Reiki and Your Intuition
A Union of Healing and Wisdom
Tina M Zion

Summary
More than just another Reiki book, *Reiki and Your Intuition: A Union of Healing and Wisdom* is a step-by-step process for exploring your intuition, your heart, and your soul as Reiki touches your life, enters your experience, and becomes a part of who you are.

This manual will assist you, as a practitioner or a teacher, in understanding all the strange and sometimes weird and scary intuitive perceptions that Reiki opens you up to. Using a clear and knowledgeable framework presented in this book, prepare to become a better healing vessel as you discover the beautiful union between healing and intuitive wisdom.

Within the covers of this book, you will:

- Find spaces to privately document your heightened awareness
- Realize what intuition truly is and the keys to being a successful intuitive Reiki practitioner
- Learn that your intuition is awakened by the Reiki attunements
- Begin to utilize all the intuitive pathways to assist others and yourself
- Learn that thoughts and emotions are a vital key to illness, suffering, and wellness
- Find out why empaths suffer and what to do to help yourself and others

Contributor Bio
Tina M Zion is a fourth generation intuitive who has worked in the mental health field as a registered nurse and is also a Gestalt trained counselor and clinical hypnotherapist. Her published works include The Reiki Teacher’s Manual, Become a Medical Intuitive, and Advanced Medical Intuition, among others.

Dreaming of Dylan
115 Dreams About Bob
Mary Lee Kortes

Summary
Perhaps the only subject more fascinating than the mysterious world of dreams is the mysterious world of Bob Dylan. *Dreaming of Dylan* brings the two together for a weird and wonderful romp through the ways the mercurial musical master shows up in our subconscious states. Celebrated writer and musician Mary Lee Kortes lovingly curated this off-kilter collection of nocturnal visions. Paired with over 100 original images and illustrations, these dreams will captivate you in ways you never expected. Bob Dylan once sang, “I'll let you be in my dreams if I can be in yours.” And be in them he has! There are plenty of musical dreamers here, from the incomparable Patti Smith to Squirrel Nut Zippers frontman Jimbo Mathus to Kevin Odegard, whose guitar is heard on the memorable intro to “Tangled Up in Blue,” and others. Not to mention the everyday dreamers, from plumbers to poets and pastors, from dentists to attorneys and psychotherapists. Some dreams are poignant; some are disturbing; and others are nothing short of bizarre. Taken together they’re an enthralling look at what the famously enig...

Contributor Bio
Mary Lee Kortes is a musician and author based in Brooklyn, New York. She has released five albums of original material to wide critical acclaim, each of which landed on the Billboard critics’ top ten list in the year of its debut. *Rolling Stone* described her voice as “the high-mountain sunshine of Dolly Parton, with a sweet-iron undercoat of Chrissie Hynde.”
Interpreting Dreams and Visions
A Practical Guide for Using Them Powerfully to Impact the World
Elizabeth Evans

Summary
You will spend on average six years of your life dreaming. This is more than a simple mental process. It is clear from the Bible that dreams and visions are important ways in which God chooses to speak to people. This book teaches you how to understand the language of dreams and visions so that you can hear what God is saying to you at night, and during your prayer times. Love has a Voice and He wants to speak to His modern-day people. Everybody dreams, and there is great interest in dreams. Interpreting dreams for non-Christian people can help them to receive God’s love and guidance. The book is highly practical, and includes training exercises at the end of each chapter.

Contributor Bio
A popular conference speaker, Liz travels in Europe and the UK supporting church leaders with prophetic ministry. She is a leader of Bath City Church.

Discover the Innate Potential of Children
... and they will love you
Anne Hassett, Marianne VOLONTÉ

Summary
Fingerprints and hands allow access to the complete picture: positive and critical character traits as well as potential and challenges. They are a tool which cannot be faked, altered or controlled, a tracking device which helps sharpen the children’s sense of responsibility and self-esteem. The knowledge of the information given in the fingerprints and hands is a must for all parents and other caregivers such as teachers, therapists, doctors. Discover the Innate Potential of Children provides a full guide.

Contributor Bio
ANNE HASSETT has been a Spiritual Counselor and teacher of Personal Growth for 37 years, based in Bath, U.K. She is the author of several books, including, Reading Your Child’s Hand. MARIANNE VOLONTÉ was a lawyer in the finance sector for over 30 years. Her knowledge and experience with the method of fingerprints analysis drove her to become a certified fingerprint analyst.
Research in Scientific Feng Shui and the Built Environment
Michael Y Mak, Albert T So

Summary
This volume comprises 13 high-quality essays which were well-organized into four parts to reflect the current trends and the future development of the research undertaken in the built environment.

Scientific Feng Shui for the Built Environment
Theories and Applications (Enhanced New Edition)
Michael Y. Mak, Albert T. So

Summary
This enhanced new edition has further taken into account the enhancements and new inputs in theories and applications. Emphasis is placed on two themes, sustainability and science. New case studies regarding sustainable design as viewed from a Feng Shui perspective, and integrated applications of different architectural models and their associations with Feng Shui concepts are added and elaborated.

Contributor Bio
Dr Michael Y. MAK is a Senior Lecturer and Program Convenor for the postgraduate property programs at the School of Architecture and Built Environment, the University of Newcastle, Australia. He has been teaching in architecture, building, construction ma
Shine Bright
77 Inspirational Affirmations and Manifesting Tools
Marianne Vicelich

A deck of 77 manifesting cards to be used for receiving daily guidance and inspiration.

Summary
Shine Bright is a deck of 77 manifesting cards to be used for receiving daily guidance and inspiration. When in doubt, put your hand on the deck and choose a card to give you crystal clear clarity. Trust in the guidance you receive, and let it lead you and give you insight into the next moment that will transpire. The affirmations will guide you to spiritual growth and healing.

Contributor Bio
Marianne Vicelich is the author of eight published self-help books and she is a self-love therapist and relationship coach. Her work merges empowering psychology with realistic and tangible verse. Her work has been featured in Vogue, NBC Radio, Fox Radio, Harpers Bazaar, BBC Radio London, OK Magazine, Cosmopolitan, The Los Angeles Times and more. She is a practicing psychologist.

SoulStrolling Inspiration Deck
Kayce Stevens Hughlett

Summary
This gorgeous 60-card deck contains original photos from around the world—Paris, Bali, India, Ireland, and more. Infused with messages and meditative mojo, you'll want to add this deck to your inspirational tool box. The deck is a perfect companion for the more-than-just-travel memoir, SoulStroller; experiencing the weight, whispers, & wings of the world, which will release on November 1, 2018.

Contributor Bio
Kayce Stevens Hughlett is a soulful and spirited woman. In her roles as author, spiritual guide, artist of being alive, and speaker, she invites groups and individuals to playfully and fearlessly cross the thresholds toward authentic living. A strong proponent of compassionate care in the world, Kayce's live and online work focuses on the principle that we must live it to give it. Her early career began with a multi-national accounting firm to be later refined as the path of an artist. She delights in walking alongside others as they explore and unearth their own pathways toward passionate living. Co-creator of SoulStrolling, Kayce holds a Masters in Counseling Psychology from The Seattle School of Theology and Psychology and is a Certified Martha Beck Life Coach. Kayce is a trained SoulCollage facilitator and colleague of Abbey of the Arts---facilitating the formation, nourishment, and deep inner work of soul care practitioners. Raised in the heartland of Oklahoma, she now resides in Seattle. Washington with her family and muse, Asian the Cat. Discover more at www.kaycehughlett.com
Grace
Colour, Reflect, Rest
Erica Kramer, Marcel Flier

A colouring book for adults accompanied by a selection of inspirational thoughts and Bible verses.

Summary
Grace is more than a colouring book, it also contains short meditations to fuel your quiet time in a creative way. Beautifully presented as a gift book, this makes an ideal present or a wonderful keepsake. Enjoy themes such as grace and happiness as you create a haven in which to contemplate and relax.

Contributor Bio
For author and designer Marcel Flier, drawing and design have been his passion since childhood. After six years as a graphic designer Marcel established his own studio, Studio Stijll, in 2006. He is well known particularly in the Netherlands and provides designs for a variety of clients. As a Christian he seeks to create illustrations that encourage and motivate fellow-believers and appeal to a wide audience.

Embrace Yourself
Taryn Brumfitt

Summary
"Your body is not an ornament—it is the vehicle to your dreams."

When was the last time you wore a bikini without a care in the world? Did a cannonball in the pool? Or participated in an activity that gave you such a thrill you almost wet your pants? (Or you actually did!) Taryn Brumfitt—Director of award winning documentary Embrace and fiercely passionate champion of women—has inspired more than a million people across the world to embrace their bodies. Her message is urgent, critical, and incredibly inspiring. Learn to accept your body for all the wonderful gifts it brings you and reject the destructive fake images we are bombarded with every day. Embrace Yourself is the ultimate "how to" guide to loving your body at every shape and size. Do you hate your body and want to let go of the unhappiness it brings? Do you just want to reach a greater sense of body-loving nirvana? If the answer is yes, then this book might just change your life. It’s time to access your joy. It’s time to Embrace Yourself.

Contributor Bio
Taryn Brumfitt is an internationally recognized keynote speaker and the fiercely passionate thought leader behind The Body Image Movement. A bestselling author and director of the inspiring social-change documentary Embrace, Taryn's global crusade to end the body dissatisfaction epidemic has seen her recognized by the United Nations Women, Amy Poehler's Smart Girls, and the Geena Davis Institute. Named alongside Beyoncé and Emma Watson in Brigitte magazine's "Woman of The Year," Taryn's positively infectious voice and powerful message has reached over 200 million people.
**Wrinklies Wiser & Wittier**  
*A Whimsical Collection of Quotations from Entertainingly Experienced Individuals*  
Alison Rattle, Allison Vale

**Summary**  
More than 1,500 amusing, interesting, and thought-provoking sayings and quotations on all aspects of aging are gathered in this collection. "I truly believe if you think yourself young, you'll convince others too. It's largely a matter of mind over cellulite." Penny Thornton. "Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." Bill Vaughn. "People started to tell me that I wasn't young anymore early on in my career. When, at twenty-five, I told a Hollywood producer my age, he informed me cynically, Twenty-five? Honey, that's not young in this town anymore." Joan Collins, *The Art of Living Well.*

**Contributor Bio**  
**Alison Rattle** worked in London as a fashion designer before moving into publishing. She is co-author of *Hell House and Other True Hauntings, Liquor and Laudanum, Wrinklies' Wit & Wisdom Rides Again,* and *Mothers' Wit.* **Alison Vale** taught history in London before becoming an author.

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**The Healing Power of Empathy**  
*True Stories About Transforming Relationships*  
Mary Goyer

**Summary**  
Empathy is an essential leadership skill and a cornerstone of good relationships—but it can be hard to access when it's most needed. Luckily, empathy is also a learnable skill. With mindfulness, empathy has deescalated conflicts, combated loneliness, and built human connections in the most unlikely places. With this book, readers will learn how anger and blame get translated and productive dialogues made possible, how to repair arguments before they cause damage, and how self-empathy transforms relationships. With more than 70 stories collected from Nonviolent Communication trainers and practitioners around the world, readers will encounter new ways to talk to the people in their lives and learn techniques for empathizing with one's self and with others at home, at work, and in the community.

**Contributor Bio**  
**Mary Goyer, MS,** is a holistic counselor and trainer who specializes in leadership and personal development at work and at home. She draws upon her traditional training in marriage and family therapy, her background in Nonviolent Communication, and her expertise in mind-body healing techniques to help professionals in struggling teams tap into their creative, collaborative potential.
**The Spirit of Silence**

**John Lane**

**Summary**

Meditation is a way of life for millions; at the end of a Hindu's life, he renounces all and becomes a wandering ascetic; and the Japanese tea ceremony provides an interlude of spiritual relaxation within lives rooted in activity. Others find their creative inspiration through gardening, walking, watching the sea, or listening to music. The Spirit of Silence is for those who wish to look beyond the speed and superficiality of our modern lifestyle to find depth and spiritual space. It is devoted to clearing the clutter from our minds, and to feeding the creative heart and soul.

**Contributor Bio**

John Lane (1930 - 2012) was a painter and writer. His books include *The Living Tree: Art and the Sacred*, *Timeless Simplicity: Creative Living in a Consumer Society*, *Timeless Beauty in the Arts and Everyday Life* and *The Spirit of Silence: Making Space for Creativity*. He lived in Devon for over 40 years.

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**The Borley Rectory Companion**

**The Complete Guide to 'The Most Haunted House in England'**

Paul Adams, Peter Underwood, Eddie Brazil

The definitive guide to 'the most haunted house in England', new in paperback

**Summary**

Borley Rectory in Essex, built in 1862, should have been an ordinary Victorian clergyman’s house. However, just a year after its construction, unexplained footsteps were heard within the house, and from 1900 until it burned down in 1939 numerous paranormal phenomena, including phantom coaches and shattering windows, were observed. In 1929 the house was investigated by the *Daily Mail* and paranormal researcher Harry Price, and it was he who called it "the most haunted house in England." Price also took out a lease of the rectory from 1937 to 1938, recruiting 48 official observers to monitor occurrences. After his death in 1948, the water was muddied by claims that Price's findings were not genuine paranormal activity, and ever since there has been a debate over what really went on at Borley Rectory. Paul Adams, Eddie Brazil, and Peter Underwood here present a comprehensive guide to the history of the house and the ghostly (or not) goings-on there.

**Contributor Bio**

**Paul Adams** is the publisher of Limbury Press, a small amateur publishing house which issues specialist paranormal titles on an ad-hoc basis. He is the author of *Ghosts & Gallows*, *Haunted Luton & Dunstable*, and *The Little Book of Ghosts*. **Peter Underwood** wrote prolifically on ghosts and haunted places within the United Kingdom, and was a leading expert on "the most haunted house in England," Borley Rectory. He is the author of *Nights in Haunted Houses*, *No Common Task*, and *The Borley Rectory Companion*. **Eddie Brazil** is the author of *Camberwell from Old Photographs*, *Haunted High Wycombe*, and *Shadows in the Nave*. 
**Covenseense**
Patricia Crowther

**Summary**
In her latest book, Patricia Crowther explores some of the many questions she has been asked over almost 50 years as an initiate of the craft and a high priestess of the Great Goddess. What is a witch’s ladder? Why is the left hand associated with the devil? Is it true that only a young woman can become a high priestess? These are just some of the questions addressed in these pages. An acknowledged authority on witchcraft and magic, the author offers the reader the benefit of her considerable knowledge. There are sections on Magic Mirrors, the validity of self-initiation, how to protect yourself against ill-wishing, the Mansions of the Moon, talismans, the language of flowers, and a guide to running a successful coven. Laced with poetry, this new paperback edition of Covenseense will be an instructive and exciting addition to any Occultist's library.

**Contributor Bio**
Patricia Crowther is the author of High Priestess.

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**Love Spells**
Marianne Vicelich

Love Spells is a whimsical tangible verse book aimed at attracting, magnetising and unlocking the secrets to love relationships through all areas of your life. Whether you looking for love or attached Love Spells unleashes the power of healthy love relationships.

**Summary**
*Love Spells* is a whimsical tangible verse book aimed at attracting, magnetising and unlocking the secrets to love relationships through all areas of your life. Whether you looking for love or attached, *Love Spells* unleashes the power of healthy love relationships. The book examines signs of love occurring in the natural world, allowing wisdom and intuition as a guide to seek and find love. This step-by-step guide to manifesting love touches on astrology for love; face reading and rituals for love; and Feng Shui for attracting the perfect love into your life and making it last forever.

**Contributor Bio**
Marianne Vicelich is the author of eight published self-help books and she is a self-love therapist and relationship coach. Her work merges empowering psychology with realistic and tangible verse. Her work has been featured in *Vogue*, NBC Radio, Fox Radio, *Harpers Bazaar*, BBC Radio London, *OK Magazine*, *Cosmopolitan*, *The Los Angeles Times* and more. She is a practicing psychologist.
**Breaking Upwards**  
*How to Manage the Emotional Impact of Separation*  
Charlotte Friedman

**Summary**  
Divorce is not just a legal process—it is an emotional one, too. The break-up of a relationship can be devastating, leaving you overwhelmed with anger and grief. As Charlotte Friedman shows, it doesn’t have to be that way. A former family barrister, Friedman decided to move from the courtroom to the therapist’s chair in order to help people manage the emotional fall-out of divorce. She offers calm, therapeutic advice on everything from how to manage loneliness to letting go of grievance, and draws on illuminating case studies to answer such questions as:

- How long before I get over this divorce?
- How do I tell the children?
- How do I cope with the new partner in my ex’s life?

This book is designed to give you the confidence to create a genuinely positive new story.

**Contributor Bio**  
**Charlotte Friedman** is a psychotherapist. After working for 25 years as a barrister specializing in divorce and separation, she retrained as a therapist and now sees many couples and individuals going through the process. Charlotte has often appeared on TV and radio and presents workshops and seminars for many big companies, helping their employees to cope with their relationship break-ups.

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**How to Tame the Tumbles**  
*The Mindful Self-Compassionate Way for Parents and Children*  
Eileen Beltzner, Christopher Germer

**Summary**  
*How to Tame the Tumbles* pushes the literature and practice of mindfulness to a new frontier where parents and children, together, can find an avenue to self-compassion. This concise and engaging book of 14 chapters will guide parents and children towards a new appreciation as to how they can deal with the “tumbles” that inevitably arise from time to time. The book also includes helpful exercises and resource materials to “tame the tumbles.”

**Contributor Bio**  
**Eileen Beltzner** is a Registered Social Worker, a Special Care Counsellor, a Child and Family Therapist, a Certified MSC Teacher, and a Making Friends with Yourself (MFY) teacher. Eileen has more than 40 years of experience in extensive training and clinical experience with families and individuals experiencing challenges posed by anxiety, bereavement, depression, and trauma. Eileen has incorporated Mindful Based Cognitive Therapy (MBCT) and Mindful Self-Compassion practices into her private work with clients since 2009.  
**Christopher Germer, PhD** is a clinical psychologist and lecturer on psychiatry at Harvard Medical School. He is a co-developer of the Mindful Self-Compassion (MSC) program, author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*. Dr. Germer is a founding faculty member of the Institute for Meditation and Psychotherapy as well as the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School.
Turmeric
Nature’s Miracle Healer: Fact or Fiction?
Penelope Ody

Summary
Turmeric has been used medicinally in South Asia for over 4,000 years, and now its antioxidant and anti-inflammatory properties are being examined to develop treatments for a host of illnesses, from diabetes and cancer to Parkinson’s and heart disease. Here Penelope Ody provides an encyclopedic history of turmeric and its therapeutic role. From its cultivation to its traditional use in Chinese and Ayurvedic medicine to its centrality to the Asian diet (along with a wide range of recipes, as Ody is always aware that it is as a spice that most people will consume turmeric). Turmeric has been a traditional herbal remedy for centuries and this book investigates its suitability for 21st-century stresses, separating the hysteria about its benefits from a realistic evaluation into how it can help to improve every reader’s health.

Contributor Bio
Penelope Ody is the author of The Holistical Herbal Directory, Chinese Medicine Bible, and The Complete Medicinal Herbal.

The Book of Floating (3rd Edition)
Exploring the Private Sea
Michael Hutchison, Lee Perry

Summary
A thorough and absorbing summary of the healing and therapeutic uses of the floatation tank invented by Dr. John C. Lilly, the celebrated neuroscience researcher. This edition includes a new foreword by Lee Perry, additional illustrations, and updated information.

Contributor Bio
Michael Hutchison (1945-2013) was a journalist, author, and researcher of brain/mind devices. Lee Perry is the co-founder of the Samadhi Tank Company, which built the first commercial floatation tanks according to Dr. John Lilly’s guidelines.
The Yamas & Niyamas
Exploring Yoga's Ethical Practice
Deborah Adele

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 nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. The last five are referred to as the niyamas, or observances—purity, contentment, self-discipline, self-study, and surrender. A self-study section at the end of each chapter may also be used by instructors for group discussion.

Contributor Bio
Deborah Adele holds master's degrees in both Liberal Studies and Theology & Religious Studies. An ERYT 500, she carries yoga certifications in Kundalini yoga, Hatha yoga, Yoga Therapy, and Meditation. She is also trained as a Gestalt practitioner and a Somatic Educator. For over 14 years, Deborah brought her combined knowledge of business and her in-depth knowledge of yoga philosophy to build Yoga North, now a thriving yoga center. Currently she is writing, teaching, consulting, and engaging her own personal practice. Deborah worked for three years as a consultant with a firm out of Boulder, Colorado, where she combined the concept of body and breath with organizational development skills to improve leadership and management in various businesses around the country. She wrote a regular wellness column for the Duluth News Tribune and has authored two CD's, The Art of Relaxation and The Practice of Meditation. Deborah currently owns Adele & Associates, a company whose goal is to increase clarity, productivity, and right-living in individuals and systems. Deborah is a keen and innovative...

Light on Prānāyāma
The Yogic Art of Breathing
B. K. S. Iyengar, Yehudi Menuhin

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.
Advanced Medical Intuition
Six Underlying Causes of Illness and Unique Healing Methods
Tina M. Zion

Summary
“I truly was not living before I embarked on this path. I wish everyone could experience the miracles and magic I’ve seen enter my life. Thank you, Tina, for making it possible.” – Jean B., Student

Advanced Medical Intuition is power packed with information. This book is the next step to take after reading Tina Zion’s book, Become a Medical Intuitive: The Complete Developmental Course.

This teaching manual offers these educational features for your success:

- 1. Descriptions of the 6 causes of illness and the specific healing techniques for each category.
- 2. Case studies transcribed from Tina’s recorded medical intuitive sessions.
- 3. Case studies presented in narrative story-like form.
- 4. Comments within the transcriptions explain each segment.
- 5. Healing techniques are demonstrated in transcripts, narratives, and in numbered steps throughout the book.
- 7. Key concepts are highlighted throughout.
- 8. Different approaches to engage and empower your clients as the session progresses.
- 9. A complete summary of the healing...

Contributor Bio
Tina M. Zion is a fourth generation psychic medium, specializing in medical intuition and teaching it internationally. She has worked in the mental health field as a registered nurse with a national board specialty certification in mental health nursing. She is also a Gestalt trained counselor and clinical hypnotherapist.

Become a Medical Intuitive - Second Edition
The Complete Developmental Course
Tina M. Zion

Summary
This book provides a complete training experience for anyone seeking to become a medical intuitive. Each chapter offers step-by-step advice to intensify existing intuitive abilities and x-ray perception. Outcomes include: developing inner sight for the deeper cause of illness, accessing a person’s eternal story for healing, understanding the electromagnetic energy of thought and emotion, assessing what vibrational colors of the aura are saying, doing distance assessments, and much more. This teaching manual is for lay people, medical practitioners, energy healers, professional intuitives and mediums, or anyone who yearns to develop their intuitive abilities.

Contributor Bio
Tina Zion is a fourth-generation psychic medium, specializing in medical intuition, who teaches workshops around the world. Her educational background includes a degree from Purdue University and a National Board Specialty Certification in Mental Health Nursing from the American Nurses Credentialing Association. Tina has been a certified clinical hypnotherapist specializing in past life regressions for 30 years.
The Reiki Teacher's Manual
Tina M. Zion

Summary
"I'm a Reiki teacher & I use this book all the time. In fact that is a gift I give my students when they graduate." —Connie, Verified Purchaser

This book is designed for students, practitioners, and teachers. It will enrich the classes that current teachers are giving and gives the new teacher confidence and pride when providing that very first class.

