Body, Mind, and Spirit Titles
Fall 2015
**Light on Prãnãyãma : The Yogic Art of Breathing**  
B. K. S. Iyengar, Yehudi Menuhin  
9780824506865, 0824506863  
Pub Date: 6/1/85  
$19.95/$21.95 Can. Discount Code: LON  
320 pages  
Trade Paperback  
Health & Fitness / Yoga  
Ctn Qty: 32  
5.4 in W | 8.3 in H | 0.9 in T | 0.9 lb Wt  

**Summary:**  
In this classic yoga best-seller a world-renowned yoga master shares the techniques of breathing together with a comprehensive background of yoga philosophy. B. K. S. Iyengar is a legend who has practiced yoga in a unique way, and today "Iyengar Yoga" is taught around the world by certified instructors.

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**The Yamas & Niyamas : Exploring Yoga's Ethical Practice**  
Deborah Adele  
9780974470641, 0974470643  
Pub Date: 9/1/09  
$12.95/$13.95 Can. Discount Code: LON  
192 pages  
Trade Paperback  
Health & Fitness / Yoga  
Ctn Qty: 50  
5.5 in W | 7.5 in H | 0.6 in T | 0.5 lb Wt  

**Summary:**  
The first two limbs of the eight-fold path of yoga sutras—the basic text for classical yoga—are examined in this spiritual guide to the practice of yoga. Foundational to all yogic thought, they are considered to be the guidelines to the yoga way of living that free individuals to take ownership of their lives, direct them toward the fulfillment they seek, and gain the skills to choose attitude, thought, and action. The first five guidelines are referred to as the yamas—a Sanskrit word that translates to "restraints"—and encompass nonvi...
**Shakti: An Introduction to Kundalini Maha Yoga (2nd Edition)**

Shri Dhyanyogi Madhusudandasji, Shri Anandi Ma Pat...
9781883879082, 1883879086
Pub Date: 7/1/00
$16.00/$18.00 Can. Discount Code: LON
161 pages
Trade Paperback
Health & Fitness / Yoga
Ctn Qty: 32
6 in W | 9 in H | 0.5 in T | 1 lb Wt

**Summary:**
Describing the nature of the universal divine energy of Kundalini and its relationship to spiritual growth, Shri Dhyanyogi Madhusudandasji, a great saint of India and a master of Kundalini Maha yoga, explains how to awaken this dormant energy in spiritual aspirants. In this new edition, Shri Dhyanyogiji shares his energy, wisdom, and technical knowledge of this sacred tradition, making it accessible to both the beginning and the more advanced student of yoga. Featuring helpful charts and diagrams of the chakra system and the 18 major n...

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**10 Minute Yoga**

Sara Kirkham
9781444138962, 1444138960
Pub Date: 4/1/12
$6.95/$7.95 Can. Discount Code: LON
128 pages
Trade Paperback
Health & Fitness / Yoga
Series: Bullet Guides
Territory:
Ctn Qty: 100
6 in W | 4 in H | 0.2 lb Wt

**Summary:**
The perfect ten-minute kick start to relieving stress, increasing flexibility, feeling healthier, and getting fit—fast!

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**Children Who Have Lived Before: Reincarnation Today**

Trutz Hardo
9781844132980, 1844132986
Pub Date: 8/1/05, On Sale Date: 9/27
$22.95/$25.95 Can. Discount Code: LON
256 pages
Trade Paperback
Body, Mind & Spirit / Reincarnation
Ctn Qty: 40
5.3 in W | 8.3 in H | 0.8 in T | 0.6 lb Wt

**Summary:**
In this book, children from all around the world remember their past lives, and eminent scientists explain how many of these children’s stories have been followed up to verify whether their statements have any foundation in fact. Incredibly, when subjected to scientific investigation, children’s memories about their past lives can invariably be confirmed in every detail. Supported by overwhelming scientific evidence, the children’s stories in this book suggest that reincarnation is a reality for us all. Whether they are from England, E...

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**Journeys Through Time: Uncovering My Past Lives**

Jenny Cockell
9780749929442, 0749929448
Pub Date: 11/1/10
$15.95 Discount Code: LON
304 pages
Trade Paperback
Body, Mind & Spirit / Reincarnation
Ctn Qty: 40
5 in W | 8 in H | 0.8 in T | 0.6 lb Wt

**Summary:**
From the author of *Yesterday’s Children*, an update on her research into her past lives

Jenny Cockell has always had memories of living before. In her first book, *Yesterday’s Children*, she described her search for the past life family which had haunted her from her earliest childhood. She remembered living as Mary Sutton, an Irishwoman who had died over 20 years before she was born. She gave an extraordinary account of how she successfully found Mary’s surviving children, and was reunited with them in the present. Here she brings reader...
**IPG Body, Mind, Spirit Titles Fall 2015**

**What Happens Next?**
9781921295324, 1921295325
Pub Date: 11/1/10
$15.95/$17.95 Can. Discount Code: LON
160 pages
Trade Paperback
Body, Mind & Spirit / Reincarnation
Series: What Happens Next?

**Summary:**
A psychic channeler offers comfort to those who have lost a loved one

Everyone is affected by the death of a loved one at some stage in their lives, and this simple, comforting guide helps those who are grieving find the information and reassurance they seek. Whether it's the loss of a family member, a close friend, or a beloved pet, it is a difficult thing to go through. The questions that are answered here are those that author Jade-Sky—a professional medium—is asked time and again by clients, friends, and audience members at her eve...

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**Communicating with Animals: How to Tune into Them Intuitively**
Margrit Coates
9781846043161, 1846043166
Pub Date: 5/1/14, On Sale Date: 6/4,
Ship Date: 5/1/14
$23.95/$32.95 Can. Discount Code: LON
256 pages
Trade Paperback
Nature / Animals / General

**Summary:**
From a leading animal communicator, a heartwarming practical guide to communicating with animals—essential for anyone who loves animals

One of the world’s leading animal communicators and healers, Margrit Coates has many years' experience working closely with species of all kinds, from horses, dogs, and cats to wildlife, rare breeds, and rescue animals. Here she draws upon her very special gift and amazing experiences to help us connect with animals too. Using intuition, insight, and common sense, she shows how to tune into what they ar...

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**Cannabis and the Soma Solution**
Chris Bennett
9780984185801, 0984185801
Pub Date: 9/7/10
$24.95/$27.95 Can. Discount Code: LON
480 pages
Trade Paperback
Social Science / Anthropology / Cultural

**Summary:**
Seeking to identify the plant origins of the early sacramental beverages Soma and Haoma, this study draws a connection between the psychoactive properties of these drinks and the widespread use of cannabis among Indo-Europeans during this time. Exploring the role of these libations as inspiration for the Indian Rig Veda and the Persian Avestan texts, this examination discusses the spread of cannabis use across Europe and Asia, the origins of the Soma and Haoma cults, and the shamanic origins of modern religion.

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**Life Signs: Let the Power of the Stars Guide You to Success**
Claire Petulengro
9780330460637, 0330460633
Pub Date: 1/1/09
$19.95 Discount Code: LON
352 pages
Trade Paperback
Body, Mind & Spirit / Astrology / General

**Summary:**
Popular astrologer Claire Petulengro has many years experience of advising her clients on how to handle life's highs and lows, and now she shares her knowledge. Whether you are a Pisces who goes dramatically off the rails in response to a problem, or a Scorpio who turns disaster into an opportunity, understanding your sign's strengths and weaknesses will help you deal with life's challenges. Covering love and relationships, this book will help you find and recognize your soul mate, work out how to deal with your ex, and understand fami...
**Life Signs: Let the Power of the Stars Guide You to Success**  
Claire Petulengro  
9780330460644, 0330460641  
Pub Date: 2/1/10  
$11.95Discount Code: LON  
320 pages  
Trade Paperback  
Body, Mind & Spirit / Astrology /  
General  
Ctn Qty: 1  
4.5 in W | 7 in H | 0.9 in T

**Summary:**  
One of Britain’s most popular astrologers, Claire Petulengro has many years experience of advising her clients on how to handle life's highs and lows. Now she shares her knowledge with us all. Whether you are a Pisces who goes dramatically off the rails in response to a problem, or a Scorpio who turns disaster into an opportunity, understanding your sign's strengths and weaknesses will help you deal with life's challenges. Covering love and relationships, this book will help you find and recognize your soulmate, work out how to deal wi...

**Magi: Uncovering the Secret Society That Read the Birth of Jesus in the Stars**  
Adrian Gilbert  
9781931229258, 1931229252  
Pub Date: 9/1/02  
$16.95/$25.95 Can.Discount Code: LON  
336 pages  
Trade Paperback  
Body, Mind & Spirit / Astrology /  
General  
Ctn Qty: 33  
5.5 in W | 8 in H | 0.9 in T | 0.8 lb Wt

**Moon Time: The Art of Harmony with Nature and Lunar Cycles**  
Johanna Paungger, Thomas Poppe  
9781844133000, 1844133001  
Pub Date: 5/1/05, On Sale Date: 1/17  
$23.95/$32.95 Can.Discount Code: LON  
371 pages  
Trade Paperback  
Body, Mind & Spirit / Astrology /  
General  
Ctn Qty: 28  
5.3 in W | 8.3 in H | 1.2 in T | 0.9 lb Wt

**Star Parenting: What Astrology Reveals About Your Child’s Personality and Potential**  
Sherrynne Dalby  
9781741757668, 1741757665  
Pub Date: 7/20/10  
$21.95/$25.95 Can.Discount Code: LON  
290 pages  
Trade Paperback  
Body, Mind & Spirit / Astrology /  
General  
Ctn Qty: 44  
5 in W | 8 in H | 0.9 in T | 0.6 lb Wt

**Summary:**  
Fun, detailed, and accessible, this guide for parents to their child’s birth sign reveals their strengths, vulnerabilities, and potential  
Parenting can be a tricky business, but help is at hand—this insightful and informative new book will help parents understand the strengths and vulnerabilities of their child, and how to encourage and nurture them and help them thrive—all with a little help from the stars. Packed full of practical tips, this book covers a whole range of parenting issues from toilet training to fun activities aimed at...
Along the Path: The Meditator’s Companion to Pilgrimage in the Buddha’s India and Nepal (2nd Edition)
Kory Goldberg, Michelle Décary
9781938754586, 1938754581
Pub Date: 9/15/13
453 pages
Trade Paperback
Travel / Asia / India
Ctn Qty: 28
5.5 in W | 8.5 in H | 1.2 lb Wt

Summary:
Full of practical and inspiring information for meditators who plan to visit the sacred sites where the Buddha lived and taught in India and Nepal, this unique guidebook provides a rich anthology of stories relating to each of the sites, as well as helpful maps, creative artwork, and spiritual narratives from experienced travelers. Each site entry includes insider information and tips with detailed descriptions of transportation, accommodation, and local cuisine; suggested excursions and activities in the vicinity; and highlights of es...

An Ancient Path: Talks on Vipassana Meditation as Taught by S.N. Goenka
Paul R Fleischman
9781928706533, 1928706533
Pub Date: 1/1/09
$10.95/$10.95 Can.Discount Code: SPT
192 pages
Trade Paperback
Religion / Buddhism / General
5.3 in W | 8.3 in H

Summary:
These lectures given by Dr. Paul Fleischman on Vipassana meditation as taught by S. N. Goenka, explore subjects such as mental health, mindfulness, and cultivating inner peace. They were given to diverse audiences across the world in locations including Boston, Dublin, Madrid, and Vienna. The collection is a valuable introduction to Vipassana meditation, as well as an inspiring resource for those who are already practicing.

Approaching the Dhamma: Buddhist Texts and Practices in South and Southeast Asia
Anne M. Blackburn, PhD, Jeffrey Samuels
9781928706199, 1928706193
Pub Date: 9/1/03
$21.00/$28.00 Can.Discount Code: LON
282 pages
Trade Paperback
Religion / Buddhism / General
Ctn Qty: 44
5.5 in W | 8.5 in H | 0.7 in T | 1 lb Wt

Summary:
Eleven eminent Buddhist studies scholars have contributed essays to this collection, assembled to celebrate the life of the late Sri Lankan scholar, social worker, and meditation master Godwin Samararatne.

Buddhavacana: A Pali Reader
Glenn Wallis
9781928706854, 1928706851
Pub Date: 12/1/10
341 pages
Trade Paperback
Religion / Buddhism / General
7.5 in W | 9.3 in H

Summary:
Encouraging the study of Buddhist canonical literature in Pali, this reader aims to provide a reliable overview of Siddhattha Gotama’s teachings, allowing students to distinguish them from historical changes, additions, and mutations. Sixteen suttas have been selected here for study, each compromising a section of the book. After each sutta are blank pages where students can write down their own renderings; a word-by-word guide to the sutta, with brief grammatical annotations; and, at the end of the book, polished translations of all t...
### Buddhism: The First Millennium

**Daisaku Ikeda, Burton Watson**  
9780977924530, 097792453X  
Pub Date: 6/1/09  
$14.95/$16.95 Can.  
150 pages  
Trade Paperback  
Religion / Buddhism / History  
Series: Soka Gakkai History of Buddhism  
Territory:  
Ctn Qty: 36  
6 in W | 9 in H | 0.6 in T | 0.7 lb Wt  

**Summary:**  
Beginning with the events immediately following the dark days after the death of Shakyamuni and continuing over a period of 1,000 years, this dynamic tome covers a vast and complex series of events and developments in the history of Buddhism. Through a thorough examination of its early development in India, a new light is cast on little-known aspects of Buddhist history and its relevance to the understanding of Buddhism today. Topics include the formation of the Buddhist canon, the cultural exchange between the East and West, and the s...

### Buddhism Day by Day: Wisdom for Modern Life

**Daisaku Ikeda**  
9780972326759, 0972326758  
Pub Date: 11/1/06  
$15.95/$21.95 Can.  
393 pages  
Trade Paperback  
Religion / Buddhism / General  
Ctn Qty: 32  
6 in W | 6 in H | 1 in T | 0.5 lb Wt  

**Summary:**  
With brief, easily absorbed wisdom from the precepts of Nichiren, a 13th-century Buddhist priest, this collection of day-to-day musings can be enjoyed by casual readers and devoted followers alike. Covering a wide span of topics—from life and death to courage and winning—the practical information and encouragement are ideal for those seeking to find a deeper understanding of this ancient philosophy.

### Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children

**Sarah Napthali**  
9781742373775, 1742373771  
Pub Date: 10/1/10  
$19.95/$23.95 Can.  
240 pages  
Trade Paperback  
Religion / Buddhism / General  
Ctn Qty: 24  
5.5 in W | 8.5 in H | 0.7 in T | 0.6 lb Wt  

**Summary:**  
Firmly grounded in the day-to-day reality of being a mother, this revolutionary guide discusses Buddhist teachings as applied to the everyday challenges of bringing up children. Teaching how to become a calmer and happier mother through Buddhist teachings, this enlightened book helps mothers achieve their full potentials to be with their children in the all-important present moment, as well as to gain the most possible joy out of being with them. Parenthood can be a time of great inner turmoil for a woman—yet parenting books invariably...

### Buddhism for Mothers of Schoolchildren: Finding Calm in the Chaos of the School Years

**Sarah Napthali**  
9781741756975, 1741756979  
Pub Date: 7/1/10  
$19.95/$23.95 Can.  
258 pages  
Trade Paperback  
Religion / Buddhism / General  
Ctn Qty: 20  
5.5 in W | 8.5 in H | 0.8 in T | 0.7 lb Wt  

**Summary:**  
Raising school children is a radically different experience from tending children under the age of five. With children at school, life is both easier and harder and there are very different challenges on the horizon—mothers are often thinking of going back to work, or juggling work–life balance issues. They are questioning what they want out of life, how they want to interact with the world, and creating new definitions for themselves. Children are more demanding too, asking questions, testing boundaries, and beginning to define themse...
**Chronicles of Dhamma: Selected Articles from the Vipassana Newsletter**

_S. N. Goenka, Ian Heatherington_

9781928706465, 1928706460  
Pub Date: 8/1/12  
$16.95/$16.95 Can.  
Discount Code: SPT  
262 pages  
Trade Paperback  
Religion / Buddhism / Rituals & Practice  
Ctn Qty: 15  
7.5 in W | 9.5 in H | 1.1 lb Wt

**Summary:** This collection of articles from the Vipassana Newsletter provides unique insights into the history of Vipassana meditation as taught by S. N. Goenka from the time he left Burma in 1969 to go to India until the present. The newsletters also provide a vehicle to present the teachings of the Buddha, and encourage students as to how Vipassana can be integrated into everyday life. The articles are divided into five general categories. The first is “Vipassana Teachings,” starting with the Buddha’s first discourse. The second is “Messenger o...
**Excursions into the Thought-World of the Pali Discourses**

*By Bhikkhu Analayo*

**Summary:**
For those who approach Buddhism as a system of mental development, this book is a reliable and accessible guide to understanding the significance of themes from the Pali discourses. Themes include grasping, right view, craving, passion, contemplation of feeling, happiness, and liberation. A rare combination of scholarly rigor and extensive meditation experience from the author provides veracity to these studies and explorations.

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**On Living Life Well: Echoes of the Words of the Buddha from the Theravada Tradition**

*By John Ross Carter*

**Summary:**
Bringing together talks by internationally known Buddhist scholars, this collection presents complex Buddhist insights about living a freer life through the principles of the Noble Eightfold Path. Set in the context of Sri Lankan culture, topics include psychological well-being, the basis for ethical living, discerning meaning in this life, and the centrality of meditation. Also featured are ways to respond constructively to global human foibles and explanations of ancient religious practices still current today.

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**Realizing Change: Vipassana Meditation in Action**

*By Ian Hetherington*

**Summary:**
A warm and stimulating book, this text describes the India into which the Buddha was born, recounts what is known of his life and the development of his teachings, and then follows the course of Buddhism through succeeding centuries in India and Sri Lanka. Far from being a recluse concerned only with an inner mystical experience, the Buddha always involved himself closely in the social and political world of his time. If he preached detachment from many of the things by which ordinary men are tied, he did so as a means of enriching lif...
**The Buddha in Your Mirror: Practical Buddhism and the Search for Self**

Woody Hochswender, Greg Martin, Ted Morino

9780967469782, 0967469783

Pub Date: 10/1/01

$14.00/$21.00 Can.

Discount Code: LON

248 pages

Trade Paperback

Religion / Buddhism / General

Ctn Qty: 36

5.5 in W | 8.5 in H | 0.8 in T | 0.8 lb Wt

**Summary:**

While the notion that "happiness can found within oneself" has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one's health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

**The Buddha's Path to Deliverance: A Systematic Exposition in the Words of the Sutta Pitaka**

Nyanatiloka Thera

9781928706182, 1928706185

Pub Date: 7/3/02

$12.95/$12.95 Can.

Discount Code: SPT

250 pages

Trade Paperback

Religion / Buddhism / Theravada

**Summary:**

A classic entry in the Pali canon, this anthology charts the entire course of spiritual development as prescribed in the most ancient Buddhist texts. Drawing upon the Buddha's own words from Sutta Pitaka, they are arranged in accordance with two overlapping schemes of practice: the threefold training in virtue, concentration, and wisdom, and the seven stages of purification. A lengthy chapter on concentration provides sutta sources for all 40 classical subjects of meditation, while a chapter on wisdom cites texts relating to the development of samatha.

**The Flower of Chinese Buddhism**

Daisaku Ikeda, Burton Watson

9780977924547, 0977924548

Pub Date: 11/1/09

$14.95/$16.95 Can.

