

WATKINS MIND BODY SPIRIT

ISSUE 39 / AUTUMN 2014

WWW.WATKINSBOOKS.COM

Interview with
ALICE WALKER
*The Cushion in
the Road*

ERVIN LASZLO
*Consciousness
in the Cosmos*

**7 KEY
LESSONS
TO SPIRITUAL
INTELLIGENCE**
by Sarah Alexander

THE INNER LIGHT:
*Self-Realization via
the Western Esoteric
Tradition*
by P.T. Mistleberger

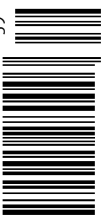
SHIVA REA
*Tending the Heart Fire:
Living in Flow with
the Pulse of Life*

**SEVEN THOUSAND
WAYS TO LISTEN**
*Staying Close to
What is Sacred*
by Mark Nepo

**THE TRAUMA OF
EVERYDAY LIFE**
by Dr Mark Epstein

**THE SUFI PATH OF
ANNIHILATION**
by Nevit O. Ergin

ISSUE 39 £4.95



9772055280003

**THE MEETING OF PAUL BRUNTON AND RAMANA MAHARSHI
THE MINOANS . ALEISTER CROWLEY . THE MOUNT ATHOS DIET
BEST VERSION OF YOURSELF AT EVERY AGE . QIGONG SECRETS
PSYCHIC DEVELOPMENT . THE DIVINE MESSAGES AROUND US**



CONTEMPORARY SPIRITUALITY . PERENNIAL WISDOM . SELF DEVELOPMENT . EASTERN PHILOSOPHY . WESTERN MYSTICISM

Digital editions for your tablet!

“I love Watkins Mind Body Spirit.
 I have the app on my iPad!
 And the bookshop is one of my
 favourite places
 in London.”

- Eckhart Tolle



- Available on iPhone, iPad and Android devices.
 - Download sample issues for free!
 - Missed an issue? Catch up with digital editions.
 - Part of a free Watkins eBook app,
- “Watkins Mind Body Spirit Magazines and Books”**
www.watkinsbooks.com/apps

Contents

INTERVIEWS

- 6** Wise Elder
*An Interview with Alice Walker by
Lee Stephen Gawtry*
- 46** Journey into Taoism
*An Interview with Bruce Frantzis by
Iain McNay*

YOGA

- 10** Tending the Heart Fire: Living in
Flow with the Pulse of Life
by Shiva Rea

MODERN TEACHERS

- 14** The Meeting of Paul Brunton and
Ramana Maharshi Changed the Course
of Spiritual Practice in the West
Edited and adapted by Christi Cox

CONSCIOUSNESS

- 18** Consciousness in the Cosmos: Part I
The Third Concept of Consciousness
by Ervin Laszlo

SELF-DEVELOPMENT

- 24** Seven Thousand Ways to Listen:
Staying Close to What Is Sacred
by Mark Nepo
- 26** Everything we need to know is
already here
by Luke Eastwood
- 28** The Seven Key Lessons of Spiritual
Intelligence in Leadership
by Sarah Alexander
- 31** The Inner Camino: A Path of
Awakening
by Sara Hollwey & Jill Brierley
- 32** "Making Life a Better Place"
by Stephen Paul Chong

HEALTH & HEALING

- 34** Digestive Intelligence: A Holistic
View of Your Second Brain
by Dr Irina Matveikova
- 37** Best Version of Yourself at Every Age
by Guy Joseph Ale
- 38** The Immune System of the Soul:
Freeing Your Self from All Dis-Ease!
by Mike George
- 40** Positive EFT – It's EFT, Jim, But Not
As You Know It...
by Silvia Hartmann
- 43** Secret Sounds
by Jill Mattson
- 44** Imbibing from the Fountain of
Youth
by Robert Peng

AYURVEDA

- 48** Ayurveda: An Ancient Science in
the Modern World
*An interview with Dr. Jayarajan
Kodikannath by Elena Mariakhina*