Practitioners will have a greater understanding of how to apply Reiki and what is actually happening during a session. You will never again be afraid or even worried about teaching a Reiki class or giving the attunement. You will be pleased and your students will be grateful for the rich content in your classes.

The Reiki Teacher's Manual is a precise step-by-step guide to instruct all three levels or degrees of Reiki. This manual and its format provide you with:

• A concise manual that is user friendly;
• A quick reference to answer student’s questions;
• Consecutive steps with time approximations to make sure you teach all the information and still have plenty of time for the hands on practice sessions;
• How to get the most for your student...

Contributor Bio
Tina M. Zion is a fourth generation psychic medium, specializing in medical intuition and teaching it internationally. She has worked in the mental health field as a registered nurse with a national board specialty certification in mental health nursing from the American Nurses Credentialing Association. Tina is a Gestalt trained counselor, graduating from the Indianapolis Gestalt Institute in 1997. She received her certification in clinic hypnotherapy from the American Council of Hypnotist Examiners in 1983, specializing in past life regressions and certified through the Michael Newton Institute. Tina is the internationally known author of

The Warriors of Stillness Trilogy
Meditative Traditions in the Chinese Martial Arts
Jan Diepersloot

Summary
This boxed set includes all three volumes in The Warriors of Stillness Trilogy which follow the author’s experiences and investigations into the internal martial arts. The first book discusses techniques on movement, issuing the "jing," and the theory and practices of taijiquan. The second book pulls from the practices that are used in Yiquan such as the ability to defeat power and speed, traditional meditation techniques, and the skills that are used to counter and control force. The last book describes good posture and breathing habits, instruction on developing the "jin," how to control body movements and actions, and the peak transcendent experience of awareness. Each volume includes illustrations that complement the text and offer a visual guide through the various stages in martial arts.

Contributor Bio
Jan Diepersloot has studied martial arts for more than 35 years. He is the founder of the Contra Costa Center for Healing and the Arts, where he teaches. He lives in Walnut Creek, California.
Confessions of an Illuminati, Volume I
The Whole Truth About the Illuminati and the New World Order
Leo Lyon Zagami

Summary
In English for the first time, a guide to the true secret structure of the Illuminati and their invisible network

Author Leo Lyon Zagami uses the Illuminati's internal documents and reveals confidential and top-secret events. His book contends that the presence of numerous Illuminati brotherhoods and secret societies—just as those inside the most prestigious U.S. universities such as Yale or Harvard—have always been guides to the occult. From the Ordo Templi Orientis (OTO)’s infiltration of Freemasonry to the real Priory of Sion, this book exposes the hidden structure of the New World Order and the occult practices of the various groups involved with it, including their connections to the intelligence community and the infamous Ur-Lodges.

Contributor Bio
Leo Lyon Zagami is a writer and researcher who wrote a popular blog between 2006 and 2008 concerning his direct involvement with the New World Order and secret societies connected to it. He is the author of numerous books in his native Italian and is the author of Pope Francis: The Last Pope?: Money, Masons and Occultism in the Decline of the Catholic Church.

Confessions of an Illuminati, Volume II
The Time of Revelation and Tribulation Leading up to 2020
Leo Lyon Zagami

Summary
After his master thesis of the secret societies network as outlined in volume 1, the Confessions of an Illuminati narrative of Leo Lyon Zagami is projected to the reality of today, including the occult maneuvers behind the New World Order. We need to wake up beyond our current belief systems, because the "controllers" of the New World Order are moving fast using the "Prophecies" to their advantage to implement their evil plan by 2020, when World War III will finally break loose.

The author demonstrates that the hierarchy of power emanating from Rome and Jerusalem, with the Jesuits and the Zionist’s united by a secret pact since the Second Vatican Council, are in cahoots working towards the creation of a world government. There is also China playing a new role in the NWO with the far reaching tentacles of Chinese Freemasonry manipulating economic Hit Men and disinformation artists, while Russia is building their Christian orthodox alliance to apparently oppose the Western antichrist.

In this unprecedented scenario, we also have the involvement of the big media moguls like Ted Turner ...
Confessions of an Illuminati, Volume III
Espionage, Templars and Satanism in the Shadows of the Vatican
Leo Lyon Zagami

Summary
Zagami pushes the boundaries once again with this unique and personal journey into the mysteries of the secretive world of the Dark Cabal. In the third book of this acclaimed series, Zagami explores a variety of cryptic topics that are always verified with documentation. This is not a work of fiction, but a tool with which readers can comprehend topics that range from the truth about the mythical Knights Templars to the Jesuits and their Vatican espionage game. Zagami uncovers the most credible candidates of the Grail mystery with proven testimony from an official saint of the Catholic Church. Zagami also upholds what he calls “conspiracy reality,” a way to fight back against the system of lies and deceit responsible for the rise of Satanism in the Vatican, showing in the process the magical practices of the Illuminati.

Contributor Bio
Leo Lyon Zagami is the author of Pope Francis: The Last Pope?: Money, Masons and Occultism in the Decline of the Catholic Church, and the Confessions of an Illuminati series.

The Most Dangerous Book in the World
9/11 as Mass Ritual
S. K. Bain, Peter Levenda

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 vast scope of the machinery of oppression that the author asserts has been constructed around us.

Contributor Bio
S. K. Bain is the former art director of Weekly Standard magazine and Oxford American magazine. He recently helped author portions of U.S. Public Law 111-11, an act that designates certain land as components of the National Wilderness Preservation System. He lives in Blue Mountain, Mississippi. Peter Levenda is the author of Sinister Forces and Unholy Alliance: A History of Nazi Involvement with the Occult. He has appeared in numerous documentaries for the History Channel and the Discovery Channel, as well as in TNT’s documentary The Faces of Evil. He has also appeared on Coast-to-Coast with George Noory and Ian Punnett. He lives in Miami.
The Key to Solomon's Key (2nd Edition)
Is This the Lost Symbol of Masonry?
Lon Milo DuQuette, James Wasserman, Mark Stavish

Summary
Sketching out a fascinating network of historic figures, cults, and Christendom, this book by an occult-studies expert and respected authority on magic and sorcery takes Western spiritual traditions seriously—but examines them with common sense and self-effacing humor. Working backward from the Freemasons to one of their original orders, the 14th-century Knights Templar, the account considers sorcery, heresy, and intrigues; explores the legend that the Knights possessed a powerful secret dangerous to the Church of Rome; and finds an essential clue to the order's practices in their connection to the biblical Solomon, king of Israel in the 10th century BC. This updated edition features new images, chapters on important symbols, and a new preface.

Contributor Bio
Lon Milo DuQuette is the author of Angels, Demons & Gods of the New Millennium; The Magick of Aleister Crowley, and My Life in Spirits, a memoir of his life as a practicing ceremonial magician. He lives in Costa Mesa, California. James Wasserman specializes in esoteric literature and currently works in book production and graphic design. He lives in New York City. Mark Stavish is the Director of Studies for the Institute for Hermetic Studies, and is the author of Between the Gates: Lucide Dreaming, Astral Projection, and the Body of Light in Western Esotericism.

The Paradoxes of Mourning
Healing Your Grief with Three Forgotten Truths
Alan D. Wolfelt

Summary
When it comes to healing after the death of someone loved, our culture has it all wrong. We’re told to be strong when what we really need is to be vulnerable. We’re told to think positive when what we really need is to wallow in the pain. And we’re told to seek closure when what we really need is to welcome our natural and necessary grief. Dr. Wolfelt’s new book seeks to dispel these misconceptions that we hold on to so tightly and help people everywhere mourn well so they can live fuller lives. The Paradoxes of Mourning discusses three truths that grieving people used to know and respect but in the last century, seem to have forgotten: 1. You must make friends with the darkness before you can enter the light. 2. You must go backward before you can go forward. 3. You must say hello before you can say goodbye. In the tradition of the Four Agreements and the Seven Habits, this compassionate and inspiring guidebook by North America's most beloved grief counselor gives you the three keys that unlock the door to hope and healing.

Contributor Bio
Alan D. Wolfelt, PhD, CT, is a speaker, a grief counselor, and the director of the Center for Loss and Life Transition. He is the author of numerous books, including Companioning the Bereaved, Companioning the Grieving Child, Healing Your Traumatized Heart, and Understanding Your Grief, among many other bestselling titles on healing in grief. He lives in Fort Collins, Colorado.
Emotional Eaters
Pam Dr. Spurr

‘Dr Pam Spurr's book The Emotional Eater's Diet is ideal for anyone struggling to come to terms with their eating habits. Pam's coaching advice is always positive, helpful and easily put into effect by emotional eaters who want to change their lives. Pam helps the reader understand where their emoti...

Summary
‘Dr Pam Spurr's book The Emotional Eater's Diet is ideal for anyone struggling to come to terms with their eating habits. Pam's coaching advice is always positive, helpful and easily put into effect by emotional eaters who want to change their lives. Pam helps the reader understand where their emotional eating stems from and offers clear step-by-step advice to change their behavior and develop a healthier relationship with food'. Jo Hemmings, Behavioral Psychologist and Author Understand difficult emotions, change your relationship with food and lose weight for good. Respected self-help expert and life coach, Dr Pam Spurr, provides you with crucial insight into how to become a happy and healthy weight for life. The Emotional Eater's Diet shows you how to understand the link between a healthy mind and a healthy body. It is packed full of practical advice and motivation to help you reach a healthy weight through learning to manage the triggers that cause you to emotionally eat. Featuring questionnaires, real-life case studies, interactive sections and advice tailored to your specific p...

Contributor Bio
Dr Pam Spurr is an award-winning radio presenter, agony aunt, sex and relationship advisor and life coach. Dr Pam is the author of more than 11 self-help books and appears regularly on TV.

The Magpie Art
Gathering the Brightness of Every Day
Paul Weinfield

Summary
This is not a book on meditation or Buddhism, though it has certainly been influenced by both. It is a book of encouragements for all those who are interested in using the unit of a single day to develop good qualities in their minds and hearts. It is a book about teaching yourself "from the middle" — the middle of frustration or joy or boredom or wherever else you find yourself. It is a book with a single thesis: that there is always something you can do, moment by moment, to rediscover the brightness of your own life.

Contributor Bio
Paul Weinfield is a singer, songwriter, poet, and meditation teacher. After teaching religion and philosophy for ten years at Columbia University and Hunter College, he left academia to explore the overlap between creativity and spirituality. He lives and teaches in New York City.
Created for Wholeness
The Science, Religion, and Astrology of Self-Knowledge and Harmony
Andrew Benedict Acheampong

Summary
This book shows you how to know and validate yourself, your purpose in life, body type, psychological personality, astrological soul personality, religious faith, spiritual path for personal transformation. It examines various approaches to self-knowledge, wholeness, elimination of bad habits, addictions and wrong beliefs, your compatibility with other souls in relationships, and practical ways for aligning body-mind-soul to awakened spirit for wholeness. The book connects knowledge of oneself to a life of wholeness and harmony with others. The author shares his personal story about how he came to understand his divided self, personality, purpose and the struggles he has encountered on the path of wholeness of self.

Contributor Bio
Andrew Benedict Acheampong, PhD is a Christian of Catholic faith, seeker of spiritual knowledge, mystic philosopher, and scientist. He has a life-long pursuit of knowledge of body chemistry, drug safety, spiritual practices, religious faiths, science of personality and astrology of personality with the aim of enhancing interest in power of self-knowledge and overcoming life's challenges to achieve wholeness of body, mind, and soul. He was born in Ghana and educated in Ghana, Canada and the United States. He joined a leading Pharmaceutical company in the US in 1989 and rose to the level of Scientific Director. He has over 30 years of experience in drug discovery and development and has published over 50 scientific articles. He holds a BSc in Chemistry from the University of Science and Technology, Kumasi, Ghana and MSc and PhD degrees in Pharmaceutical Sciences from the University of British Columbia, Vancouver, Canada. He obtained his post-graduate training at Howard University, Washington DC and University of Washington, Seattle.

Unlock Your Personalization
Ramjee Prasad

Summary
Life is short, and its limits are apparent. Living should bring happiness and pleasure, but most people have to cope with enormous problems, stemming from heavy workloads, stress, and anxiety. In our post-modern, techno-science world, every effort is being made to achieve a high standard of living. Still, few people find an effective solution for relieving stress and achieving their objectives in life. Unlock Your Personalization promotes an innovative and novel approach to achieving a good quality of life. The book is based on a unique and novel technique - C5 - which can improve an individual's quality of life. C5 offers a detailed introduction to five basic key parameters for strengthening the body and the mind - Concentration, Calmness, Confidence, Contentment, and Creativity - while also presenting life's five stages - namely Innocence, Intelligence, Innovativeness, Involvement, and Infinity.
The Depression Book
Depression as an Opportunity for Spiritual Growth
Cheri Huber, June Shiver

This Zen guide to utilizing depression as an opportunity for spiritual growth and personal acceptance includes personal accounts, written exercises, and meditation instructions.

Summary
This Zen guide to utilizing depression as an opportunity for spiritual growth and personal acceptance includes personal accounts, written exercises, and meditation instructions.

Contributor Bio
Cheri Huber is the author of 19 books, including There Is Nothing Wrong with You, When You're Falling, Dive, and Time-Out for Parents. She founded the Mountain View Zen Center in Mountain View, California, and the Zen Monastery Practice Center in Murphys, California, and teaches in both communities. She travels widely and often, leading workshops and retreats around the United States and abroad, most recently in Costa Rica and Italy. She founded Living Compassion in 2003, a nonprofit group comprised of There Is Nothing Wrong With You Retreats (based on the book); Global Community for Peace: The Assisi Peace Project; The Africa Vulnerable Children Project; and Open Air Talk Radio, her weekly call-in radio show originating from Stanford University. She lives in Murphys, California.

Dreams of Destiny in the Babi and Baha'í Faiths
Amir Badiei

Summary
Dreams of Destiny in the Babi and Baha'í Faiths takes readers deep into the significant role dreams play in almost all the religions and cultures of the world. Some people have thought of dreams as a link between man and the spiritual world, the hallowed realm. In the writings of the Baha'í Faith, the phenomenon of dreaming is often cited as a proof for the existence and immortality of the human soul, and the history of the Baha'í Faith contains many examples of dreams serving as premonitions, warnings, or reassurances to different individuals. This compilation of significant dreams within Baha'í history delves into how they influenced the lives of the dreamer as well as those around them. Some dreams confirm the faith of the dreamer, others provide comfort during a time of sorrow or impending death, and still others warn of dire consequences as a result of a dreamer's wicked deeds.

Contributor Bio
Dr. Amir Badiei is a retired professor from Oregon State University. He lives in Salem, Oregon and has a doctorate in agronomy and plant physiology. He is the author of Stories Told by 'Abdu'll-Baha (George Ronals, 2003).
**Pope Francis: The Last Pope?**  
Money, Masons and Occultism in the Decline of the Catholic Church  
Leo Lyon Zagami, Brad Olsen

**Summary**  
*Pope Francis: The Last Pope?* reveals the possible reasons for the choice of historical abdication of Benedict XVI and traces the process that led to the election of Cardinal Bergoglio: the Pope who many have prophesized will be the last and will bring the Catholic Church to its end. The book details the history of this prophecy, which was hidden away in the Vatican for hundreds of years and predicts that the reign of the last Pope will herald the beginning of “great apostasy” followed by “great tribulation.” It also explores the recent scandals in the Catholic Church and addresses questions including *What pressures decreed the end of the pontificate of Benedict XVI? What powers have an interest for the Church to end? and What is the relationship between the Vatican and the New World Order?* Perfect for anyone interested in prophecies about the end times, *Pope Francis: The Last Pope* reveals the truth about what numerology says about the last Pope and the darkness that may follow him, as well as fascinating investigations into the gay lobby, Freemasonry, and the Jesuit agenda in the Vat...

**Contributor Bio**  
Leo Lyon Zagami is a writer and researcher who wrote a popular blog concerning his direct involvement with the New World Order and secret societies connected to it. He is the author of numerous books in his native Italian on a variety of subjects ranging from history of the secret societies and the Vatican to geopolitical matters.

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**Muldoon**  
A True Chicago Ghost Story  
Rocco Faccini

**Summary**  
"Father Leo then paused with a deep breath before going on. ‘There are many problems here, and some very strange things happen late at night that I just can’t explain.’ " Poverty. Crime. Politics. Scandal. Revenge. . . . And a Ghost. These are the untold stories of the last days of a forgotten Chicago parish by the last person able to tell them: Fresh out of the seminary in 1956, Father Rocco Facchini was appointed to his first assignment, the parish of Saint Charles Borromeo on the city’s Near West Side. Adapting to rectory life with an unorthodox, dispirited pastor and attending to the needs of the rough, impoverished neighborhood were challenges in themselves. Little did Rocco know that the rectory was being haunted by a bishop’s ghost! Muldoon: A True Chicago Ghost Story dives into Father Rocco’s four-year saga at Saint Charles, where his spiritual undertaking becomes a worldly adventure. His supporting cast includes a housekeeper inappropriately involved in her pastor’s affairs, and a genius–priest who carries a gun, thwarts neighborhood crime, and teaches Rocco about “loving th...

**Contributor Bio**  
A first-time author in his early seventies, Rocco Facchini is a native Chicagoan, born to Italian immigrant parents, Gerardo and Maria. Poised for the religious life at an early age, Rocco attended Our Lady of the Angels school, Quigley Preparatory Seminary, and St. Mary of the Lake Seminary. Rocco was ordained on May 1, 1956 and served as a Chicago Diocesan priest for 15 years at St. Charles Borromeo, St. John Bosco, and Our Lady, Help of Christians parishes, before resigning from the priesthood in March 1971. As a layperson, Rocco first worked as a real estate broker and then as a Certified Property Manager for Wirtz Realty Corporation for 27 years. He married Della on July 4, 1972, and has two children, Daniel and David, who both collaborated with him on this book. Rocco continues to live in Chicago, and since his retirement in 1999, has begun writing about life as a priest, life as a dialysis patient, and the many eventful things and interesting people in his life. Rocco’s older son, Dan Facchini, has Bachelor's Degrees in Economics and English from Northern Illinois University a...
Beads of Faith
Pathways to Meditation and Spirituality Using Rosaries, Prayer Beads, and Sacred Words
Gray Henry, Susannah Marriott

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 simple mantra or prayer for each faith is also presented, as is a prize-winning DVD that takes the viewer into various world cultures where the recitation and method can be heard and seen.

Contributor Bio
Gray Henry is a lecturer in world religions, directs two academic publishing houses—Fons Vitae and Quinta Essentia—and is the cofounder and trustee of the Islamic Texts Society in Cambridge, UK. She is the author of Understanding Islam and the Muslims. She lives in Louisville, Kentucky. Susannah Marriott is the author of The Good Karma Guide. She lives in Santa Fe, New Mexico.

Daughter of Fire
A Diary of a Spiritual Training with a Sufi Master
Irina Tweedie

The Golden Sufi Center
9780963457455
Pub Date: 6/1/95
$19.95/$29.95 Can./£19.95 UK
Discount Code: LON
Trade Paperback
822 Pages
Carton Qty: 16
Religion / Islam
REL090000
9 in H | 6 in W | 2 in T | 2.5 lb Wt
**Sufism**

The Transformation of the Heart
Llewellyn Vaughan-Lee

**Summary**

Sufism, the Transformation of the Heart gives a clear and accessible outline of Sufism: its basic principles, historical background, and recent development in the West. While exploring the spiritual and psychological processes of transformation, this book offers practical guidelines to help the seeker. Sufism, the Transformation of the Heart is a valuable introduction to a dynamic spiritual path that is attracting growing interest in the West.

**Contributor Bio**

Llewellyn Vaughan-Lee is a Sufi teacher specializing in the area of dreamwork.

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**Prayer of the Heart in Christian and Sufi Mysticism**

Llewellyn Vaughan-Lee

**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 meeting and merging takes place that carries one beyond the self into the mystery of divine presence. This exploration delves into the secret of how to pray without ceasing, in which prayer becomes alive within the heart, and includes a chapter on the need to pray for the well-being of the Earth. It brings together the Christian and Sufi mystical traditions and will benefit any practitioner of prayer who is drawn to discover a relationship with God within their heart.

**Contributor Bio**

Llewellyn Vaughan-Lee is a Sufi teacher who has lectured extensively throughout the United States, Canada, and Europe, and is the author of more than 15 books, including Alchemy of Light, Return of the Feminine and the World Soul, and Spiritual Power. He lives in Inverness, California.
Sanctuary
The Discovery of Wonder
Julie Leibrich

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. Julie Leibrich’s life journey has led her to discover the elements of the world and self that are most sacred.

Contributor Bio
Julie Leibrich is the author of 11 books: four poetry collections, four children’s books, and three nonfiction works on mental health and on crime. She has been awarded several grants and prizes, including the Todd New Writer’s Bursary, the Joy Cowley Award and the Legal Research Foundation Special Book Award.

Ruminations at Twilight
L.M. Browning

Summary
The cure for our modern maladies is dirt under the fingernails and the feel of thick grass between the toes. The cure for our listlessness is to be out within the invigorating wind. The cure for our uselessness is to take back up our stewardship; for it is not that there has been no work to be done, we simply have not been attending to it. –Excerpt from Ruminations at Twilight

Asserting that the sacred lives in what is ordinary and the Divine is found amongst the green of nature, the poems within Ruminations at Twilight bring a message of appreciation for the worth of what surrounds us. Relevant, insightful, candid and revealing, these verses give a unique perspective on...

Contributor Bio
L.M. Browning is an award-winning author of twelve books. In her writing, Browning explores the confluence of the natural landscape and the interior landscape. In 2010, Browning debuted with a three-title contemplative poetry series. These three books went on to garner several accolades including a total of 3 pushcart-prize nominations, the Nautilus Gold Medal for Poetry, and Foreword Reviews’ Book of the Year Award. She has freelanced for several publications and has a biannual interview column in The Wayfarer Magazine in which she has interviewed dozens of notable creative figures such as Academy Award-Nominated filmmaker Tomm Moore and Peabody-winning host of On Being Krista Tippett. Balancing her passion for writing with her love of learning, Browning is a graduate of the University of London, and a Fellow with the International League of Conservation Writers. In 2011, she opened Homebound Publications, a rising independent publishing house based in Connecticut. She is currently working to complete a L.B.A. in Creative...
**Integral Buddhism**  
**Developing All Aspects of One’s Personhood**  
Traleg Kyabgon

**Summary**  
Traleg Kyabgon Rinpoche IX skillfully illustrates how to incorporate the whole human experience onto the Buddhist path. With mastery of Western concepts, the author explains how to integrate traditional Buddhist philosophies, psychology, and Tibetan medicine in the service of reducing suffering and developing all aspects of one’s personhood to overcome the confinement of a limited sense of self.

**Contributor Bio**  
**Traleg Kyabgon** (1955–2012) was the founder of the Kagyu E-Vam Buddhist Institute, which is headquartered in Melbourne, with a major practice center in upstate New York and a practice community in New York City. He taught extensively at universities and Buddhist centers in the U.S., Canada, Australia, New Zealand, and Southeast Asia, and is the author of such books as *Essence of Buddhism* and *Karma: What It Is, What It Isn’t, Why It Matters*.

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**Little Green Book on Awakening**  
James George

**Summary**  
As we confront the challenges of climate change, author James George calls us to wake up and stop our careless treatment of our planet before it's too late. At the same time, he shares his own practice towards waking up—the practice of Presence, known to all spiritual paths and simply and eloquently presented in this book. From [i]The Little Green book on Awakening[/i]: To become aware of the omnipresence of Consciousness may be the next great leap in human evolution and the foundation of the new paradigm in which both science and spirituality can find common ground. For consciousness is the field that connects—does not separates—everything with everything, at all levels, and everything with the All, in one Wholeness.

