon explains how it can be used as a gift and a cue for personal growth.
Awaken your potential. Learn practical tools to enhance your health and well-being. Open your heart and restore a sense of inner peace.

3 - 10 Day Retreats
April through December

3-Month Yoga Development Course
Jan 9 - Apr 8, 2012

Learn sustainable garden techniques and sustainable living practices. Work hands-on in the Ashram’s organic gardens as you explore your reflections on the elements of the Kundalini system, a path to higher consciousness.

Earth & Water: June 10-12
Fire & Air: July 15-17
Ether & Subtle: Sept 16-18

Yasodhara Ashram
Kootenay Bay, BC
www.yasodhara.org
1.800.661.8711

This new memoir by the Ashram’s president offers a very human example of how a heartfelt promise to the Divine can carry us on the spiritual path. Above all, it gives an intimate look into the love between a guru and a disciple.

www.timeless.org

The essence of Yasodhara Yoga is to live life with quality and awareness.

Carried by a Promise
A Life Transformed Through Yoga
by Swami Radhananda

Sustainability & Kundalini
new courses!

Learn sustainable garden techniques and sustainable living practices. Work hands-on in the Ashram’s organic gardens as you explore your reflections on the elements of the Kundalini system, a path to higher consciousness.

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