Discount Code: LON

176 pages

Trade Paperback

Religion / Buddhism / History

Series: Soka Gakkai History of Buddhism

Ctn Qty: 36

6 in W | 9 in H | 0.6 in T | 0.7 lb Wt

**Summary:**

Beginning with the introduction of the religion into China, this chronicle depicts the evolution of Buddhism. The career and achievements of the great Kumarajiva are investigated, exploring the famed philosophical treatises that form the core of East Asian Buddhist literature. Providing a useful and accessible introduction to the influential Tien-t'ai school of Buddhism in Japan as well as the teachings of the 13th-century monk Nichiren, this examination places special emphasis on the faith of the Lotus Sutra and the major works of mas...

**The Living Buddha: An Interpretive Biography**

Daisaku Ikeda, Burton Watson

9780977924523, 0977924521

Pub Date: 10/1/08

$14.95/$16.95 Can.

Discount Code: LON

150 pages

Trade Paperback

Religion / Buddhism / History

Series: Soka Gakkai History of Buddhism

Ctn Qty: 32

6 in W | 9 in H | 0.5 in T | 1 lb Wt

**Summary:**

An intimate portrayal of one of history's most important and obscure figures, the Buddha, this chronicle reveals him not as a mystic, but a warm and engaged human being that was very much the product of his turbulent times. This biographical account traces the path of Siddhartha Gautama as he walked away from the pleasure palace that had been his home and joined a growing force of wandering monks, ultimately making his way towards enlightenment beneath the bodhi tree, and spending the next 45 years sharing his insights along the banks ...
**The Noble Eightfold Path: Way to the End of Suffering**

*Bhikkhu Bodhi*

9781928706076, 192870607X

Pub Date: 4/1/06

$9.95/$13.95 Can.

Discount Code: LON

144 pages

Trade Paperback

Religion / Buddhism / General

Ctn Qty: 108

4.5 in W | 7.8 in H | 0.4 in T | 0.4 lb Wt

**Summary:**

This book offers a clear, concise account of the Eightfold Path prescribed to uproot and eliminate the deep underlying cause of suffering—ignorance. Each step of the path is believed to cultivate wisdom through mental training, and includes an enlightened and peaceful middle path that avoids extremes. The theoretical as well as practical angles of each of the paths—right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration—are illustrated through examples from con...

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**The Path of Purification: Visuddhimagga**

*Bhadantacariya Buddhaghosa, Bhikkhu Ñanamoli*

9781928706007, 1928706002

Pub Date: 9/1/03

$59.95/$75.00 Can.

Discount Code: LON

950 pages

Hardcover

Religion / Buddhism / Sacred Writings

Ctn Qty: 12

6 in W | 9 in H | 3 in T | 3.1 lb Wt

**Summary:**

One of Buddhism’s foundational texts, the Visuddhimagga is a systematic examination and condensation of Buddhist doctrine and meditation technique. The various teachings of the Buddha found throughout the Pali canon are organized in a clear, comprehensive path leading to the final goal of nibbana, the state of complete purification. Originally composed in the fifth century, this new translation provides English speakers insights into this foundational text. In the course of this treatise full and detailed instructions are given on 40 s...

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**The Vision of Dhamma: Buddhist Writings of Nyanaponika Thera**

*Bhikkhu Bodhi, Erich Fromm*

9781928706038, 1928706037

Pub Date: 9/1/00

$19.00/$26.00 Can.

Discount Code: LON

368 pages

Trade Paperback

Religion / Buddhism / General

Ctn Qty: 26

5.5 in W | 8.5 in H | 0.7 in T | 1 lb Wt

**Summary:**

Written by a Westerner whose life experience was as a Buddhist monastic, this collection of essays conveys a friendly spirit, in the manner of a wise and practical teacher.
The Way to Ultimate Calm
Webu Sayadaw, Roger Bischoff
9781938754470, 1938754476
Pub Date: 12/1/13
$9.95/$9.95 Can. Discount Code: SPT
173 pages
Trade Paperback
Religion / Buddhism / Rituals & Practice
Ctn Qty: 44
6 in W | 9 in H | 0.6 lb Wt

Summary: A wide number of discourses by one of the outstanding Burmese meditation masters of the 20th century is brought together in this pivotal Vipassana collection. It is a deeply inspiring look at Webu Sayadaw, who spent his life teaching the practical basics of the Buddha’s teaching to all who were inclined to listen. Sayadaw stressed that actual meditation practice was the only way to truly understand the teachings of the Buddha. His refreshing simplicity, his patience, his lovely sense of humor, and his humility—all of which are revealed...

Unlocking the Mysteries of Birth & Death: . . . And Everything in Between, A Buddhist View Life (2nd Edition)
Daisaku Ikeda
9780972326704, 0972326707
Pub Date: 1/1/04
$15.00/$23.00 Can. Discount Code: LON
224 pages
Trade Paperback
Religion / Buddhism / General
Ctn Qty: 32
5.5 in W | 8.5 in H | 0.6 in T | 1 lb Wt

Summary: Is there more to Buddhism than sitting in silent meditation? Is modern Buddhism relevant to the problems of daily life? Does it empower individuals to transform their lives? Or has Buddhism become too detached, so still and quiet that the Buddha has fallen asleep? Waking the Buddha tells the story of the Soka Gakkai International, the largest, most dynamic Buddhist movement in the world today—and one that is waking up and shaking up Buddhism so it can truly work in ordinary people’s lives. Drawing on his long personal experience as a B...

Waking the Buddha: How the Most Dynamic and Empowering Buddhist Movement in History Is Changing Our Concept of Religion
Clark Strand
9780977924561, 0977924564
Pub Date: 5/1/14, Ship Date: 5/1/14
$14.95/$16.95 Can. Discount Code: LON
192 pages
Trade Paperback
Religion / Buddhism / History
Ctn Qty: 48
5.5 in W | 8.5 in H | 0.5 lb Wt

Summary: Is there more to Buddhism than sitting in silent meditation? Is modern Buddhism relevant to the problems of daily life? Does it empower individuals to transform their lives? Or has Buddhism become too detached, so still and quiet that the Buddha has fallen asleep? Waking the Buddha tells the story of the Soka Gakkai International, the largest, most dynamic Buddhist movement in the world today—and one that is waking up and shaking up Buddhism so it can truly work in ordinary people’s lives. Drawing on his long personal experience as a B...

Warrior Origins: The Historical and Legendary Links Between the Bodhidharma’s, Shaolin Kung-Fu, Karate and Ninjutsu
Hutan Ashrafian
9780750956185, 0750956186
Pub Date: 10/1/14, Ship Date: 10/1/14
$19.95/$23.95 Can. Discount Code: LON
224 pages
Trade Paperback
Religion / Buddhism / General
Ctn Qty: 24
6 in W | 9 in H | 0.8 lb Wt

Summary: Essential reading for martial arts practitioners and students of Buddhism

This book considers the universal question posed by both martial artists and practitioners of eastern religions regarding the origins of each style or school. It delineates the ancestries of the most famous and popular martial arts worldwide and identifies the legends and the known historical facts regarding the roots of the mainstream arts of Shaolin Kung-Fu, Karate, and Ninjutsu. By doing so it addresses the history of the famous Bodhidharma as the legendary fat...
A Comprehensive Manual of Abhidhamma
Bhikkhu Bodhi
9781928706021, 1928706029
Pub Date: 9/1/03
$24.00/$36.00 Can.Discount Code: LON
400 pages
Trade Paperback
Philosophy / Buddhist
Ctn Qty: 24
5.5 in W | 8.5 in H | 1.1 in T | 1.4 lb Wt

Summary:
This modern translation of the Abhidhammattha Sangaha (Manual of Abhidhamma) offers an introduction to Buddhism’s fundamental philosophical psychology. Originally written in the 11th or 12th century, the Sangaha has served as the key to wisdom held in the Abhidhamma. Concisely surveyed are Abhidhamma’s central themes, including states of consciousness and mental factors, the functions and processes of the mind, the material world, dependent arising, and the methods and stages of meditation. This presents an exact translation of the San...

Children of Silence and Slow Time
Ian McCrorie
9781928706458, 1928706452
Pub Date: 7/3/12
$14.95/$14.95 Can.Discount Code: SPT
159 pages
Trade Paperback
Philosophy / Buddhist
Ctn Qty: 24
5.5 in W | 8.5 in H

Summary:
Written with the wisdom, humility, and humor of one who has taken the time to examine themselves and the nature of the human condition, this new collection of story-poems regards concerns of the experienced meditator. The thoughtful and insightful poems serve as both inspiration and motivation to others who are trying to walk the path of self-discovery. Each one serves to nourish the spirit while also providing a fresh kind of sustenance.

Courage
Daisaku Ikeda
9780972326766, 0972326766
Pub Date: 11/1/06
$7.95/$10.95 Can.Discount Code: LON
64 pages
Hardcover
Philosophy / Buddhist
Series: Buddhism For You series
Territory:
Ctn Qty: 32
4.8 in W | 5.5 in H | 0.2 in T | 0.5 lb Wt

Summary:
Based on the tenets of the Japanese monk Nichiren, these guides provide insight and advice on injecting Buddhist philosophies into one’s relationships and spirituality. Drawing on ancient themes of compassion and happiness, these compilations distill the essence of Buddhist scripture. These instructions for applying the readings to modern life will also teach about the many facets of love, determination, courage, and prayer. The concise, easy-to-follow entries are ideal for anyone looking to discover and cultivate a more spiritual life...

Determination
Daisaku Ikeda
9780972326780, 0972326782
Pub Date: 11/1/06
$7.95/$10.95 Can.Discount Code: LON
64 pages
Hardcover
Philosophy / Buddhist
Series: Buddhism For You series
Territory:
Ctn Qty: 32
4.8 in W | 5.5 in H | 0.2 in T | 0.5 lb Wt

Summary:
Based on the tenets of the Japanese monk Nichiren, these guides provide insight and advice on injecting Buddhist philosophies into one’s relationships and spirituality. Drawing on ancient themes of compassion and happiness, these compilations distill the essence of Buddhist scripture. These instructions for applying the readings to modern life will also teach about the many facets of love, determination, courage, and prayer. The concise, easy-to-follow entries are ideal for anyone looking to discover and cultivate a more spiritual life...
Love
Daisaku Ikeda
9780972326773, 0972326774
Pub Date: 11/1/06
$7.95/$10.95 Can.Discount Code: LON
64 pages
Hardcover
Philosophy / Buddhist
Series: Buddhism For You series
Territory:
Ctn Qty: 32
4.8 in W | 5.5 in H | 0.2 in T | 0.5 lb Wt
Summary:
Based on the tenets of the Japanese monk Nichiren, these guides provide insight and advice on injecting Buddhist philosophies into one's relationships and spirituality. Drawing on ancient themes of compassion and happiness, these compilations distill the essence of Buddhist scripture. These instructions for applying the readings to modern life will also teach about the many facets of love, determination, courage, and prayer. The concise, easy-to-follow entries are ideal for anyone looking to discover and cultivate a more spiritual life...

Prayer
Daisaku Ikeda
9780972326797, 0972326790
Pub Date: 11/1/06
$7.95/$10.95 Can.Discount Code: LON
64 pages
Hardcover
Philosophy / Buddhist
Series: Buddhism For You series
Territory:
Ctn Qty: 32
4.8 in W | 5.5 in H | 0.2 in T | 0.5 lb Wt
Summary:
Based on the tenets of the Japanese monk Nichiren, these guides provide insight and advice on injecting Buddhist philosophies into one's relationships and spirituality. Drawing on ancient themes of compassion and happiness, these compilations distill the essence of Buddhist scripture. These instructions for applying the readings to modern life will also teach about the many facets of love, determination, courage, and prayer. The concise, easy-to-follow entries are ideal for anyone looking to discover and cultivate a more spiritual life...

The Moon Appears When the Water Is Still: Reflections of the Dhamma
Ian McCrorie, Andre Martel
9781928706175, 1928706177
Pub Date: 9/1/03
$13.95/$20.95 Can.Discount Code: LON
116 pages
Trade Paperback
Philosophy / Buddhist
Ctn Qty: 108
5.5 in W | 8.5 in H | 0.3 in T | 0.4 lb Wt
Summary:
Describing the direct contact between the living and the deceased, this collection was undertaken without the intervention of an intermediary such as a psychic or medium. A product of years of painstaking work researching the phenomenon of ADC, this extraordinary work collects hundreds of deeply poignant, firsthand accounts from those who have been directly contacted by deceased loved ones. The reader is left to decide whether or not these are mere hallucinations or if they are manifestations of something more significant. Response to ...

After-Death Communication
Emma Heathcote-James, Judy Guggenheim
9781844545148, 1844545148
Pub Date: 9/1/08
$13.95/$15.95 Can.Discount Code: LON
256 pages
Trade Paperback
Body, Mind & Spirit / Channeling
Ctn Qty: 32
4.5 in W | 7 in H | 0.7 in T | 1 lb Wt
Summary:
Describing the direct contact between the living and the deceased, this collection was undertaken without the intervention of an intermediary such as a psychic or medium. A product of years of painstaking work researching the phenomenon of ADC, this extraordinary work collects hundreds of deeply poignant, firsthand accounts from those who have been directly contacted by deceased loved ones. The reader is left to decide whether or not these are mere hallucinations or if they are manifestations of something more significant. Response to ...
**After-Death Communication**

Emma Heathcote-James, Judy Guggenheim

9781843583882, 1843583887

Pub Date: 2/1/12

$12.95/$14.95 Can. Discount Code: LON

242 pages

Trade Paperback

Body, Mind & Spirit / Channeling

Ctn Qty: 48

5 in W | 8 in H | 0.4 lb Wt

**Summary:**

Containing testimonies from people from all walks of life, including such celebrities as Paul McCartney and Robbie Williams, this is both a glimpse into a wider spiritual reality and a practical guide to communicating with the deceased.

Describing the direct contact between the living and the deceased, this collection was undertaken without the intervention of an intermediary such as a psychic or medium. A product of years of painstaking work researching the phenomenon of after-death communication (ADC), this extraordinary work collects...

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**Amazing Encounters with Those Who Have Passed Over: And What They Teach Us About Life After Death**

Georgina Walker

9781741757620, 1741757622

Pub Date: 4/1/10

$15.95/$17.95 Can. Discount Code: LON

192 pages

Trade Paperback

Body, Mind & Spirit / Channeling

Ctn Qty: 35

5 in W | 7 in H | 0.7 in T | 0.4 lb Wt

**Summary:**

Packed with real-life encounters with the paranormal, this heart-warming book from Georgina Walker shares the remarkable stories of everyday people who have experienced shocking and unexpected moments of magic with loved ones beyond the grave. Each story contains invaluable insights into the spirit world, showing how those who have passed on continue to take an active interest in the lives of the living. Stories include accounts of loving guidance offered by departed loved ones as well as funny and endearing incidents that will inspire...

---

**Call Me When You Get to Heaven: Our Amazing True Story of Messages From the Other Side**

Jacky Newcomb, Madeline Richardson

9780749956615, 0749956615

Pub Date: 11/3/11

$13.95 Discount Code: LON

236 pages

Trade Paperback

Body, Mind & Spirit / Channeling

Ctn Qty: 40

5 in W | 8 in H | 0.5 lb Wt

**Summary:**

In this fascinating and moving memoir, sisters Jacky and Madeline share the communications they have received from their beloved father, Ron, since he passed away in February 2008. Ron reaches out to them from 'the other side' to show his family that there most certainly is life after death. Ron visits family and friends in dreams, shows them the future in visions, and plays havoc with door bells, light switches and alarms. He reaches out to them to prove that he is safe in the afterlife, and to offer reassurance and guidance from beyo...

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**Postcards from the Other Side**

Ezio De Angelis, Michelle De Angelis

9781742379968, 1742379966

Pub Date: 9/1/12

$22.95/$25.95 Can. Discount Code: LON

240 pages

Trade Paperback

Body, Mind & Spirit / Channeling

Ctn Qty: 32

6 in W | 9.5 in H | 1 lb Wt

**Summary:**

A powerful new book for our successful "talking to dead people" genre by two of Australia's top psychics.

When T.J. an inner city Sydney teen gets into a fight with a group of boys and is stabbed to death, it's far from the end of his story. Through an amazing series of events Ezio and Michelle begin to receive messages from T.J. reflecting back on his life and telling of his many intriguing experience of life beyond death. Woven through this compelling account are a wealth of stories from those who have passed over. Meet Jenny who gets...
**Psychic Secrets**

**Psychic Secrets** is an easy to follow guide the explains how to develop psychic skills through practical exercises.

**Summary:**
An easy to follow guide to developing psychic skills, with practical exercises to expand one's psychic skill set

For readers who are interested in becoming more intuitive or opening up their psychic abilities, this guide to using one's sixth sense can help them navigate their way through life with a bit of help and guidance. It offers information about the spiritual world, how to become more attuned to it, and how it affects the physical world. It helps readers to meet their spirit guides, to open themselves up psychically, to see and...

**Voices from Paradise**

**Summary:**
Death does not respect status or age. It often comes as a thief in the night, unexpectedly robbing the victim of life and leaving friends and relatives bewildered and bereft. Who among us has not lost someone we loved? And who does not long to make contact with that loved person again - to know that they still live, but in another dimension? After the sudden death of her son Paul, Judith Chisholm learned that death is not the end, but a change of form. That our loved ones are waiting for us a heartbeat away in another world. She tells t...

**Raising Children Compassionately**

**Summary:**
Your search for parenting tips that actually improve your family dynamics is over. While other parenting resources offer communication models or discipline techniques, this powerful, practical booklet offers the unique skills and perspective of the Nonviolent Communication (NVC) process. NVC stresses the importance of putting compassionate connection first to create a mutually respectful, enriching family dynamic filled with clear, heartfelt communication. An exceptional resource for parents, parent educators, families and anyone else ...

**Beads of Faith**

**Summary:**
The practice of the rosary in various faiths is thoroughly covered in this stunning book and its accompanying DVD. For background, the commentary explains that the word "bead" has an interfaith origin: it comes from both the Sanskrit "Buddh," which refers to self-realization (the Buddha is the "Enlightened One"); and it also derives from the Saxon verb "bidden," meaning to pray. The rosaries pictured are made from such materials as rose petals, chunks of Tibetan amber, exquisitely carved Italian coral, and silken Turkish tassels. One s...
Getting Past the Pain Between Us: Healing and Reconciliation Without Compromise
Marshall B. Rosenberg
9781892005076, 1892005077
Pub Date: 9/1/04
$8.95/$9.95 Can.Discount Code: LON
48 pages
Trade Paperback
Family & Relationships / Conflict Resolution
Series: Nonviolent Communication Guides

Summary:
In this important and insightful work, Marshall B. Rosenberg, PhD, demonstrates the powerful healing potential of the Nonviolent Communication (NVC) process. You can transform emotional pain, depression, shame, and conflict into empowering connections. Rosenberg shares that behind all emotional pain are unmet needs. He provides simple steps to create the heartfelt presence necessary for healing to occur. Learn how to transform your relationships, find satisfying reconciliation, and move beyond pain to a place of clear, honest communication.

Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion
Mary Mackenzie
9781892005199, 1892005190
Pub Date: 10/28/05
$19.95/$21.95 Can.Discount Code: LON
390 pages
Trade Paperback
Family & Relationships / Conflict Resolution

Summary:
Each of the 366 meditations in this gathering of wisdom is designed to move readers away from turmoil, strife, and divisiveness and lead them toward peace, resolution, and cooperation. This shift in consciousness is challenging, but with the words and ideas of this book, readers can assemble a collection of practical tools for peaceful living. The learned behaviors of cynicism, resentment, and getting even are replaced with the skills of Nonviolent Communication, including recognizing one's needs and values and making choices in alignment.