**Contributor Bio**  
In addition to his public life as a Canadian diplomat, environmental and political activist, lecturer and author, James George has been first and foremost a spiritual seeker. The Dalai Lama calls him my old friend. Chogyam Trungpa called him a wise and benevolent man, an ideal statesman. He currently lives in Toronto with his wife, Barbara.
**Mindful Me Activity Book**
Whitney Stewart, Stacy Peterson

**Summary**
Being mindful won’t take away your problems, but it can help you handle them. In this activity book, kids will learn to settle their thoughts and look inward through a series of fun writing prompts, games, and meditation exercises. Serving as a guide to reflect upon the lessons learned in *Mindful Me*, it offers kids a place to record their reflections, creating a tangible account of how far they’ve grown in their meditation practice.

**Contributor Bio**
*Whitney Stewart* is a children’s book author, meditation teacher, and a born adventurer. She has traveled to Tibet, Nepal, and India and teaches mindfulness at Tulane University and to children and teens. Her most recent children’s book is *Meditation is an Open Sky: Mindfulness for Kids*. She lives in Louisiana with her husband and son. *Stacy Peterson* is a full-time illustrator of greeting cards, magazines, and dozens of books including *School RULES*, *Friends: Making Them & Keeping Them*, and *The Awesomest, Randomest Book Ever*. Formerly, she was an art director at a New York City ad agency. She lives in Texas with her family.

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**Belly Breathe**
Lindsey Dale-Scott, Leslie Kimmelman

**Summary**
A simple relaxation and calming technique, belly breathing is a tool everyone can use! Studies have found that belly breathing improves concentration and relieves tension. This mindfulness board book showcases the easy skill that is a great way to teach kids how to manage stress and emotions.

**Contributor Bio**
*Leslie Kimmelman* is the author of many picture books, including *Trick ARRR Treat, The Three Bully Goats*, and *Sam and Charlie (and Sam Too!)*. She works as an editor for Sesame Street Books. *Lindsay Dale-Scott* studied graphic design at the Columbus College of Art & Design. She is the illustrator of *Leaves: An Autumn Pop Up Book*.

**Your Note:** BMS
Meditation Is an Open Sky
Mindfulness for Kids
Whitney Stewart, Sally Rippin

Describes nine simple meditation exercises to help kids find focus, manage stress, and face challenges.

Summary
Feeling mindful is feeling good! You know when you’re having a bad day, you have that wobbly feeling inside and nothing seems to go right? Find a quiet place, sit down, and meditate! In this daily companion, kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They’ll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life.

Contributor Bio
Whitney Stewart is a children’s book author, meditation teacher, and a born adventurer. She has traveled to Tibet, Nepal, and India and teaches mindfulness at Tulane University and to children and teens. Her most recent children’s book is A Catfish Tale: A Bayou Story of the Fisherman and His Wife. Whitney lives in Louisiana, with her husband and son. Sally Rippin has written and illustrated over 50 books for children and young adults. She was born in Australia and studied art in China. She lives in Melbourne.

Mindful Me
Mindfulness and Meditation for Kids
Whitney Stewart, Stacy Peterson

Summary
Sometimes kids’ lives can get busy and out of control, and worries can take over. When that happens, knowing how to pause and regain composure with mindfulness can help! This easily digestible guide introduces kids to mindfulness as a way to find clarity, manage stress, handle difficult emotions, and navigate personal challenges. With step-by-step instructions to over thirty breathing, relaxation, and guided meditation exercises, readers will have an entire toolkit at their disposal and writing prompts will help them process their discoveries. Clearly written and incredibly relatable, this invaluable resource provides a positive introduction to the world of self-care and mindfulness.

Contributor Bio
Whitney Stewart is a children’s book author, meditation teacher, and a born adventurer. She has traveled to Tibet, Nepal, and India and teaches mindfulness at Tulane University and to children and teens. Her most recent children’s book is Meditation is an Open Sky: Mindfulness for Kids. She lives in Louisiana with her husband and son. Stacy Peterson is a full-time illustrator of greeting cards, magazines, and dozens of books including School RULES, Friends: Making Them & Keeping Them, and The Awesomest, Randomest Book Ever. Formerly, she was an art director at a New York City ad agency. She lives in Texas with her family.
**Peaceful Piggy Meditation**
Kerry Lee MacLean

**Summary**
What can you do when you’re mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier.

**Contributor Bio**
Kerry Lee MacLean is a certified children’s meditation therapist and the author and illustrator of several picture books, including Peaceful Piggy Yoga and The Family Meditation Book. She lives in Colorado.

**Peaceful Piggy Yoga**
Kerry Lee MacLean

**Summary**
Who loves yoga? Everyone from ballerinas to football players to moms and dads! It’s a great way to keep your body and your mind happy and healthy! Includes instructions for eleven classic yoga poses.

**Contributor Bio**
Kerry Lee MacLean is a certified children’s meditation therapist and the author and illustrator of several picture books, including Peaceful Piggy Meditation and The Family Meditation Book. She lives in Colorado.
Yoga for Kids
Simple Animal Poses for Any Age
Lorena V. Pajalunga, Anna Forlati

A little boy is taking yoga lessons at the zoo and learns how to pose like the animals he sees. This gentle introduction is perfect for the littlest beginner yogi. But children of all ages can easily learn these fun and simple animal asanas.

Summary
A little boy begins taking yoga lessons at the zoo, where he learns that he can mimic the animals there with simple yoga poses. When he returns home after his lessons, he practices with his cat, Nino. With an illustration of each animal pose and a description of how to do it on each page, this enchanting book makes the perfect instruction guide for even the smallest yogi.

Contributor Bio
Lorena V. Pajalunga graduated from the Bihar School in India, founded by Swami Satyananda Saraswati, where she was given the spiritual name of “Pragya Chaksu Swami Saraswati.” She then specialized in teaching yoga to children at the Italian Federation of Yoga. She also graduated with a degree in education from the University of Milan Bicocca in Italy, where she now manages yoga workshops. Anna Forlati was born in Padua, Italy. After receiving a degree in contemporary art and a degree in film history at the IUAV University in Venice, she now dedicates herself to the world of illustration for children. She has illustrated several books and has taken part in many international exhibitions dedicated to illustration. Since 2014 she has been collaborating with the Onlus Radio Magica Foundation.

The Templar Treasure
An Investigation
Tobias Daniel Wabbel

Summary
A fact-based treasure hunt through time...
The year 1120 A.D.: Hugues de Payns and eight other men of French high nobility gather in Jerusalem. Their pretense: Guarding the pilgrimage routes after the conquest of Jerusalem by the crusaders. Their real mission: Digging and searching beneath the Temple Mount for a mysterious object. When they return to France in 1128, they own the most dangerous artifact in European Christendom. Suddenly, the Order of the Knights Templar — as they now call themselves — becomes incredibly wealthy. Suddenly, huge Gothic cathedrals rise from the soil of Northern France — and with them a secret architectural code left by the Knights Templar that up to the present day marks the way to the hiding-place of the most important archeological relic in human history.

Following author Tobias Daniel Wabbel’s research and investigation throughout Europe, this book finally solves the mystery of the legendary treasure of the Knights Templar. Both a travel guide to the secrets of the treasure of the Knights Templar and an enthralling tale, The Templar Treasure will shake ...

Contributor Bio
Tobias Daniel Wabbel has published six nonfiction books in his native German on subjects that range from the search for radio signals of extraterrestrial intelligences and the search for extraterrestrial intelligence (SETI) to the science-theology debate and a new theology after the Holocaust.
#staySTRONG
Being Mindful that Life's Challenges Impact More than Just You
Libario Obeid

What do you do, when a medical diagnosis rips your entire world apart -- especially when you're only 17? This is what Lib Obeid faced, when at the top of his high school tennis game (one of the best in the state of Pennsylvania), with preparations for college and medical school practically complete,

Summary
What do you do, when a medical diagnosis rips your entire world apart -- especially when you're only 17? This is what Lib Obeid faced, when at the top of his high school tennis game (one of the best in the state of Pennsylvania), with preparations for college and medical school practically complete, when the pain in his shoulder; the increasing pressure and pain in his chest, as well as the onset of debilitating fatigue, found him receiving a diagnosis of Stage IV Mediastinal Non-seminomatous germ cell cancer. Originally misdiagnosed as allergies, as the disease progressed, the symptoms and the associated pain all increased. What happened next shocked even the attending physicians.

Various tests, and eventual scans revealed what appeared to be a mass in Lib's chest, near his heart. While Lib was locally anesthetized (not unconscious due to issues over blood pressure) and a biopsy conducted. Able to feel his chest being cut into, Lib rode the waves of pain and fear, until the sample was retrieved. What was discovered was a tumor, the size and weight of a premature baby, wrapped around h...

Contributor Bio
Libario (Lib) Obeid was a normal high school kid, with a primary focus on college, future medical school and mostly his future as a NCAA Division I tennis player. He was already one of the top male competitors in the state of PA, at the age of 17. However, his life was torn apart, uprooted and changed forever, when it was discovered that what was thought to be advanced allergies actually was a cancerous tumor Attached to and wrapping around his heart, pushing against a lung and extending an arm upwards into his left shoulder, this tumor was situated in a perfect location to take his life.

Chi Kung for Health and Vitality
A Practical Approach to the Art of Energy
Kiew Kit Wong

This clear, easy-to-follow guide, by the internationally acknowledged Grandmaster Wong Kiew Kit, shows how we can all benefit from chi kung's energy-cultivating techniques. The book encourages you to plan your own fitness programme around the unique exercise sequence, which will:

-Enhance mind and bo...

Summary
This clear, easy-to-follow guide, by the internationally acknowledged Grandmaster Wong Kiew Kit, shows how we can all benefit from chi kung's energy-cultivating techniques. The book encourages you to plan your own fitness programme around the unique exercise sequence, which will:

- Enhance mind and body fitness.
- Develop vitality for a healthy sex life.
- Decrease stress.
- Prevent and combat illness.

This is a fun and fulfilling form of exercise that is equally enjoyable for beginners and practitioners alike.

Contributor Bio
Wong Kiew Kit, popularly known as Sifu Wong, is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China and Grandmaster of Shaolin Wahnam Institute of Kungfu and Chi Kung. He received the "Chi Kung Master of the Year" Award during the Second World Congress on Chi Kung held in San Francisco in 1997. He has practiced and taught the Shaolin arts for more than 3 decades and has more than 60,000 students all over the world.
**Fat Yoga**

*Yoga for all Bodies*

Sarah Harry

**Summary**

Scrolling through social media, you could be forgiven for thinking that yoga is the purely the domain of teeny-tiny, thin, flexible girls, clad solely in the latest crop tops and shorts, sipping green juices and watching sunsets everyday.

But you don’t need to fit this mold to embrace and enjoy yoga. The practice of yoga is over 4,000 years old and can (and should) be enjoyed by people of all sizes.

Fat Yoga embraces the ‘yoga for all’ ideology. All bodies, all ages, all abilities. This book is a step-by-step ‘how to’ guide to yoga, with variations to suit the less mobile or flexible. It’s also jam-packed with helpful, practical advice, such as how to keep your boobs out of the way during practice.

Covering the history and science behind yoga, postures for every situation and gratitude (including self-compassion, body image, to soothe and calm) as well as restorative yoga and chair yoga practice, Fat Yoga the perfect book for yoga enthusiasts of every level and body type.

Connect with your body and explore its physicality in a safe way emotionally, physically and spiritually, in the com...

**Contributor Bio**

Psychotherapist, yoga teacher, researcher and university lecturer, Sarah Harry is considered an expert in body image. She is regularly in the news on TV and in print as both an expert and a fat yogi!

Sarah was one of the first western yogis to offer yoga exclusively for bigger bodies. She has practised yoga for more than 20 years and has been running specialist classes and retreats for the last few years.

"We don't believe in kale (unless it's in a burger) and we loathe juice fasts (what are your kidneys for people?) and we love to bring complex topics like neuroscience to recovery and make them accessible," says...
Heartbreak Yoga
Learning to Survive and Thrive Through Yoga, Meditation and Laughter
Amy Dewhurst

Summary
Heartbreak Yoga - The Sex in the City of modern day spirituality. Heartbreak Yoga is a humorous, thought-provoking, soul searching exploration of the heart organ, the heart chakra, romantic heartbreak, loss, grief, grace, yoga, meditation, mantra, kirtan and self-care. This book is part memoir and part how-to start attempting Yoga even if you've never tried it before. It is also part self-help that will have you laughing, crying and contemplating this thing called Love. The pursuit of Yoga, Love and a fulfilled Life are all part of what make this book unique. Out of the ashes of heartbreak will come a more satisfying love of Life through the healing and practice of Yoga.

Contributor Bio
Author, producer, yogini Amy V. Dewhurst learned filmmaking from legends including; Sydney Pollack, Martin Scorsese, Kirsten Sheridan and Richard B. Lewis. To balance the demands of the fast-paced film set lifestyle, Dewhurst began a disciplined yoga practice. She has since helmed Sara Ivanhoe's Yoganation, Mariel Hemingway's M. Hemingway Heritage and produced conscious content for OasisTV. Dewhurst currently works in feature film development and produces Bhakti Fest.

Yoga for Pain Relief
A New Approach to an Ancient Practice
Lee Albert

Summary
Relieve Your Pain Through Yoga
Do you suffer from painful muscular conditions that hold you back – on and off the mat? Yoga for Pain Relief shows you how to identify the specific muscle imbalances that cause YOUR pain and create a safe yoga practice to rebalance YOUR body.

• Understand how your current yoga practice and lifestyle may be creating pain.
• Learn how to practice yoga safely and achieve superior results.
• Design your own practice to align your neuromuscular system and achieve a pain-free body.
• Learn to use three tools – asana practice, pranayama, and meditation – for powerful benefits.
• Take charge of your own path to health and well-being.

Contributor Bio
Lee Albert, NMT, creator of Integrated Positional Therapy (IPT), is a nationally recognized yoga instructor and expert in neuromuscular pain relief. For over 25 years, Lee has helped people learn how to live pain-free using IPT’s innovative tools and techniques. He treats patients one-on-one at the Kripalu Center for Yoga & Health in Lenox Massachusetts. Lee conducts training seminars in IPT, Pain Free Yoga and consults with businesses on ergonomic training for employees to reduce workplace injuries. Connect with Lee at www.LeeAlbert.com
The Forgotten Body
A Way of Knowing and Understanding Self
Elissa Cobb

Summary
In a culture where many have become accustomed to looking outside of themselves for guidance, The Forgotten Body offers readers an opportunity to turn inside for the answers to questions about life and self. The author, Phoenix Rising Yoga Therapy Program Director, shares the wisdom and insight garnered from her own journey of self-actualization that led her to the realization that mastery of one’s mind can be most effectively attained through the rediscovery of one’s physical body. With her own personal truths used as examples of the body’s powers of wisdom, she urges readers to take them just as they are; her own truth, not the truth. The text follows a ground up approach beginning with the use of one's body as a foundation for self-discovery and proceeds skyward, leading the reader along a path that many will find parallel to their own life journeys. The Forgotten Body is not a rulebook or a rigid doctrine. It is simply a guide to the rediscovery of the simple and profound truths of one's own body.

Contributor Bio
Elissa Cobb is the Program Director of the Phoenix Rising Yoga Therapy Training Center. She has more than twenty years of combined practice and teaching experience in fitness/health consulting, body/mind and movement practices, Yoga and Yoga Therapy. She leads Phoenix Rising training programs worldwide and is an active speaker at mind/body industry conferences and symposia.

The Garden Awakening
Designs to Nurture Our Land and Ourselves
Mary Reynolds

Summary
An award-winning garden designer's unique union of a practical how-to book with stories and philosophy

The Garden Awakening is a step-by-step manual to creating a garden in harmony with the life force in the earth, addressing not only what the people in charge of the land want but also asking what the land wants to become. Mary Reynolds demonstrates how to create a groundbreaking garden that is not simply a solitary space but an expanding, living, interconnected ecosystem. Drawing on old Irish ways and methods of working with the land, this beautiful book is both art and inspiration for any garden lover seeking to create a positive, natural space.

Contributor Bio
Mary Reynolds is an award-winning garden designer who won the gold medal for garden design at Chelsea Flower Show. She writes and broadcasts about garden design, and designs gardens that embrace the wild beauty of nature.
**Colour in Peace**
*A Reflective Journey*
James Newman Gray

An adult colouring book which focuses on peace and relaxation.

**Summary**
A beautiful and inspiring offering. An adult colouring book that takes the reader on a journey towards peace. Seven meditations on the concept of peace are explored through illustrations and patterns to lead the reader to relax and reflect personally as they colour in. Patterns and images inspired by seven quotes by writers, thinkers, saints, politicians, and the Bible, lead the reader to unwind and reflect as they colour. There is also a section for freer reflection, giving the reader the opportunity to consider what peace means to them, to doodle around a theme, or to create their own drawings.

**Contributor Bio**
James Newman Gray is an exceptionally talented illustrator. He specialised in Illustration at Wolverhampton University and has had a successful career working in greetings cards, where his ability to change styles has been very useful - varying from contemporary designs and characters, to hand lettering, cute characters and detailed line-work. James has now brought his talents to children's book illustration, where his adorable creations really bring the pages to life. He is a self-proclaimed cat person and collects vintage synthesizers.

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**The Surprising Purpose of Anger**
*Beyond Anger Management: Finding the Gift*
Marshall B. Rosenberg

**Summary**
You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you’re about to say or do something that will likely make it worse.

You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you’re disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways.

This booklet will help you apply these four key truths:
- People or events may spark your anger but your own judgments are its cause
- Judging others as “wrong” prevents you from connecting with your unmet needs
- Getting clear about your needs helps you identify solutions satisfying to everyone
- Creating strategies focused on meeting your needs transforms anger into positive action...

**Contributor Bio**
Marshall B. Rosenberg, Ph.D. is the internationally acclaimed author of *Nonviolent Communication: A Language of Life*, and *Speak Peace in a World of Conflict*. He is the founder and educational director of the Center for Nonviolent Communication (CNVC). He travels throughout the world promoting peace by teaching these remarkably effective communication and conflict resolution skills. He is based in Wasserfallenhof, Switzerland.
**Sheltered in the Heart**
Gunilla Norris

**Summary**
To have the deep love of a friend is to have the shelter in which to embody more and more of the essence that we each are. In her book Gunilla Norris shows how in holding each other with trust and compassion our shells fall away and we emerge into the world as freer beings. Participating in a true friendship is profound and holy work. This book is a gift for the journey.

**Contributor Bio**
Gunilla Norris has published eleven children's books, one book of poetry, and several books on spirituality including: *Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.*

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**Yoga for the Special Child**
A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities
Sonia Sumar

**Summary**
An innovative and easy-to-follow program for parents, educators, yoga teachers, and health care professionals. The book includes: A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities. Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. And early intervention program to assure the healthy formative development of infants and toddlers.

**Contributor Bio**
Sonia holds a Bachelor's Degree in Education and has taught at elementary school level. She has conducted workshops and addressed special education programs and symposia in North America, South America, Europe, Asia, Oceania, and India. She currently resides in Florida. Sonia continues teaching children and adults and offers her specialized training courses to Yoga teachers and other professionals worldwide.
Hygge
The Danish Art of Happiness
Marie Tourell Søderberg

Summary
Other books will tell you how to be hygge. This is the only book that will show you. Though we all know the feeling of hygge instinctively, few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Søderberg has traveled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining, and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life.

Contributor Bio
Marie Tourell Søderberg is a Danish actress. She is a rising star of Nordic Noir whose credits feature stage, TV, and film, including a leading role in historical epic 1864.

The Money Mafia
A World in Crisis
Paul T. Hellyer

Summary
Exposing perceived fault lines in our banking and financial systems and explaining how unemployment could be cut in half in two years and worldwide prosperity restored, this book argues the existence of exotic energy sources to replace fossil fuels and consequently recommends an immediate end to fracking and offshore drilling for oil. It further urges an immediate worldwide mobilization to replace the energy source in every car, truck, tractor, ship, airplane, and house on Earth in seven years in a desperate effort to save the planet from further overheating. The book blasts government secrecy, and more than 65 years of supposed lies and disinformation, and demands full disclosure of what they know about visitors from other realms and their technology and the extent of their collaboration, including any treaties that may have been signed by them. With more than 65 years of participation in and observation of political and economic systems—beginning with the Great Depression, extending through World War II, the postwar era of hope for a better life, the Cold War, the subjugation of de...

Contributor Bio
Paul T. Hellyer is a seasoned politician, journalist, and commentator, and Canada’s senior privy councilor best known for the unification of the Canadian Armed Forces and for his 1968 chairmanship of the Task Force on Housing and Urban Development. In recent years he has become interested in extraterrestrial presence, and in September 2005 he became the first person of cabinet rank in the G8 group of countries to state unequivocally that “UFOs are as real as the airplanes flying overhead.” He is the author of Agenda: A Plan for Action, The Evil Empire: Globalization’s Darker Side, Exit Inflation, Funny Money: A Common Sense Alternative to Mainline Economics, Light at the End of the Tunnel: A Survival Plan for the Human Species, and A Miracle in Waiting: Economics that Make Sense. He lives in Toronto.
Third Eye Awakening
Adventures of a Clairvoyant Traveler
Damiana Miller

Summary
THIRD EYE AWAKENING: Adventures of a Clairvoyant Traveler is a compilation of out-of-body experiences by a gifted, mystic seer. Travel with the author to a private retreat hosted by great spiritual masters. Visit ancient Atlantis. Enter forbidden worlds where souls go after death. Meet the dream weavers, who influence cosmic energy and plant seeds in dreams. Exchange energy with fairies and sprites, who exist in other dimensions. Relax on the infinite strands of the universe, where love and light can be experienced and felt. I can jet across the universe. I'm ethereal. I don't really have a body. I can create light, sound, movement, vibration, color, matter, energy. I can create my own planet if I want to, but mostly I like to send positive energy towards planets. It ripples and gathers on the planet, but some of it just keeps going out into the universe forever. Listen to Isis giving a speech beneath an Egyptian pyramid. Journey inside a black hole. Imagine a forest where owls sing beautiful songs that create images of nature. Take a tour of an advanced extraterrestrial civilization...

Contributor Bio
Damiana Sage Miller is a gifted mystic seer. After many lifetimes of training and practice, she learned how to separate her conscious mind from her physical body and travel to other worlds. Damiana is also an ambassador for enlightened beings. She communicates with benevolent extraterrestrials from advanced civilizations. She also receives messages from angels, archangels, and other beings of Light, sharing their messages of love and hope.

The Financial Universe
Christeen Skinner

Summary
The Financial Universe deconstructs the future in clear masterful strokes. An absolute must read text not only for professionals in financial services and related industries but also for anyone who relies on the future for business and personal planning. Written by one of the world's foremost financial astrologers, The Financial Universe highlights periods to maximize investment returns and minimize portfolio losses through exposure to geopolitical events and circumstances, and financial market hotspots. This important new text maps out potential responses by international stock markets to world events that are predicted between now and the year 2020. The Financial Universe is written for those who have little understanding of astrological terminology. The book deconstructs the complex relationship of planetary alignments, sun spot patterns, and other cosmic influences. Through astrological forecasting The Financial Universe illustrates the direct impact that world events might have on global stock markets. It presents not only a compelling analysis of the financial astrology behind ...