BUDDHISM

- 50** The Trauma of Everyday Life
by Mark Epstein MD

DIVINATION

- 53** Messages from Heaven
by Jacky Newcomb
- 54** What Speaks to You? Decoding the
Divine Messages That Are All Around Us
by Ann Bolinger-McQuade

PSYCHIC DEVELOPMENT

- 56** Psychic Development – The Fruits
of Experience
by Judy Hall

CHANNELING

- 58** Venus – A Diary of a Puppy and Her
Angel
by Diana Cooper

ANCIENT CIVILIZATIONS

- 60** The Dawn of Genius: Rediscovering
Europe's First Super Civilization,
The Minoans
by Alan Butler

WILD SPIRITUALITY

- 62** The Oneness of All Beings
by Poppy Palin

CELTIC SPIRITUALITY

- 64** A Modern Celt: Seeking the
Ancestors
by Mabh Savage

TRADITIONAL WITCHCRAFT

- 65** Kicking Over the Cauldron
by Melusine Draco

MAGIC

- 66** Aleister Crowley, the Crowned and
Conquering Child
by Gary Lachman

WESTERN ESOTERICISM

- 68** The Inner Light: Self-Realization via
the Western Esoteric Tradition
by P.T. Mistlberger

CHRISTIANITY

- 71** The Illusion of "Truth" –
The Real Jesus Behind the Grand Myth
by Thomas Daniel Nehrer

SUFISM

- 72** The Sufi Path of Annihilation:
It's All About Perception
by Nevit O. Ergin

NUTRITION

- 74** The Mount Athos Diet: The
Mediterranean Plan to Lose Weight,
Feel Younger and Live Longer
*by Richard Storey, Sue Todd &
Lottie Storey*

Regular

- 4** Editor's Note
- 5** Astrology by Demian Allan
- 9** Poetry
- 82** In Memory

Watkins Recommends

- 8** Fiction
- 30** Thich Nhat Hanh, Music
- 36** Spoken Word CDs, Book & CD Sets
- 43** UFOs & Aliens
- 52, 76** New Titles
- 53** Cards, Decks & Oracles
- 57** Ancient Egypt
- 59** Doreen Virtue
- 73** Aromatherapy
- 75** Watkins Recommends
- 77** New Titles by Publisher



WATKINS MIND BODY SPIRIT, Issue 39,
Autumn 2014

PUBLISHED BY WATKINS BOOKS
19-21 Cecil Court,
London, WC2N 4EZ
+44 (0)20 7836 2182
www.watkinsbooks.com

EDITOR-IN-CHIEF: ETAN ILFELD
MANAGING EDITOR: LEE STEPHEN
GAWTRY
DESIGNER: MARIANNA ILFELD

SPECIAL THANKS to the writers who
contributed to this issue, and to our
advertisers whose books are available
through Watkins Books at the above
address.

SUBSCRIPTIONS (4 issues a year)
1-YR £15.00, 2-YR £23.00 *plus shipping*
www.watkinsbooks.com/subscribe

IF you are a writer and would like to
CONTRIBUTE to future issues of the
magazine, please email
EDITOR.WATKINS@GMAIL.COM

FOR queries regarding ADVERTISING in
Watkins MIND BODY SPIRIT, please email
ESOTERIC.WATKINS@GMAIL.COM

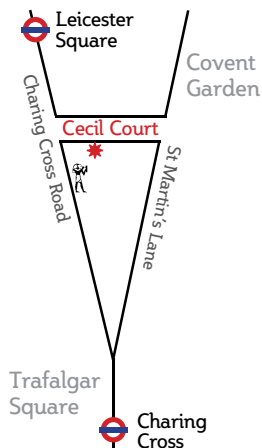
WE welcome your FEEDBACK at
REVIEW.WATKINS@GMAIL.COM

OPINIONS expressed in the magazine
are those of the respective authors and
not of Watkins Books.

ALL THE TITLES MENTIONED IN THIS
MAGAZINE, AND MANY MORE, CAN BE
PURCHASED FROM WATKINS BOOKSHOP
IN LONDON, OR ONLINE AT
www.watkinsbooks.com.