We Can Work It Out: Resolving Conflicts Peacefully and Powerfully
Marshall B. Rosenberg
9781892005120, 1892005123
Pub Date: 9/1/04
$7.95/$8.95 Can.Discount Code: LON
32 pages
Trade Paperback
Family & Relationships / Conflict Resolution
Series: Nonviolent Communication Guides

The Most Dangerous Book in the World: 9/11 as Mass Ritual
S. K. Bain, Peter Levenda
9781937584177, 1937584178
Pub Date: 9/11/12
$24.95/$26.95 Can.Discount Code: LON
376 pages
Trade Paperback
Social Science / Conspiracy Theories

Summary:
In this shocking exposé, investigative researcher and author S. K. Bain explores the inconsistencies, coincidences, and historical precedents of the events of September 11, 2001, and reconstructs an occult-driven script for a Global Luciferian MegaRitual. Bain argues forcefully that the framework for the entire event was a psychological warfare campaign built upon a deadly foundation of black magick and high technology. The book details a view of the sinister nature of the defining event of the 21st century and opens a window into the ...
**Clairvoyant Reading Cards**
Elaine Marson, Belinda Grace
9781925017427, 1925017427
Pub Date: 9/15/15, Ship Date: 9/15/15
$18.95/$22.95 Can.
Discount Code: LON
88 pages
Cards
Body, Mind & Spirit / Divination / Tarot
Ctn Qty: 32
5 in W | 7 in H

**Summary:**
A beautiful oracle card set based upon the book *You Are Clairvoyant*

All 36 oracle cards are beautifully illustrated to be uplifting and helpful, and with illustrations developed using layers of watercolor, colored pencils, and inks to produce images rich in color saturation and texture. They come with a booklet with simple card layouts: Divine Guidance for Specific Issues and Questions, A Daily Message from Your Angels and Guides, The Priority Layout, and The Big Picture Layout. This true oracle will take you by the hand and will show y...

**Great Relationships Begin Within : Self-Inquiry Divination Deck**
Maryanne Comaroto-Raynal, David Raynal
9780974661032, 0974661031
Pub Date: 1/1/11
$17.95/$18.95 Can.
Discount Code: SPT
55 pages / Card Deck Included
Trade Paperback
Body, Mind & Spirit / Divination / General
Ctn Qty: 32
4 in W | 5.5 in H | 1.3 in T | 1 lb Wt

**Summary:**
This 55 card deck and accompanying booklet captures the essence of what it takes to attract and create a healthy, fulfilling, sustainable relationship through the daily practice of self-inquiry. Using this set, the reader is freed to see beyond the old paradigm of bartering for survival, instead cultivating honesty, compassion, respect, and trust to foster loving relationships as the preferred way of life. The deck is based on thousand year old spiritual laws—numerology, psychology, and tarot—and provides a plethora of potential revela...

**Tarot Decoded**
E. J. Gold
9780895561381, 0895561387
Pub Date: 10/1/15, Ship Date: 10/1/15
$24.95/$29.95 Can.
Discount Code: LON
200 pages
Trade Paperback
Body, Mind & Spirit / Divination / Tarot
Territory: WOR
Ctn Qty: 30
8.5 in W | 11 in H

**Summary:**
A manual for the tarot card novice that shows how to set up the first tarot card layout and begin to give tarot readings

This simple, step-by-step guide to beginning tarot readings contains diagrams of the card layouts and a discussion of all of the cards in the tarot deck. The book's method is to present a card-sized outline on each page in which the reader can place the appropriate card from his/her tarot deck. A general meaning is given, and the reader is invited to study each card and expand the associations with the cards in a per...

**The Bohemian Animal Tarot**
Scott Alexander King, Sharon McLeod
9781921878602, 1921878606
Pub Date: 4/1/15, Ship Date: 4/1/15
$34.95/$41.95 Can.
Discount Code: LON
240 pages / 80 cards
Cards
Body, Mind & Spirit / Divination / Tarot
Ctn Qty: 12
6.5 in W | 8 in H | 1.8 lb Wt

**Summary:**
With beautiful illustrations by a renowned artist, this book and card boxed set, presented shrinkwrapped in a magnetic box, offers a totally unique Tarot experience

Representing our archetypal aspects as part human and part animal, this Tarot explores the fundamental types of people and life situations entrenched in the collective psyche of all people. The humanistic qualities of the Major Arcana may also symbolically represent our emotional and spiritual development from the newborn infant to adult, while the animalistic side could be...
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<td>Anne Jirsch, Paul McKenna</td>
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<td>The Tarot Revealed : A Beginner's Guide</td>
<td>Paul Fenton-Smith</td>
<td>9781741752595, 1741752590</td>
<td>2/23/10</td>
<td>$22.95/$25.95</td>
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<td>True Love Reading Cards : Attract and Create the Love You Desire</td>
<td>Belinda Grace, Lori Banks</td>
<td>9781925017410, 1925017419</td>
<td>1/1/16, Ship Date: 1/1/16</td>
<td>$18.95/$22.95</td>
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<td>World Animal Dreaming Oracle Cards</td>
<td>Scott Alexander King, Karen Branchflower</td>
<td>9781921878787, 1921878789</td>
<td>5/1/15, Ship Date: 5/1/15</td>
<td>$24.95/$29.95</td>
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<td>5 in W</td>
<td>6.5 in H</td>
<td>1 lb Wt</td>
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### Dream Reading Cards: Discover the Purpose of Your Dreams

**By:** Rose Inserra  
**ISBN:** 9781925017106, 1925017109  
**Pub Date:** 5/1/15, **Ship Date:** 5/1/15  
**Price:** $22.95/$27.95  
**Pages:** 119  
**Format:** Cards  

**Summary:** Shrinkwrapped within a magnetic box, this gorgeous set of 52 cards plus booklet will guide you through the symbolic world of dreams—from the author of *The Dictionary of Dreams*. The 22 theme cards offer interpretations of the most common dream scenarios, from flying to intimacy, while the 30 Oracle cards and accompanying guidebook will help the reader interpret secret messages from the subconscious mind and give valuable insights into their personal life. An intuitive self-help tool in helping people face real life issues through dream m...
**Sacred Seed**

Vandana Shiva

9781890350635, 189035063X

Pub Date: 11/1/14, Ship Date: 11/1/14


144 pages

Trade Paperback

Literary Collections / Essays

Ctn Qty: 40

7.5 in W | 7.5 in H | 0.8 lb Wt

**Summary:**

Inspired by physicist and environmental leader Dr. Vandana Shiva, this collection of essays draw on the wisdom of ancient and modern traditions to remind readers of the profound sacredness of the seed—how in its purity, it is the source and renewal of all of life. For centuries the planting of the seed in the earth not only nourished humanity, but also symbolized the mystery of life and the journey of the soul. Yet, modern culture has begun to lose an appreciation of the primal meaning of the seed. Tenderly created from original writing...


Gilly Pickup

9780752489681, 0752489682

Pub Date: 10/1/13

$23.95/$26.95 Can. Discount Code: LON

160 pages

Trade Paperback

History / Europe / Great Britain

Series: A-Z of Curious Territory:

6 in W | 9.5 in H

**Summary:**

An A-Z of eccentric characters, strange events, and curious happenings, this book reveals the amazing and curious history of the city of London. Spooky, gruesome, and weird, but true, things about one of the world’s greatest cities come alive here. Discover London’s tiniest house, a 4,000-year-old mouse made from Nile clay, and the amazing things people leave on London’s trains (including false teeth, a human skull, and even a park bench). Why did a dentist keep his dead wife on view in a shop window? Where did a shopkeeper murder 150 clu...

**Inner Focus, Outer Strength : Using Imagery and Exercise for Health, Strength and Beauty**

Eric Franklin

9780871272881, 0871272881

Pub Date: 9/1/06

$19.95/$26.95 Can. Discount Code: XSH

128 pages

Trade Paperback

Health & Fitness / Exercise

Ctn Qty: 32

7.5 in W | 10 in H | 0.3 in T | 0.5 lb Wt

**Summary:**

The mental technique of imagery—demonstrated, for example, when a dancer pictures a sunflower reaching toward the sun as he/she stretches upward—is thoroughly explained in this guide to daily stress-relieving routines. Movement, coordination, flexibility, and posture are discussed as external characteristics that can be improved significantly with a strong inner focus, and the same conclusion is reached in chapters on the benefits of good mental health for circulation, breathing, and even individual body cells. Practical advice proceed...

**The Mourner’s Book of Faith : 30 Days of Enlightenment**

Alan D. Wolfelt

9781617221620, 1617221627

Pub Date: 3/1/13

$15.95/$17.95 Can. Discount Code: LON

200 pages

Hardcover

Religion / Faith

Series: The Mourner's Book of Series

Territory:

Ctn Qty: 32

5.8 in W | 7.3 in H | 0.9 lb Wt

**Summary:**

Experiencing the death of a loved one can often lead to questioning or abandoning one’s spirituality, yet in this compassionate book, Dr. Alan Wolfelt explains that the essential need to mourn and question the meaning of life and death is not inconsistent with faith but instead is a reflection of an ongoing and ever-deepening relationship with God. The book explores all types of losses and viewpoints, containing favorite quotations on faith from a variety of religious traditions. It explains that the need to mourn and having faith are ...
Dreamtime Reading Cards: Connect with the Ancient Spirit and Nature of Australia
Laura Bowen
9781925017434, 1925017435
Pub Date: 10/1/15, Ship Date: 10/1/15
$18.95/$22.95 Can. Discount Code: LON

Summary:
A set of cards for connecting with the ancient spirit and nature of Australia.

Drawing on the ancient wisdom and spirit of Aboriginal Australia, Laura Bowen has created the Dreamtime Reading Cards using indigenous dot painting techniques. These beautiful cards are powerful meditations, showing you the world with a new pair of eyes and allowing you to connect with spirit. The 36 cards feature the flora and fauna and sacred spaces of land, water, and sky that reflect those that surround us, exist below us, and live above us. Each card cont...

Earth Mother Dreaming: The Modern Guide to Living a Shamanic Life
Scott Alexander King
9781921878534, 1921878533
Pub Date: 6/1/13
$24.95/$27.95 Can. Discount Code: LON

Summary:
A comprehensive, hands-on workbook covering all things metaphysical offers simple, yet practical activities, rituals, and ceremonies to reconnect with nature.

Living in an urbanized, modern society, many have lost day to day contact with the beauty and wisdom of Mother Earth. This guide will help readers to reenergize, reflect, and gain a greater understanding of their connection to natural world. It teaches such nature healing therapies and techniques such as Bach flower remedies and Chakra meditations, as well as ways to forecast the ...

The Wisdom of Water
John Archer
9781741752397, 1741752396
Pub Date: 1/1/10
$22.95/$25.95 Can. Discount Code: LON

Summary:
Exploring the many beautiful and mystical aspects of water, this is an inspirational and moving collection of stories, facts, poems, legends, and insights concerning that most essential of elements. From the healing waters of the Sukayu in Japan to the legendary Golden Lotus tank at Madurai, this is a complete look at the world's most sacred waters and their significance to mankind. The rituals and worships past and present associated with water complete this stirring celebration of the essence of life.

Visions of Nature: Studies on the Theory of Gaia and Culture in Ancient and Modern Times
Fons Elders, David Rothenberg
9789054873587, 9054873582
Pub Date: 10/1/04
$30.00/$33.00 Can. Discount Code: SHO

Summary:
Using the Gaia Theory as a starting point, this survey compares the various ways in which ancient and modern cultures have perceived their environments and the world. From Europe to Japan, from the book of Genesis to Mother Earth, this book travels through both old and new territories, comparing perceptions of nature and its intimate relationship with the cultures in which it flourished.
**Life in the Labyrinth (2nd Edition)**
E. J. Gold, Linda Corriveau
9780895560483, 0895560488
Pub Date: 3/1/91
$19.95/$27.95 Can.Discount Code: LON
276 pages
Trade Paperback
Body, Mind & Spirit
Ctn Qty: 32
5.5 in W | 8.5 in H | 0.7 in T | 0.8 lb Wt

**Summary:**
Collected lectures on shamanism, multi-dimensional reality, time travel, voyaging beyond the ordinary, and exploration of expanded consciousness spaces.

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Marshall B. Rosenberg, Arun Gandhi
9781892005038, 1892005034
Pub Date: 9/1/03
$19.95/$21.95 Can.Discount Code: LON
240 pages
Trade Paperback
Self-Help
Series: Nonviolent Communication Guides
Territory:
Ctn Qty: 38
6 in W | 9 in H | 0.6 in T | 0.9 lb Wt

**Summary:**
Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively? Unfortunately, for centuries our culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.

In this internationally acclaimed text, Marshall Rosenberg offers insightful stories, anec...

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**The Challenge of Enlightenment : Realize Your Inner Potential**
Ryuho Okawa
9780316731492, 0316731498
Pub Date: 4/1/07
$19.95 Discount Code: LON
256 pages
Hardcover
Body, Mind & Spirit
Ctn Qty: 20
5.5 in W | 8.5 in H | 1 in T | 0.5 lb Wt

**Summary:**
A contemporary interpretation of the nature and attainment of enlightenment, written by a highly revered spiritual leader. An excellent introduction to a key tenet of Buddhist thinking. Ryuho Okawa is known for his wisdom, compassion and commitment to educ

---

**The Book of Floating : Exploring the Private Sea (2nd Edition)**
Michael Hutchison, Lee Perry
9780895561183, 0895561182
Pub Date: 1/1/05
$24.95/$34.95 Can.Discount Code: LON
152 pages
Trade Paperback
Body, Mind & Spirit
Series: Consciousness Classics
Territory:
Ctn Qty: 44
6 in W | 9 in H | 0.7 in T | 1 lb Wt

**Summary:**
A thorough and absorbing summary of the healing and therapeutic uses of the floatation tank invented by the author.
**The Buddha Taught Nonviolence, Not Pacifism**

Paul R. Fleischman
9781928706229, 1928706223
Pub Date: 9/1/02
$5.95/$8.95 Can.

**Summary:**
In the aftermath of the terrorist attacks of September 11, this thought-provoking essay explores the Buddha's teaching to find one prescription: not war, not pacifism but nonviolence.

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**The Master Game: Pathways to Higher Consciousness (3rd Edition)**

Robert S. de Ropp, Iven Lourie
9780895561503, 0895561506
Pub Date: 4/1/03
$24.95/$34.95 Can.

**Summary:**
Explores the human psyche and the specific techniques through which one can achieve the highest possible levels of consciousness.

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**The Sacred Unconscious**

Huston Smith
9781887752442, 1887752447
Pub Date: 1/1/01
$14.95/$20.95 Can.

**Summary:**
Through humor and personal anecdotes, Smith explains what unifies all the world's great faith traditions and states that the healing of mind, body, and soul is based on who we are and how we are linked to God.

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**The Way Out Book**

John-Roger, DSS, Paul Kaye
9781936514649, 1936514648
Pub Date: 4/1/13
$24.95/$27.95 Can.

**Summary:**
Offering practical advice on awakening one's spirit and utilizing it in everyday life, this comprehensive guide explores the best ways to find happiness and experience greater fulfillment. Covering an array of timely topics, from psychic influences and living with discernment to taking responsibility for creations and moving past one's dilemmas, sage counsel is provided through a soothing, sensitive voice. Emphasizing the importance of a spiritual focus as a foundation, this insightful audio presents methods for dealing with life's cha...
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<th>Title</th>
<th>Author</th>
<th>ISBN/Price</th>
<th>Publisher</th>
<th>Date</th>
<th>Pages</th>
<th>Format</th>
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<td><strong>Ladder to the Moon : Women in Search of Spirituality</strong></td>
<td>Allegra Taylor</td>
<td>9780852073131, 0852073135</td>
<td>Random House UK</td>
<td>6/1/99</td>
<td>247</td>
<td>Trade Paperback</td>
<td>6.7 in W</td>
<td>9.6 in H</td>
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<tr>
<td><strong>Summary:</strong></td>
<td>In many parts of the world today, there is a gathering of women seeking to reclaim their own direct experience of spiritual vision. The Goddess has become one of the most potent images of our time, and women today are personally recovering their voices. This book takes a personal and anecdotal stance.</td>
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<td><strong>Lamp of the Goddess</strong></td>
<td>Rae Beth</td>
<td>9780709068846, 0709068840</td>
<td>Robert Hale</td>
<td>2/1/01</td>
<td>160</td>
<td>Trade Paperback</td>
<td>5.3 in W</td>
<td>8.4 in H</td>
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<td><strong>Summary:</strong></td>
<td><em>Lamp of the Goddess</em> looks at reincarnation from the viewpoint of a present-day priestess who honors the Deep Feminine, or the Goddess, as Mother of Souls, as well as the Earth Mother of physical existence. Rae Beth has gone within herself for this book of recollections, inner guidance, and ancient teachings, explaining individual reincarnation as a microcosm of Earth’s great cycles of existence. Along with instructions for recalling past lives and developing psychic skills, she gives descriptions of the Otherworld as the land of the Da...</td>
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<td><strong>The Goddess</strong></td>
<td>Teresa Moorey</td>
<td>9780340827956, 0340827955</td>
<td>Hodder &amp; Stoughton</td>
<td>7/1/03</td>
<td>128</td>
<td>Trade Paperback</td>
<td>5 in W</td>
<td>7.9 in H</td>
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<td><strong>Summary:</strong></td>
<td>The Mobius Guides provide a fascinating overview to help readers come to grips with the basic principles, practices, and background of each subject area. Enlightening and fully accessible, these great introductions are ideal for the beginner, or for those who simply want to widen their knowledge in different areas. This guide is a vibrant introduction to the Goddess, covering both the figure of the Goddess Herself and what She can inspire, liberate, and awaken in women and men. It traces Her development, examines Her mythology, and sh...</td>
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<td><strong>A Healing Grove : African Tree Remedies and Rituals for the Body and Spirit</strong></td>
<td>Stephanie Rose Bird</td>
<td>9781556527647, 1556527640</td>
<td>Chicago Review Press</td>
<td>8/1/09</td>
<td>368</td>
<td>Trade Paperback</td>
<td>7.5 in W</td>
<td>9 in H</td>
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<td><strong>Summary:</strong></td>
<td>Reclaiming traditions based on plants and herbs has never been more important than it is today. Widespread use of chemicals, hormones, and additives introduce unknown substances into our bodies. On a larger scale, our future on the planet depends on our ability and willingness to incorporate earth-friendly practices into daily life. Where better to look for natural remedies and soothing rituals than Africa? It is, after all, the Mother Continent, allegedly the birthplace of the entire human race, and the keeper of ancient earth knowled...</td>
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### Diary of a Medical Intuitive: One Woman's Eye-Opening Journey from No-Nonsense E.R. Nurse to Open-Hearted Healer and Visionary

*Christel Nani*

- **Pub Date:** 9/1/04
- **Price:** $13.95/$19.95
- **Format:** Trade Paperback
- **Category:** Health & Fitness / Alternative Therapies
- **Size:** 5.5 in W | 8.5 in H | 0.6 in T | 0.6 lb Wt

**Summary:**
A native New Yorker and die-hard skeptic offers a personal look at the development of her medical intuition while serving as a trauma nurse in this riveting memoir. Twenty-five case studies with patients suffering from heart disease, breast cancer, prostate cancer, multiple sclerosis, adult onset diabetes, and other illnesses document the emotional and physiological causes behind patients' symptoms. The interaction of a person's energy system with health and illness is discussed in detail, as are the revelations that medical intuition ...