Contributor Bio
Christeen Skinner operates a business consulting practice in London. She is a former chair of the Astrological Association of Great Britain, was a council member of the faculty of Astrological Studies, and is a Trustee of the Urania Trust. She has appeared on CNN, the BBC, Sky Broadcasting, and numerous international television stations.
Conversations with the Universe
How the World Speaks to Us
Simran Singh, Inna Segal

Summary
Conversations with The Universe: How the World Speaks to Us reveals how repetitions, coincidence and synchronicity are part of a personal conversation from the Universe, intended to provide ease and guidance. We are not alone, nor have we been creating life experiences on our own. There is a co-creative Universal Intelligence who is very much involved and continually seeking a dialogue. The problem is not so much the life challenges, but our own individual lack of communication with our co-creator.

Contributor Bio
Simran Singh, Visionary, Catalyst Coach and 'Voice of the Soul' is the publisher of the Nautilus Award winning 11:11 Magazine, the only publication to have ever been given this distinguished honor. In addition, 11:11 Talk Radio hosted by Simran Singh, is the #1 rated program on the largest online radio network, Voice America 7th Wave. Simran's passion and purpose entails providing resources, wisdom and creative expression through vehicles that support the growth and evolution of consciousness.

DREAM WORLDS OF PREGNANCY
Eileen Stukane

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Trade Paperback
192 Pages
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Family & Relationships / Parenting
FAM032000
8.9 in H | 6 in W | 0.6 in T | 0.7 lb Wt
Dreaming Heaven
The Beginning Is Near!
Lee McCormick

Dreaming Heaven is an intimate, mysterious, and illuminating portrait of people from many walks of life and offers practices, activations, journaling prompts, meditative thoughts, and affirmations to assist readers with a deeper exploration of the themes, insights, and transformational power. It is ...

Summary
Join a cowboy shaman, a drama queen turned dream expert, a recovering addict, a best-selling author, a Native American musician, a Hollywood publicist, an attorney, a teacher, and a skeptic—together you will face the Angel of Death, seek answers to crazy questions, remove masks, release odd habits, discard limiting beliefs, sing, dance, laugh, cry, and climb to the sky. Dreaming Heaven is an intimate, mysterious, and illuminating portrait of people from many walks of life and offers practices, activations, journaling prompts, meditative thoughts, and affirmations to assist readers with a deeper exploration of the themes, insights, and transformational power. It is also includes a DVD of the film by the same title.

Contributor Bio
Lee McCormick is the founder of The Ranch Recovery Center in Tennessee and The Canyon Treatment Center in Malibu, California. He has been a creative force in the mental health and recovery scene for over 15 years. In college he majored in agriculture, theater, music and business. He and his family have a productive farm in rural Tennessee.

The Golden Flower
Toltec Mastery of Dreaming and Astral Voyaging
Koyote the Blind

Summary
A unique book on the art of dreaming, astral projection, and voyaging through the higher planes, presented by a Toltec shaman and Western magician. This is the Yoga of Dreaming. It is a distillation of the deepest teachings and art of lucid dreaming, delivered in clear and practical, yet poetic, prose. A delight to read, and filled with practical gems throughout. The exercises included in the text will introduce the novice to lucid dreaming practices—or enable the more advanced reader to experiment new approaches to Dreaming as a spiritual practice.

Contributor Bio
Koyote the Blind runs Xicoco, an esoteric school of the Toltecs, where he trains students in magick, shamanism, mysticism, and yoga. He has created seminars on the Yoga of Dreaming, meditation, astral voyaging, shadow walking, magick, the power of attention, alchemy, and tantra. He lives in Riverside, California.
Liber 420
Cannabis, Magickal Herbs and the Occult
Chris Bennett

Summary
Although little known, cannabis and other psychoactive plants held a prominent and important role in the Occult arts of Alchemy and Magic, as well as being used in ritual initiations of certain secret societies. Find out about the important role cannabis played in helping to develop modern medicines through alchemical works. Cannabis played a pivotal role in spagyric alchemy, and appears in the works of alchemists such as Zosimos, Avicenna, Llull, Paracelsus, Cardano and Rabelais. Cannabis also played a pivotal role in medieval and renaissance magic and recipes with instructions for its use appear in a number of influential and important grimoires such as the Picatrix, Sepher Raxiel: Liber Salomonis, and The Book of Oberon. Could cannabis be the Holy Grail? With detailed historical references, the author explores the allegations the Templars were influenced by the hashish ingesting Assassins of medieval Islam, and that myths of the Grail are derived from the Persian traditions around the sacred beverage known as haoma, which was a preparation of cannabis,opium and other drugs. Many o...

Contributor Bio
Chris Bennett has been researching the historical role of cannabis in the spiritual life of humanity for more than a quarter century. He is the co-author of Green Gold the Tree of Life: Marijuana in Magic and Religion (1995); Sex, Drugs, Violence and the Bible (2001); and the author of Cannabis and the Soma Solution (2010). He has contributed chapters on this subject for a number of published anthologies as well as numerous articles for various magazines. He lives in Vancouver, British Columbia.

Fleeting Moments of Fierce Clarity
Journal of a New England Poet
L.M. Browning

Summary
Fleeting moments of fierce clarity are had when the confusion clears and the gray numbness that hangs about our senses draws back, allowing us to see the world and ourselves with sharp relief.

Follow author and New England native L.M. Browning in her wanderings across the Northeast, from the solitude of her home along the shore of Connecticut, to the rushing city streets of Boston, to the tall-pine landscape of Arcadia Park in Rhode Island to the quiet edges of Walden Pond.

Contributor Bio
L.M. Browning is an award-winning author of twelve books. In her writing, Browning explores the confluence of the natural landscape and the interior landscape. In 2010, Browning debuted with a three-title contemplative poetry series. These three books went on to garner several accolades including a total of 3 pushcart-prize nominations, the Nautilus Gold Medal for Poetry, and Foreword Reviews' Book of the Year Award. She has freelanced for several publications and has a biannual interview column in The Wayfarer Magazine in which she has interviewed dozens of notable creative figures such as Academy Award-Nominated filmmaker Tomm Moore and Peabody-winning host of On Being Krista Tippett. Balancing her passion for writing with her love of learning, Browning is a graduate of the University of London, and a Fellow with the International League of Conservation Writers. In 2011, she opened Homebound Publications, a rising independent publishing house based in Connecticut. She is currently working to complete a L.B.A. in Creative Writing at Harvard University's Extension School in Cambridge...
Joy is the Thinnest Layer
Gunilla Norris

Summary
When the heart is touched it wants to sing songs of recognized experience. Call it poetry for then image, cadence and word melt together as one. This book of poems is about such experiences. That depth of feeling encompasses both desolation and consolation and so brings the reader close to the pulse of life, to joy, the thinnest layer.

Contributor Bio
Gunilla Norris has published eleven children's books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.

The Book of Noticing
Collections and Connections: On the Trail
Katherine Hauswirth

Summary
John Muir said, "When one tugs at a single thing in nature, he finds it attached to the rest of the world." So is the case for each walk-inspired essay from Katherine Hauswirth. Each reflection hands you talismans that you can turn over thoughtfully in your palm. Hauswirth's meditative reveries reflect on the deep connections between what we experience outdoors and our day-to-day existence as humans, peppered with thought-provoking facts as well as treasured words from other lovers of the natural world.

Contributor Bio
Katherine Hauswirth's nature writing arises largely from long walks in Connecticut. Her work focuses on connection and contemplation inspired by the natural world. She has been published in The Christian Science Monitor, The Day, Orion online, Whole Life Times, Connecticut Woodlands, Shoreline Times, Seasons, and The Wayfarer. Her blog, First Person Naturalist, is a reflection on experiencing and learning about nature. Katherine's writing has been awarded with artist residencies at Trail Wood (Connecticut Audubon's Edwin Way Teale memorial sanctuary) and Acadia National Park in Maine. A native New Yorker, she moved to the Connecticut River Valley 20 years ago. She is increasingly enamored of her adopted hometown, Deep River, where she lives with her husband and son.
The Great Re-Imagining
Spirituality in an Age of Apocalypse
Theodore Richards

Summary
“These are the end-times.”

We hear this sentiment in one way or another from various sources, from the fundamentalist preacher to the scientist warning us of climate change. This is a time of economic uncertainty, political oppression and cultural unraveling. Apocalypse, in the ancient world and today, is the experience of disconnection, of unraveling. It is when old gods are dying and the old stories no longer have meaning. Drawing from sources ranging from the ancient apocalyptic traditions to contemporary science, The Great Re-Imagining explores the deep narratives that have brought us to the brink of apocalypse and invites us to re-imagine our place in the world.

Contributor Bio
Theodore Richards is the director and founder of The Chicago Wisdom Project, a core faculty member of The Fox Institute, and the author of several books. He is the recipient of numerous literary awards, including two Independent Publisher Awards and the Nautilus Book Award. He lives in Chicago with his wife and daughters. www.theodorerichards.com

The Uncallused Hand
Walker Abel

Summary
This is poetry kindled by weeks in wilderness. Its muse is nature, which encompasses both the wild beauty of earth and the mystery of self and its sometimes erotic, sometimes mystical, relationship with the other. The poems are lyrical, tonal, evocative-enamored in a sensual way of being, but also drawn at times toward the counterpart of non-being. The palpable world of natural detail is brought forth, yet the poems also echo with nuance, innuendo, archetype, and both meditative as well as enraptured levels of realization.

Contributor Bio
Walker Abel lives in a remote home in the Yolla Bolly Mountains of northern California. As an undergraduate at University of California, Santa Cruz, in the mid-70's, he participated in an environmental studies field program called Sierra Institute. Twelve years later, after completing a graduate program with ecopsychology pioneer Robert Greenway, he came back to teach for Sierra Institute, which he has done now for 26 years, while also taking on the role of director since 2003. Most of his poetry has been written in field journals while out on these academic programs, which are 9 weeks long and are entirely taught during a series of backpacking trips. It has not been unusual for Walker to teach three programs a year, amounting to a total of up to 6 months in the backcountry. One of his greatest joys is watching each new group of students open over time to the transformative influence of wilderness immersion. Walker has a 33 year old son (Stuart), who is also an ecopsychologist, backpacker, and nature-connection educator.
Wildness
Voices of the Sacred Landscape
L.M. Browning

Summary
"I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in." - John Muir

Celebrating Homebound Publications' 5th Anniversary, the press gathers a circle of 19 of its most beloved authors to create this anthology celebrating the confluence of the internal and natural landscape.

Contributor Bio
L.M. Browning is an award-winning author of twelve books. In her writing, Browning explores the confluence of the natural landscape and the interior landscape. In 2010, Browning debuted with a three-title contemplative poetry series. These three books went on to garner several accolades including a total of 3 pushcart-prize nominations, the Nautilus Gold Medal for Poetry, and Foreword Reviews' Book of the Year Award. She has freelanced for several publications and has a biannual interview column in The Wayfarer Magazine in which she has interviewed dozens of notable creative figures such as Academy Award-Nominated filmmaker Tomm Moore and Peabody-winning host of On Being Krista Tippett. Balancing her passion for writing with her love of learning, Browning is a graduate of the University of London, and a Fellow with the International League of Conservation Writers. In 2011, she opened Homebound Publications, a rising independent publishing house based in Connecticut. She is currently working to complete a L.B.A. in Creative Writing at Harvard University's Extension School in Cambridge...

Woodland Manitou
Heidi Barr

Summary
Woodland Manitou: To Be on Earth is a collection of essays rooted in the rhythm of the natural world. Through the turn of the seasons, Heidi Barr illustrates how the cycles of the earth have informed her everyday life from community to vocation to the food that finds its way to the dinner table. Through gardening, simple living, and prioritizing sustainability, Barr paints a picture of how remaining close to the earth provides a solid foundation even as the climate changes and the story of the world shifts. Part stories, part wonderings, and part call to act, this collection of meditations invites reflection, encourages awareness, and inspires action.

Contributor Bio
Committed to giving voice to ways of being that are sustainable for people, communities and the planet, Heidi Barr is a writer, organic gardener, and wellness coach. She lives in Minnesota with her husband and daughter. Learn more about her work at heidibarr.com.
Afternoon Tea in Heaven
Conversations with the Spirit World
Nanette Adams

Summary
This compilation of channeled information occurred during weekly sessions over a 12-year period, during which spirits communicated with a group of dedicated people in Cape Town, South Africa. Some of the better-known souls that came through were Winston Churchill, Mahatma Gandhi, Sarojini Naidu, Gertrude Lawrence, and Olive Schreiner.

Contributor Bio
Nanette Adams was introduced to spirit communication at the early age of 10 and later became a theosophist.

The Power to Heal
Spiritual Lessons from the Master
Jane Palzare

Summary
Jane Palzere and Anna Brown met while attending a class in spiritual development. Jane was working in a hospital and Anna was a teacher in a middle school. When the class ended, they said goodbye never expecting to meet again. Feeling an unrest and dissatisfaction with the way her life was going, ...

Contributor Bio
When faced with the business of growing up and investigating life and its mysteries, Jane Palzere embarked on a spiritual journey hoping to find answers. She enrolled in development classes, seminars, workshops always looking for the one path that would lead to the final truth. She joined Spiritual Frontiers Fellowship where she was introduced to many great teachers like Leo Buscaglia, Deepak Chopra, Father Diorio and many others. After many experiences and teachers, she came to realize that all paths are the same and all paths lead to God. During this period, she came into contact with a "voice" which spoke to her about the mysteries of healing and spiritual living. She kept these notes in a journal and decided they were messages that should
The Complete Book of Shaolin
Comprehensive Programme for Physical, Emotional, Mental and Spiritual Development
Kiew Kit Wong

Summary
Shaolin Kungfu has been considered by many as the best martial art in the world. But kungfu is just one of the three treasures of Shaolin, the other two being chi kung and Zen.

For the first time ever, this inspiring book, written by an internationally acclaimed Shaolin Grandmaster, brings to you the crystallization of Shaolin wisdom and practice spanning many centuries. Its scope and depth is amazing, touching on, among many other things, poetry and enlightenment.

Yet it is written in a language easy to understand. Profound concepts and difficult techniques are explained systematically with many illustrations.

The book includes:
- The background and scope of kungfu.
- Form and combat applications.
- Principles and methods of force training.
- Energy training and mind training.
- Secrets of the masters.
- Traditional Chinese weapons.
- Maintaining one's health and vitality and the healing of so-called incurable diseases.
- Interesting stories and legends of Shaolin.
- Zen and spiritual development.

The Shaolin Arts: Master Answers Series
Shaolin Kungfu, Taijiquan, Qigong and Zen
Kiew Kit Wong

Summary
The Shaolin Arts (Master Answers Series) is a selection of answers to questions written by various people all over the world to Sifu Wong, who is a celebrated Shaolin Grandmaster. The publication of these questions and answers will prove invaluable to everyone who is interested in the Shaolin arts.

This book introduces Shaolin Kungfu, Taijiquan, Qigong and Zen Buddhism, and the various styles in these respective arts and training methods.

The book includes:
- The legends, history and personalities who were behind development of these arts.
- An in-depth study of these arts, including form and internal force training, energy management and healing, weapons, strategies, tactics, spiritual joy, and meditation to achieve Enlightenment, which is the ultimate prize.
- Case studies to prove that practitioners of these arts, especially qigong, can successfully overcome so-called incurable diseases, maintain their health and manage stress effectively.
- Stories on "Satori" or Awakening experienced by Sifu Wong's students and disciples.

Contributor Bio
Wong Kiew Kit, popularly known as Sifu Wong, is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China and Grandmaster of Shaolin Wahnam Institute of Kungfu and Chi Kung. He received the "Chi Kung Master of the Year" Award during the Second World Congress on Chi Kung held in San Francisco in 1997. He has practiced and taught the Shaolin arts for more than 3 decades and has more than 60,000 students all over the world.
The Ayurveda Encyclopedia (2nd Edition)
Natural Secrets to Healing, Prevention, & Longevity
Swami Sadashiva Tirtha

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.

Contributor Bio
Swami Sadashiva Tirtha offers breakthrough coaching for business leaders whose missions are to help change the world. Swamiji offers keynote speaking and has spoken at the White House Commission on Complementary and Alternative Medicine Policy. Swamiji has been teaching meditation and yoga since 1976 and Ayurveda since 1988. He currently lives in New York state with two miniature goats and travels internationally to give keynotes, seminars, and leadership coaching.

Touched by the Goddess
The Physical, Psychological, and Spiritual Powers of Bodywork
Deane Juhan

Summary
The author of the indispensable bodywork classic JOB'S BODY offers a fresh look at the physically, emotionally and socially transformative powers of touch. Backed up by extensive research as well as long hands-on bodywork experience, this collection of fourteen essays (many originally written for Massage Magazine) takes on not only difficult and critical issues facing therapeutic touch, but also its potential to create positive change in all our lives.

Contributor Bio
Deane Juhan was born in 1945 in Glenwood Springs, Colorado, and educated at the University of Colorado (BA), the University of Michigan (MA), and the University of California at Berkeley (three and a half years as a doctoral candidate in English literature specializing in William Blake). In 1973 an experience with bodywork at Esalen Institute in Big Sur led to a sudden change in career. Joining the staff at Esalen as bodyworker and instructor (where he remained until 1990), he saw dramatic improvements in a wide variety of conditions as a result of hands-on work and movement reeducation. This quickened his interest in clinical research, and years of study of the physiology of touch and its concrete effects on development, adaption, skill learning, and healing eventually produced Job's Body: A Handbook of Bodywork, as well as the essays in his latest book, Touched by the Goddess: the Physical, Psychological, and Spiritual Powers of Bodywork. He is currently a practitioner of the Trager
**Match**

*Bringing Heart and Will into Alignment*

Gunilla Norris

**Summary**

"Looking for a spiritual practice simple enough to fit a busy life, yet deep enough to help you grow? 'For ninety consecutive days', writes Gunilla Norris, 'light a match with a purpose, a feeling or a desire in mind', and if you miss a day, start the count again. That daily moment of persistent attentiveness to whatever is calling you from within will kindle new warmth, new light, new life. It's simple-but it's the simplicity on the other side of complexity. Illumined by the lifetime of wisdom Norris shares in yet another beautifully written book, Match describes a life-giving practice toward transformation."  

-Parker J. Palmer, author of Healing the Heart of Democracy, A Hidden Wholeness, and Let Your Life Speak

**Contributor Bio**

Gunilla Norris has published eleven children's books, one book of poetry, and several books on spirituality including: *Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.*

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**The Reality Check-Up**

*Finding the perfect non-perfect version of yourself*

Dr Andrew Rochford

**Summary**

For men of any age the most common concerns include exercise, diet, sleep, work, relationships, sex, stress, mental health and body image. Using his expertise as a scientist, as a doctor and as a man, Dr Andrew Rochford has combined current scientific knowledge with the practicalities of life to create a frank and straight-to-the-point guide for the modern man.

Dr Andrew's message is that in a time when everyone is trying to sell you something—how to live longer, have better-looking skin or be better in the bedroom—it’s okay to admit you aren’t perfect. But how do we overcome the mistakes we all make to become a better non-perfect version of ourselves?

In entertaining and informative style learn how to take a different approach with tips that will help you to make the better decision the majority of the time so you can enjoy each day and live it in a healthier way.

**Contributor Bio**

Andrew is a graduate of Medical School (Bachelor of Medicine/Bachelor of Surgery), finishing the graduate medical program with honours. Dr Rochford also holds a Bachelors Degree in Medical Science, majoring in Anatomy and Neuroscience. Andrew's work was published in the journal Neurosurgery as part of a research project for the Cerebrovascular Center.

Andrew is a keen outdoors person who counts running as one of his passions and enjoys swimming, skiing, basketball and golf in his spare time. He is a devoted husband and father of three young children - a boy and twin girls, and when he is not gracing our TV screens he can be found spending time with his family.
### Black Swan
**The Twelve Lessons of Abandonment Recovery**
Susan Anderson

**Summary**
*Black Swan: The Twelve Lessons of Abandonment Recovery* is a self-help tool, a supplement for personal growth. "Black Swan is a symbol for healing, a spirit guide for overcoming the woundedness of abandonment."

Twelve lessons for healing from the loss of love, presented in an allegorical tale of a child who meets a magical black swan after she is abandoned in the forest by her father. This story within a story includes the author’s own experience with loss. The book provides emotional and spiritual healing to those going through heartbreak, loss, and abandonment.

**Contributor Bio**
Susan Anderson has devoted more than 30 years of clinical experience and research to helping people overcome abandonment trauma and its aftermath of self-sabotaging patterns. Founder of the abandonment recovery movement, she reaches out through her websites, workshops, and media to share her methods of abandonment recovery with abandonment survivors from around the world. Anderson is author of four trailblazing books including Journey from Abandonment to Healing, Abandonment Recovery Workbook, and Taming Your Outer Child which guide people through a protocol specific to healing abandonment, heartbreak, and loss. People can contribute to Susan's ongoing research project by submitting (confidentially) your personal stories to her website http://www.abandonment.net/submit-your-personal-abandonment-story. The websites www.abandonment.net and www.outerchild.net reach out with help and information.

### Healing in God's Time
**Trusting in God’s Faithfulness on the Journey to a Miracle**
Donna Clark Goodrich

When award-winning gospel music songwriter Dave Clark awoke one morning with what he thought was a sore throat, little did he or his family suspect that it was the beginning of a 19-year battle with a painful disease known as aphthous stomatitis—a condition that 29 doctors at the famed Mayo Clinic said was incurable.

But they didn’t know Dave’s God. Nor did they know Dave’s dream and his calling to be a gospel songwriter. Leaving his Michigan home at the age of 17, he made his way alone to Nashville, Tennessee, where he found a job assembling bicycles, while pitching his songs to publishers. Becoming acquainted with Brian Speer of the well-known Speer Family led to a rewarding and enjoyable five years with the singing group. But that didn’t satisfy the longing of Dave’s heart—to be a songwriter. So, even though his disease was at its most painful, he resigned and set out on his own. In the years that followed, Dave earned a reputation as a special songwriter with his songs hitting #1 on the Christian music charts 25 times! His debilitating disease continued, however and his family wor...

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**Contributor Bio**
Donna Clark Goodrich is the author of nineteen books and over 700 short stories and articles published to date. She now teaches at Christian writers conferences across the United States. Donna and her husband, Gary, have three children and two granddaughters. Donna began the annual Arizona Christian Writers Seminar in 1981, which she led for seven years.
**Lightbearer, The**
*A True Story of Love, Death, and Lessons Learned*  
Bonnie Cox

**Summary**
After a failed marriage, Bonnie Cox fell in love with Michael Jenkins, a sport parachutist—a skydiver—and photographer who earned his living photographing other skydivers. On assignment for a TV show, he was killed on a jump. The Lightbearer is the story of Bonnie’s and Michael’s love. Bonnie had had psychic ability since childhood. After Michael’s death, she found that she was able to talk with him, even to visit him, on the Other Side. She discovered, among other things, that she and Michael had been husband and wife in a previous life. The lessons she learned on the Other Side endowed her with a profound spirituality and finally enabled her to accept her loss. This is an intelligently written book that will appeal to both the spiritual and the skeptic.

**Contributor Bio**
Prior to her introduction to the Other Side Bonnie Cox had occasional psychic experiences. As a teenager, she saw, superimposed on her father’s face, the face of her grandmother at the moment of her death, three hours before the family was notified. At age thirteen, as recounted in the prologue to The Lightbearer, Bonnie had a near-death, out-of-body experience when her heart stopped for two minutes during spinal surgery. She has appeared on the TV show, The Other Side, where she discussed her relationship with her deceased fiancé, and has been a guest speaker on the near-death experience at colleges in southern California.