IF YOU HAVE ANY QUESTIONS ABOUT
PLACING YOUR ORDER PLEASE CONTACT
OUR STAFF ON +44 (0)20 7836 2182 OR
service@watkinsbooks.com

COPYRIGHT © Watkins Books, 2014



Editor's Note

As autumn approaches, we have a whole new batch of articles and book recommendations with topics ranging from Jungian psychology and consciousness to Qigong, EFT and Yoga, including articles by spiritual teachers, life coaches, physicians and leading thinkers. Ervin Laszlo explores near death experiences to illustrate that consciousness can be sustained even during the cessation of brain functions, that past lives are plausible, and that nature itself can also be conscious. Meanwhile, author of *Digestive Intelligence*, endocrinologist and physician, Dr. Irina Matveikova points out that our stomach/gut is a sort of second brain, which generates many of our hormones and can communicate fear, anxiety, and even intuition. So, you really should listen to your gut. Similarly, Ann Bolinger-McQuade's article emphasizes that we are constantly surrounded by oracle-signs, while Judy Hall's piece encourages us all to develop our intuition.

Stephen Gawtry's interview with Alice Walker includes insightful questions such as what type of advice she'd like to have been able to give her younger self. Walker has also contributed two poems from her latest book, *The World Will Follow Joy*. Mark Nepo highlights the benefits of slowing down and listening, which can increase our wellness and awareness. Gnostic-druid Luke Eastwood points out that there is more to life than chasing wealth or pursuing any faith blindly, and that we must each find our own spiritual path. Similarly, Guy Joseph Ale's article highlights the importance of breathing well, eating well, sleeping, and being physically active to our sense of well being and longevity. Shiva

Rea shares her insights from practicing yoga for over 30 years and how we all have an inner flame known as the Heart Fire that needs to be maintained and cultivated in order for us to thrive.



If you're seeking practical advice, Sarah Alexander offers seven ways of developing spiritual intelligence in leadership. Meanwhile, development coach Stephen Chong offers advice on overcoming obstacles by shifting our point of view, and spiritual coach Mike George suggests that our soul has an immune system that can be strengthened through awareness and self-realization. Dr. Mark Epstein suggests that we can learn from and overcome trauma by drawing upon buddhist learning and developing empathy.

Paul Brunton shares his unique experiences with guru Ramana Maharshi, 'one of the last of India's spiritual supermen.' While P.T. Mistlberger illuminates the cultural specificity and distinction between self-realization in eastern and western traditions, Nevit Ergin explains how Sufism encourages a non-dualistic perception that connects every living being to one another. Last but not least, we've got an article and recipe relating to the ancient diet of the Monks of Mount Athos, and illuminating obituaries for Philip Berg and Maya Angelou.

Best wishes,

Etan J. Ilfeld

Editor-in-Chief

WATKINS BOOKS

Watkins is a unique bookshop specialising in mind body spirit, modern teachers and magick. Established in 1893, it may well be the oldest esoteric bookshop in the UK. Watkins has been trading in the same premises in Cecil Court since 1901.

Located in the very heart of London, Cecil Court is a picturesque late Victorian thoroughfare linking Charing Cross Road and St Martin's Lane, pedestrianised and seemingly immune from the bustle of the great city which surrounds it. We invite you to visit us any day of the week. The nearest tube station is Leicester Square, take exit 1 and turn left. After a minute's walk you'll see Cecil Court on your left hand side.

Address

19-21 Cecil Court,
London WC2N 4EZ
T: +44(0)20 7836 2182

Opening hours

Mon-Wed, Fri: 10.30 to 18.30;
Thu, Sat: 11.00 to 19.30;
Sun: 12.00 to 19.00

Online

www.watkinsbooks.com
facebook.com/watkinsbooks
twitter.com/watkinsbooks

The Astrological Dynamics of the Universe

SEPTEMBER - NOVEMBER 2014

by Demian Allan



DEMIAN ALLAN

is a professional Psychic, Astrologer and Tarot reader. He is available for face to face readings every Friday at Watkins Books. To book a reading, email service@watkinsbooks.com

www.demianallan.com

Demian is the author of "The Astrological Dynamics of the Universe, 1970-2020", which looks at how the astrological cycles of planets in signs have had a major impact on the Western World since 1970, and how each of the 12 zodiac signs can get the best from the next 7 years.