### 5 Stages of Health

*Dr Ross Walker*

- **Pub Date:** 4/10/12
- **Price:** $29.95/$35.95
- **Format:** Trade Paperback
- **Category:** Health & Fitness / Healing
- **Size:** 6 in W | 9.5 in H | 0.9 lb Wt

**Summary:**
In the *Five Stages of Healing*, respected cardiologist and media personality Dr Ross Walker takes you through the five stages you need to incorporate into your life to be truly healthy and healed. How many of you reading this feel trapped in your life? How many have constant niggles, maybe a chronic complaint, can't lose weight, feel persistently tired and often stressed? If you ticked the box to any of these, there is something in this book for you.

### Arrente Traditional Healing

*Veronica Perrurle Dobson*

- **Pub Date:** 9/1/07
- **Price:** $22.95/$25.95
- **Format:** Trade Paperback
- **Category:** Body, Mind & Spirit / Healing / Prayer & Spiritual
- **Size:** 6 in W | 9 in H | 0.3 in T | 0.6 lb Wt

**Summary:**
Veronica Perrurle Dobson is a widely respected Arrernte elder and noted translator, interpreter and teacher of the Arrernte language. She has drawn on her own cultural knowledge and that of other elders and senior healers in the Arrernte community around Mparntwe (Alice Springs) in Central Australia to prepare this absorbing reference work. *Arrernte Traditional Healing* shows the intricate interconnection of Land, spirit and healing that forms part of the tradition of the Arrernte people, through the work of the Angangkere, the healers....

### Balianis: Traditional Healers of Bali

*Bradford Keeney*

- **Pub Date:** 1/1/04
- **Price:** $39.95/$59.55
- **Format:** Hardcover
- **Category:** Body, Mind & Spirit / Healing / General
- **Size:** 6 in W | 9 in H | 1.3 in T | 2.7 lb Wt

**Summary:**
The 10th volume of the Profiles in Healing series presents the male and female healers from Bali, called Balianis; discusses their healing practices; and shares the visions that have defined their way of life. In addition, the Lontar—a sacred text consisting of etchings on dried palm leaves—is presented and its medicinal teachings are explained. Illustrated by beautiful and mystic photos and drawings and accompanied by an audio CD of traditional music and readings from the Lontar, this book provides a penetrating examination of the anc...
**Born to Heal: Guidance and Insight From an Extraordinary Irish Healer**

Tony Hogan  
9780712659468, 0712659463  
Pub Date: 11/1/02, On Sale Date: 2/19  
$24.95/$27.95 Can. Discount Code: LON  
256 pages  
Trade Paperback  
Body, Mind & Spirit / Healing / General  
Ctn Qty: 28  
5.3 in W | 8.3 in H | 0.7 in T | 0.6 lb Wt

**Summary:**  
In *Born to Heal*, Tony Hogan tells us the story of his remarkable life, from his colorful childhood in County Wicklow to his experiences as one of Ireland’s foremost healers. Blighted as a child by life-threatening illness, yet blessed with the extraordinary ability to heal others, Tony gradually matured his abilities and people began to seek him out to ask for his help. Packed full of practical help on self-healing, this fascinating book also explores the power of the mind and absent healing. It is full of astounding case histories and...

**Exploring Dimensions with the Body: A Medical Intuitive’s Guide to Natural Healing**

Robyn Elizabeth Welch  
9781921295195, 1921295198  
Pub Date: 12/1/10  
$15.95/$17.95 Can. Discount Code: LON  
300 pages  
Trade Paperback  
Body, Mind & Spirit / Healing / General  
Ctn Qty: 36  
5.5 in W | 8.5 in H | 0.9 in T | 0.7 lb Wt

**Summary:**  
A medical intuitive explains how everyone can prevent and self-heal ailments using simple, powerful affirmations and exercises. Supplying the reader with effortless, powerful exercises and affirmations to defend human bodies against the negativity of the mind, this how-to guide to healing offers invaluable insight into medical intuition, communicating with individual body parts, and exploring the body’s higher dimensions. Author Robyn Elizabeth Welch is a diagnostic medical intuitive with the rare ability to see inside the human body an...

**Frontiers of Health: How to Heal the Whole Person**

Dr. Christine R Page  
9781844131075, 1844131076  
Pub Date: 6/1/05, On Sale Date: 6/22  
$27.95/$35.95 Can. Discount Code: LON  
256 pages  
Trade Paperback  
Body, Mind & Spirit / Healing / Energy  
(Qigong, Reiki, Polarity)  
Ctn Qty: 32  
6.5 in W | 9.2 in H | 0.8 in T | 0.8 lb Wt

**Summary:**  
An essential guide to healing, this book combines medical expertise with unique insights into the human condition. As Dr. Christine Page illuminates the understanding of disease and spiritual growth, she explores the chakras and their relationship to disease, pathology, and soul unfoldment.

**Heal Yourself: Simple Steps to Heal Your Emotions, Mind & Soul**

Anne Jones  
9780749941109, 0749941103  
Pub Date: 5/1/12  
$15.95 Discount Code: LON  
272 pages  
Trade Paperback  
Body, Mind & Spirit / Healing / General  
Ctn Qty: 44  
5 in W | 8 in H | 0.5 lb Wt

**Summary:**  
A down-to-earth guide offering the keys to healing one's body, mind, emotions, and soul. With basic exercises and instructions and Anne Jones's unique healing symbols, the book explains to readers how they can assess and rework their attitudes, emotional patterns, relationships, health, and career. Anne Jones explains how to use the power of the mind to banish illness and pain and let go of damaging relationships and emotional baggage. She explores the ways readers can meditate and work with subtle energy including chakras, aura, and me...
Healing Civilization
Claudio Naranjo, Jean Houston
9780895561633, 0895561638
Pub Date: 6/1/10
$19.95/$21.95 Can.
Discount Code: LON
256 pages
Trade Paperback
Body, Mind & Spirit / Healing / General
Ctn Qty: 30
6 in W | 9 in H | 0.6 in T | 0.9 lb Wt

Summary:
Documenting the troubling manifestations of civilization’s current crisis—violence, misogyny, racism, economic injustice, religious intolerance, and corporate greed—this breakthrough analysis posits the theory that the root cause can be found in patriarchy. Revealing the pervasiveness of the patriarchal mind over the centuries, examples are provided to illustrate how it touches every level of life, including construction of economies and reliance on the media and extending to the treatment of children and one’s own self. Describing the...

Healing Negative Energies: Simple Steps to Improve Your Energy At Home and At Work
Anne Jones
9780749923662, 0749923660
Pub Date: 10/24/02
$18.95
Discount Code: LON
304 pages
Trade Paperback
Body, Mind & Spirit / Healing / Energy
(Qigong, Reiki, Polarity)
Ctn Qty: 32
5.5 in W | 8.5 in H | 0.9 in T | 1 lb Wt

Summary:
Does your computer zap your energy? Do you feel uncomfortable in a particular person’s presence? Do you get creepy feelings in old houses? In her second book, extraordinary healer Anne Jones shows us how to lift the energy around us and bring positive vibrations into every area of our lives. This down-to-earth, straightforward guide gives you the keys to tackle negative energy in your mind, body and surroundings. With basic exercises and instructions, and, most importantly, Jones’s unique healing symbols, the book shows you: How to ide...

Here to Heal
Reshad Feild
9780895561572, 0895561573
Pub Date: 11/1/11
$19.95/$21.95 Can.
Discount Code: LON
144 pages
Trade Paperback
Body, Mind & Spirit / Healing / General
Ctn Qty: 72
6 in W | 9 in H | 0.5 lb Wt

Summary:
The spiritual practices developed on a journey through Sufism are explained in this enlightening how-to guide. Offering an in-depth breakdown of many important procedures—including the “Seven Breaths” of conscious awareness during a friend’s death, healing someone without their permission, and the earth healing ritual of geomancy—each element is offered with examples from Reshad Feild’s life. Relevant to anyone in a care-giving profession, this personal narrative presents Sufi healing in a contemporary context and provides systems that...

Let Your Life Flow: The Physical, Psychological and Spiritual Benefits of the Alexander Technique
Alex Maunder
9780852073575, 0852073577
Pub Date: 8/1/02, On Sale Date: 12/2
$30.95/$42.50 Can.
Discount Code: LON
256 pages / ILLUSTRATIONS
Trade Paperback
Body, Mind & Spirit / Healing / General
Ctn Qty: 35
6.5 in W | 9.5 in H | 1 in T | 1.2 lb Wt

Summary:
The Alexander Technique teaches us how to perform activities and maintain postures using a minimum of energy, as well as how to release muscular tension. This unique guide shows how we can use the Alexander Technique to direct energy flow for physical, emotional, and spiritual well-being.
Living the Spiritual Principles of Health and Well-Being
John-Roger, DSS, Paul Kaye, Philip Barr
9781935492832, 1935492837
Pub Date: 4/1/12
$24.95/$27.95 Can.
Audio CD
Body, Mind & Spirit / Healing / General
Ctn Qty: 30
5.5 in W | 5 in H | 0.9 lb Wt

Summary:
Looking at health from a holistic, multidimensional perspective, this reference seeks to provide a spiritual foundation for well-being that supplements traditional medical and alternative-healing models. By exploring the concepts of health and disease from the inside out and breaking down the process into simple precepts that can be implemented at no cost, this guide presents techniques and practices that develop a greater awareness of the factors that impact health. An analysis of eight spiritual principles that serve as a basis for...

Reimar Banis, MD
9780964518117, 0964518112
Pub Date: 5/1/09
$49.95/$54.95 Can.
Hardcover
Body, Mind & Spirit / Healing / Energy
(Qigong, Reiki, Polarity)
Ctn Qty: 18
8 in W | 10 in H | 1 in T | 2.6 lb Wt

Summary:
Patients who suffer from chronic conditions and psychosomatic illnesses who do not respond to conventional medical treatments may find relief in Psychosomatic Energetics—the new method of energy medicine outlined in this book. Not a speculative system of treatment, Psychosomatic Energetics has already been widely adopted and proven by alternative medicine practitioners in Europe, yet it remains relatively unknown in the United States. According to the doctrine, emotional conflicts, attached to the energy system of the body, are the mai...

Prayer and the Quest for Healing: Our Personal Transformation and Cosmic Responsibility
Barbara Fiand
9780824518127, 0824518128
Pub Date: 7/1/99
$22.95/$25.95 Can.
Trade Paperback
Body, Mind & Spirit / Healing / Prayer & Spiritual
Ctn Qty: 52
5.4 in W | 8.3 in H | 0.6 in T | 0.5 lb Wt

Summary:
With her usual courage and insight, Barbara Fiand explores the appointed time for everything in her latest work, Prayer and the Quest for Healing. The author describes prayer and the experience of prayer in all its power and intimacy, and delves into the relationship among prayer, personal healing, and cosmic redemption.
## Radionics & the Subtle Anatomy of Man

David V. Tansley, D.C.
9780850320893, 0850320895
Pub Date: 1/1/96, On Sale Date: 12/3
$14.95/$18.95 Can.

**Summary:**
Radionics is a method of diagnosis and therapy which is primarily concerned with the use of subtle force fields and energies, for the purpose of investigating and combating the causes of disease. This book aims to redress the balance, providing an outline of the anatomy of man.

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## Reiki and the Seven Chakras: Your Essential Guide

Richard Ellis
9780091882907, 0091882907
Pub Date: 5/1/02, On Sale Date: 7/30
$15.95/$21.95 Can.

**Summary:**
The healing art of Reiki is a practice that restores balance and harmony within the body through the transmission of healing energy through the hands of the practitioner, bringing relief to a wide range of physical, mental, and emotional afflictions. Reiki practitioner Richard Ellis offers a unique perspective on the practice of Reiki, drawing on his own experience, coupled with an in-depth, step-by-step journey through the main chakras—the spiritual energy centers located within the body. Clearly illustrated and written in an intimate...

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## Reiki for Common Ailments: A Practical Guide to Healing More than 80 Common Health Problems

Mari Hall
9780749941253, 0749941251
Pub Date: 10/1/13
$15.95

**Summary:**
A comprehensive guide to using Reiki to treat more than 80 common health problems including eczema, fatigue, anxiety, back pain, arthritis, and high blood pressure

Reiki is becoming increasingly popular as a non-invasive yet powerful form of natural healing. In this indispensable guide aimed both at beginners to Reiki and more experienced practitioners, a dedicated master teacher explains Reiki's principles and illustrates the key healing hand positions. For each ailment she provides an overview of symptoms, offers advice on emotional a...

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## Spellcraft for Hedge Witches: A Guide to Healing Our Lives

Rae Beth
9780709086185, 0709086180
Pub Date: 5/1/09
$12.95/$14.95 Can.

**Summary:**
When disaster strikes—whether serious illness, death, divorce, or family conflict—today's hedge witchcraft can still provide the means for witches to help themselves and others, and presented here are spells for witches designed to help heal communities. There are spells to banish the spirits of cruelty or injustice and devices for countering the ill effects of spiteful thoughts which others may hold. The magic included in this guide is designed to help rebuild a sense of self throughout any crisis and provide a method for healing that...

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**The Ayurveda Encyclopedia : Natural Secrets to Healing, Prevention, & Longevity (2nd Edition)**

Swami Sadashiva Tirtha
9780965804257, 0965804259
Pub Date: 9/1/07
$39.95/$49.95 Can.Discount Code: LON
675 pages
Trade Paperback
Body, Mind & Spirit / Healing / General
Ctn Qty: 12
8.5 in W | 11 in H | 1.1 in T | 2.7 lb Wt

**Summary:**
The theories and practices of Ayurvedic medicine—including the therapeutic benefits of aromas, foods, herbs, meditation, yoga, and more—are featured in this comprehensive handbook. With a section dedicated to health disorders, this guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense of well-being, reduced stress, and mental peace. Photographs of more than 80 herbs and yoga postures round out this home reference and teaching tool.

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**The Healing Craft (2nd Edition)**

Janet Farrar, Gavin Bone
9781936863839, 1936863839
Pub Date: 10/1/15, Ship Date: 10/1/15
$18.95/$20.95 Can.Discount Code: LON
272 pages
Trade Paperback
Body, Mind & Spirit / Healing / General
Ctn Qty: 50
6 in W | 9 in H

**Summary:**
An invaluable guide for those seeking to practice healing from a holistic Pagan viewpoint, this book is the first work of its kind aimed toward the neo-Pagan market. It is both academic and practical, including all the necessary information required to be a healer and specific sections designed to increase skills in several different healing modalities. The book gives the Western medical viewpoint along with complementary alternative therapies, and the subjects discussed include spiritual healing, massage and aromatherapy, shamanistic ...

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**The Alexander Technique : A Skill for Life**

Pedro de Alcantara
9781861262868, 1861262868
Pub Date: 7/1/99
$24.95/$29.95 Can.Discount Code: LON
128 pages
Trade Paperback
Health & Fitness / Healthy Living
Ctn Qty: 32
6.5 in W | 9.1 in H | 0.4 in T | 0.6 lb Wt

**Summary:**
The challenges of modern life are best met with poise, alertness, and nimbleness of mind and body. These attributes are our birthright, as demonstrated by every child at play. As adults, however, we tend instead to be hurried, inattentive, and stiff of mind and body. The Alexander Technique is an effective way of re-discovering our natural freedom, which is characterized not so much by what we do but by what we refrain from doing, and its resulting health and well-being. *The Alexander Technique: A Skill for Life* explains the principles...

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**The Bach Remedies Workbook : A Study Course in the Bach Flower Remedies**

Stefan Ball
9780091906528, 0091906520
Pub Date: 7/1/05, On Sale Date: 8/23
$20.00/$35.95 Can.Discount Code: LON
192 pages
Trade Paperback
Health & Fitness / Herbal Medications
Ctn Qty: 32
6.7 in W | 9.1 in H | 0.6 in T | 0.6 lb Wt

**Summary:**
Here is a complete, self-contained course in the selection and use of the Bach Flower Remedies. The course begins with first principles, then in seven progressive sections covers all 38 of the remedies and their uses.
The Essential Writings of Dr. Edward Bach: The Twelve Healers and Heal Thyself

Dr. Edward Bach
9780091906726, 0091906725
Pub Date: 7/1/05, On Sale Date: 8/23
$10.95/$10.99 Can.Discount Code: LON
96 pages
Trade Paperback
Health & Fitness / Herbal Medications
Ctn Qty: 50
4.2 in W | 6.7 in H | 0.3 in T | 0.2 lb Wt

Summary:
The Twelve Healers introduces Dr. Bach's world-renowned remedies, which provide a system for healing the mental and spiritual anguish at the root of ill health and unhappiness. The 38 remedies are grouped in seven helpful categories and advice is given on the types of personality most likely to benefit from each remedy. In Heal Thyself, Dr. Bach explains the philosophy that underpins any practical work with the remedies. He looks at the real cause and cure of disease, and gives practical as well as spiritual guidance on how we can all ...

Bhagavad Gita for Modern Times: Secrets to Attaining Inner Peace and Harmony

Swami Sadashiva Tirtha
9780965804264, 0965804267
Pub Date: 9/1/07
$17.95/$19.95 Can.Discount Code: LON
217 pages
Trade Paperback
Religion / Hinduism / General
Ctn Qty: 60
5.3 in W | 8.3 in H | 0.6 in T | 0.6 lb Wt

Summary:
In this new translation and commentary on the ancient Sanskrit text, Swami Tirtha offers a completely fresh and accessible interpretation, making it easy to apply its teachings to daily life. The timeless wisdom of the Gita is illuminated by modern-day, real-world instances examining personal spiritual goals, and family, career, social, and environmental issues germane to today's seeker of wisdom and truth. Students of Eastern philosophy, yoga enthusiasts, parents, and entrepreneurs looking beyond The Art of War for inspiration will ap...

The Rebirth of Witchcraft

Doreen Valiente
9780709083696, 0709083696
Pub Date: 5/28/08
$19.95/$23.95 Can.Discount Code: LON
224 pages
Trade Paperback
Religion / History
Ctn Qty: 22
6 in W | 9.5 in H | 0.7 in T | 0.9 lb Wt

Summary:
One of witchcraft's most widely known figures, Doreen Valiente was a close friend of the late Gerald Gardner, generally regarded as the founder of modern Wicca. Initiated by him in the 1950s and for a time High Priestess of his coven, Doreen helped him rewrite his seminal Book of Shadows and establish witchcraft's international reputation. In this intriguing exposé, Doreen provides an insider's account of the birth and evolution of the contemporary Wicca movement. She recalls her spat with Gardner that eventually split his coven, the c...

Choose Hope: Your Role in Waging Peace in the Nuclear Age

David Krieger, Daisaku Ikeda, Richard L. Gage
9780967469768, 0967469767
Pub Date: 9/1/02
$23.95/$35.95 Can.Discount Code: LON
224 pages
Hardcover
Political Science / History & Theory / General
Ctn Qty: 26
5.5 in W | 8.5 in H | 0.9 in T | 0.9 lb Wt
Aromatherapy: An A-Z: The Most Comprehensive Guide to Aromatherapy Ever Published
Patricia Davis
9780091906610, 009190661X
Pub Date: 9/1/05, On Sale Date: 10/4
$26.95/$32.95 Can. Discount Code: LON
Summary:
One of the most comprehensive, up-to-date encyclopedias of aromatherapy available today, this reference has more than 400 entries covering more than 200 conditions and 82 essential oils as well as recipes and formulae.

The Directory of Essential Oils: Includes More Than 80 Essential Oils
Wanda Sellar
9780091906672, 0091906679
Pub Date: 9/1/05, On Sale Date: 10/25
$22.95/$32.95 Can. Discount Code: LON
Summary:
In this practical directory to 83 essential oils, each entry offers valuable information at a glance, including full descriptions of the oils’ chemical constituents, aromas, and their effects on the mind and body.