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**Paths to Wholeness**
*Fifty-Two Flower Mandalas*  
David J. Bookbinder

**Summary**
"David Bookbinder is one of those awakened souls whose near-death experience gave him fresh and timeless eyes. He has taken that gift and poured it into 'Paths to Wholeness: Fifty-Two Flower Mandalas,' using innovative photography and heartfelt reflection to surface and praise the mysteries of the inner world." - Mark Nepo, *The Book of Awakening*

Many of us long to be fully present to this amazing existence we were born into, and often we can. But sometimes, we look for help. In ‘Paths to Wholeness: Fifty-Two Flower Mandalas,’ psychotherapist, writer, and photographer David J. Bookbinder brings his capacity for inspiring personal transformation to his readers. Combining insightful, pragmatic essays in the lineage of Carl Jung and Mark Nepo with 52 award-winning Flower Mandala images inspired by Georgia O’Keeffe and Harold Feinstein, David both shows and tells the tale of a spiritual seeker who, having traversed his own winding path toward awakening, now guides others to find balance, overcome fear and shame, build resilience, and to expand their hearts by listening deeply, inspiring...

**Contributor Bio**
David J. Bookbinder is a writer, photographer, and psychotherapist. His award-winning Flower Mandala images were inspired by the paintings of Georgia O’Keeffe and the flower photographs of Harold Feinstein, with whom he briefly studied. David has been taking photographs since he was six. He came to psychotherapy after a transformative near-death experience shifted him toward art and healing. David holds Masters degrees in Counseling Psychology and Creative Writing. In addition to Paths to Wholeness: Fifty-Two Flower Mandalas, he is the author of two coloring books for adults that are based on his Flower Mandalas, as well as a book about American folk music and three books about computer software.
What If You Knew?
A Revolutionary Understanding to Regaining Your Health and Life Back.
Kyle Daigle DC

Summary
What If You Knew is a revolutionary book aimed to teach people around the world how to regain their health and life back. This book tries to present and highlight nutritionally significant information and offer suggestions for nutritional support, health maintenance, and personal goals.

Contributor Bio
Dr. Kyle Daigle is an alternative healthcare practitioner. Dr. Daigle joined SNA Technologies in December 2014 as President, Chief Medical Officer, and Managing Director for SNA Global. He is the co-inventor of U.S. Patent Pending Neurosage and has Intellectual Property with Systemic Neural Adaptation. Currently, Dr. Daigle owns and operates a successful clinical practice, Ultimate Performance Chiro & Rehab in Lake Charles, Louisiana. Dr. Daigle played college baseball at McNeese State University where he was a member of the 2006 Southland Conference Championship team. After leaving McNeese, Dr. Daigle continued his education at LSU where he studied Biological Science. While at LSU, Dr. Daigle worked as a research assistant in the Pennington Biomedical Research Center. Dr. Daigle is a current member of The International Association of Functional Neurology and Rehabilitation. Dr. Daigle is an Alumni of Parker University. While at Parker University, Dr. Daigle was the nutrition club President. Dr. Daigle continues to pursue clinical research in the field of kinesiology, functional medi...

The Teachings of Don Miguel Ruiz - Journal Edition
Mary Carroll Nelson, Don Miguel Ruiz

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 walk readers through the process of shedding fear, judgment, and guilt; information on life after death, and prophecies about the evolution of humanity; and biographical information on don Miguel Ruiz and his training with his curandera mother, the famous healer, Mother Sarita. For those interested in the roots of his knowledge and his early work along the path to spiritual awakening and enlightenment, Beyond Fear provides the answers.

Contributor Bio
Mary Carroll Nelson is a Southwest artist and author. Her many publications include Crop Circles, an Art of Our Time; Toltec Prophecies of Don Miguel Ruiz; and Doris Steider, a Vision of Silence. She lives in Albuquerque, New Mexico. Don Miguel Ruiz is a Mexican author of Toltec spiritualist and neo-shamanistic texts. He is listed as one of the Watkins 100 Most Spiritually Influential Living People in 2014. He is the author of The Four Agreements, which has sold around 5.2 million copies in the United States and has been translated into 38 languages, as well as The Mastery of Love, The Voice of Knowledge, and The Circle of Fire. He lives in Santa Fe, New Mexico.
The Complete Book of Tai Chi Chuan (Revised Edition)
A Comprehensive Guide to the Principles and Practice
Kiew Kit Wong

Summary
Modern life is stressful but the ancient martial art of Tai Chi Chuan is one of the most effective stressbusters available. In China it is used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognised in the West.

This wonderful book is a complete guide to the oriental wisdom of Tai Chi Chuan, explaining all its important aspects and styles, as well as its practical benefits for emotional, mental and spiritual development.

Expertly and clearly written and complemented by a collection of informative illustrations, this comprehensive book covers everything you would want to know about Tai Chi Chuan – from the background of its philosophy to the practical exercises necessary for balance, internal force and self-defence. It is the ideal guide to introduce you to Tai Chi Chuan or to remind you of what you may have missed in your classes.

The book includes:
- The philosophy of Tai Chi Chuan and the historical development of the various styles.
- The Concept of Yin-yang in Tai Chi Chuan.
- The basic Tai Chi Chuan movements...

Contributor Bio
Wong Kiew Kit, popularly known as Sifu Wong, is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China and Grandmaster of Shaolin Wahnam Institute of Kungfu and Chi Kung. He received the "Chi Kung Master of the Year" Award during the Second World Congress on Chi Kung held in San Francisco in 1997. He has practiced and taught the Shaolin arts for more than 3 decades and has more than 60,000 students all over the world.

The Fragile Face of God
A True Story About Light, Darkness, and the Hope Beyond the Veil
LeeAnn Taylor

Summary
In this heart-rending true account, LeeAnn Taylor opens with an urgent prayer for death. With unrelenting honesty, she describes her harrowing battles raising three children with Fragile X syndrome and autism, the frightening episodes with her disabled sons, and the anguish of mothering these fragile children. When her ordeal escalates, she turns to death as her only escape. LeeAnn's story takes the reader deep into the heart of the human spirit. It is the luminous account of one woman's tragic descent into the darkness, and, ultimately, her triumphant emergence into the light of redeeming love. Chronically by her own journal entries, The Fragile Face of God is a celebration of humanity-both the fragile and the sublime-and an intimate view into what makes our journey here one of purpose and eternal significance. Can our darkest hour give rise to miracles? Can departed loved ones intervene on our behalf? And can the most fragile among us light the way?

Contributor Bio
LEEANN TAYLOR is the mother of five children, three of whom were born with the genetic disorder Fragile X syndrome and autism. Her triumphant story of courage, resilience, and redemption beyond the veil serves as the luminous foundation for her sacred work. She is a champion for hope and uses writing, filmmaking, artistry, and mentoring to teach the eternal nature of humankind and promote the advancement of divine light. Her writings, wisdom, and works can be found at www.leeanntaylorstory.com.
Bring Out The Magic in Your Mind

Key to the amazing untapped powers in your own mind

Al Koran

Here is the key to the amazing untapped powers in your own mind—a secret that can transform your career and life. You don’t have to be a magician or a “brain” to command these mental resources. If you only learn to employ your own natural magnetism, using the techniques of this book, you can gain a...

Summary

Here is the key to the amazing untapped powers in your own mind—a secret that can transform your career and life. You don’t have to be a magician or a “brain” to command these mental resources. If you only learn to employ your own natural magnetism, using the techniques of this book, you can gain amazing influence over others, and “will” your way to business and social success.

The author, who was one of the world’s greatest mentalists and magicians and was famous during his lifetime for his amazing mental feats on television and radio, here reveals how ordinary people can develop certain mental powers deliberately through a simple, logical program. First he explains how you can cultivate belief in the “magic” of your mind, and use that faith to strengthen yourself. You see how to give yourself “success treatments” to build your confidence and direct your energies toward dreams and goals.

Unfolding all the wonders of the human mind, this book offers a method of harnessing this magic to bring you a richer and more successful life.

Contributor Bio

The author, Al Koran, a British mentalist, was one of the world’s greatest mentalists and magicians, and was famous during his lifetime for his amazing mental feats on television and radio. He is known for revealing how ordinary people can develop certain mental powers deliberately through a simple, logical program. Other mentalists consider him to be one of the best to have ever performed and are grateful for his knowledge that he contributed to the field. He resided in the United Kingdom.

Finding God in Ordinary Time

Christine Eberle

Summary

Take a wide-eyed look at your life—the commonplace, joyful, and even heartbreaking events—and discover the presence of God, hidden in plain sight. Forget bowing your head and closing your eyes. The secret to prayer is what happens when you’re not trying to pray.

This is the invitation of Christine Eberle’s Finding God in Ordinary Time. Each daily reflection contains a true story and a nugget of spiritual insight, accompanied by thought-provoking questions and a memorable Scripture quote. Together they reveal a God who is playful and affectionate, merciful and compassionate, and always relevant. Warm, accessible, and surprisingly funny, Christine offers spiritual nourishment to people skeptical or weary of religion, while still giving the faithful something to chew on.

Simple enough to be devoured in one sitting, this intimate little book is best enjoyed slowly. Each piece deserves to be savored and revisited through the unfolding of each ordinary, extraordinary day.

Contributor Bio

Christine Eberle is a passionate explorer of the connections between Scripture, spirituality, and everyday life. Her 25-year career as a college campus minister has given her countless opportunities to ask her favorite question—Where is God in all this?—and to listen for answers in surprising places. Christine is a church cantor and gifted public speaker, offering talks and retreats; she also performs dramatic monologues of Biblical women. In person and on the page, Christine desires not only to feed the faithful, but also to offer nourishment to people skeptical or weary of religion. You can follow her at christine-marie-eberle.com.
Think Like A Pro - Act Like A Pro
Al Smith

Summary
LEARN TO BE SUCCESSFUL IN YOUR HOME AND CAREER

Former NFL All-Pro linebacker Al Smith shares his personal experiences and the lessons he learned from his mentors. Included are 17 lessons on what it takes to go from amateur to pro in all aspects of life, not just in sports or in business. This book will encourage you, maybe even challenge you to take an all-in, all-pro mindset embracing the attitude and character it takes to both think like a pro and act like a pro!

Contributor Bio
Al Smith is a former National Football League player, author, and speaker with over 25 years of leadership experience. He learned discipline, structure, and values from his mother. Al continues to help people strive toward and achieve their goals.

Al is a former executive with the Tennessee Titans, NFL Alumni President and Sports Analyst, Director of Player Development at Vanderbilt University in Nashville, Tennessee and currently serves on the Board of Directors for the NFL Alumni Association and the American Cancer Society. Al has contributed in multiple organizations including Big Brothers Big Sisters, Bridges Domestic violence and the Ronald McDonald House. Al is also an Ambassador with the Fuel Up to Play 60 Organization.

A standout collegiate defensive player of the year award winner and team leader. Al was inducted into the Utah State Athletic Hall of Fame and selected for the State of Utah’s All-Century team. In 1987, he was drafted by the Houston Oilers. The Oilers finished 9-6 that year and were second in their division. Al’s career in the NFL included Pro Bowl selections and...

Zen Dust
A Journey Home Through the Back Roads of South Africa
Antony Osler

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.

Contributor Bio
Antony Osler is a long-term Zen practitioner and a teacher in the lineage of Zen Master Dae Gak of Furnace Mountain. He is also a former Zen monk and human rights advocate and the author of Stoep Zen.
**Transform Your Life**

*A Year of Awareness Practice*

Cheri Huber, June Shiver

**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.

**Contributor Bio**

**Cheri Huber** is the founder of the the Zen Center in Palo Alto, California, and the Zen Monastery Peace Center in Murphys, California, and is the author of *Suffering Is Optional; There Is Nothing Wrong With You;* and *When You’re Falling, Dive.* **June Shiver** is an artist and the owner of Keep It Simple Books. They both live in Murphys, California.

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**Seven Ways to Lighten Your Life Before You Kick the Bucket**

Walt Hopkins, George F. Simons

**Summary**

A bucket list is a list of things to do before you die. This book is a guide to ways to live before you die. Whether you have a bucket list or not, the stories and insights in this book offer you seven clear ways to lighten—and enlighten—your life before you kick the bucket. George Simons and Walt Hopkins (international consultants in their mid-seventies) have learned a lot about living well while getting older—and they generously and intimately share those learnings with men and women concerned about aging.

**Contributor Bio**

In more than 30 countries for more than 40 years, **Walt Hopkins** has been leading courses on influencing skills and life-designing skills for all sorts of organizations—including the UN’s World Food Programme, the European Space Agency, Shell, Statoil, and Unilever. **George Simons** is an independent writer, poet, consultant and trainer who facilitates, a worldwide virtual consulting network.
**Freedom in Every Moment: Transcending the Struggles of Daily Life**

**Summary**

'Freedom In Every Moment: Transcending the Struggles of Daily Life' provides a succinct program of 21 spiritual lessons from early to more advanced stages of spiritual development. Each lesson is rooted in a teaching from an Eastern or Western spiritual tradition, which we believe gives this volume broad appeal. Readers learn how to overcome negative thinking and mood states, how to deal with fears and doubts, what their true identity is, and how to find contentment. The lessons contain timeless teachings and exercises to bring the teachings to life on a daily basis. What is different about this book from other self-help books? First, it is the topics we have selected, which strike at the heart of the daily struggles of those who seek to uplift their mental and emotional states: the nature of the mind, overcoming fear, our purpose in life, and uniting with Higher Consciousness. Second, it is the depth of explanation and information we provide from teachers such as - Lao Tzu, St. Francis, Albert Einstein, among others – and the applicability of the teachings for daily life. Third, it i...

**Contributor Bio**

Dr. Vincent Morello earned a doctorate from the College of Human Development at The Pennsylvania State University in 1983. He is a licensed psychologist currently employed at Wayne Counseling Center, in Wayne, PA. He has more than 30 years of professional experience as a psychologist. For many years, he was Director of Berks Psychological Services, a private mental health practice in Wyomissing, PA. He has trained graduate students and family practice medical residents at Caron Treatment Centers and St. Joseph Medical Center in Berks County, PA. He has taught various undergraduate courses at Neumann University, Albright College, Pennsylvania State University, and West Virginia University. Dr. Morello was Host of the TV Series 'Not Just Kidding Around' for over 10 years on Berks Cable Television. He has published scientific articles in psychology journals and professional magazines. As a Fellow of the Pennsylvania Psychological Association, he chaired the Electronic Newsletter Committee, which produces the online newsletter, 'Psychological News You Can Use,' for the general public. Si...

**40 and Still Fabulous**

**How to look and feel great during the best years of your life**

Joanna Hall

**Summary**

In days gone by turning 40 meant slowing down, emptying your nest and lamenting the passing of your youth. But today, many forty somethings are just as likely to be marrying for the first time, starting a family, launching their own business, or getting that top job in a major international corporation. Forty, it seems, is the new 30. As entertaining as it is informative, Forty and Still Fabulous gives fortysomething women all the tools they need to keep looking and feeling fantastic through what will probably be the most rewarding years of their lives. Health and lifestyle journalist Joanna E. Hall asks the top international experts about improving and caring for fortysomething skin and gets the inside scoop on hair, fashion and makeup. She tackles the pros and cons of cosmetic rejuvenation (surgical and otherwise) and reveals all about the most effective diet and fitness techniques. Sex, health and happiness are also on the agenda, as well as the best ways to manage money and how to face the singles scene.

**Contributor Bio**

Joanna E. Hall is a well-known freelance journalist who writes for major newspapers and magazines throughout the world - Specialising in health, beauty, lifestyle and travel, Joanna believes turning 40 is a magnificent opportunity to take life by the horns and be fabulous-the rehearsals are over and it's time for the main act!
Trim & Tone With Tania
Tania Zaetta

Summary
Working on the principles of how Tania Zaetta lives her everyday life, Trim & Tone with Tania is an easy-to-follow handbook for every woman to learn how to achieve and maintain a healthy weight without the need for dieting or strenuous boot camp style exercises. This complete fitness, nutrition and lifestyle guide is suitable for all ages and fitness levels – whether you know a little, a lot, or nothing at all about eating right and how to get your body into shape.

Tania will guide and motivate you towards creating a longer, leaner, stronger body, reshaping your figure and helping to free you of niggling aches and pains with her low impact Pilates, Barre and resistance toning exercises, including her sought after ‘tight tummy, firm butt’ exercises.

Packed with her personal nutritious and delicious low-calorie, low-sugar recipes for the whole family, realistic everyday meal guides and simple fat-burning tips, Trim & Tone with Tania has all the health, fitness and lifestyle inspiration you’ll need to change your eating habits and body for the long term.

Contributor Bio
With her many on-screen and off-screen achievements, TV presenter, actress and speaker Tania Zaetta is an inspiration to women around the world.

Her successes include the hit action series Who Dares Wins, which aired in 80 countries, a role in Baywatch, hosting TV shows in the UK, India and Asia, plus becoming one of the first foreigners to conquer Bollywood - the world’s largest film industry.

My Life, Your Life
Steps to Heal the Heart
Michelle Friedman

Summary
This fascinating story details Michelle Friedman's journey through life and her struggle to find 'herself'. Styled as a sort of mirror, this book will assist readers to reflect on their own lives and provides a workbook at the end of each chapter to encourage the reader to author their own personal healing journey. In the style of Louise Hay, Friedman learns to trust her inner voice and to live in the moment, following the signposts and synchronicities held out to her by God and the universe.
I Can Still Do It!
The Unstoppable Spirit of a Plane Crash Survivor
Karen Trolan

Karen Trolan was 51, piloting a plane out of Truckee, CA, and she crashed with 3 passengers. Everyone survived, but it left Karen in a wheelchair. However, not only did Karen survive, but she thrives as a paraplegic woman... as a professional woman in real estate, as an avid world traveler, and as an active sports fanatic, adapting each sport to accommodate her paralysis. She water skis, goes canoeing and horseback riding with her husband Steve, rides 4-wheelers, snorkels, is an award-winning martial arts expert, coaches soccer, and gives back to her community in a variety of ways. She is indeed unstoppable! Her favorite saying is, “I can still do it!” And she finds ways to do everything except deep sea diving, and she would do that if the doctors would let her!!

This book, I CAN STILL DO IT! is her personal story, a motivational read with 53 photos to give visuals to her moving account. With a huge support system, determination, creativity, and a history of physicality, she inspires everyone who knows her or knows of her. Here is what many people in her life have to say about her and t...

Summary
Karen Trolan was 51, piloting a plane out of Truckee, CA, and she crashed with 3 passengers. Everyone survived, but it left Karen in a wheelchair. However, not only did Karen survive, but she thrives as a paraplegic woman... as a professional woman in real estate, as an avid world traveler, and as an active sports fanatic, adapting each sport to accommodate her paralysis. She water skis, goes canoeing and horseback riding with her husband Steve, rides 4-wheelers, snorkels, is an award-winning martial arts expert, coaches soccer, and gives back to her community in a variety of ways. She is indeed unstoppable! Her favorite saying is, “I can still do it!” And she finds ways to do everything except deep sea diving, and she would do that if the doctors would let her!!

Contributor Bio
Karen Trolan was 51, piloting a plane out of Truckee, CA, and she crashed with 3 passengers. Everyone survived, but it left Karen in a wheelchair. However, not only did Karen survive, but she thrives as a paraplegic woman... as a professional woman in real estate, as an avid world traveler, and as an active sports fanatic, adapting each sport to accommodate her paralysis. She water skis, goes canoeing and horseback riding with her husband Steve, rides 4-wheelers, snorkels, is an award-winning martial arts expert, coaches soccer, and gives back to her community in a variety of ways. She is indeed unstoppable! Her favorite saying is, “I can still do it!” And she finds ways to do everything except deep sea diving, and she would do that if the doctors would let her!!

More on the Conquering Soul
The Key to Understanding Spiritual Psychology.
Miriam Bostwick

Summary
This book will show you how to reclaim the authentic power of your soul and free you from the bondage of the games of the personality. It is a continuation of the first The Conquering Soul and includes thirty-one different games. If you are seeking spiritual principles devoid of dogma, you will find this book invaluable.

Contributor Bio
Miriam Bostwick holds a Masters in Social Welfare, is an ordained Spiritualist minister, and has over 30 years experience as a clairvoyant, trance medium, spiritual healer, teacher, and artist. She is known for her portraits of spirit guides.
**My Cancer Year**
A Survivorship Memoir
Curtis Pesmen

**Summary**
In MY CANCER YEAR, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account—which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery—Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors—as well as family and friends—put cancer in its place while moving forward with the power of new knowledge.

**Contributor Bio**
Curtis Pesmen is author several books including How a Man Ages, What She Wants, and Your First Year of Marriage. He has written for Esquire, GQ, SELF, Outside and Glamour magazines, and was the founding editor of LIVESTRONG Quarterly. As health/features editor of SELF magazine, he helped develop the internationally recognized, pink-ribbon breast cancer awareness campaign. He is an active in cancer patient advocacy.

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**It's the Little Things**
An Inspirational Book to Mindful Living
David Cuschieri, Heidi Cuschieri

**Summary**
"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." —Marcel Proust

When we stop to look around we find happiness everywhere—the sun, flowers, a child's smile, a cat's purr, a wagging tail. Let the happiness thoughts and wisdom in this book help you to start living your life of joy and fulfillment this very moment.

**Contributor Bio**
David and Heidi Cuschieri have previously collaborated on Cat Napping, Doggie Dreaming, and Nurture: 50 Tips to Nourish Your Heart & Soul.
She Wrote Her Own Story
An Inspirational Book to Living Life on Your Terms
David Cuschieri, Heidi Cuschieri

Summary
"True happiness comes from the joy of deeds well done, the zest of creating things new." —Antoine de Saint-Exupéry

Life is too short to live it without purpose or passion. When you follow the compass of your heart, a life worth loving is sure to follow.

Contributor Bio
David and Heidi Cuschieri have previously collaborated on Cat Napping, Doggie Dreaming, and Nurture: 50 Tips to Nourish Your Heart & Soul.

Alone
Orphaned on the Ocean
Richard D. Logan PhD, Tere Duperrault Fassbender

Terry Jo Duperrault was 11 when her family was murdered at sea aboard a chartered sailboat off the coast of Florida. She jumped overboard just in time to escape. Surviving four days on a cork float in the middle of the ocean, Terry Jo’s rescue pictures graced LIFE Magazine soon after she was found. ...

Summary
Terry Jo Duperrault was 11 when her family was murdered at sea aboard a chartered sailboat off the coast of Florida. She jumped overboard just in time to escape. Surviving four days on a cork float in the middle of the ocean, Terry Jo’s rescue pictures graced LIFE Magazine soon after she was found. This is the first time Terry Jo, now known as Tere Duperrault Fassbender, has been able to fully tell her story. In September 1988 Oprah Winfrey reunited her with the freighter Captain who saved her, but even then, she was not healed enough to reveal what it took to survive for four days adrift and alone at sea. Co-authored by psychologist and survival expert Richard Logan, readers delve into the details of how a little girl survived the murder of her family; the gradual collapse of the small cork float she used to keep afloat while guarded by a pod of whales; and the aftermath and the reclamation of life. Alone: Orphaned on the Ocean is the ultimate inspirational tale of good.

Contributor Bio
Logan is a nationally recognized expert in the psychology of solitary survival. He has been a guest on A&E and Discovery Channel. Tere Duperrault Fassbender was 11 when she was nearly swallowed by the ocean during four days at sea. Her rescue in 1961 was covered worldwide. She spent her life guarding the water that threatened her as a child.

Tere Duperrault Fassbender was 11 when she was nearly swallowed by the ocean during four days at sea. Her rescue in 1961 was covered worldwide. She has spent her life guarding the water that threatened her as a child.
Dragons I Have Known
Judith John

Being a bibliography and a series of brief biographies of literary dragons in books I have read and stories I have heard.

Summary
According to Carl Jung, dragons are an archetype ingrained in our unconscious. Dragons of stories, however, come in many forms, colors and sizes. Initially, I wanted to understand how dragon archetypes might be synthesized, as Joseph Campbell did with heroes, but world of dragons is so varied that I could not really find a starting place. But, along the way I read hundreds of dragon stories and met many dragons. I tried to postulate some theories in my introduction to this book, but mostly I think the stories themselves are worth sharing. Here is an introduction to some magical creatures—sometimes evil and sometimes wise—but all worth knowing. The bibliography should help you in choosing the stories that catch your attention, but the biographies of the dragons are a pure labor of love.

Contributor Bio
Dr. Judith John is a professor in the English Department at Missouri State University where she teaches children's and young adult literature. Her research interests include high fantasy, censorship, mother’s advice books, and literacy. She has been researching and reading about dragons for fifteen years.

Kundalini and the Art of Being
Gabriel Morris

Summary
This memoir of the mid-1990s is the story of a young man's spontaneous awakening of his Kundalini energy—the mysterious serpent power locked at the base of the spine. The author is thrown into a near-psychotic state while on the road, wandering around the western U.S. He spends summers at Rainbow Gatherings in New Mexico and Colorado, going from place to place as he works to integrate this disturbing and powerful spiritual awakening. Documenting the survival of a youth culture that began in the 1960s, this book is a guide to a way of life and a wise and genuine account of a profound spiritual experience.

Contributor Bio
Gabriel Morris was born in Vancouver, Canada, and raised in rural Northern California. A self-described travel addict, outdoors enthusiast, cultural explorer, and spiritual seeker, he has been traveled for adventure since the age of 18.
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Spitting Out the Bones
A Zen Master’s 45 Year Journey
Dennis Genpo Merzel

Summary
‘You have to swallow the whole fish,’ Zen Master Taizan Maezumi told his students, ‘and then spit out the bones.’ First absorb the tradition, endure the hardships of Zen training, then you can spend the rest of your life separating the real treasure from the baggage it came in, learning what you can let go of and what is truly yours. Spitting Out the Bones is American Zen Master Genpo Merzel’s story of his exhilarating and humbling journey, including the last five years rising from the ashes of his very public fall from grace, and a candid exploration of the challenge of bringing the essence of the great tradition he inherited to life in the West.

Contributor Bio
Dennis Genpo Merzel trained under Zen Master Taizan Maezumi becoming a Zen teacher in 1980. He is one of a small group of Westerners recognized in both the Soto and Rinzai Zen traditions. In 1999, Genpo Roshi combined western psychology and Zen to create Big Mind, a self-discovery process that’s been experienced by thousands of people across North America and Europe. His work is rooted in a deep appreciation of traditional Zen, which he has practiced and taught for over four decades, and his ongoing exploration of ways to integrate the wisdom and insights of both East and West into everyday life.
A Cherokee Feast of Days
Daily Meditations - Gift Edition
Joyce Sequichie Hifler

Summary
The tenets of Native American wisdom applied to everyday life in a contemplative and essential approach

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 Una la 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 readers of all faiths, and for those seeking faith.

Contributor Bio
Joyce Sequichie Hifler is the bestselling author of Think on These Things and When The Night Bird Sings. A nationally syndicated columnist, she is a descendant of the Cherokees who were marched across the Trail of Tears. She lives in Bartlesville, Oklahoma.

Meditation
Waking Up to Life
Americ Azevedo

Summary
Let go. Relax. Be present. Here and now. Find a moment, any moment, anywhere, at any time—right now. Wake up to life.

Meditation: Waking Up to Life is a collection of 108 teachings on meditation and daily life. The ruminations in this collection are intended to inspire and support your meditation practice, however that practice happens to manifest. This book encourages the exploration and acceptance of your unique, individualized approach to peaceful contemplation. It reinforces that there is no right or wrong way to meditate, and that focusing on results can lead to a derailment of internal awareness and contentment.

Whether new to the meditative experience or a veteran practitioner, these words of wisdom will inspire relaxation, mindfulness, and introspection, leading to a deeper expression of peace and enlightenment.
Living With The Mind of Christ  
Mindfulness and Christian Spirituality  
Stefan Reynolds  

Living With The Mind of Christ expertly sets out the practical Christian vision of this flourishing. Drawing richly on a wide variety of Christian teachers — St Augustine, Eckhart, John Main, Julian of Norwich, Simone Weil, and others — author, Stefan Reynolds suggests that the core themes of mindfulness and Christian spiritu...
Companions on the Way
A Little Book of Heart-full Practices
Gunilla Norris

Summary
Deep down our hearts are always longing to embody more awareness, kindness and presence. Here is a little book of heart-full ways to grow. Over time a practice can become an intimate companion on the way, one that helps us to inhabit and express our essence and so to live authentic lives with joy and gusto.

Contributor Bio
Gunilla Norris has published eleven children's books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.

The Big Bamboozle
How We Are Conned Out of the Life We Want
Cheri Huber, Ashwini Narayanan

Summary
Zen techniques, from a renowned Zen teacher, to derive greater satisfaction from life

Are you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed? This new book is based on the Buddha’s teachings and the practice of Zen, and breaks down the structures of this karmic process. Written in a humorous and lighthearted style, it illustrates through essays, stories, and examples what keeps us from choosing well-being, love, happiness, and joy as our life experience. In addition, the book contains a calendar of practical exercises and nuggets of wisdom from those who have practiced with these teachings.

Contributor Bio
Cheri Huber is the founder of the Zen Center in Palo Alto, California, and the Zen Monastery Peace Center in Murphys, California. She is the author of There Is Nothing Wrong with You; Transform Your Life; What You Practice Is What You Have; and When You’re Falling, Dive. She lives in Murphys, California. Ashwini Narayanan is a student of Cheri Huber, has cofacilitated and created workshops with her, and currently runs the operations of the two nonprofits that Cheri founded. She lives in Cupertino, California. They are the coauthors of I Don’t Want To, I Don’t Feel Like It: How Resistance Controls Your Life and What to Do About It.
Meditation Now
Inner Peace through Inner Wisdom
S. N. Goenka

Summary
Celebrated Vipassana meditation teacher S. N. Goenka interprets the Buddha’s teachings in this collection of lectures, essays, and interviews. These writings provide insights into how one of the most influential contemporary Buddhist practitioners defines Vipassana and how he uses it to achieve peace of mind and lead a happy, useful life. Included are transcripts of recent talks given at the World Economic Forum in Davos and at the Millennium World Peace Summit, and a previously unpublished interview conducted by Alan AtKisson, former editor of In Context magazine.

Contributor Bio
S. N. Goenka has trained more than 700 assistant teachers who conduct courses in Vipassana centers around the world. He is the author of The Discourse Summaries, The Gracious Flow of Dharma, and Satipatthana Sutta Discourses.

Satipatthana Sutta Discourses
S. N. Goenka

Summary
The Satipatthana Sutta is the Buddha’s single most important discourse describing the practice of meditation. Here for the first time is the condensed version of the daily evening discourse given by the author to his students on a seven day retreat. This text can serve as a review after taking a course or for scholars as a further study of the sutta. The book is also a great tool to help meditators practice and as S.N. Goenka said, “Liberation can only be gained by practice, never by mere discussion.” Included is a list of abbreviations, a glossary, and an English translation of Pali passages.

Contributor Bio
S.N. Goenka was a renowned teacher of Vipassana in the tradition of Sayagyi U Ba Khin. He taught tens of thousands of people in more than 300 courses in India and around the world. The technique that he taught represented a tradition that is traced back to the Buddha.
The Art of Dying
S. N. Goenka, Virginia Hamilton

Summary
Weaving together material from many sources, this collection provides a context for understanding death—whether our own or a loved one's—and experiencing it with awareness and equanimity. It features passages from the Pali texts, writings of S. N. Goenka, poems, theoretical expositions, a question-and-answer section, and compelling essays by or about meditators confronting the end of life. With humility, tenderness, and often a smile, they learn to accept their own impermanence, suffering, and nonself. Much of this material was collected from the archives of the International Vipassana Newsletter.

Contributor Bio
S. N. Goenka has trained more than 800 assistant teachers who conduct courses in Vipassana centers around the world. He is the author of The Discourse Summaries, The Gracious Flow of Dharma, and Meditation Now. Virginia Hamilton is a former editor of the International Vipassana Newsletter. She lives in Egbert, Ontario.

Freedom of Body and Mind
Yogasanas, Pranayam and Meditation - A Complete Cure for Common Diseases
Yogacharya Swami Omkareshwarananda

Summary
"Freedom of Body and Mind" by Swami Omkareshwarananda deals with how one can attain total freedom from all common and difficult diseases and live stressfree life by practising yogasanas, pranayam and meditation. Following a brief introduction about yoga, the flexibility or physiotherapy exercises illustrated in the book are intended to reduce stomach/abdominal fat and cure diseases like arthritis, osteoporosis, tennis-elbow, knee pain, backache, sciatica pain, slip disc etc. Thereafter, all major asanas and their variations are explained in easy-to-follow language, alongwith photographs. The book also details how regular practice of pranayams (breathing techniques) can free one's mind of day-to-day tension and stress. The chapter on meditation is unique in its content. It tells you how to get into the meditative state effortlessly by chanting a divine mantra. This helps you to release mental stress and strain and gives absolute peace. Using his experience as a trained yoga teacher, the author explains how specific asanas and pranayams can cure various common diseases like acidity, gas...
Gotta Minute? Yoga For Health and Relaxation
Nivair Singh Khalsa

Summary
Yoga for Everyone! This wonderful collection of fast, simple techniques is taken from the ancient tradition of yoga. It guides you through common daily challenges successfully and easily-- with healing exercises to do in the morning, at your desk, in your car, and before bed.

A Minute For Me (2nd Edition)
Learning to Savor Sixty Seconds
Megan McDonough

Summary
The high price for trying to get everything done is letting yourself become undone. A busy life is an easy place to lose you. Even in a busy life, the greatest gift you can give yourself is the gift of your own attention, discovering from within what is true and authentic. For this self-discovery, exotic travel is optional. Inquiry is mandatory. A Minute for Me gives you the tools that encourage inquiry, including: Personal short stories to motivate your own exploration and inquiry; Simple 60-second exercises to build your self-awareness muscle; Ideas for generating new perspectives that can easily fit into your day without changing your schedule or adding another item on your to-do list. You can think about the past, plan for the future, but the only time you experience life is right here, right now-in this very moment. A Minute for Me helps you live this moment to its fullest. Maybe that is the ultimate exotic travel-the exploration of your own heart.

Contributor Bio
A business yogini, Megan McDonough brings yoga concepts into the corporate world, and business concepts into the yoga world, resulting in clarity and fresh perspectives for both. An award-winning author of Infinity in a Box, Using Yoga to Live with Ease, Megan is also a marketing consultant to wellness organizations, and a corporate trainer for work/life balance workshops.
Here For Now (2nd Edition)
Living Well With Cancer Through Mindfulness
Elana Rosenbaum MS LICSW, Jon Kabat-Zinn

Summary
Through narrative, guided exercises, and meditations, Here For Now was the first book to apply the principles of mindfulness meditation to living with cancer. This book empowers the reader to transform suffering into compassion and joy. Follow Elana’s journey as she experiences the shock of her own cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, and the meditation and visualization exercises she's created for patients are both practical and inspirational. Here For Now is a sought after addition to the current body of work available to patients and healthcare practitioners alike, as well as anyone who wants to thrive in the face of adversity.

Contributor Bio
Leader in clinical application of mindfulness meditation to cancer care. Diagnosed with Non-Hodgkin's lymphoma in 1995, she subsequently underwent stem-cell transplantation, which led to developing a mindfulness-based intervention for bone marrow transplant patients at UMass Medical Center, Emery University and Dana Farber Cancer Institute. Adjunct faculty at University of Massachusetts Medical School, psychotherapist, teacher, speaker, workshop leader and research consultant.

Moonbeams of Mahamudra
The Classic Meditation Manual
Traleg Kyabgon

Summary
The Mahamudra path of direct perception is the pre-eminent method of the Dakpo Kagyu tradition. This definitive manual systematically explains its approach to meditation, complete with definitions, pointing-out instructions, and advice for the many pitfalls and errors that beset practitioners. Central to these errors is our failure to acknowledge the difference between understanding and experience, and our tendency to fixate on meditative experiences and mistake them for realization. This translation conveys the freshness and immediacy of these instructions. Belonging to the generation of teachers to first bring Tibetan Buddhism across cultures, Traleg Kyabgon (1955-2012) presents these Mahamudra instructions in a direct, relaxed, and intimate style.

Contributor Bio
Traleg Kyabgon (1955–2012) is the founder of the Kagyu E-Vam Buddhist Institute, which is headquartered in Melbourne, with a major practice center in upstate New York and a practice community in New York City. He taught extensively at universities and Buddhist centers in the U.S., Canada, Australia, New Zealand, and Southeast Asia, and is the author of such books as Essence of Buddhism and Karma: What It Is, What It Isn’t, Why It Matters.
For Love of the Real
A Story of Life’s Mystical Secret
Llewellyn Vaughan-Lee

Summary
A detailed description of the mystical journey to Absolute Truth from Llewellyn Vaughan-Lee. At the root of every mystical calling is the search for what is Real; this book follows this call, detailing the inner journey to Absolute Truth. Readers are guided through traditional experiences of the path—emptiness and the void, oneness, and communion with nature. Particular direction is given for how contemporary seekers can—and must—engage with challenges unique to our times, such as extreme materialism and ecological devastation. A pioneer in the subject of Spiritual Ecology Llewellyn Vaughan-Lee offers spiritual guidance on the vital need to restore a sacred connection to life and the environment. For Love of the Real is a much needed in-depth exploration of the contribution spiritual life can make to our present environmental crisis.

Contributor Bio
Llewellyn Vaughan-Lee is a Sufi teacher who has lectured extensively throughout the United States, Canada, and Europe. He is the founder of The Golden Sufi Center and the author of more than 15 books, including Alchemy of Light, Return of the Feminine and the World Soul, Spiritual Ecology, and Spiritual Power. He lives in Inverness, California.

The Invisible Master
Secret Chiefs, Unknown Superiors, and the Puppet Masters Who Pull the Strings of Occult Power from the Alien World
Leo Lyon Zagami, Brad Olsen

Summary
Leo Zagami’s groundbreaking study of aliens and UFOs explores where we come from and which mysterious figures have guided humanity's political and religious choices. From the prophets to the initiates and magicians, all ages have drawn from a common source of ultra-terrestrial and magical knowledge, passed down for millennia. This text reveals the identity of the unknown superiors, secret chiefs, and invisible masters who have guided Freemasonry, the Illuminati, and others. Zagami speaks of the existence of multidimensional doors used by the various Illuminati to let other beings into our world, while alluding to the latest discoveries of quantum physics for support. This shocking text will be embraced by those willing to look beyond the everyday to analyze our world's most puzzling circumstances.

Contributor Bio
Italian-born Leo Lyon Zagami is a writer known for his Confessions of Illuminati series. He has been involved with the productions of documentaries for ENIGMA TV and InfoWars, and he appears regularly on the popular Italian television show Mistero.
Do You QuantumThink?
New Thinking That Will Rock Your World
Dianne Collins, Fred Alan Wolf, Ph.D.

Summary
The world is changing at a dizzying pace. We're all looking for new ways of thinking that can bring about real solutions to modern problems, from the pursuit of inner serenity to solving world conflicts. In Do You QuantumThink? author Dianne Collins shares her ingenious discovery that reveals a critical missing link to make sense of our changing times. Her discovery provides us with the understanding and methodology to rise above problems of today by laying the foundation for an entirely new way to think.

Part science, part philosophy, part spirituality, Do You QuantumThink? draws on a wide spectrum of sources, from cutting edge innovations in the sciences to the insights of the world's greatest spiritual leaders. This book will make you laugh, free you from limiting ideas, and introduce you to the most advanced principles and practical methods for living. Do You QuantumThink? will rock your world in the best of ways as you experience one revelation after another.

Contributor Bio
Dianne Collins is an important thought-leader for our time. She is a master of translating spiritual wisdom into what she calls

Evolution's Purpose
An Integral Interpretation of the Scientific Story of Our Origins
Steve McIntosh

Summary
Does the science of evolution really prove that life, humanity, and the universe as a whole are meaningless accidents? On the contrary, as science has shown how everything in the universe is subject to evolution, including matter, life, and human culture, these very facts reveal that the process of evolution is unmistakably progressive. And, as Steve McIntosh demonstrates, when we come to see how evolution progresses, this reveals evolution's purpose-to grow toward ever-widening realizations of beauty, truth, and goodness.

McIntosh argues that the purpose of evolution is not intelligently designed or otherwise externally controlled; rather, its purpose is being creatively and originally discerned through the choices of the evolutionary creatures themselves. Without relying on spiritual authorities, the author shows how the scientific story of our origins is actually a profound and sacred teaching compatible with many forms of contemporary spirituality. Evolution's Purpose: An Integral Interpretation of the Scientific Story of Our Origins presents a fresh and compelling view of evolu...

Contributor Bio
STEVE MCINTOSH J.D. is a leader in the integral philosophy movement and author of the recent book, Evolution's Purpose, as well as the acclaimed 2007 book, Integral Consciousness. He is also a co-founder of the new think tank: The Institute for Cultural Evolution. In addition to the think tank and his work in philosophy, McIntosh has had a variety of other successful careers, including founding the consumer products company Now & Zen, practicing law with one of America's largest firms, working as an executive with Celestial Seasonings Tea Company, and Olympic-class bicycle racing. He is a graduate of the University of Virginia Law School and the University of Southern California Business School, and now lives in Boulder, Colorado with his wife and two sons. For more on his work, visit: www.stevemcintosh.com
What is Reality?
The New Map of Cosmos, Consciousness, and Existence
Deepak Chopra, Ervin Laszlo, Ph.D., Stanislav Grof

Ervin Laszlo's tour de force, What is Reality?, is the product of a half-century of deep contemplation and cutting-edge scholarship. Addressing many of the paradoxes that have confounded modern science over the years, it offers nothing less than a new paradigm of reality, one in which the cosmos is ...

Summary
Ervin Laszlo's tour de force, What is Reality?, is the product of a half-century of deep contemplation and cutting-edge scholarship. Addressing many of the paradoxes that have confounded modern science over the years, it offers nothing less than a new paradigm of reality, one in which the cosmos is a seamless whole, informed by a single, coherent consciousness manifest in us all. Bringing together science, philosophy, and metaphysics, Laszlo takes aim at accepted wisdom, such as the dichotomies of mind and body, spirit and matter, being and nonbeing, to show how we are all part of an infinite cycle of existence unfolding in spacetime and beyond.

Augmented by insightful commentary from a dozen scholars and thinkers, along with a foreword by Deepak Chopra and an introduction by Stanislav Grof, What is Reality? offers a fresh and liberating understanding of the meaning and purpose of existence.

Contributor Bio
Dr. Ervin Laszlo is well recognized as the founder of systems philosophy. While at the United Nations, he headed various research programs related to sustainability. His written work has included an extensive amount of promotion and practice of sustainable efforts. He serves as President and Founder of the Club of Budapest, an organization devoted to promoting a new way of thinking for global solidarity. He also serves as the Chairman of the Ervin Laszlo Center for Advanced Study, Chancellor of the Giordano Bruno GlobalShift University, and Editor of World Futures: The Journal of New Paradigm Research. Laszlo is a recipient of the highest degree in philosophy and human sciences from the Sorbonne, the University of Paris, as well as of the coveted artist diploma of the Liszt Ferenc Academy of Budapest. Additional prizes and awards include four honorary doctorates. His appointments have included research grants at Yale and Princeton Universities,

Interviews with Famous Dead People
Inspirational Conversations
Susanne B. Miller

Summary
Interviews with Famous Dead People is a captivating collection of inspirational conversations with well-known people who now reside in other realms. Each ethereal being offers a rare glimpse of life from the other side. They introduce unique spiritual concepts while supporting a diversity of religious expression. They also demystify the death experience, and vouch for the immortality of the soul. In addition, many of these notable individuals encourage a new zeal for living by promoting creative Self-expression, fostering service to humanity, and reaffirming God's all-encompassing love.

Contributor Bio
Susanne B. Miller is a clairaudient channel for angels and other beings of Light.
Clear Your House
How To Cleanse Your Home And Make It A Positive And Peaceful Environment
Jade-Sky

Summary
Our home should be a place of refuge that offers a safe sanctuary for our families, allowing us space to relax and unwind.

If the energy of that personal space flows freely, then home is a place that is comfortable, secure, and nurtures our spirit. Yet many of us choose our homes without realising that the space may have negative energy, either because of the site on which it is built, or because of the people that have lived there before us, or because of negative events that have unfolded in the home.

Clear Your House shows you how to release stuck energy from your home. Stuck energy manifests itself in different ways and affects us, and our health, in many ways. Through a sequence of stages the author shows how to cleanse your home of physical clutter and grime, before moving on to cleanse the space at a spiritual level.

Included is information about incorporating feng shui principles into your home and harnessing the power of crystals to benefit the space and the people in the property.

In the same series: Clear Your Office.

Contributor Bio
Jade-Sky exhibited psychic abilities from an extremely early age. Between the ages of three to six years old she discovered her ability to communicate with spirits as a result of her so called "imaginary friends."

At the age of seventeen Jade-Sky began to feel her intuition calling to her again. From that day onwards she realized that her abilities were a gift, and she has embarked on her own journey to develop her natural skills.

Over the past 20 years Jade-Sky has fine tuned her natural skills in the areas of Tarot and Oracle card reading, psychometry, mediumship/channeling and past lives.

Clear Your Office
How To Cleanse Your Office And Make It A Positive And Peaceful Environment
Jade Sky

Summary
Clear Your Office is a practical guide for anyone wanting to clear their work space of negative energies. With insights into how you can achieve a happy and energetic environment, useful tips and techniques about how to transform the energy in a space and guidance on how to prepare your business for sale, this is a key book for every office.

Author Jade-Sky guides you through the process identifying when to clear a space, different types of energy and the tools you can use—including space clearing, smudging, crystals, feng shui and positive intentions. Real-life case studies provide practical examples of how clearing your office can have a productive impact on your staff, work space and business.

Contributor Bio
Jade-Sky exhibited psychic abilities from an early age.

Once older she realized that her abilities were a gift, and she embarked upon a journey to develop these natural skills. Over the past 20 years she has focused the areas of tarot and oracle card reading, psychometry, mediumship, channeling and past lives. Her clientele include a wide range of people from all walks of life and various parts of the world, adding testament to her accurate psychic ability.
Jane Austen's Tips For Success
Colleen Sattler

Summary
Who needs modern self-help gurus when a 19th century novelist had it all worked out?

Just like Jane Austen characters Elizabeth Bennett, Elinor Dashwood, Anne Elliot and Emma Woodhouse - we all want true love, a comfortable life and to be happy.

Austen’s sharp wit and keen life observations continue to ring true today, with their universal themes of happiness, friendship, marriage, love and money.

Be advised, warned and charmed!

The Christian Meaning of Human Sexuality
Expanded Edition
Fr. Paul Quay S.J., Fr. Joseph Koterski S.J.

Summary
The gift of human sexuality allows us to choose, or not to choose, to participate in one form of God’s creation. This book presents the understanding of human sexuality that divine revelation offers us. It is intended primarily for Christian adults who wish to know not only what kinds of sexual behavior are right or wrong but also why such behavior is right or wrong for those who seek to follow Christ.