I Ching in Plain English
George Hulskramer, Rosalind Buck
9780285636897, 0285636898
Pub Date: 10/1/04
$11.95/$17.95 Can. Discount Code: LON
Summary:
Based on several new translations of the I Ching, this groundbreaking interpretation explores the meaning of the ancient text and places it within the context of contemporary experience. Once used for consultation and guidance, this spiritual classic has come to emphasize inner development, relationship connections, the management of daily life changes, and the balance and harmony available in philosophies and actions. This edition’s condensed commentary on coins and hexagrams allows for quick and easy consultation.

Total I Ching: Myths for Change
Stephen Karcher
9780749939809, 074993980X
Pub Date: 7/7/09
$17.95 Discount Code: LON
Summary:
One of the oldest and most respected divinatory systems in the world, the I Ching is available in two translations—the Confucian and the Zhouyi—which offer conflicting interpretations. As opposed to the more standard Confucian version, the Zhouyi translation was reconstructed by 20th-century scholars and archaeologists and presents the imaginative world of myth and ritual that is the basis of Eastern thought. This revolutionary volume utilizes modern scholarship, archaeological and linguistic research, Eastern philosophy, and comparati...
365 Days of Inspiration
Lizzie Cornwall
9781849533317, 1849533318
Pub Date: 4/1/14
$8.95/$10.95 Can.Discount Code: LON
160 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 60
4 in W | 5 in H | 0.3 lb Wt

Summary: A book chock-full of inspirational quotes and ideas that will keep your brain stimulated all year

“If opportunity doesn’t knock, build a door.” —Milton Berle

Be inspired in a different way every day with this book of motivational quotations and creative ideas to stimulate the mind.

365 Days of Mindfulness
Yvette Jane
9781849533294, 1849533296
Pub Date: 4/1/14
$8.95/$10.95 Can.Discount Code: LON
160 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 60
4 in W | 5 in H | 0.3 lb Wt

Summary: A book of spiritual quotations and ideas that will rejuvenate your mind 365 days a year

“Every breath is an opportunity to receive and let go. I receive love and I let go of pain.” —Brenda MacIntyre

Create a moment of mindfulness every day with this book of inspirational quotations and insightful activities to refresh one's spirit.

As Day Dawns: Inspiration for a Busy Life
Helen Jaeger
9780745952079, 0745952070
Pub Date: 5/1/05
$18.95/$20.95 Can.Discount Code: LON
128 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 32
5.5 in W | 8.5 in H | 0.6 in T | 0.9 lb Wt

Summary:
Exploring how to begin each day with hope and purpose in various situations—being busy or tired, in times of transition, or when experiencing difficulty or uncertainty—this beautifully illustrated guide is arranged thematically and includes 15 inspirational paths to help readers along life's journey. Each path brings together short meditations by the author with a selection of poetry and quotations, alongside peaceful images of nature, that touch upon themes of love, adventure, hope, compassion, wonder, beauty, joy, and peace.

As Night Falls: A Bedside Companion
Helen Jaeger
9780745951720, 0745951724
Pub Date: 3/1/05
$18.95/$20.95 Can.Discount Code: LON
112 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 32
5.5 in W | 8.5 in H | 0.6 in T | 0.8 lb Wt

Summary:
In this beautifully presented book, Helen Jaeger offers 10 simple paths towards achieving a sense of rest and stillness. Themes explored include stillness, focus, transformation, and patience. Each section comprises short reflections, meditations, poetry, and quotations and is infused with color nature photography.
### Awakening the World: A Global Dimension to Spiritual Practice

**Llewellyn Vaughan-Lee**  
9781890350123, 1890350125  
Pub Date: 11/1/06  
$14.95/$20.95  
176 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 60  
5.5 in W | 8.5 in H | 0.5 in T | 0.5 lb Wt  

**Summary:**  
With an in-depth exploration of the relationship between individual spiritual practice and global transformation, this chronicle describes and outlines the possibilities of a cultivated global consciousness. By looking at developing patterns in spirituality, both individual and on a global level, this resource aims to expand perceptions on a basic level of sacredness, urging humanity to take more responsibility for its spiritual heritage and to step into the arena of spiritual service.

### Bafana Bafana: A Story of Soccer, Magic and Mandela

**Troy Blacklaws, Andrew Stooke**  
9781770097186, 177009718X  
Pub Date: 6/1/10  
$24.00/$26.95  
64 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 40  
5 in W | 7 in H | 0.2 in T | 0.5 lb Wt  

**Summary:**  
The story of young Pele, this work takes a solitary journey from his small village to as he hopes to fulfill his dream of seeing the South African soccer team play in the 2010 World Cup. Along the way Pele meets an array of magical and whimsical characters who guide him through his journey. An inspirational book that encourages readers to follow their dreams, this story also features delightful and poignant illustrations.

### Beautiful Body, Beautiful Mind: The Power of Positive Imagery: Over 80 Exercises and a 10-Day Beauty Program

**Eric Franklin**  
9780871273093, 0871273098  
Pub Date: 4/1/09  
$19.95/$19.95  
136 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 28  
7.5 in W | 9.5 in H | 0.4 in T | 0.8 lb Wt  

**Summary:**  
Emphasizing lifestyle and mental attitude rather than surgery, creams, or pills, this fantastic manual is the key to staying young through mental stimulation, self-talk, setting of goals, motivation, and relaxation. The revolutionary Franklin Method of health proposes that living healthily is mostly a question of habits and that these habits are mirrored in the quality of our thoughts and in our daily life. Focusing on methods of concentration, measured breathing, and the power of imagination, this program provides a selection of diffe...


**Mary Carroll Nelson, Don Miguel Ruiz**  
9781571783356, 1571783350  
Pub Date: 9/21/15, Ship Date: 9/21/15  
$19.95/$23.95  
296 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Territory: WOR  
Ctn Qty: 40  
6 in W | 9 in H  

**Summary:**  
A comprehensive guide to the teachings of Don Miguel Ruiz on overcoming fear  
In order to practice the Four Agreements, before we can achieve the Mastery of Love, we must move beyond fear. Fear is the source of all the negative agreements we’ve made with life, and it can alienate us from the joy that is our birthright. This comprehensive guide to the teachings of Don Miguel Ruiz includes the basic elements of Toltec wisdom and the spiritual practice that is the basis of the Four Agreements. Also included are exercises and ceremonies to …
**Born to Freak : A Salty Primer for Irrepressible Humans**
Sarah Seidelmann
9780988289901, 0988289903
Pub Date: 12/28/12
$20.00/$20.00 Can.Discount Code: SPT
246 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 32
6 in W | 9 in H | 0.8 lb Wt

**Summary:** Anyone seeking humorous and playful ways to embrace and accept their differences will welcome life coach Sarah Seidelmann’s refreshing alphabetical celebration of individuality and eccentricity. Through her personal work and work with clients and groups, she had made connections between attention-deficit disorder, high sensitivity, Asperger’s syndrome, autism, addicts of every kind (sex, drugs, alcohol, gambling, shopping), the depressed, the anxious, the manic, the intense, change agents, black sheep, adrenaline junkies, irrepressible...

**Calm**
9781849533829, 1849533822
Pub Date: 4/1/14
$8.95/$10.95 Can.Discount Code: LON
96 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 96
4 in W | 5.5 in H | 0.3 lb Wt

**Summary:** "To the mind that is still, the whole universe surrenders." —Lao Tzu

**Create Your Perfect Future : Heal Your Past to Create the Life of Your Dreams**
Anne Jirsch, Anthea Courtenay
9780749995654, 0749995657
Pub Date: 11/1/14, Ship Date: 11/1/14
$19.95 Discount Code: LON
254 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 14
6 in W | 9 in H | 0.8 lb Wt

**Summary:**
A psychic and future-life progressionist reveals how to materialize the future you want by first healing the past

What holds people back from the future of their dreams? This book explains to readers how to free themselves from the past and turn our dreams into reality. In The Future is Yours she discussed how to visualize one's perfect future using the techniques she has taught to hundreds of clients across the globe. This book builds on these successful techniques, explaining not only how to visualize alternative futures and choose th...

**Guidance 24/7 : How to Open Your Heart and Live Intuitively with Divine Direction (2nd Edition)**
Christel Nani, RN, Medical Intuitive
9780974145082, 0974145084
Pub Date: 4/1/09
$13.95/$15.95 Can.Discount Code: LON
176 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 80
5 in W | 7 in H | 0.5 in T

**Summary:**
Through clear and simple steps, this interactive reference illustrates how to live naturally with one's spirit to discover a more joyous and rewarding life. Each series of instructions features real-life stories that reveal how these steps have changed and saved lives, helped individuals grow spiritually, and learned to more readily trust their intuition. In addition to demonstrating the differences between one's thoughts and divine guidance, this new edition provides signs of a divinely directed life, steps to overcoming blocks to rec...
### Happiness

**9781849533843, 1849533849**  
Pub Date: 4/1/14  
$8.95/$10.95 Can. Discount Code: LON  
96 pages  
Hardcover  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 32  
4 in W | 5.5 in H | 0.3 lb Wt

**Summary:**  
“Find ecstasy in life; the mere sense of living is joy enough.” —Emily Dickinson

### Inner Happiness: Positive Steps to Feeling Complete

**Vera Peiffer**  
9780749941413, 0749941413  
Pub Date: 6/1/10  
$14.95 Discount Code: LON  
208 pages  
Trade Paperback  
Self-Help / Mood Disorders  
Ctn Qty: 1  
5 in W | 8 in H | 0.5 lb Wt

**Summary:**  
With effective advice and easy-to-learn techniques Vera Peiffer describes how to overcome feelings of loneliness, alienation, stress, and low self-esteem by thinking positively and working with the energy of body, mind, and soul. This guide explains why we feel disconnected and how this manifests in our lives; describes how to be healthy on four levels—physical, mental, emotional, and spiritual—to feel complete; shows how to work more closely with an “inner” world, using positive thinking techniques and energy medicine; helps build inn...

### Inspiration

**9781849533850, 1849533857**  
Pub Date: 4/1/14  
$8.95/$10.95 Can. Discount Code: LON  
96 pages  
Hardcover  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 120  
4 in W | 5.5 in H | 0.3 lb Wt

**Summary:**  
“Aim for the moon. If you miss you may hit a star.” —W. Clement Stone

### Instant Life Coach: 200 Brilliant Ways to Be Your Best

**Lynda Field**  
9780091906702, 0091906709  
Pub Date: 8/1/05, On Sale Date: 2/27  
$12.95/$17.95 Can. Discount Code: LON  
416 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 32  
4.3 in W | 5.8 in H | 1.1 in T | 0.4 lb Wt

**Summary:**  
*Instant Life Coach* is packed full of excellent ways to enjoy and take charge of your life. Bestselling author Lynda Field offers simple and direct advice that can be taken on board at a glance, but will help you change your life for the better. You will discover instant tips on how to have fantastic relationships, make the most of each day, look good, deal with your finances and career, increase your personal power, create self-esteem, and fulfil your true potential. Easy to follow, but brimming with helpful ideas,* Instant Life Coach w...
Interviewed by God : A Journey to Freedom
Beth Banning
9781934336953, 1934336955
Pub Date: 9/1/14, Ship Date: 9/1/14
$17.95/$21.95 Can.Discount Code: LON
344 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 26
6 in W | 9 in H | 1.2 lb Wt

Summary: Interviewed by God is an account of Beth Banning’s journey of spiritual awakening—her conscious connection with God and the lessons she’s learned along the way. From a very young age, Banning experienced phenomena that could only be called extraordinary: she’s received messages from spirit animals, felt kundalini energy awaken in her, and experienced dimensional shifts in her awareness that have allowed her to witness what only a few have seen. She was visited by totem animals, took ritualistic baths, and visited shamans and healers; s...

Journey to the Heart of the Maker
Kelly Rivera
9780895561473, 0895561476
Pub Date: 11/7/11
$18.95/$20.95 Can.Discount Code: LON
192 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Series: Consciousness Classics
Territory:
Ctn Qty: 30
6 in W | 9 in H | 0.9 lb Wt

Summary: Spiritual practice for personal and artistic development and growth

Las bendiciones ya existen
John Morton
9781936514632, 193651463X
Pub Date: 9/1/13
$18.95/$20.95 Can.Discount Code: LON
212 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 18
7 in W | 8.5 in H | 0.7 lb Wt

Summary: Revealing a profound spiritual perspective for day-to-day living, this book uses a variety of examples from the author’s life to illustrate the point that blessings can be found in any situation, no matter the circumstances. The blessings contained in this book are intended to inspire and uplift into an expanded awareness of the perfection in all things, offering readers the opportunity to view life through the eyes of love and acceptance. Desvelando una perspectiva profundamente espiritual para la vida cotidiana, este libro se basa en...

Living Magically : A New Vision of Reality
Gill Edwards
9780749939984, 0749939982
Pub Date: 6/4/09
$13.95Discount Code: LON
276 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 32
5 in W | 8 in H | 1 lb Wt

Summary: A lively and inspiring guide to the tools and techniques of metaphysics, outlining a spiritually-based psychology for today

In this guide, spiritual teacher Gill Edwards draws upon mystics, scientists, and channelled sources to challenge many “commonsense” assumptions about the world and provide a startling new vision of reality—a vision which can transform readers’ everyday lives. This book has changed countless lives by taking a practical self-help approach and enabling readers to rediscover inner wisdom; break through fears, blockage...
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<td>Dr. Christine R Page, Keith Hagenbach</td>
<td>Random House UK</td>
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<td>Michelle Friedman</td>
<td>Real African Publishers</td>
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<td>11/1/02</td>
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<td><strong>Orbit: An Introduction to the Principles and Practices of Bardo-Gaming on the Prosperity Path</strong></td>
<td>Kyle Fite</td>
<td>Gateways Books &amp; Tapes</td>
<td>9780895562753, 0895562758</td>
<td>8/3/15</td>
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<td><strong>Stepping into the Magic: A New Approach to Everyday Life</strong></td>
<td>Gill Edwards</td>
<td>Piatkus Books</td>
<td>9780749927202, 0749927208</td>
<td>7/6/06</td>
<td></td>
<td>$21.95</td>
<td>32</td>
<td>5.5 in W</td>
<td>8.5 in H</td>
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### Stepping into the Magic: A New Approach to Everyday Life

**Summary:**
A magical yet practical guide to creating the life of one's dreams, by blending the "real" world with the world of the mystical.

Presenting a new approach to everyday life that questions old assumptions and introduces a new vision of reality, this book shares the author's dramatic experience of training with a kahuna in Hawaii, passing on the knowledge she acquired and offering readers the choice to grow through joy rather than struggle. The secrets revealed will explain how to have a foot in both worlds—walking with the right foot ...  

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<th>Discount Code</th>
<th>Pages</th>
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<td>Piatkus Books</td>
<td>9780749940706, 0749940700</td>
<td>7/9/10</td>
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<td>LON</td>
<td>320</td>
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### The Five Lessons of Life: A Powerful Spiritual Odyssey

**Summary:**
In the north Indian state of Himachal Pradesh, high in the Himalayas, is an ancient land steeped in legend. It was here that Bill Adams, on vacation with his family, met Sangratan the Amchi. Sangratan, a healer, was a man of extraordinary powers who traveled from farm to farm dispensing medicines and knowledge. Adams was intrigued and sought him out. Soon Sangratan began teaching him "the Five Lessons of Life," and Adams realized he had stumbled upon a man who could offer advice that was both profound in its simplicity and powerful in ...  

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<tr>
<td>The Five Lessons of Life</td>
<td>Bill Adams</td>
<td>Random House UK</td>
<td>9780712670753, 0712670750</td>
<td>5/1/00</td>
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<td>LON</td>
<td>174</td>
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### The Little Book of Everyday Miracles

**Summary:**
An upbeat collection of inspiring true stories from everyday people, who share moments of unexpected courage and kindness, chance meetings, and remarkable coincidences. Just to hear about a miracle makes you feel more hopeful. It doesn't matter whether this miracle happened to you or to a complete stranger—it can still delight you, and will leave you with a spring in your step. Suddenly life doesn't seem so difficult. But where are miracles to be found, and how do they come about? In this beautiful collection of inspiring true stories, e...  

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<th>Pages</th>
<th>Trim Size</th>
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<tr>
<td>The Little Book of Everyday Miracles</td>
<td>Sharon Snir</td>
<td>Allen &amp; Unwin</td>
<td>9781743311332, 1743311338</td>
<td>5/1/14</td>
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<td>$12.95/$15.95 Can.</td>
<td>LON</td>
<td>230</td>
<td>5 in W</td>
<td>7 in H</td>
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### The Mirror of Existence: Stepping into Wholeness

**Summary:**
In this book, Dr. Page invites us to tune into the higher frequencies of intuition and inspiration so that our creative impulses have maximum effect.  

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<td>The Mirror of Existence</td>
<td>Dr. Christine R Page</td>
<td>Random House UK</td>
<td>9780852072943, 0852072945</td>
<td>1/1/96</td>
<td>12/2</td>
<td>$13.95/$19.95 Can.</td>
<td>LON</td>
<td>256</td>
<td>5.2 in W</td>
<td>8.5 in H</td>
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</table>
Summary: Packed with powerful meditations, inspiring case studies, and easy-to-follow exercises, a guide to claiming the extraordinary power within each of us

Spiritual healer Anne Jones explains how to claim the amazing personal power that everyone has within themselves, so that readers may live their lives to the fullest and bring that joy into the lives of others. Personal power is the deep, core energy that motivates people and provides the endurance, courage, and determination to overcome life's challenges. When one is in touch with this po...

Summary: A guide to personal spiritual enlightenment for a complex world—written in a down-to-earth style and made relevant to the 21st century

The "ripple effect" is based on simple principles for a fulfilling and empowering life. As people take responsibility for themselves, improve their self-esteem, heal their emotions, and release their anxieties, they become happier with themselves and their world. And as they achieve this happiness and peace of mind, it positively affects those around them. Using easy-to-follow techniques, popular healer An...

Summary: Healer Anne Jones helps those searching for fulfillment to connect with their own soul and access their divine powers

A spiritual journey for those looking to live their life fully, this guide teaches readers to heal the soul wounds that currently block their ability to do so. Those who follow the advice in this guide will be filled with the most powerful and uplifting energy, allowing love and joy be present in everything they do. Readers can also feel the sense of the divine spark that is their core essence, release the imprints...

Summary: Chosen for impact, clarity, and humor, these one-per-day quotations come from a wide variety of sources: Zen masters; Christian and Sufi mystics; Eastern and Western philosophers; poets ancient and modern; and living artists, writers, and comedians. Each entry also contains a question to prompt self-examination, making the calendar a year-long course in fending off destructive thoughts and finding inner certainty.
### Wisdom
9781849533836, 1849533830
Pub Date: 4/1/14
$8.95/$10.95 Can.Discount Code: LON
96 pages
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 120
4 in W | 5.5 in H | 0.3 lb Wt

**Summary:**
"Be happy. It's one way of being wise." —Colette

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### You Are Abundant: Why You Are Enough the Way You Are
Belinda Grace
9781921878596, 1921878592
Pub Date: 4/1/12
$24.95/$27.95 Can.Discount Code: LON
200 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Series: You are . . .
Territory:
Ctn Qty: 12
5.5 in W | 8.5 in H | 0.5 lb Wt

**Summary:**
A clairvoyant provides tools to achieving the best in life by focusing on the abundance everyone already has within themselves

Many people spend time and energy craving what they think they need—a bigger house, a newer car, yet more clothes, a better body—and worrying about how to get it. They fear they lack the abundance required to make their lives happy, but here, clairvoyant healer Belinda Grace defines a new form of abundance that is essential to happiness, healing, and a sense of purpose in life. With gentle encouragement and war...