This expanded version of The Christian Meaning of Human Sexuality includes a work on the theology of natural family planning that was unfinished at the time of the author's death. Father Paul Quay considered the matter in the light of faith and not simply on the natural level, which was his approach to the study of human sexuality in general.

Understanding sexuality as part of the Christian mystery is offered us through the Scriptures and the living Tradition of the Church. Father Quay uses both to show what sexuality means in Christian terms. His insightful descriptions of the complementarity of male and female, a complementarity that is psychological, spiritual, and physical, are exc...
**Desire**  
Saida Desilets  

**Summary**  
Desire has a bad reputation, yet still remains a titillating subject.

Currently, most books on desire either focus on the latest research in the field of human desire or are more erotic and explicit in their orientation.

This polarized view on desire is also reflected within the greater collective of our society with the recent rise of the #MeToo movement and the outing of influential leaders. The time is ripe for the introduction of a new paradigm for desire.

In my book, I compare the impact of socially mandated desires on our living experience of fulfillment (or lack thereof) with the igniting and guiding force of our true desires. As such, I regard desire as an emerging, evolutionary force in our lives—to be both harnessed and trusted as our own unique compass.

I also share the possibility that desire is more like a symphony, appearing in our life as different types of desire songs: the Song of Eros, the Song of Rapture, the Song of Love, the Song of Procreation, the Song of Thriving, and the Song of Contribution.

**Contributor Bio**  
Dr. Saida Désilets wants to live in a world filled with audacious, sexually sovereign women living life on their own terms.

As a thought-leader and body-philosopher, she's has published several books: The Emergence of the Sensual Woman & The Illustrious Jade Egg and had her innovative method featured in Dr. Christiane Northrup's best selling books: Women's Wisdom, Women's Bodies & The Secret Pleasures of Menopause, as well as in Dr.

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**Sacred Kink (2nd Edition)**  
*The Eightfold Paths of BDSM and Beyond*  
Lee Harrington  

**Summary**  
Some of us have had a moment in the middle of fun and sexual exploration that lead to connecting with the divine or having an epiphany about life that was far from expected. Others have been drawn to the possibilities of finding universal truths between the sheets or in the dungeon for all of their lives. Some are aware that their bodies hold the key towards knowing their spirits, but don't know which doors of desire to unlock. Others have glimpsed the limitless where they have been told that only debauchery lives, and are looking to go back for more.

This and more is Sacred Kink.

Modern tools of BDSM, fetishism, kink and erotic adventuring have roots that go far back into history, tools that have been used for reaching altered states of consciousness, creating spiritual epiphanies, and changing lives. *Sacred Kink: The Eightfold Paths of BDSM and Beyond* explores the sacred roots of kink tools, and the ways kink can be used today for sacred workings. Explore and find practical tools involving:

- Negotiation, Communication and Aftercare for Sacred Kink  
- Catharsis, Top Trances and Exorcisi...

**Contributor Bio**  
Lee Harrington is an internationally known spiritual and erotic authenticity educator and an award-winning writer. He is the author of several books, including *Shibari You Can Use*. He lives in Anchorage, Alaska.
Calling Us Home
Chris Lüttichau

Summary
From a respected shamanic teacher, a blueprint for happiness which interweaves practical teachings, history, anecdote, and ancestral wisdom. Alongside consciousness, meditation, and mindfulness, shamanism, with its vision of the interconnectedness of all life, is undergoing an unprecedented revival in the western world. With personal stories from the author’s 35-year study of shamanism and the earth-wisdom teachings, and clear, practical tools, this book offers a path leading to the transformation of ourselves, of our reality and consequently the course of our lives.

Contributor Bio
Chris Lüttichau is the author of Animal Spirit Guides.

Silver Wheel
The Lost Teachings of the Deerskin Book
Elen Tompkins

Summary
A precious treasure of lost Lemurian wisdom is found in the forest. It is a book, clad in worn white deerskin, and within on pages of bark is inscribed a mysterious and glowing script. It is written in the language of the Elven Ones, who so long ago vanished from our world. Silver Wheel is an exquisite mandala of wisdom teachings from the Elven realms of Lemuria, that declares the Golden Dawn of a New Earth. It announces the return of the Shining Ones, and guides us into their ancient knowledge, their harmony with the earth and stars. Elen Tompkins received these teachings during her years of shamanic training in the forests of Wales. These beautiful teachings offer navigational tools for the New Earth. They activate our own otherworldly gifts and memories, and our intuitive grace of connection to the elemental and star realms.

Contributor Bio
Elen Tompkins is a Shamanic and Reiki healer and teacher. Having read English and Philosophy at university, she spent some deeply quiet years living in the forests of Wales, where she received spiritual teachings directly from the Elven Elders.
Oak Wise
Poetry Exploring an Ecological Faith
L.M. Browning

Summary
Oak Wise is a collection of Celtic-themed narrative poetry exploring the old wisdom of the Druidic and shamanic traditions. This collection is approachable to the curious seeker just beginning their exploration of ecological spirituality; while at the same time remains insightful to long-time path-walkers. In Oak Wise Browning descends with the reader into an intimate account of one seeker reflecting on the biological mother [the earth] while communing with the ancestral consciousness to which we each are connected. This collection brilliantly reintroduces the ecological sensitivities of the old earth-based faiths; highlighting their relevance in this current age of environmental crisis.

Contributor Bio
L.M. Browning is an award-winning author of twelve books. In her writing, Browning explores the confluence of the natural landscape and the interior landscape. In 2010, Browning debuted with a three-title contemplative poetry series. These three books went on to garner several accolades including a total of 3 pushcart-prize nominations, the Nautilus Gold Medal for Poetry, and Foreword Reviews' Book of the Year Award. She has freelanced for several publications and has a biannual interview column in The Wayfarer Magazine in which she has interviewed dozens of notable creative figures such as Academy Award-Nominated filmmaker Tomm Moore and Peabody-winning host of On Being Krista Tippett. Balancing her passion for writing with her love of learning, Browning is a graduate of the University of London, and a Fellow with the International League of Conservation Writers. In 2011, she opened Homebound Publications, a rising independent publishing house based in Connecticut. She is currently working to complete a L.B.A. in Creative Writing at Harvard University's Extension School in Cambridge...

The School of Soft-Attention
Frank LaRue Owen

Summary
It has been said that poetry can be a marker of where a poet has been, or a way for a poet to point to places where we, the reader, can go. Both types of poems appear in The School of Soft-Attention. Not corralled to any one poetic style, the heart-mind-river that forms this flowing collection has been shaped by the author’s diverse cross-cultural experiences, spiritual tutelage with a New Mexican wisewoman and wilderness guide, and fueled by such practices as meditation in the Zen tradition, mountain pilgrimages, fasting in the deserts of New Mexico, and intensive dreamwork. At every point along the way, the poems in The School of Soft-Attention invite the reader to turn to a new way of seeing, a new way of paying attention to the life within and around us.

Contributor Bio
Frank LaRue Owen's poetry is influenced by dreams, the energies of landscape and the seasons, archetypal psychology, the Ch'an/Daoist hermit-poet tradition, and Zen living.

He studied for a decade with a Zen woman who-inspired by Ch'an and Daoist tradition-blended silent illumination (meditation), dreamwork, mountain-and-forest spirituality ("landscape practice"), and poetics into a unified path.

Owen also studied eco-literature and eco-poetry with the late Jack Collom, a poet and professor in the Jack Kerouac School of Disembodied Poetics at Naropa University in Boulder, Colorado.

His first book of poetry, The School of Soft-Attention, was the winner of the 2017 Homebound Publications Poetry Prize.

purelandpoetry.com
Ultreia! Onward!
Progress of the Pilgrim
Robert Lawrence France, Matthew Fox

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 in a modern, secular world.

Contributor Bio
Robert Lawrence France is an ecological management and environmental theory professor at the Harvard University Design School. He is the author of several books, including Deep Immersion, and is the editor of Profitably Soaked and Wetlands of Mass Destruction. Matthew Fox has written more than two more than two dozen books, such as A New Reformation, Original Blessing, and The Reinvention of Work. He is a recipient of the Peace Abbey Courage of Conscience Award, previous recipients of which include the Dalai Lama, Mother Theresa, and Rosa Parks.

Tantra Illuminated (2nd Edition)
The Philosophy, History, and Practice of a Timeless Tradition
Christopher D Wallis

Summary
This book takes readers on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West’s discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago, in the far north of India. The book uses translations from primary Sanskrit sources, offers a profound look at spiritual practice, and reveals Tantra’s rich history and powerful teachings.

Contributor Bio
Christopher D. Wallis is a scholar-practitioner who teaches meditation, yoga darsana, Tantric philosophy, Sanskrit, and mantra-science, and offers spiritual counseling. He is the author of The Recognition Sutras. He lives in Boulder, Colorado.
The Recognition Sutras
Illuminating a 1,000-Year-Old Spiritual Masterpiece
Christopher D Wallis

Summary
One thousand years ago, in the valley of Kashmir, a great Tantric master named Kshemaraja wrote his masterpiece: the Pratyabhijnahrdayam, which means "The Essence of the Recognition Philosophy". This text was a concise primer, written to introduce spiritual seekers to the Recognition philosophy in less formally philosophical, more approachable language. What Kshemaraja created turned out to be one of the world's great spiritual masterpieces, breathtaking in its brevity but stunning in its power. It came to be considered equivalent to scripture itself by later generations, because of its undeniable inspiration. This book expounds the subtleties of this spiritual and philosophical classic. One of the most powerful and revelatory spiritual masterpieces of world history, the Pratyabhijnahrdayam is one of the primary sources for the study and practice of nondual Tantrik Yoga, and it has never been accurately translated or fully explained until now.

Contributor Bio
Christopher Wallis is a scholar-practitioner who teaches meditation, yoga darsana, Tantric philosophy, Sanskrit, and mantra-science, and offers spiritual counseling. He is the author of Tantra Illuminated. He lives in Boulder, Colorado.

A Journey of a New Person
Harden Not Your Heart
Robert Spruce, Sherri Southers

Summary
God has always intended that men and women be companions. Our existing division of the genders served its purpose in a world where physical power determined dominance and subordination. However, in the authors' view, this era ended long ago, and God expects us to fulfill the destiny He has always envisioned for us - to be companions for one another. The genders are different in many areas but these differences should not create inequality, competition, dominance or subordination. Instead, companionship, a wonderful image of God, should be the end result, as we merge the two natures into one, no matter what the venue or circumstances. The new person framed within this book is the personification of this new relationship between men and women. This is a journey of a lifetime with prayer being the executor in bringing about what God has designed.

Contributor Bio
Robert (Bob) Spruce is a convert to Catholicism and a Certified Spiritual Director. He has several degrees including one in Theology from an Episcopal University. He is a professed lay person of The Society of Mary, and an active member in the ACTS Retreat movement in the Houston, Texas area.

Sherri C. Southers is an active certified Spiritual Director at St. Anthony of Padua Catholic Church in the Woodlands, Texas. She is involved in the Cornerstone Catholic Scripture Study and ACTS movement.
The Unforgettable Tree
Ken Klein

Tradition is the enemy of truth. This is the central thesis of The Unforgettable Tree. Ken Klein has pieced together, after a lifetime of biblical study, the literal truth behind the crucifixion—the where, the how, and the why of the most important event in Christian history. Walk with the author ...

Summary
Tradition is the enemy of truth. This is the central thesis of The Unforgettable Tree. Ken Klein has pieced together, after a lifetime of biblical study, the literal truth behind the crucifixion—the where, the how, and the why of the most important event in Christian history. Walk with the author down the roads that Jesus trod as he sheds light on the seventeen hundred years of artifice that have obscured the meaning of Christ's final days.

Contributor Bio
Author and documentary filmmaker Ken Klein has thousands of followers on his online university and millions view his films. Ken Klein's interest in film production and writing came after stumbling into the writings of ancient prophets. Ken takes on life's greatest mysteries, rips the cover off, and exposes them through fascinating and riveting films and books.

After We Die
An Extraordinary Discussion of the Afterlife
Colin Ingram

Summary
Be prepared for a book unlike any other written and published on the subject of the afterlife. It is neither religious nor secular, New Age nor traditional, idealistic nor skeptical. Instead it is a straightforward, rational, pragmatic, detailed and surprising account of what we can expect after passing on—what aspects of us lives on; how we will think, what we will know, and how we will feel, see, hear and communicate in the afterlife. This book is the most detailed, rational and comprehensive ever presented on all aspects of an afterlife. It will blow your mind! The book answers many of the fundamental questions, including: Is there really an afterlife?

Contributor Bio
Ingram has been a professional writer/editor for 45+ years. Over this time he has authored/co-authored 30+ books and edited/contributed to an additional 200. The topics have ranged from science and technology to spirituality, self-development, business/finance, biography, nutrition, history, health/fitness, and traditional and holistic medicine. He has been a meditation teacher, past Director of the American Meditation Society and university lecturer on the psycho-biology of consciousness.
Bliss Now!
My Journey with Sri Anandamayima
Swami Ramananda

Summary
All spiritual persons share the quality of Bliss. Swami Ramananda's insightful, illuminating book chronicles the remarkable spiritual journey of how he attained Bliss, and how readers can too. You can live a godly life of total happiness! Give yourself permission to feel Bliss! Learn the yoga of laughter from Sri Anandamayima and Swami Ramananda.

Contributor Bio
With a Ph.D. in Indian Philosophy from London's Shefferton University, Dr. Swami Ramananda is the founder of New Life Yoga International. Initiated as a Swami by Sri Anandamayi MA, he traveled extensively throughout India with her over an eight-year period. He teaches Yoga and lectures extensively throughout the world. Other books by Swamiji include The Heart's Secret Door, Infinitt, Cry of the Eagle and Call Of the Wolf. He is currently at work on his first CD of devotional music.

The Living Spirit
Answers for Healing and Infinite Love
Sheryl Iris Glick

Summary
I have written The Living Spirit not just for healers, but for anyone who wants to awaken to their soul's mission and to the incredible plan God has for them. It is intended as a compassionate and supportive guide for others beginning their spiritual journey as mediums, psychics, and energy healers or simply for those with questions about who they are, what life is all about, and whether there is indeed life after death. In short, it is the book I wish I had on that night all those years ago. In gratitude for my spiritual gifts, I made a commitment to live according to the universal laws of energy and to share all I've learned with others. This includes helping others to conquer their childhood fears and limitations so their souls can mature. As our souls grow and expand, our physical lives expand and abound in abundance. It is my hope that by reading the personal stories shared by a host of people and those from my daily life, it will become apparent to you that each of us is more than we appear to be. We can transform our selves and our world into a place that reflects the best of...

Contributor Bio
Sheryl Glick, is a NY-based accredited energy healer and medium. who has worked with prominent speakers and visionaries who are seeking to awaken us to greater self-awareness of our inner soul being and our physical life. Sheryl is also the host of Healing from Within, an internet radio show that explores the many facets of universal energy healing and the aligning of our physical and inner being.
Wonders of Spiritual Unfoldment
John Butler

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 his spiritual unfoldment.

Contributor Bio
John Butler is an organic farmer who lives in Britain and has traveled to Russia, North and South America, and Africa, seeking spiritual experience.

The Splendor of Recognition
An Exploration of the Pratyabhijna-hrdayam, a Text on the Ancient Science of the Soul
Swami Shantananda, Peggy Bendet

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.

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.

Contributor Bio
Swami Shantananda studied art history at the University of London and has been studying Kashmir Shaivism for thirty years. He teaches Siddha Yoga meditation courses and leads retreats around the world under the guidance of meditation master Gurumayi Chidvilasananda.
**The Yoga of Discipline**  
Gurumayi Chidvilasananda, David Katz

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

**Summary**
In this collection of fourteen talks, Gurumayi Chidvilasananda teaches students how to cultivate yoga discipline of the senses on the Siddha Yoga path.

**Contributor Bio**
Gurumayi Chidvilasananda is a spiritual teacher, author, musician, and the head of the Siddha lineage of meditation masters in the ancient yogic tradition of India.

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**Spiritual Activism**  
Leadership as Service  
Matt Carmichael, Alistair Macintosh, Alastair McIn...

**Summary**
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 power? This book starts from scratch, defining spirituality for a generation sometimes dazzled by the claims of materialism.

**Contributor Bio**
Matt Carmichael is a climate activist, English teacher, writer and homemaker with a degree in theology from University of Durham, England. He was a founder board member of Schumacher North, a forum devoted to exploring and promoting the ideas of deep ecology, sustainable development and social transformation.  
Alastair McIntosh is a Scottish writer, scholar, broadcaster, and activist. He is a fellow of the Centre for Human Ecology, an honorary fellow in the School of Divinity at Edinburgh University, and an honorary senior research fellow in the College of Social Sciences at Glasgow University.
The Little Book of Ghosts
Paul Adams

Summary
This spine-chilling book features intriguing, obscure, and strange trivia about all things that go bump in the night. Here you will find haunted houses and castles, parks and woods, highways and byways, phantom animals, royal ghosts, angry poltergeists, and haunted objects. Also included are spooky séances and time slip ghosts, as well as some of the famous ghost-hunters themselves, including Harry Price, Elliott O'Donnell, and R. Thurston Hopkins. Anyone curious enough to pick up this book will be terrified, enthralled, and never short of facts about the mysterious realm of ghosts and haunted places.

Contributor Bio
Paul Adams is a paranormal historian and the co-founder of The Chiltern Society for Psychical Research. He is the author of Ghosts & Gallows and co-author of Extreme Hauntings: Britain’s Most Terrifying Ghosts.

Haunting Illinois
Michael Kleen

Summary
For over a decade, Michael Kleen, author of Paranormal Illinois and Tales of Coles County, has researched and traveled to mystery spots all over the Prairie State. Now, he has created an organized and comprehensive guide to haunted and legendary places in Illinois. Haunting Illinois is that guide. This new edition of Haunting Illinois contains a listing of 260 mystery sites, with more than 120 photos and illustrations. Divided into eight distinct regions and listed by county and town or neighborhood, each location features a description, directions, and sources drawn from a wide variety of books, articles, and websites. In his introduction, Michael traces the history of legend tripping in Illinois, from the boys who chased after the Diamond Island Phantom in 1885, to the paranormal investigation teams and tours of today. Haunting Illinois challenges you to get off the couch and start exploring our wonderful state of Illinois. You might be surprised at what you discover!

Contributor Bio
Michael Kleen earned a M.A. in History from Eastern Illinois University in 2008 and a M.S. in Education from Western Illinois University in 2011. He is the author of several books, including Tales of Coles County, Six Tales of Terror, and Paranormal Illinois. Michael has spoken about local history and folklore at conventions, libraries, cafes, schools, and colleges; and he has presented research papers at the 2007, 2010, and 2011 Conference on Illinois History in Springfield. To discover more about Michael's writing and the more unusual side of Illinois, please visit michaelkleen.com or mysteriousheartland.com
**Stepping Into Darkness**  
**Michigan True Accounts of the Paranormal and Unexplained**  
Kathleen Tedsen, Beverlee Rydel

Violent crimes and legends with a paranormal twist, from mass murders to haunted tourist attractions.

When you come to the end of all light and nothing but darkness is ahead - there is one sliver of space. A small gray area where light and dark join. It is here the known merges with the unknown and ...

**Summary**

When you come to the end of all light and nothing but darkness is ahead - there is one sliver of space. A small gray area where light and dark join. It is here the known merges with the unknown and the real truth exists. The true stories in this book will take you into that gray area. The area right before darkness.

**Contributor Bio**

In 2006, the two sisters began their journey in the paranormal. Since then, they've traveled 10's of thousands of miles around the state in search of Michigan's most haunted locations. Beginning as skeptics, what they have personally witnessed and recorded challenged their beliefs. Before their paranormal adventures began, Kat and Bev had professional positions completely unrelated to their current endeavors. Before beginning TR Desktop Publishing in 1991, Kat Tedsen had over 15 years' experience in writing, media production, training and management. She directed media programs for Fortune 500 clients, including General Motors Corporation, Ford Motor Company, Harley Davidson and Kelly Services. It was during their travels while writing the Michigan Vacation Guide book series, Kat and Bev met reputable people who described paranormal experiences so powerful it made them true believers in ghosts and demons. These individuals recounted fascinating stories and identified locations they sincerely believe to be haunted. Were they simply eerie ghost stories, urban legends, folklore or fact? ...

**Future Esoteric** *(2nd Edition)*  
**The Unseen Realms**  
Brad Olsen

Examining the flaws of mainstream society, this collection of conspiracy theory, esoteric knowledge, and fringe subjects seeks to present solutions to current social, economic, and environmental world issues. This book encourages the exploration and integration of modern science with ancient wisdom, which will lead modern society towards advancement and enlightenment. Topics discussed include religious mythos, government manipulation, technological advances, and utopia.

**Contributor Bio**

Brad Olsen is an editor for *World Explorer Magazine* and writes a bimonthly column for Examiner.com. He is the author of the "Sacred Places" series of books, and six other books. He lives in San Francisco.
Modern Esoteric (2nd Edition)
Beyond Our Senses
Brad Olsen

Summary
This completely reworked second edition of Modern Esoteric includes new information, over a dozen additional images, and up-to-date revisions. Winner of the Best Book Design 2014, Modern Esoteric examines the flaws in modern history and looks at how conspiracy theories, esoteric knowledge, and fringe subjects can be used to help change the dead-end course humanity seems to be following. The Lifeology section explores the long and storied “alternative narrative” of life on this planet. In the Control section, author Brad Olsen examines how Big Brother is here in the form of the New World Order, and how they keep the knowledge of humankind’s true nature from the mass population. Finally, the Thrive section looks at all the ways humans are evolving to achieve their full potential.

Contributor Bio
Brad Olsen is an award-winning writer who has appeared on various television shows, on nationally syndicated radio programs, and in an array of print publications. He has been interviewed for the hit History Channel series Ancient Aliens, and his commentaries have appeared on CNN, NPR, and more.

Haunted Indiana 2
Mark Marimen

Summary
As the slogan goes, “There’s more than corn in Indiana”. If the ghostly legends and tales are to be believed, indeed the Hoosier state is populated not just with corn, but with restless spirits that refuse to stay buried and forgotten. Haunted Indiana is a collection of the many ghostly legends that are told in spooky voices throughout Indiana.

Contributor Bio
Mark Marimen was born in Merrillville, IN, and received his master’s degree from Duke University. The author of five other books, including Haunted Indiana I-V and School Spirits, he currently lives in Crown Point, IN, with his family.
Haunted Indiana 4
Mark Marimen

Summary
Haunted Indiana 4 delves once more into the eerie side of Indiana history with new and old tales from across the state: • The spirit of America's most prolific female serial killer who is said to haunt her former home in La Porte; • The ghost of a grave robber said to walk the paths of a cemetery in New Albany; • A ghost town near Nashville that truly lives up to the term "Ghost Town;" • The gentle story of a grandfather's spirit who made a phone call from beyond the grave to aid his granddaughter when she needed it most; • Tales of enigmatic spirits of former prisoners who are serving a "more than life" sentence at the Old Jail Museum in Valparaiso; • A series of ghostly tales told within the ranks of the police from across the state; and many more. . . Also included in Haunted Indiana 4 is an audio CD narrated by Mark Marimen with four stories - including one never before published.

Contributor Bio
Mark Marimen was born in Merrillville, IN, and received his master's degree from Duke University. The author of five other books, including Haunted Indiana I-V and School Spirits, he currently lives in Crown Point, IN, with his family.