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### You Are Inspired: An Intuitive Guide to Life with Meaning & Purpose
Belinda Grace
9781921295232, 1921295236
Pub Date: 6/1/11
$16.95/$18.95 Can.Discount Code: LON
280 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Series: You are . . .
Territory:
Ctn Qty: 36
5.5 in W | 8.5 in H | 0.9 in T | 0.7 lb Wt

**Summary:**
A guide to finding and expressing one's authentic self, and living life with joy, inspiration, meaning, and purpose

On all corners of the planet, people are yearning to find what is missing from their lives. Filled with inspiring true stories and easy to follow exercises, this guide gently takes readers on a journey of self discovery to the world of their own personal gifts and sense of meaning. Twenty new practical exercises are provided, which are based around intuition and clairvoyance. They include tapping into childhood dreams, con...

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### You Are the Blessings: Meditations and Reflections on Life, God and Us
John Morton
9781893020467, 1893020460
Pub Date: 4/1/08
$24.95/$27.95 Can.Discount Code: LON
200 pages / Includes Audio CD
Hardcover
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 28
8 in W | 6.5 in H | 1 in T | 1.3 lb Wt

**Summary:**
With a wealth of reflections, prayers, and poems, this compilation of spiritual wisdom stimulates the mind and soul while readying the body for life's everyday challenges. Accessible and timeless, the substance offered will appeal to both the curious layman and those well versed in meditative thought with perceptive chapters such as Doing Good, Forgiveness, Gratitude, Knowing Who We Are, Love and Loving, and Peace. Written with a keen eye for practical incorporation into varied daily routines and supplemented with a CD recording of ble...
**Zen Dust: A Journey Home Through the Back Roads of South Africa**

Antony Osler  
9781431406173, 1431406171  
Pub Date: 4/1/13  
$25.95/$28.95 Can. Discount Code: SHO  
208 pages  
Trade Paperback  
Body, Mind & Spirit / Inspiration & Personal Growth  
Ctn Qty: 20  
8.3 in W | 8.3 in H | 1.6 lb Wt

**Summary:** A trip down the lesser-known back roads of the Karoo, from Kimberley to Colesburg, this account finds divinity in the dust and Buddha in every pothole in South Africa. With gentle wisdom and deep compassion, the author connects with the people he meets along the way and shares their stories, past and present, as well as his own personal history and insights. The road is sprinkled with his special brand of poetry and interwoven with a fresh telling of the tale of Gotama, the man who would become Buddha.

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**Being Genuine: Stop Being Nice, Start Being Real**

Thomas d'Ansembourg  
9781892005212, 1892005212  
Pub Date: 5/28/07  
$17.95/$19.95 Can. Discount Code: LON  
302 pages  
Trade Paperback  
Psychology / Interpersonal Relations  
Ctn Qty: 32  
5 in W | 8.5 in H | 0.8 in T | 0.8 lb Wt

**Summary:** In this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's difficult situations and conversations with ease and even excitement. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression...
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<td><strong>Being Me, Loving You: A Practical Guide to Extraordinary Relationships</strong></td>
<td>Marshall B. Rosenberg</td>
<td>9781892005168, 1892005166</td>
<td>Puddledancer Press</td>
<td>$8.95/$9.95</td>
<td>80</td>
<td>Paperback</td>
<td>Family &amp; Relationships / Love &amp; Romance</td>
<td>0.3</td>
<td>5.4 in W</td>
<td>8.4 in H</td>
<td>0.2 in T</td>
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<td><strong>Soulmate Relationships: How to Find, Keep and Understand Your Perfect Partner</strong></td>
<td>Tara Springett</td>
<td>9780749941055, 0749941057</td>
<td>Piatkus Books</td>
<td>$13.95</td>
<td>240</td>
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<td>Family &amp; Relationships / Love &amp; Romance</td>
<td>0.4</td>
<td>5 in W</td>
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<td><strong>Meditation Now: Inner Peace through Inner Wisdom</strong></td>
<td>S. N. Goenka</td>
<td>9781928706236, 1928706231</td>
<td>Pariyatti Publishing</td>
<td>$9.95/$14.95</td>
<td>128</td>
<td>Paperback</td>
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<td>0.4</td>
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<td><strong>The Quiet Mind</strong></td>
<td>John E. Coleman</td>
<td>9781928706069, 1928706061</td>
<td>Pariyatti Publishing</td>
<td>$16.95/$16.95</td>
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<td>Summary: Leading a more fulfilling life is made possible with this innovative guide that shows that rest is not just an action, but an attitude. The rush of the outside world can lead to stress and exhaustion, but when approached correctly, life can actually be lived in a relaxing and tranquil manner. A series of breathing meditations provided on the included audio CD demonstrate how to find the inner peace that ultimately leads to a proper state of rest. Not just calming and healthy, adequate rest also provides the necessary energy to respond ...</td>
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<td>Summary: The tenets of Native American wisdom applied to everyday life in a contemplative and essential approach</td>
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<td>Joyce Sequichie Hifler offers this beloved collection of daily meditation books drawn from her own rich Cherokee heritage and that of other tribes. She presents readings for each day of the year from Ula ta nee', the cold month January, to U Ski' Ya, the snow month of December. Each reading provides insights in both English and Cherokee, and gems of wisdom recorded in the words of native speakers. This little treasure is for reade...</td>
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<td>A Meditator's Diary: A Western Woman's Unique Experiences in Thailand Monasteries</td>
<td>Souvenir Press</td>
<td>9780285640795, 0285640798</td>
<td>8/1/12</td>
<td>$15.95/$17.95</td>
<td>LON</td>
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<td>5 in W</td>
<td>Body, Mind &amp; Spirit / Meditation</td>
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<td>Summary: Recognizing how rare it is for a foreign woman to be accepted for intensive meditation instruction in one of Thailand's Buddhist temples, this extraordinary account follows the author's experience from the inside, describing her journey into the self and the expansion of her consciousness. The intimate narrative relates her struggles and fears—some euphoric, some terrifying, some in the form of psychedelic visions, and some genuinely threatening. The author's mission to achieve &quot;compassion without attachment&quot; is recounted, detailing ho...</td>
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<td>Awakening: A Practical Guide to Zen Meditation</td>
<td>Rockpool Publishing</td>
<td>9781921878008, 1921878002</td>
<td>5/1/12</td>
<td>$24.95/$27.95</td>
<td>LON</td>
<td>300</td>
<td>Trade Paperback</td>
<td>6 in W</td>
<td>Body, Mind &amp; Spirit / Meditation</td>
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<td>Summary: A guided journey into authentic mediation—too often surrounded by myth and unwarranted mysticism—for novices and experienced meditators alike</td>
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<td>There are many books on meditation, even books on how to speed up the process and learn to meditate in 15 minutes—the opposite of what meditation is trying to achieve. Here, Yogi Brahmasamhara teaches the reader ways of letting go of the barriers of the &quot;ordinary,&quot; to enable all who practice to unveil an awakened, naturally exhilarating engagement with life. This is a book that teaches true medit...</td>
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<td>Title</td>
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<td>Publisher</td>
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<td>Pub Date</td>
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<td>Happiness Is a State of Mind</td>
<td>His Holiness The Gyalwang Drukpa</td>
<td>Hodder &amp; Stoughton</td>
<td>9781444784763, 1444784765</td>
<td>10/1/14</td>
<td>10/1/14</td>
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<td>LON</td>
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<td>I Am That: The Science of Hamsa from the Vijnana Bhairava (5th Edition)</td>
<td>Swami Muktananda</td>
<td>Siddha Yoga Publications</td>
<td>9781930939103, 1930939108</td>
<td>6/1/15</td>
<td>6/1/15</td>
<td>$15.95/$17.95 Can.</td>
<td>LON</td>
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<td>Meditation Without Myth: What I Wish They’d Taught Me in Church About Prayer, Meditation, and the Quest for Peace</td>
<td>Daniel A. Helminiak</td>
<td>The Crossroad Publishing Company</td>
<td>9780824523084, 0824523083</td>
<td>6/1/05</td>
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<td>$16.95/$18.95</td>
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<td>Mindfulness Plain &amp; Simple: A Practical Guide to Inner Peace</td>
<td>Oli Doyle</td>
<td>Orion Publishing</td>
<td>9781409156765, 1409156761</td>
<td>9/15/15</td>
<td>9/15/15</td>
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<td><strong>Skimming Stones: And Other Ways of Being in the World</strong></td>
<td>Rob Cowen, Leo Critchley</td>
<td>9781444735994, 1444735993</td>
<td>6/1/13</td>
<td>LON</td>
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<td><strong>The Art of Dying</strong></td>
<td>S. N. Goenka, Virginia Hamilton</td>
<td>9781928706359, 1928706355</td>
<td>3/15/14, Ship Date: 3/15/14</td>
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<td><strong>The Big Bamboozle: How We Are Conned Out of the Life We Want</strong></td>
<td>Cheri Huber, Ashwini Narayanan</td>
<td>9780991596317, 0991596315</td>
<td>11/1/15, Ship Date: 11/1/15</td>
<td>LON</td>
<td>204</td>
<td>5.5 in W</td>
<td>8.5 in H</td>
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<td><strong>The Deep Self: Consciousness Exploration in the Isolation Tank</strong></td>
<td>John Cunningham Lilly</td>
<td>9780895561169, 0895561166</td>
<td>5/28/06</td>
<td>LON</td>
<td>336</td>
<td>6 in W</td>
<td>9 in H</td>
<td>0.8 in T</td>
<td>1.3 lb Wt</td>
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**Summary:** A book of simple skills that can help us to interact with nature, achieve a deeper connection with it, and even step inside another dimension.

There are forces deep in everyone's subconscious that find a pure expression in the simplest of activities. This book explains why we should be taking the time to do them. It is born out of a wish to share our passion for our landscape and the contemplative, reflective pleasures and joys that were well-known to our grandparents, but which are in danger of being lost and forgotten. They will help us...
**What Universe Are You Creating?: Zen and the Art of Recording and Listening: A 52-Card Deck & Guidebook**
Cheri Huber, Ashwini Narayanan
9780991596300, 0991596307
Pub Date: 9/1/14, Ship Date: 9/1/14
$32.00/$35.00 Can.
Discount Code: LON
204 pages
Trade Paperback
Body, Mind & Spirit / Meditation
Ctn Qty: 20
5.5 in W | 8.5 in H | 1 lb Wt

*Summary:*
Structured as a daily game, this book and card deck has readers randomly choose a card and then read the corresponding pages in the book. The intention is to broaden perspective, lift spirits, and improve the quality of one's life. *What Universe Are You Creating?* is a playful, powerful tool for learning the skill that frees us: Zen, the practice of presence. Recording and listening is a revolutionary tool for practicing turning attention from incessant, haranguing, karmically conditioned patterns of thought and action to the peace of p...
Fragments of a Love Story: Reflections on the Life of a Mystic
Llewellyn Vaughan-Lee
9781890350345, 1890350346
Pub Date: 9/1/11
$19.95/$21.95 Can.Discount Code: LON
208 pages
Hardcover
Body, Mind & Spirit / Mysticism
Ctn Qty: 44
5.5 in W | 8.5 in H | 0.8 in T | 0.8 lb Wt

Summary:
A powerful personal portrait of the struggles, inner dramas, and rewards of contemporary mystical life

Intuition & Beyond: A Step-By-Step Approach to Discovering Your Inner Voice
Sharon A. Klingler
9780712634427, 0712634428
Pub Date: 9/1/02, On Sale Date: 4/22
224 pages / CHARTS AND TABLES
Trade Paperback
Body, Mind & Spirit / Mysticism
Ctn Qty: 32
5 in W | 7.6 in H | 0.6 in T | 0.5 lb Wt

Summary:
Sharon Klingler helps you to open the door of possibility by learning to listen to the voice of your intuition. This book offers a practical approach to identifying your intuition as the voice of your spirit, and learning how to apply the wisdom to enhance all areas of your life. The author also looks at how notable people past and present have used intuition to inform their most important decisions.

Prayer of the Heart in Christian and Sufi Mysticism
Llewellyn Vaughan-Lee
9781890350352, 1890350354
Pub Date: 5/1/12
$12.95/$13.95 Can.Discount Code: LON
128 pages
Trade Paperback
Religion / Mysticism
Ctn Qty: 80
5.3 in W | 7.3 in H | 0.4 lb Wt

Summary:
Guiding the reader through the stages of mystical prayer—a way to create a living relationship with the Divine within the heart—this book draws upon Christian and Sufi sources such as St. Teresa of Avila, 'Attâr, St. John of the Cross, and Rûmî. Llewellyn Vaughan-Lee describes the stages of prayer: how prayer is first born of need, but then takes one deep within the heart, into the stages of union and ecstasy. Through mystical prayer, one is drawn into the silence of real communion with God. Here, in the silence within the heart, a mee...

Fairy Spells: Seeing & Communicating with the Fairies
Claire Nahmad
9780285634701, 0285634704
Pub Date: 10/1/98
$12.95/$19.95 Can.Discount Code: LON
64 pages
Hardcover
Body, Mind & Spirit / Ancient Mysteries & Controversial Knowledge
Ctn Qty: 32
4.8 in W | 7.5 in H | 0.5 in T | 0.5 lb Wt

Summary:
These beautifully illustrated and charming spells will remind readers how to enter the fairy realms of their childhood and to once again become a friend of the fairy folk.
**Numerology for Your Family**
RoseMaree Templeton
9781921295294, 1921295295
Pub Date: 7/9/10
$16.95/$18.95 Can.
Discount Code: LON
224 pages
Trade Paperback
Body, Mind & Spirit / Numerology
Ctn Qty: 56
5.5 in W | 8.5 in H | 0.6 in T | 0.5 lb Wt

**Summary:**
How parents can use numerology to better understand their children
Whether a parent is new to numerology or just ready to take the next step and begin applying it to their own family, this simple and informative self-help book, combining numerology with astrology, will teach them how to use the energies and vibrations of numbers to better understand their children. Parents learn about the inner natures of their children and some of the reasons for the differences between them. The laws of numerology are used as a guide to the general t...

**A Host of Voices : The Second Doris Stokes Collection**
Doris Stokes
9780751530599, 075153059X
Pub Date: 9/1/00
$16.99
Discount Code: LON
432 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / General
Ctn Qty: 20
5 in W | 7.5 in H | 1.3 in T | 0.8 lb Wt

**Summary:**
Doris Stokes was a celebrated medium who confounded skeptics by the uncanny accuracy of her readings in the early 1980s. In Australia she filled the Sydney Opera House and was mobbed in the streets. In America *Charlie's Angels* was moved from its primetime slot to make way for her, and in Britain her radio phone-ins caused blocked lines and an avalanche of mail. In this exciting omnibus, Doris discusses her special relationships and psychic communications with children and those who died young, including John Lennon. She also recalls so...

**A Sorcerer's Apprentice: A Skeptic's Journey into the CIA's Project Stargate and Remote Viewing**
John Herlosky
9781634240000, 1634240006
Pub Date: 4/17/15, Ship Date: 4/17/15
$19.95/$23.95 Can.
Discount Code: LON
280 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)
Ctn Qty: 44
6 in W | 9 in H | 0.7 lb Wt

**Summary:**
Follow the fascinating story of one man's journey into the realm of the fantastic: the CIA-sponsored psychic spies with the ability to extend their consciousness to accurately describe targets not only half a world away but to look into the future as well. It all sounded like science fiction to John Herlosky after reading an expose by former member of the CIA's Project Stargate, Dr. David Morehouse. Two years later, skeptical but intrigued by the possibilities implied, John entered the classroom of Dr. Morehouse to find out the truth—a...

**Astral Projection Made Easy**
E. J. Gold
9780895561732, 0895561735
Pub Date: 4/1/11
$24.95/$27.95 Can.
Discount Code: LON
216 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / Out-of-Body Experience
Ctn Qty: 20
6 in W | 9 in H | 0.6 in T | 0.8 lb Wt

**Summary:**
This transcendental guide provides clearly defined differences between the Organic Body, the Etheric Body, and the Astral Body and reveals in easy-to-understand language the basics of astral projection. Created with the beginner in mind, readers will quickly learn how to encounter parallel dimensions and how one might live there.
### Australian Wildflower Reading Cards

**Cheralyn Darcey**  
9781925017243, 1925017249  
Pub Date: 4/1/15, Ship Date: 4/1/15  
$22.95/$27.95 Can. Discount Code: LON  
112 pages / 44 cards

**Cards**  
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)  
Ctn Qty: 32  
5 in W | 7 in H | 1.1 lb Wt

**Summary:**  
44 cards, plus a guidebook, provide guidance through native Australian Wildflower imagery and oracle teachings. Written with easy to understand instructions on how to connect and work with this magical card set, these unique cards include information on Australian flowers and their healing and guidance powers. Cheralyn Darcey's beautiful artwork features linocut with a water color paint finish. The guidebook features unique flower spreads for readings and a special card-of-the-day instructional that will delight those that love beautiful...

### Becoming Clairvoyant: Develop Your Psychic Abilities to See Into the Future

**Cassandra Eason**  
9780749929367, 0749929367  
Pub Date: 6/1/11  
$15.95 Discount Code: LON  
232 pages

**Trade Paperback**  
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)  
Ctn Qty: 52  
5 in W | 8 in H | 0.6 in T | 0.2 lb Wt

**Summary:**  
Renowned clairvoyant Cassandra Eason offers a step-by-step course in clairvoyance for readers who want to develop their skills purely for pleasure or those who are hoping to work as professional psychics. Cassandra Eason believes that everyone has innate clairvoyant powers and can learn to read the future, and with this guide she teaches how to nurture and improve these abilities, and take them to a higher level of expertise. She offers detailed guidance on predictions, tarot reading, premonitions, auras, ghosts, spirit guides, crystals...

### Instant Intuition: A Psychic's Guide to Finding Answers to Life's Important Questions

**Anne Jirsch, Paul McKenna**  
9780749929213, 0749929219  
Pub Date: 12/1/08  
$15.95 Discount Code: LON  
304 pages

**Trade Paperback**  
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)  
Ctn Qty: 45  
5 in W | 8 in H | 0.8 in T | 0.5 lb Wt

**Summary:**  
With a foreword by leading hypnotist Paul McKenna, this guide offers tools to find quick answers to life's compelling questions on love, relationships, work, and success. A psychic with an extraordinary gift, Anne Jirsch shares her fascinating life story in this book, while revealing her unique techniques for effortlessly developing clairvoyant ability. She provides case studies, quizzes, and practical and straightforward exercises that will allow anyone to switch on their psychic skills. Her revolutionary approach—Etheric Energy Techni...

### Life Before Death

**Colin Fry**  
9781846041754, 1846041759  
Pub Date: 11/13/08, On Sale Date: 7/20  
$14.95/$18.95 Can. Discount Code: LON  
192 pages

**Trade Paperback**  
Body, Mind & Spirit / Parapsychology / General  
Ctn Qty: 32  
5 in W | 8 in H | 0.5 in T | 1 lb Wt

**Summary:**  
Full of extraordinary stories from Colin Fry's life and work, this volume investigates a theme which comes up time and again in his conversations with people who come to him for readings: how to make the most of your time in this world. Colin Fry has a gift for being able to receive messages from souls in the spirit world, and this guide explains how he was able to develop his gift and explains what being a psychic medium actually means. It also gives advice on how to make better connections with your friends and family, how to be open...
**Messages from Spirit: Breathtaking Insights into Life and the Afterlife**
Georgina Walker
9781742370163, 1742370160
Pub Date: 10/1/13
$19.95/$21.95 Can.Discount Code: LON
180 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)
Ctn Qty: 28
6 in W | 9 in H | 0.6 lb Wt

Summary: A riveting collection of extraordinary psychic moments, and what they reveal about everyday life and the worlds that lie beyond it.

Meet Brendan whose grandfather reached out to save him from beyond the grave. Read about exit points and how many of us are given several opportunities during our lives to move on. Learn more about deja-vu and out-of-body experiences, and how intuition can be a lifesaver. Find out what can happen when sacred objects are abused. Discover more about life contracts and karma, and how important it is to clean up...

**Psychic Attunement: Using ESP, Remote Viewing, and Divination**
Jean Burns
9781936863846, 1936863847
Pub Date: 10/1/15, Ship Date: 10/1/15
$18.95/$22.99 Can.Discount Code: LON
240 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)
Ctn Qty: 70
6 in W | 9 in H

Summary: A comprehensive and fascinating guide to the psychic arts, this book presents the techniques and information necessary to enable anyone to practice telepathy, clairvoyance, divination, Tarot, dowsing, psychokinesis, and more. Author Jean Burns gives detailed descriptions of the methods employed by practitioners, and offers practical examples of the ways in which psychic abilities can work to one's advantage on a daily basis. With several powerful but little-known techniques developed by psychics in recent decades, this book provides re...

**Psychic Kids: True Life Stories of Children Who See Beyond the Everyday**
Sue Bishop
9781742378558, 1742378552
Pub Date: 9/1/12
$19.95/$21.95 Can.Discount Code: LON
248 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)
Ctn Qty: 32
6 in W | 9 in H | 1 lb Wt

Summary: The increasingly common phenomena of psychic children—how does a parent know if their child has the gift, and what should they do when they find out?

While there have always been a handful of children who have premonitions, can see those who have passed over, or have "imaginary" friends, more of these children exist now than they did in the past. Life can be hard for these children, unless they have adults who will listen and who understand these things. This book looks at highly gifted psychic children who talk with deceased grandparent...

**Secrets from the Afterlife: From TV's Leading Psychic Medium**
Colin Fry
9781846040924, 1846040922
Pub Date: 11/1/08, On Sale Date: 4/22
$15.95/$18.95 Can.Discount Code: LON
208 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology / General
Ctn Qty: 30
5 in W | 8 in H | 0.7 in T | 0.5 lb Wt

Summary: Colin Fry is a leading psychic medium, touring regularly to speak to massive audiences. These people see him as the keeper of remarkable secrets, such as: When loved ones pass over, where do they go? How do you know if they're ok? Are they still aware of us? Can they do anything to help? Is there a way to keep in touch with them? What's it like on the Other Side? In this extraordinary book, Colin explains how understanding the spirit world has made his own life so much easier, and what it's like to have so many people ask him to connec...
**The Boy Who Saw True: The Time-Honoured Classic of the Paranormal**

**Anonymous**

9781844131501, 1844131505

Pub Date: 8/1/05, On Sale Date: 6/22

$16.95/$21.95 Can. Discount Code: LON

256 pages

Trade Paperback

Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)

Ctn Qty: 32

5 in W | 7.6 in H | 0.6 in T | 0.4 lb Wt

**Summary:**

Based on the diary entries of a young Victorian with extraordinary supernatural talent, this is a naive, insightful, funny, and moving account of a precocious young clairvoyant. Born with incredible powers, the anonymous author could see auras and spirits, yet failed to realise that other people were not similarly gifted. This remarkable book has become a paranormal classic.

---

**The Psychic Case Files: Solving the Psychic Mysteries Behind Unsolved Cases**

**Tony Stockwell**

9780340935644, 0340935642

Pub Date: 3/6/08

$13.95 Discount Code: LON

224 pages

Trade Paperback

Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)

Ctn Qty: 32

5 in W | 7.5 in H | 0.6 in T | 1 lb Wt

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**The Psychic Handbook: Discover and Enhance Your Hidden Psychic Powers**

**Craig Hamilton-Parker, Jane Hamilton-Parker**

9780091790868, 0091790867

Pub Date: 6/1/95, On Sale Date: 8/29

$25.95/$25.95 Can. Discount Code: LON

224 pages

Trade Paperback

Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)

Ctn Qty: 20

7.4 in W | 9.7 in H | 0.5 in T | 1.2 lb Wt

**Summary:**

“The Psychic Handbook” provides a fun, entertaining way to develop your psychic power. Craig and Jane Hamilton-Parker take you step-by-step through skills such as mediumship, prophesy, psychometry, dream analysis, dowsing, numerology and clairvoyance. They also show how you can learn to meditate in order to liberate the intuition that is the basis of all psychic ability, and find out about crystals and how they can have a beneficial effect on your life. Packed with information, experiments and games, including special cards developed b...
**They Walk Among Us: An Investigation into the Phenomenon of After-Death Materialisation**

Emma Heathcote-James

9781843583912, 1843583917

Pub Date: 2/1/12

Price: $12.95/$14.95 Can.

Discount Code: LON

Pages: 268

Trade Paperback

Body, Mind & Spirit / Parapsychology / General

Ctn Qty: 40

5 in W | 8 in H | 0.4 lb Wt

**Summary:**

Astonishing and compelling evidence that spirits can be made to appear in physical form and that everything supernatural can be explained by physics

Putting forward the best evidence yet of life after death, this book challenges the accepted ideas of exactly what humans are and what we become the moment after taking our final breaths. Drawing on scientific research from the author's colleagues as well as her own recordings and eyewitness accounts, and highlighting the phenomenon of materialization mediumship—or spirits manifesting ...

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**Wisdom for Your Life: What I Have Learnt from Those Who have Passed Over**

Katrina Cavanough

9781743314432, 1743314434

Pub Date: 4/1/14

Price: $16.95/$19.95 Can.

Discount Code: LON

Pages: 224

Trade Paperback

Body, Mind & Spirit / Parapsychology / General

Ctn Qty: 60

5 in W | 8 in H | 0.5 lb Wt

**Summary:**

A psychic who works in a hospital shares some of her most memorable cases and what she has learned from those who have just passed over

As a therapist and frontline social worker in a busy emergency department, Katrina faces psychological trauma, death, and grief every day of her working life. What makes her story so powerful is that she also communicates and receives messages from the souls of those who have died. Here she tells some of her many amazing stories from the death of a small baby, to a father who suicides, showing that those...

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**You Are Clairvoyant CD: Developing the Secret Skill We All Have (3rd Edition)**

Belinda Grace

9781921295089, 1921295082

Pub Date: 6/1/11

Price: $22.95/$25.95 Can.

Discount Code: AUD

Pages: 1

Audio CD

Body, Mind & Spirit / Parapsychology / ESP (Clairvoyance, Precognition, Telepathy)

Series: You are . . . Territory:

Ctn Qty: 100

5.5 in W | 5 in H | 0.4 in T | 0.1 lb Wt

**Summary:**

Eleven exercises help listeners develop their intuitive and clairvoyant skills

Designed to help listeners reconnect with their innate clairvoyant gifts, this CD offers a daily exercise to develop the skills from a strong foundation. After each exercise has been completed, listeners are encouraged to return to the exercises that most appeal to them. The exercises include Exercising Your Imagination, Learning the Art of Automatic Writing, Reviewing and Releasing Your Past Lives, and many more.

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**For the Sake of Peace: A Buddhist Perspective for the 21st Century**

Daisaku Ikeda

9780967469720, 0967469724

Pub Date: 4/2/02

Price: $25.95/$38.95 Can.

Discount Code: LON

Pages: 272

Hardcover

Political Science / Peace

Ctn Qty: 32

6 in W | 9 in H | 1 in T | 0.5 lb Wt

**Summary:**

Based on 20 years of university lectures and proposals to the United Nations, this book addresses the issue of peace from the Buddhist perspective of compassion, interconnectedness of all life, and absolute respect for human life. Informed by the teachings of Nichiren, the 13th-century Japanese Buddhist teacher and reformer, this book considers peace from various angles, including economics, the environment, disarmament, religion, and culture. Asserting that nothing is more precious than peace, this guide affirms that through self-mast...
### Letters from the Dhamma Brothers: Meditation Behind Bars

**Author:** Jenny Phillips, Robert Coles

**Publisher:** Pariyatti Publishing

**ISBN:** 9781928706311, 1928706312

**Publication Date:** 9/1/08

**Format:** Trade Paperback

**Subject:** Social Science / Penology

**Pages:** 240 pages

**Dimensions:** 6 in W | 9 in H | 0.8 in T | 1 lb Wt

**Summary:**
Through intimate letters, interviews, and stories, this narrative reveals the impact that a life-changing retreat had on a group of inmates at the highest level maximum-security state prison in Alabama. The 38 participants in the first-ever intensive, silent 10-day program inside the walls of a corrections facility—many serving life sentences without parole—detail the range of their experiences, the depth of their understanding of the Buddha's teachings gained by direct experience, and their setbacks and successes. During the Vipassana...


**Author:** Jane Marantz Connor, Dian Killian

**Publisher:** Puddledancer Press

**ISBN:** 9781892005243, 1892005247

**Publication Date:** 4/1/12

**Format:** Trade Paperback

**Subject:** Self-Help / Personal Growth / General

**Pages:** 400 pages

**Dimensions:** 6 in W | 9 in H | 1.4 lb Wt

**Summary:**
In this fully revised second edition, Dr. Dian Killian and Dr. Jane Marantz Connor offer a comprehensive and accessible introductory guide to exploring the concepts, applications, and transformative power of the Nonviolent Communication process. Providing research-based insight into the psychology of communication, this reference explores the most common barriers to effective communication and provides tangible steps to address these barriers head-on. The book features an expanded selection of relevant, meaningful exercises, role-plays...

### Graduating From Guilt: Six Steps to Overcome Guilt and Reclaim Your Life

**Author:** Holly Michelle Eckert

**Publisher:** Puddledancer Press

**ISBN:** 9781892005236, 1892005239

**Publication Date:** 4/1/10

**Format:** Trade Paperback

**Subject:** Self-Help / Personal Growth / Self-Esteem

**Pages:** 96 pages

**Dimensions:** 5.4 in W | 8.4 in H | 0.3 in T | 0.3 lb Wt

**Summary:**
Through a simple, step-by-step progression, this handbook provides individuals with the means to learn how to quiet their inner critic and to experience forgiveness, self-acceptance, and empowerment. Employing a methodology rooted in the principles of nonviolent communication, the process lays out a path for achieving freedom from toxic and emotionally draining guilt, blame, and shame. Examples of real-world situations enable individuals to visualize how they, like others, can forgive themselves for past mistakes and successfully mend ...

### The Map of the Soul: Discovering Your True Purpose

**Author:** Tricia Brennan

**Publisher:** Rockpool Publishing

**ISBN:** 9781921295331, 1921295333

**Publication Date:** 9/1/12

**Format:** Trade Paperback

**Subject:** Self-Help / Personal Growth / Happiness

**Pages:** 312 pages

**Dimensions:** 6 in W | 9 in H | 1.3 lb Wt

**Summary:**
A handbook for those looking to discover their higher soul's purpose and their life's meaning

Designed and set up as a step-by-step, 12-week guide, this invaluable book encourages the reader to record insights and gather vital clues, which will ultimately reveal the bigger picture of who they are and what is possible in this life. By the end of the book readers will have learned the answer to these questions and determined if their life has a deeper meaning. This book is the culmination of the author's work as an intuitive counselor and...
Travels with My Father: Life, Death, and a Psychic Detective

Nancy Myer
9780988502505, 098850250X
Pub Date: 9/30/13
$25.95/$28.95 Can.

Summary: In this moving spiritual memoir, one of America's most important psychic investigators, Nancy Myer, recalls her evolution as a person with psychic abilities, her struggle to accept the intuitive gifts she was given, and her desire to lead a "normal" life raising three energetic children. But when the highest-ranking official in the Delaware State Police asks her to use her psychic gifts to help solve murder cases, her normal life is turned upside-down, beginning an unorthodox career in which she is forced to deal with "the worst of hum...
**Strays: A Woman, a Dog and the Timeless Wisdom of Nature**

Jeanne Webster

9781932181845, 1932181849

Pub Date: 6/1/11

$14.95/$17.95 Can. Discount Code: LON

240 pages

Trade Paperback

Fiction / Religious / General

Series: Strays

Territory: 

Ctn Qty: 40

6 in W | 9 in H | 0.7 in T | 0.8 lb Wt

**Summary:** Laid off from her first job as a staff writer for an Atlanta newspaper and stuck in a dysfunctional relationship, Jane retreats to a cabin in the Smokey Mountains to demand guidance from a so-far silent God. When she accidently falls and hits her head, she acquires a seventh sense that allows her to understand the language of animals and plants. Her divine guidance comes in the form of an abandoned stray dog and a cast of unusual characters who describe their purpose here on earth through enchanting and profound stories. With the anima...

**The Life of the Buddha: According to the Pali Canon**

Bhikkhu Ñanamoli

9781928706120, 1928706126

Pub Date: 9/1/03

$21.00/$36.00 Can. Discount Code: LON

400 pages

Trade Paperback

Biography & Autobiography / Religious

Ctn Qty: 32

5.5 in W | 8.5 in H | 0.9 in T | 1.2 lb Wt

**Summary:** Composed entirely of texts from the Pali canon, this unique biography presents the oldest authentic record of the Buddha's life and revolutionary philosophy. The ancient texts are rendered here in a language marked by lucidity and dignity, and a framework of narrators and voices connect the canonical texts. Vivid recollections of his personal attendant Ananda and other disciples bring the reader into the Buddha's presence, where his example offers profound inspiration and guidance on the path to freedom.

**On Starry Thighs: Sensual & Sacred Poetry**

Lee Harrington

9780977872763, 0977872769

Pub Date: 9/1/15, Ship Date: 9/1/15

$12.95/$14.95 Can. Discount Code: LON

172 pages

Trade Paperback

Body, Mind & Spirit / Sacred Sexuality

Territory: WOR

Ctn Qty: 30

6 in W | 9 in H

**Summary:** A titillating assortment of works on the transforming power of sex and desire

On Starry Thighs is a collection of love poetry, lust prose, devotional prayers, and intimate blessings culled from the nearly 20-year career of the internationally known spirituality and sexuality author Lee Harrington. Illustrated by Abby Helasdottir, the collection brings to light a journey of love, loss, faith, self-discovery, hope, desire, and connection through more than 90 original works.

**Tantra: The Path to Blissful Sex**

Leora Lightwoman

9780749956134, 0749956135

Pub Date: 6/1/12

$19.95 Discount Code: LON

272 pages

Trade Paperback

Body, Mind & Spirit / Sacred Sexuality

Ctn Qty: 44

5 in W | 8 in H | 0.5 lb Wt

**Summary:** Drawing on Eastern sexual practices to explore sexual intimacy as an opportunity for transformation, bliss, and learning to truly love

Whether a reader wants to rekindle their sex life, experience more depth and loving in their relationship, or develop a deeper and more fulfilling relationship with themselves, tantra can lead the way. Tantra is a celebration and awakening of sexuality, love, and life, and this guide explains what it is and how it can change one's life and relationship. It offers enhanced relaxation and well-being; clea...
### Antiphony

**Author:** Chris Katsaropoulos  
**Pub Date:** 11/1/11  
**Price:** $16.95/$20.95  
**Pages:** 206  
**Format:** Trade Paperback  
**Categories:** Fiction / Literary  
**Dimensions:** 5.5 in W | 8 in H | 0.6 lb Wt

**Summary:**  
In this novel that explores the intersection of science and spirituality, Theodore Reveil, one of the leading lights in string theory physics, is on his way to present his latest research at a triumphant meeting of his colleagues from around the world when he realizes that he has lost the notes for his presentation. Verging on panic, he is in the middle of ransacking his hotel room for the missing notes when he is stopped in his tracks by a voice—and a vision. Shaken by what he has just experienced, he takes the stage to deliver his sp...

### Limitless Sky

**Author:** David Charles Manners  
**Pub Date:** 9/15/15, Ship Date: 9/15/15  
**Price:** $25.95  
**Pages:** 368  
**Format:** Trade Paperback  
**Categories:** Body, Mind & Spirit / Spirituality / Shamanism  
**Dimensions:** 5 in W | 8.5 in H

**Summary:**  
The remarkable true story of a young man’s initiation in the Himalayas into a life-affirming path that is several centuries old  
David Manners was trekking in Nepal when he stumbled upon the mountain home of a jhankri, or Nepalese shaman. The jhankri accepted David as his pupil, and so began the next stage of David’s extraordinary journey, in which he embarked upon an adventure that was more challenging and, ultimately, life-affirming than anything he could have imagined. Here David shares the wisdom and insights he learned from those tr...

### The Spirits are Always with Me: True Stories and Guidance from a Modern Shaman

**Author:** Jane Shutt  
**Pub Date:** 5/1/03  
**Price:** $19.95  
**Pages:** 176  
**Format:** Trade Paperback  
**Categories:** Body, Mind & Spirit / Spirituality / Shamanism  
**Dimensions:** 5.2 in W | 8.4 in H | 0.6 in T | 0.4 lb Wt

**Summary:**  
Jane Shutt is a down-to-earth Yorkshire woman who leads an extraordinary life as one of Britain’s leading shamanic healers. Shamanism is an ancient spiritual path that exists all around the world; and a shaman uses his or her close affinity with nature and spirits to help those in need of healing. In The Spirits are Always with Me, Jane Shutt explains what shamanism really is, and how it is especially relevant to us in the modern world as we seek to connect with our roots and with our own sense of inner purpose. She shares her own incr...


**Author:** Brad Olsen  
**Pub Date:** 3/1/08  
**Price:** $19.95/$24.95  
**Pages:** 408  
**Format:** Trade Paperback  
**Categories:** Travel / Special Interest / General  
**Dimensions:** 6 in W | 9 in H | 1 in T | 1.1 lb Wt

**Summary:**  
This revised and updated comprehensive travel guide examines North America’s most sacred sites for spiritually attuned explorers. Important archaeological, geological, and historical destinations from coast to coast are exhaustively examined, from the weathered pueblos of the American Southwest and the medicine wheels of western Canada to Graceland and the birthplace of Martin Luther King, Jr. Histories and cultural contexts are objectively surveyed, along with the latest academic theories and insightful metaphysical ruminations. Detail...
Sacred Places of Goddess : 108 Destinations
Karen Tate, Brad Olsen
9781888729115, 1888729112
Pub Date: 11/1/05
$19.95/$26.95 Can.Discount Code: LON
424 pages
Trade Paperback
Travel / Special Interest / General
Series: Sacred Places: 108 Destinations
Territory:
Ctn Qty: 32
6 in W | 9 in H | 1 in T | 1.5 lb Wt
Summary:
This fascinating travel perspective is sure to become an invaluable resource in every library and on every coffee table and bookshelf as the past is uncovered through the lens of sacred travel. Including both academic and popular religious perspectives, this comprehensive world guide will be of interest to both experts as well as the spiritual novice. Author Karen Tate deftly combines current trends, academic theories, and historical insights, some of which may surprise even the most well read or jaded traveler. This volume of sacred s...

The Depression Book : Depression as an Opportunity for Spiritual Growth
Cheri Huber, June Shiver
9780963625564, 096362556X
Pub Date: 9/1/04
$12.00/$17.00 Can.Discount Code: LON
168 pages
Trade Paperback
Self-Help / Spiritual
Ctn Qty: 80
5.5 in W | 8.5 in H | 0.5 in T | 0.5 lb Wt
Summary:
This Zen guide to utilizing depression as an opportunity for spiritual growth and personal acceptance includes personal accounts, written exercises, and meditation instructions.