Haunted Michigan
Recent Encounters with Active Spirits
Gerald S. Hunter

Summary
Buy a theater ticket, treat yourself to dinner at a nice restaurant, stop in for drinks at the neighborhood tavern, or visit a historical setting. These places and more are yours to visit all across Michigan. Just keep your eyes open and your ears tuned in at all times because the strangers you see and the voices you hear may prove that ghosts are found in places both ordinary and extraordinary. The Haunting Continues! Includes a glossary of paranormal terms, a full description of each haunted location, dates of investigations, and haunt meters to rate the pervasiveness of paranormal activity. Experience the ghostly regions of Michigan through these pages and, if you have the courage, explore a haunting on your own!

Contributor Bio
Gerald S. Hunter has always possessed an affinity for storytelling and his work has appeared in the Detroit Free Press, the Akron-Beacon Journal, and the Michigan Christian Advocate. He became interested in the paranormal at a young age when his family moved into an old farmhouse in the Village of Brooklyn, just south of Jackson, Michigan. It was the intense ghostly occurrences there which whetted his appetite to investigate the nature of hauntings. Gerald is an ordained United Methodist minister. He currently resides in Hillsdale County with his wife and cats. This is his third book about haunted places in Michigan.
Haunted Michigan 3
The Haunting Continues
Gerald S. Hunter

Summary
Buy a theater ticket, treat yourself to dinner at a nice restaurant, stop in for drinks at the neighborhood tavern, or visit a historical setting. These places and more are yours to visit all across Michigan. Just keep your eyes open and your ears tuned in at all times because the strangers you see and the voices you hear may prove that ghosts are found in places both ordinary and extraordinary. The Haunting Continues! Includes a glossary of paranormal terms, a full description of each haunted location, dates of investigations, and haunt meters to rate the pervasiveness of paranormal activity. Experience the ghostly regions of Michigan through these pages and, if you have the courage, explore a haunting on your own!

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Lifting the Veil
A Witches’ Guide to Trance-Prophesy, Drawing Down the Moon, and Ecstatic Ritual
Janet Farrar, Gavin Bone

Summary
Written to fill an existing gap in the current available knowledge on trance, prophesy, deity-possession, and mediumship within the neo-Pagan and Wiccan communities, Lifting the Veil was developed from Janet Farrar and Gavin Bone’s personal work and public workshops on trance-prophesy and ecstatic ritual over the last 20 years. The book covers the history and modern practice of trance as well as the methods of practice, including ecstatic ritual, drawing down the moon, sex magic, and working with the spirits of the dead. It also explores the Four Keys, which include the importance of understanding mythical cosmology and psychology, understanding the role of energy in trance, the nature of spirits and deity, and understanding what trance is and the techniques involved. Because trance-prophesy is a very subjective process, the book includes descriptions of the personal experiences of others and transcriptions from several independent sessions by modern seers and priestesses.

Contributor Bio
Janet Farrar is a leading voice in neo-Paganism and the coauthor of eight books with her late husband, Stewart Farrar, including A Witches’ Bible: The Complete Witches’ Handbook and The Witches’ Goddess. Gavin Bone is a registered nurse and natural spiritual healer who has been practicing Witchcraft for more than 20 years. He leads speaking engagements and workshops on a variety of subjects with his partner, Janet Farrar. They are the coauthors of The Healing Craft, The Inner Mysteries, and The Pagan Path (with Stewart Farrar).
# Witchcraft for Tomorrow

Doreen Valiente

## Summary

Answering many of the most frequently asked questions about witchcraft, such as *How can I find a witches’ coven?* and *How can I become a witch?*, Doreen Valiente explains what the old religion of witchcraft has to offer the new age of Aquarius, how the age-old Craft of the Wise can be practiced in the modern world, and how to initiate yourself as a witch and found your own coven. The leading figure in the establishment of the modern Wiccan movement, Valiente includes here a new Book of Shadows—the witches’ handbook of rituals and instructions—based upon ancient magical tradition, but geared to the age of the future. There are witch songs, spells, incantations, and practical advice on how to run a coven and how to acquire your own collection of magical implements; as well as methods of divination and other witch lore. The author shows how oral witchcraft traditions throw light not only upon the origins of the present-day witch cult and the activities of the witch leader George Pickingill and his covens, but also upon the mystery of the founding of the famous magical order, the Golden Da...

## Contributor Bio

Doreen Valiente (1922–1999) was one of the founders of modern Wicca and was initiated into four different branches of the Old Religion. The author of *An ABC of Witchcraft: Past and Present*, *Natural Magic*, *The Rebirth of Witchcraft*, and *Witchcraft: A Tradition Renewed*, she made many television and radio appearances, discussing witchcraft and folklore.

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# The Visions of Isobel Gowdie

Emma Wilby

## Summary

The witchcraft confessions given by Isobel Gowdie (in Auldearn, Scotland in 1662) are widely celebrated as the most extraordinary on record in Britain. Their descriptive power, vivid imagery, and contentious subject matter have attracted considerable interest on both academic and popular levels. This book, written by Emma Wilby, author of the critically acclaimed *Cunning Folk and Familiar Spirits*, provides the first full-length examination of the confessions and the life and character of the woman behind them. The author’s discovery of the original trial records, deemed lost for nearly 200 years, provides a starting point for an interdisciplinary endeavor to separate Isobel’s voice from that of her interrogators, to identify the beliefs and experiences that informed her testimony, and to analyze why her confessions differ so markedly from those of other witchcraft suspects from the period. In the course of these enquiries, the author develops wider hypotheses relevant to the study of early modern witchcraft as a whole, bringing together for the first time recent research into Amazonian...

## Contributor Bio

Emma Wilby is an honorary fellow in history at the University of Exeter and the author of *Cunning Folk and Familiar Spirits*. 
**Wicca**

*History, Belief, and Community in Modern Pagan Witchcraft*

Ethan Doyle White

**Summary**

The past century has born witness to a growing interest in the belief systems of ancient Europe, with an array of contemporary Pagan groups claiming to revive these old ways for the needs of the modern world. By far the largest and best known of these Paganisms has been Wicca, a new religious movement that can now count hundreds of thousands of adherents worldwide. Emerging from the occult milieu of mid twentieth-century Britain, Wicca was first presented as the survival of an ancient pre-Christian Witch-Cult, whose participants assembled in covens to venerate their Horned God and Mother Goddess, to celebrate seasonal festivities, and to cast spells by the light of the full moon. Spreading to North America, where it diversified under the impact of environmentalism, feminism, and the 1960s counter-culture, Wicca came to be presented as a Goddess-centred nature religion, in which form it was popularised by a number of best-selling authors and fictional television shows. Today, Wicca is a maturing religious movement replete with its own distinct world-view, unique culture, and internal ...

**Contributor Bio**

Ethan Doyle White is an established Pagan studies scholar and trained archaeologist currently engaged in an interdisciplinary MPhil/PhD project in Early Medieval Studies at University College London (UCL).

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**The Shape of a Hundred Hips**

Patricia Cumbie

**Summary**

Offering an insider’s perspective into the world of belly dancing, this text goes beyond the glitz factor of the artform to challenge assumptions people may have about it as suggestive or exotic. *The Shape of a Hundred Hips* is a memoir that juxtaposes dance and sexual assault recovery that takes the reader into the living room, bedroom, and dance class. It promotes the idea that people can gain insight and take greater control of their lives through intentional movement and artistic connection.

**Contributor Bio**

Patricia Cumbie writes about women’s lives, dance, food, and travel. She is also the author of a young adult novel, *Where People Like Us Live*, and the winner of the Carol Bly Award for Nonfiction.
### SoulStroller
*experiencing the weight, whispers & wings of the world*

Kayce Stevens Hughlett

**Summary**
Seductive, sincere, and at times hysterical and heartbreaking, this memoir follows author and good girl, Kayce Stevens Hughlett out of her carefully constructed comfort zone into the world of international travel, healers, wise winged mentors, and inspiring versions of humankind. *SoulStroller* introduces a fresh and exciting way of experiencing and living life on one's own terms—expanding readers' world views whether they choose to visit destinations like Paris, Ireland, or Bali, or get to know what home looks like through fresh eyes. Labeled shy and rendered virtually silent by age six, Kayce had been raised to fit the role of perfect wife, doting mom, and accomplished woman. She fulfilled her mission by her mid-forties when society said she had it all. Society was wrong. When her eldest child disappears into the haze of addiction, her perfect world changes faster than you can say, Get it right! Ethereal, gritty, and relatable, *SoulStroller* is the evolution of a woman too timid to speak her mind into someone who writes her own rules and redefines what it means to live with silence,...

**Contributor Bio**

Kayce Stevens Hughlett is a spiritual guide, artist of being alive, and speaker, whose career began at a multi-national accounting firm. Co-creator of SoulStrolling, Kayce holds a Masters in Counseling Psychology from The Seattle School of Theology and Psychology and is a Certified Martha Beck Life Coach. Kayce is a trained SoulCollage facilitator and colleague of Abbey of the Arts.

### Garden of Mystery
*The Gulshan-i Raz of Mahmud Shabistari*

Mahmud Shabistari, Robert Darr

**Summary**
Garden of Mystery, the 'Gulshan-i Raz', holds a unique position in Persian Sufi literature. It is a compact and concise exploration of the doctrines of Sufism at the peak of their development that has remained a primary text of Sufism throughout the world from Turkey to India. It comprises a thousand lines of inspired poetry taking the form of answers to questions put by a fellow mystic. It provides a coherent literary bridge between the Persian 'school of love' poetry and the rapidly growing number of metaphysical and gnostic compositions from what had come to be known as the school of the 'Unity of Being'. Translated by Robert Darr who has for thirty-five years been a student of classical Islamic culture.

**Contributor Bio**

Mahmud Shabistari (d.1339), was born near Tabriz around 1288 in the golden age of Sufism. He was a follower of the teachings of Ibn Arabi and Attar (Rumi's literary and spiritual predecessor). He was a well known Sufi who lived in times of great turmoil following the Mongol invasions.

Robert Abdul Hayy Darr (b. 1951 in California) has, for nearly forty years, been a student of Islamic culture. He has studied Persian and Afghan literature and history, Afghan and north Indian music, and classical Afghan miniature painting. His translation of Mahmud Shabistari's masterpiece, *Gulshan-i raz*, published by Archetype in 2007 as *Garden of Mystery*, has been acclaimed as a new classic.
GOOD GRIEF RITUALS
Tools for Healing
Elaine Childs-Gowell

Summary
In this comforting and deeply thoughtful book, the author offers a series of simple grief rituals, among them the venting of feelings, letter writing, affirmations, exercises to act out negative emotions as well as forgiveness, fantasies, meditations, and more. Adult children of alcoholics, victims of incest and assault, and those who have ended a relationship, lived through a natural disaster, wrecked a car, or suffered any kind of loss, will find that these rituals move them beyond loss to forgiveness, gratitude and a new sense of life.

Contributor Bio
Elaine Childs-Gowell, RN, MN, MPH, Ph.D., completed her nursing degree at Yale University, her Public Health degree at Tulane University, and her Ph.D. in Anthropology at the University of Washington. She has been teaching, healing, counseling, and practicing psychotherapy for more than 20 years. She is currently in private practice as a Shaman, healer, and Clinical Transactional Analyst in Seattle, working with individuals, couples, families, and groups. Elaine is well known in the Northwest, Canada, and Europe and in TA circles as a therapist and workshop leader, particularly through her work relating Transitional Analysis with the body. She has created many workshops for healing grief and considers herself a spiritual midwife.

LUPUS NOVICE
Toward Self Healing
Laura Chester

Summary
Recommended by Andrew Weil in Natural Health, Natural Medicine, Lupus Novice gives a moving account of the author’s successful struggle with incurable SLE (systemic lupus erythematosus), affecting mostly women. Ms. Chester shares the personal discoveries behind her recovery, and a meditation on what it means for a body to be attacking itself. This enlarged edition updates her story and includes a foreword by the best-selling authority on immune-system disease: the author of Chronic Fatigue Syndrome, Dr. Jesse Stoff.

Laura Chester has written a moving and significant book. On one level, she discusses her personal odyssey through the realm of a serious and inexplicable disease-its history, current cultural status, biology, symbolism, and the doctors of all persuasions who attempt to cure it. On another level, she speaks to the esoteric level of the disease, discussing the initiation into a deeper level of self and a journey through the unconscious and archetypal aspects of nature. On this level, she is an artist more than a patient, an individual who has the power to effect her cure.- R...

Contributor Bio
Laura Chester has published many volumes of poetry, prose and non-fiction. Most recently, Holy Personal, looking for small private places of worship, was made available from Indiana University Press, and a selection of prose-poems, Sparks, was published by The Figures. Both books include extensive photographs by Donna DeMari. Station Hill Press released an updated version of Lupus Novice, an account of Chester’s personal struggle and breakthrough with the auto-immune disease SLE, while Black Sparrow Press, published three of Chester's early books of fiction. Other novels include The Story of the Lake, Faber & Faber; and Kingdom Come, Creative Arts Book Company. Chester has edited four important literary anthologies, including Deep Down and The Unmade Bed. She is currently completing a fifth, Eros & Equus, a passion for the horse. Having grown up in Wisconsin, lived in Albuquerque, Paris, and Berkeley, she now travels between Patagonia, Arizona and the Berkshires of Massachusetts.
QI GONG THERAPY
The Chinese Art of Healing with Energy
Tzu Kuo Shih

Summary
For therapists, healers, and lay practitioners, this superb guide covers every aspect of the ancient healing art, from its basic functions and the energetic principles underlying its practice to a detailed history of the method and its practitioners. Most importantly, it offers an explicit presentation of essential qi gong methods and styles of practice, including basic postures and respiratory exercises. The author translates into Western medical language the effects of qi gong on the nervous system, heart rate, blood pressure, endocrine system, appetite, and digestion. With an enlightening summary of the relationship between qi gong and the other Chinese healing arts, and an inspired collection of quotations from traditional texts, this is a thorough representation of an increasingly popular approach to health and healing.

Contributor Bio
Born in 1929 in Shanghai, Grand Master Shih represents the fifth generation of Chinese medicine doctors and qigong masters in his family lineage. He began his study of qigong at the age of eleven when he contracted malaria during the World War II Japanese bombing of Shanghai. At that time, his grand-father taught him a special qigong technique that cured his life threatening illness. When he was 19, he developed tuberculosis due to harsh living conditions and deprivation following the war. Doctors did not expect him to live so they sent him home from school to be with his family. For three months, Doctor Shih continuously practiced qigong exercises for his lungs and the microcosmic orbit meditation as he was unable to do anything else. He soon recovered completely. Doctor Shih continued his qigong studies during his youth under the tutelage of famous Taoist and Buddhist masters. He also learned Chinese medicine and acupuncture through apprenticeship with his father's brother, a well-kn

Your Key to the Akashic Records
Jiayuh Chyan

Summary
Gain incredible insights by accessing your past lives and future possibilities in your Akashic Records!

Do you believe that you have past lives? Do you know that your past lives could influence your current life? Do you know that you can get information about all of your future possibilities? YES, you can get all that from your Akashic Records.

Have you wondered how Akashic Records can help you with your life? Have you tried to connect with your Akashic Records but did not know if you did it right? Would you like to learn how to access the Akashic Records and get answers for all your questions?

Imagine your life with a personal spiritual advisor on hand 24/7 to give you insights about issues you’re struggling with. Learn to access the Akashic Records with Jiayuh Chyan, Akashic Records Teacher, and talk to someone who has your best interests in mind – your very own soul. You’ll discover:

- What the Akashic Records are and accessing them can change your life
- How to access the Akashic Records for yourself and others
- How to most effectively communicate with your Akashic Records to get the answe...

Contributor Bio
Jiayuh Chyan is an Akashic Records Teacher and Consultant, Multidimensional Healing Facilitator, Energy Medicine Practitioner, and the founder of Jiayuh Chyan. Through the Akashic Records, Sacred Geometry, and Universal stars healing frequency, Jiayuh offers programs that provide her students and clients with the knowledge and tools that result in permanent, life-changing transformation.

Jiayuh holds a Master’s Degree in Applied Mathematics - Actuarial Science from The University of Illinois at
Seasons of Contemplation
L.M. Browning

Summary
In Seasons of Contemplation, Browning offers the reader humble yet impacting meditations on the topics of religion, connection, mindfulness, ecology, the spiritual journey, and the perils of modern culture. The ruminations gathered within these pages provide simple insights that help bring sense to the chaos and hustle of our daily life. Direct and unpretentious, Browning once again reminds us that "Becoming aware of the dearness in what might otherwise be regarded as mundane is the ultimate form of insight."

Contributor Bio
L.M. Browning is an award-winning author of twelve books. In her writing, Browning explores the confluence of the natural landscape and the interior landscape. In 2010, Browning debuted with a three-title contemplative poetry series. These three books went on to garner several accolades including a total of 3 pushcart-prize nominations, the Nautilus Gold Medal for Poetry, and Foreword Reviews' Book of the Year Award. She has freelanced for several publications and has a biannual interview column in The Wayfarer Magazine in which she has interviewed dozens of notable creative figures such as Academy Award-Nominated filmmaker Tomm Moore and Peabody-winning host of On Being Krista Tippett. Balancing her passion for writing with her love of learning, Browning is a graduate of the University of London, and a Fellow with the International League of Conservation Writers. In 2011, she opened Homebound Publications, a rising independent publishing house based in Connecticut. She is currently working to complete a L.B.A. in Creative Writing at Harvard University's Extension School in Cambridge...

What Comes Next
Heidi Barr

Summary
Job loss. It’s not something that most people want to think about, whether it happens to them or not--but in modern society, it’s all too common for the words “lay off” and “company downsize” to grace a conversation about how life is going. Through an honest look at the emotions, feelings, and everyday challenges that can come with losing a job, author Heidi Barr illustrates what going through such an event is like. From disbelief to financial concerns to anxiety over the prospect of a two hour commute after ten years of working from home, this essay explores the uncertainty of not knowing what might be coming next, along with the potential for uncovering the beauty that might just be hidden under what feels like destruction.

Contributor Bio
Committed to giving voice to ways of being that are sustainable for people, communities and the planet, Heidi Barr is a writer, organic gardener, and wellness coach. She lives in Minnesota with her husband and daughter. Learn more about her work at heidibarr.com.
The Supernatural Highlands
Francis Thompson

Summary
Francis Thompson clarifies areas of belief that once were treated as mere superstition and folklore in this study of the Highlands, its peoples and their understanding of forces outwith consensus science and the laws of nature.

Contributor Bio
Francis Thompson is the author of over thirty books. Born and raised in Stornoway he has vast knowledge of the Highlands and of Gaelic History. He has retired from full-time teaching and still lives in Stornoway. He has been active in Scottish politics and the struggle for full recognition of the Gaelic Language.

Around a Minnesota Campfire
Spooky Tales Told in Minnesota's State and County Parks
Ruth D. Hein

Summary
Ghost stories put a tingle up the spine, goose bumps down the arms. What better place to enjoy them than while camping? Away from familiar places, with only a campfire to ward off the chill and keep the creepy ghost just outside the firelight.

Contributor Bio
Ruth D. Hein started writing after teaching high school English and creative writing for twenty-eight years. She and her husband, Ken, live on a small acreage near Worthington, Minnesota. Hein is the author of several books, including More Ghostly Tales from Minnesota and Ghostly Tales of the Black Hills and Badlands.
More Ghostly Tales from Minnesota
Ruth D. Hein

Summary
Wonderful, lively tales of hauntings and strange happenings from all over Minnesota.

 Contributor Bio
Ruth D. (Ullerich) Hein grew up in Van Horne, Iowa. She has a Bachelor of Arts degree in Home Economics and a Master of Arts degree in English. She started writing after teaching high school English and creative writing for twenty-eight years. Hein and her husband, Ken, live on a small acreage near Worthington, Minnesota. Ruth writes the historical column as well as other articles for the Worthington Daily Globe. Her other books include Ghostly Tales of Northeast Iowa, Ghostly Tales of Southwest Minnesota, Ghostly Tales of Minnesota, Ghostly Tales of Iowa, "From the Face of the Earth . . . ", and Eggplant Sandwiches.

Ten Commitments to Be Forever Fit
Machiel N. Kennedy M.D.

Summary
TEN COMMITMENTS TO BE FOREVER FIT takes a holistic approach to weight loss and health that begins by focusing on the inner you. Machiel N. Kennedy invites you to see yourself as a whole person - physically, emotionally, mentally, and spiritually, and to make an inner commitment to health and well being. Take charge of your life: set reasonable goals, stay motivated, be accountable for your actions, eat healthy foods in moderation, get plenty of physical activity and exercise, avoid junk food, attend to your spiritual growth, get enough sleep, breathe deeply, relax, have fun, and stay true to your goal to be forever fit. Although the basic concepts in TEN COMMITMENTS TO BE FOREVER FIT may be similar to those offered by other weight-loss experts, Dr. Kennedy's message is significant in that he does not simply recommend going on a diet. This is not a quick weight-loss scheme, but rather a sensible lifelong plan for well being. Using this book as a guide, Dr. Kennedy offers the opportunity for change in every area of life.

 Contributor Bio
Machiel N. Kennedy, M.D. is a licensed medical doctor who specializes in family practice and bariatric medicine (weight loss). He has more than 27 years of experience in private practice, wellness programs, weight management, preventive medicine, medical motivation, and patient education. Dr. Kennedy is the Chief Medical Officer for Monarch Health Science, Inc., a health care company that he co-founded.
The Ten Commitments
Entered The Promised Land of Abundant Life
Robin B. Haruna

Summary
Everyone wants to live life to the very fullest. The need for guidance and direction is uppermost in our heart and mind whenever we are experiencing some change or transition in life. This book offers concrete assistance in moving through the inevitable life changes we all encounter and the means by which we can do so with comfort and grace. It seems to be human nature to rebel against negative expressions, such as thou shalt not. Most of us do not appreciate being told what not to do. In this book, the author reframes what appear to be constrictive prohibitions into positive commitments that one can make—not to any outer authority figure, but to one's own self. Readers will benefit from a myriad of fresh insights into the role that repetitive negative patterns play in reliving the drama and negativity of daily life and contribute to a sense of limitation and powerlessness. We are able to more fully experience all-encompassing goodness and love when we are set free from the bondage of limited thinking.

Contributor Bio
Robin B. Haruna completed an M.A. at Northern Illinois University and attended the Unity School for Religious Studies. She has been the minister for ten years at Unity of Bandon, a nondenominational church in Bandon, Oregon. Robin is involved in the development, funding, and implementation of community programs that directly serve and benefit those most in need.

SQ21
The Twenty-One Skills of Spiritual Intelligence
Cindy Wigglesworth

Summary
According to author Cindy Wigglesworth, Spiritual Intelligence is the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the situation. In her new book, SQ21: The Twenty-One Skills of Spiritual Intelligence, Cindy helps us understand how spiritual intelligence is analogous to such concepts as IQ and emotional intelligence (EQ). Using clear, practical language she defines the 21 skills that comprise spiritual intelligence and in doing so, teaches you the steps to begin developing your own spiritual intelligence. Cindy refers to her method as spiritual weightlifting—a process whereby we work to develop our muscles to shift away from thinking with our self-focused ego to behaving from our more loving and peaceful Higher Self. Her model is both faith-friendly and faith-neutral, and SQ21 offers a way for atheists, people of faith, and those who are spiritual but not religious to understand each other and discuss our universal concerns. These skills are especially crucial for those in positions of leadership, since they help us to make de...

Contributor Bio
Cindy Wigglesworth is the President and Founder of Deep Change, Inc., a company dedicated to helping individuals and organizations integrate and access their Deep Intelligence(R). She is the creator of the SQ21 Spiritual Intelligence self-assessment, the first competency-based spiritual intelligence assessment instrument. In addition to her many radio appearances, she has been a guest on the Oprah Winfrey Show and PBS television.