A Perfect Life : The Story of Swami Muktananda Paramahamsa
Margaret Simpson, Stephen Mullennix
9780911307498, 0911307494
Pub Date: 1/1/96
$8.95/$12.95 Can.Discount Code: LON
112 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 71
6 in W | 9 in H | 0.3 in T | 0.6 lb Wt
Summary:
Written for a younger audience, this intriguing story of Swami Muktananda's search for God details how he created a meditation revolution that continues to transform countless lives around the world.

Conversations on Non-Duality : Twenty-Six Awakenings
Eleanora Gilbert
9781901447675, 1901447677
Pub Date: 9/1/11
$19.95/$21.95 Can.Discount Code: LON
406 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 20
5.5 in W | 9 in H | 0.8 in T | 1.3 lb Wt
Summary:
A fascinating compilation of the life stories of perfectly ordinary people and the different paths they've taken on their spiritual journey searching for oneness, completeness, and unity
From a rich variety of backgrounds, the people profiled here have been through extraordinary experiences leading to amazing new perceptions. They all shared a common sense of dissatisfaction with their lives and a longing for happiness, connection, health, love, fulfilling relationships, wealth, and freedom. As they reveal the means by which they each ...
Dearly Departed: Everything You Want to Know About the Afterlife
Georgina Walker
9781741750010, 1741750016
Pub Date: 11/1/09
$17.95/$21.95 Can. Discount Code: LON
300 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism /
General
Ctn Qty: 36
5 in W | 7.5 in H | 0.9 in T | 0.7 lb Wt

Summary:
Drawing on a lifetime’s experience interacting with those who have passed over, psychic intuitive Georgina Walker shares a wealth of real life stories about the afterlife in this comforting volume. She addresses the most frequent questions of the bereaved concerning the dead, including what happens to the souls of loved ones, children, murder victims, and pets. Warm and reassuring, this guide deals gently and insightfully with that most painful of events.

Swami Muktananda
9780911307368, 0911307362
Pub Date: 1/1/95
$15.95/$15.95 Can. Discount Code: LON
64 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism /
General
Ctn Qty: 112
5.5 in W | 8.5 in H | 0.2 in T | 0.3 lb Wt

Summary:
This text contemplates the transition into another phase of existence, explaining how to overcome the fear of death and attain an expansive understanding of samsara (illusion), karma (destiny), and the immortality of the soul.

Inner Treasures
Gurumayi Chidvilasananda, Constantina Rhodes Baill...
9780911307412, 0911307419
Pub Date: 1/1/95
$12.95/$18.95 Can. Discount Code: LON
128 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism /
General
Ctn Qty: 72
5.5 in W | 8.5 in H | 0.4 in T | 0.4 lb Wt

Summary:

Light on the Path (3rd Edition)
Swami Muktananda
9780911307702, 0911307702
Pub Date: 1/1/94
$8.95/$12.95 Can. Discount Code: LON
112 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism /
General
Ctn Qty: 20
5.5 in W | 8.5 in H | 0.3 in T | 0.3 lb Wt

Summary:
Early writings that explore such topics as the nature of grace, the guru-disciple relationship, the science of mantra, and kundalini awakening.
**Living Druidry: Magical Spirituality for the Wild Soul**
Emma Restall Orr
9780749924973, 0749924977
Pub Date: 6/24/04
$22.95 Discount Code: LON
223 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 44
5.5 in W | 8.5 in H | 0.6 in T | 0.7 lb Wt

**Summary:**
In this text, the author opens the doorway to this powerful and ancient spirituality in a way that is both accessible and inspiring. It guides the reader to find their own vision, and their own deep, personal, ecstatic relationship with nature.

**Resonate with Stillness: Daily Contemplations**
Swami Muktananda, Gurumayi Chidvilasananda, Swami ...
9780911307429, 0911307427
Pub Date: 1/1/95
$28.95/$29.95 Can. Discount Code: LON
412 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 36
5.5 in W | 8.5 in H | 0.8 in T | 1 lb Wt

**Summary:**
The teachings of Swami Muktananda and Gurumayi Chidvilasananda are dated and arranged into 12 themes of spiritual life to be used for daily meditation.

**Selected Essays**
Swami Muktananda, Paul Zweig
9780911307375, 0911307370
Pub Date: 1/1/77
$12.95/$18.95 Can. Discount Code: LON
216 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 64
5.5 in W | 8.5 in H | 0.6 in T | 0.7 lb Wt

**Summary:**
Responding to his students' wishes, Swami Muktananda's series of talks and informal dialogues on spiritual practices and truths includes many of his favorite teaching stories.

**Spiritual Activism: Leadership as Service**
Alastair McIntosh, Matt Carmichael
9780857843005, 0857843001
Pub Date: 10/1/15, Ship Date: 10/1/15
$29.99/$34.99 Can. Discount Code: LON
224 pages
Hardcover
Body, Mind & Spirit / Spiritualism / General
Territory: US & CA
Ctn Qty: 15
6 in W | 9.3 in H

**Summary:**
Provides a clear look at spiritual activism and the ways it can help us to be better activists, better leaders, and more comfortable with our own spirituality.

Over the past half century, our understanding and awareness of spirituality has changed in nature, as have the issues facing activists. Spirituality is rising up the agenda for activists because it offers distinct, tried and tested approaches to deep questions such as Where did it all go wrong? What does it mean to be human? What is the place of leadership? What is the nature of p...
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Publisher</th>
<th>ISBN</th>
<th>Price</th>
<th>Format</th>
<th>Pages</th>
<th>Weight</th>
<th>Size</th>
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<tbody>
<tr>
<td><strong>The Magic of the Heart: Reflections on Divine Love</strong></td>
<td>Gurumayi Chidvilasananda, Barbara Nolan</td>
<td>Siddha Yoga Publications</td>
<td>9780911307436, 0911307435</td>
<td>$12.95/$18.95</td>
<td>Trade Paperback</td>
<td>256</td>
<td>0.7 lb Wt</td>
<td>5.5 in W</td>
<td>Including selections in verse from the talks and writings of Gurumayi Chidvilasananda, this daily contemplation book directs the reader toward a deeper appreciation of spiritual life.</td>
</tr>
<tr>
<td><strong>The Path to Mastership</strong></td>
<td>John-Roger</td>
<td>Mandeville Press</td>
<td>9780914829164, 0914829165</td>
<td>$7.95/$11.95</td>
<td>Trade Paperback</td>
<td>78</td>
<td>0.3 lb Wt</td>
<td>8.4 in W</td>
<td>John-Roger shares wisdom on how to attain true mastership and offers eleven keys to moving one's life towards greater self-realization and spiritual enlightenment. Also included are ways to recognize true mastership in spiritual teachers and see the inner path that awakens the God source in everyone.</td>
</tr>
<tr>
<td><strong>The Sacred Power: A Seeker's Guide to Kundalini</strong></td>
<td>Swami Kripananda, Dr. Deba Brata Sen Sharma</td>
<td>Siddha Yoga Publications</td>
<td>9780911307399, 0911307397</td>
<td>$11.95/$16.95</td>
<td>Trade Paperback</td>
<td>176</td>
<td>0.5 lb Wt</td>
<td>5 in W</td>
<td>Based on scriptural and authoritative works from the East and West, this volume includes the author's own experiences with kundalini (the creative power of the universe) as well as those of other contemporary seekers.</td>
</tr>
<tr>
<td><strong>The Self Is Already Attained (2nd Edition)</strong></td>
<td>Swami Muktananda</td>
<td>Siddha Yoga Publications</td>
<td>9780911307740, 0911307745</td>
<td>$4.75/$6.95</td>
<td>Trade Paperback</td>
<td>40</td>
<td>0.09 lb Wt</td>
<td>5 in W</td>
<td>A collection of contemplations and aphorisms by Swami Muktananda on such topics as divine love, the greatness of the human heart, and understanding thought and how the mind works.</td>
</tr>
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</table>
The Splendor of Recognition: An Exploration of the Pratyabhijna-hrdhayam, a Text on the Ancient Science of the Soul

Swami Shantananda, Peggy Bendet
9781930939004, 1930939000
Pub Date: 10/1/03
$29.95/$29.95 Can.Discount Code: LON
446 pages / CD INCLUDED
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 18
6 in W | 9 in H | 1 in T | 1.7 lb Wt

Summary:
Unique in its combination of scriptural erudition and experiential wisdom, this book makes accessible the true philosophy of Tantra and Kashmir Shaivism for dedicated students of yoga and Eastern philosophy.

The Yoga of Discipline

Gurumayi Chidvilasananda, David Katz
9780911307443, 0911307443
Pub Date: 1/1/96
$26.95/$29.95 Can.Discount Code: LON
264 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 56
5.5 in W | 8.5 in H | 0.7 in T | 0.8 lb Wt

Summary:
In this collection of 14 talks on Yogic discipline, Gurumayi Chidvilasananda discusses discipline in seeing, hearing, eating, speaking, and thinking.

Ultreia! Onward! : Progress of the Pilgrim

Robert Lawrence France, Matthew Fox
9780971746855, 0971746850
Pub Date: 4/1/07
$13.95/$15.95 Can.Discount Code: SHO
136 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 90
4 in W | 6 in H | 0.3 in T | 0.2 lb Wt

Summary:
Spiritual pilgrims navigating the Camino de Santiago are offered motivational support in this compilation of passages culled from contemporary pilgrims’ travel diaries. Sequentially arranged and meant to be read during specific points of each day’s journey, the more than 200 entries provide an emotional boost for those traversing the European path but are equally enjoyable for those unable to travel, as they extol the beauty of the French and Spanish countryside and provide a perfect introduction to the process of religious pilgrimage ...

What's on My Mind?: Becoming Inspired with New Perception

Swami Anantananda
9780911307474, 0911307478
Pub Date: 1/1/96
$11.95/$16.95 Can.Discount Code: LON
176 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 64
5 in W | 8 in H | 0.5 in T | 0.5 lb Wt

Summary:
Offering ways of understanding the mind so that detachment from useless thoughts and fantasies becomes possible, this book identifies tendencies of the mind that keep happiness at bay.
**Wonders of Spiritual Unfoldment**

John Butler
9780856832604, 085683260X
Pub Date: 11/1/08
$29.95/$32.95 Can.Discount Code: SHO
416 pages
Trade Paperback
Body, Mind & Spirit / Spiritualism / General
Ctn Qty: 1
5.8 in W | 8.3 in H | 1.4 in T | 1.2 lb Wt

Summary:
A personal account of searching for spiritual understanding initially outside Christian teaching, this book takes the position that there are as many ways to God as there are paths up a mountain. Interpreting his own spiritual breakthroughs, the author describes them as "windows of realization" and likens them to the sensation of being made whole. The book describes his journey from Eastern mantra-style meditation to the Orthodox "prayer of the heart" and details how a love of nature and a desire to do good played an important part in ...

**A New Set of Eyes: Encountering the Hidden God (2nd Edition)**

Paula D'Arcy
9780824525736, 0824525736
Pub Date: 9/1/09
$14.95/$16.95 Can.Discount Code: LON
144 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 100
5.3 in W | 7.5 in H | 0.5 in T | 0.3 lb Wt

Summary:
A trusted voice shares her literary reflections on how we can find God's presence in everyday challenges and experiences. Catching fresh and original glimpses of God and sharing them through a series of highly intuitive meditations, this text encourages readers to see beyond ordinary reality and uncover the truth of God's presence in life's fleeting moments.

**A Story Waiting to Pierce You: Mongolia, Tibet and the Destiny of the Western World**

Peter Kingsley
9781890350215, 1890350214
Pub Date: 11/1/10
$14.95/$16.95 Can.Discount Code: LON
192 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 64
5.5 in W | 8.5 in H | 0.6 in T | 0.6 lb Wt

Summary:
Revealing a forgotten truth in the present day, this account illuminates the crumbling political and economic structures of the West, shedding light on an ongoing and arduous search for a sense of purpose. Recounting a true story, this exploration tells of a wandering Mongol shaman who made a dramatic appearance around the Mediterranean centuries before the time of Christ. Highlighting how this nomad came as an envoy on a mission of purification, this study records how he met with a man who became tremendously influential in Western sc...

**Alchemy of Light: Working with the Primal Energies of Life**

Llewellyn Vaughan-Lee
9781890350130, 1890350133
Pub Date: 11/1/07
$14.95/$18.95 Can.Discount Code: LON
168 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 72
5.3 in W | 8.3 in H | 0.5 in T | 0.5 lb Wt

Summary:
The unique approach to spiritual life and awakening offered in this groundbreaking work reveals how humanity's spiritual practices can be a catalyst for global transformation. Delving into the inner world of archetypes and drawing on the ancient tradition of alchemy, this reflective guide emphasizes the inner spiritual light of each individual as part of the spiritual light of the world, and as a potent agent for global change. Spiritual seekers—those interested in higher consciousness, spiritual activism, spiritual service, and the co...
Common Sense Spirituality: The Essential Wisdom of David Steindl-Rast

David Steindl-Rast, Sr. Joan Chittister
9780824524791, 0824524799
Pub Date: 10/1/08
$16.95/$18.95 Can.Discount Code: LON
192 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 60
5.4 in W | 8.3 in H | 0.5 in T | 1 lb Wt

Summary:
This collection of David Steindl-Rast's essays directs us back to the true authority—our inner core of knowing. An invitation to reconnect with the wisdom that grounds us, draws no limits, motivates moral actions, and makes us exhilaratingly alive.

Cultivating Inner Peace: Exploring the Psychology, Wisdom and Poetry of Gandhi, Thoreau, the Buddha, and Others (2nd Edition)

Paul R. Fleischman
9781928706250, 1928706258
Pub Date: 4/1/04
$16.95/$25.95 Can.Discount Code: LON
320 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 27
5 in W | 8 in H | 0.3 in T | 0.9 lb Wt

Summary:
The way to inner peace is illuminated in this accessible guide to tending one's inner landscape. The lives of outstanding figures such as the Buddha, Walt Whitman, and Gandhi are used to connect the ideal of inner peace with how real people cultivate peace in their everyday lives. Peacefulness as dynamic, selective, and egoless is shown through the constructive act of choosing different ways of life, such as having a smaller family or a more modest career. A message of hope and inspiration permeates this pragmatic approach and is exemp...

Darkening of the Light: Witnessing the End of an Era

Llewellyn Vaughan-Lee
9781890350505, 1890350508
Pub Date: 11/1/13
$14.95/$16.95 Can.Discount Code: LON
176 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 68
5.3 in W | 7.3 in H | 0.4 lb Wt

Summary:
A compelling insight into the impact that external, ecological damage has on the inner self, this spiritual exploration argues that although spiritual teachings reveal that events in the outer world are a reflection of changes taking place in the inner world, there is little awareness and discussion of how this outer darkening is reflected within. The book tells the story of changes that have been taking place in the inner worlds that belong to a collective spiritual destiny and the fate of the planet, changes that are as significant a...

Practical Spirituality: The Spiritual Basis of Nonviolent Communication

Marshall B. Rosenberg
9781892005144, 189200514X
Pub Date: 4/1/05
$8.95/$9.95 Can.Discount Code: LON
32 pages
Trade Paperback
Religion / Spirituality / General
Series: Nonviolent Communication Guides
Territory:
Ctn Qty: 210
5.4 in W | 8.4 in H | 0.1 in T | 0.2 lb Wt

Summary:
According to Marshall B. Rosenberg, Ph.D., our most basic spiritual need is to contribute to the well being of others and ourselves. His brief, unscripted reflections on the spiritual basis of Nonviolent Communication (NVC) will inspire you not only to connect with the Divine in yourself and others, but to begin to create a world of empathy and compassion, where the language we use is the key to enriching life.

Discover an intensely satisfying and joyful spiritual experience that begins with you. In these rich pages, learn how NVC can h...
Siddha Yoga Publications

**Sadhana of the Heart: A Collection of Talks on Spiritual Life**
Gurumayi Chidvilasananda
9781930939059, 1930939051
Pub Date: 4/1/07
$26.95/$31.95 Can.
Discount Code: LON
184 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 60
5.5 in W | 8.3 in H | 0.5 in T | 0.6 lb Wt

**Summary:**
These five speeches impart the teachings of the Siddha Yoga path for modern seekers with eloquence, erudition, and compassionate humor, making an ancient tradition deeply engaging and vibrantly alive. Each talk, originally addressed to a global audience as a traditional greeting to the new year in the period 1995–1999, offers guidance—both practical and philosophical—for progressing on the spiritual path in today's world and living a noble and purposeful life. The book teaches with illustrative stories and anecdotes and urges all people...

Otago University Press

**Sanctuary: The Discovery of Wonder**
Julie Leibrich
9781877578960, 1877578967
Pub Date: 5/1/15, Ship Date: 5/1/15
$39.95/$47.95 Can.
Discount Code: LON
228 pages
Trade Paperback
Body, Mind & Spirit / Inspiration & Personal Growth
Ctn Qty: 40
7.8 in W | 7.8 in H

**Summary:**
An engaging and moving book full of spiritual insight, wisdom, and warmth, this book is the result of a decade of exploration and contemplation of the concept of sanctuary. It is written in a way that happily combines reason and imagination, poetry and critical thinking, knowledge and originality. *Sanctuary* cuts across genres: at once a spiritual memoir; a collection of personal journal entries and brief discourses; and a window into the views of influential writers, thinkers and poets, and of the author’s friends and acquaintances. Ju...

The Golden Sufi Center

**Spiritual Ecology: The Cry of the Earth**
Llewellyn Vaughan-Lee, Joanna Macy, Thich Nhat Han...
9781890350451, 1890350451
Pub Date: 7/1/13
$15.95/$17.95 Can.
Discount Code: LON
280 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 48
5.5 in W | 8.5 in H | 0.8 lb Wt

**Summary:**
Showing the deep connection between our present ecological crisis and our lack of awareness of the sacred nature of creation, this series of essays from spiritual and environmental leaders around the world shows how humanity can transform its relationship with the Earth. Combining the thoughts and beliefs from a diverse range of essayists, this collection highlights the current ecological crisis and articulates a much-needed spiritual response to it. Perspectives from Buddhism, Sufism, Christianity, and Native American beliefs as well ...

New Story Press

**The Holy Universe: A New Story of Creation for the Heart, Soul, and Spirit**
David Christopher
9780985933906, 0985933909
Pub Date: 9/23/13
$17.95/$21.95 Can.
Discount Code: SPT
384 pages
Trade Paperback
Religion / Spirituality / General
Ctn Qty: 20
6 in W | 9 in H | 1.4 lb Wt

**Summary:**
Taking an unflinchingly realistic look at the global crises we face, yet offering empowerment and hope instead of grim despair, this powerful new narrative transforms the cold, scientific facts of the universe into a soulful story of creation that is reminiscent of humanity’s stories of the ages. Told through a dialogue between a seeker and his sage, the worldview developed here transcends dogma and belief, giving readers a new way to reconnect with the cosmos. Human history is grounded into the larger history of the universe, revealin...
Mudras: Ancient Gestures to Relieve Modern Stress
Emily Fuller Williams, Stuart Prado
9780943990408, 0943990408
Pub Date: 1/1/11
$14.95/$16.95 Can. Discount Code: LON
96 pages
Trade Paperback
Self-Help / Stress Management
7 in W | 7.5 in H

Summary: Introduces easy, economical ways to cope with physical and emotional tension. Used for centuries by many different cultures, mudras are seen in Eastern dance and meditation, in ancient Egyptian friezes, even in Byzantine icons of Christ. Most of us use them today, too: we wave goodbye, we press a hand to our chest in distress, we wriggle our fingers to release energy, or press fingertips together to calm ourselves. This carefully-illustrated step-by-step guide can be used by adults and children, wherever we are: behind the wheel, behi...