We are now beginning a new journey into the mists of autumn and all its waning power and glory. The planets have given us as a collective much to think about over the last six months, and it is at this point in time that we start to realise the implications of those planetary movements, especially the grand cross of April. Pluto moves forward in September and causes Government secrets to come to the surface. Pluto is all about power and how we respond to that power; some quarters of the British system have abused it, so the question remains, can we trust our democracy? Realisations and evidence suggest that the next three months could be difficult for those in power, or at least those who wish to be in a position of authority. However, it is also important to recognise that we all have something to contribute to this world, and that mini actions create big waves.

September September has a rather Neptunian feel to it. The Sun is in Virgo, the opposite sign of Pisces, and the Full Moon on the 9th in the sign of the fish whose symbol is a 'Tiger standing guard over its young litter' is in the degree of 'Watching'. This strikes me as us as human beings watching our internal spiritual sides in making decisions. But the 9th of September could have some consequences in terms of floods and general high emotions caused by environmental factors – you have been warned. Mars' ingress into Sagittarius on the 14th as Venus passes through Virgo, articulates feelings into a practical form for most. But on a political level a certain amount of touchy, feely politics might well dominate the news as the people in charge have little else to do than try and connect with their voters. Time for some verbal mishaps in the political arena that could pave the way for the answer to who wins the general election in England next year.

October During the month of October we have a grand trine in the fire signs as Mars links up with Uranus and Jupiter in the early part of the month. Independent thinking and action during this month is required on an energetic level. The Full Moon on the 8th at 15 degrees of Aries will accentuate this restless feeling. This is the degree of Treachery, a man struggling in the water with a broken footbridge above his head. This Full Moon also makes a conjunction with the planet Uranus so therefore expect more demonstrations and conflict that could see Governments completely lose the plot in terms of how they deal with countries that have political unrest. Venus travelling in Libra gives us all a bit of breathing space or maybe the ability to take a more diplomatic view, but this is only temporary as we move closer to the 8th and beyond as Uranus begins to make its unpredictable mark. The USA has Mars crossing its ascendant causing impulsive decisions and an attitude that could be best described as cavalier.

November Mars becomes strengthened as it travels through the sign of Capricorn. Traditional values and a need to keep the status quo will be like a mantra for politicians around the world. The Full Moon on the 6th in Taurus at the degree of Liberality, meaning justice becomes a main talking point in the news throughout this month. The Sun and New Moon in Sagittarius on the 21st at 0 degrees is a symbol of possible unity starting with countries that have been in conflict with each other. The Sun in Scorpio until the 21st with Pluto moving direct can have some positive ripples in society as we allow ourselves to let go of old principles that give us an illusion of morals and power. This also applies to governmental institutions that need to recognise when they are wrong and what needs to be done to put things right. This could be a testing time for the US president as reforms that are implemented could be taken the wrong way in terms of the economy in the West. Patience will be a key for the Leo leader.

Reference: The United Kingdom, 00.00 LT, 1 January 1801, Westminster, 51N30, 0W07. The coming into force of the Union of Great Britain and Ireland. United States of America, 17.10 LMT, 4 JULY 1776, Philadelphia, 39N57, 75W10. * The Degrees of the Zodiac Symbolised 'La Volasfera' Sefpharil.

WISE ELDER

An Interview with Alice Walker

by Lee Stephen Gawtry



LSG: Your journey from *The Colour Purple* to *The Cushion in the Road* has taken you from famous writer to wise elder. In older societies and indigenous cultures, elders were honoured and had an important role to play in the life of the tribe or community. Do you think that still happens today, or do you think we need to do more to encourage people to share their wisdom and experience?

ALICE: All that is required to encourage wisdom from elders is respect. As a child I found old people in my community willing to offer whatever information they had. What was required of us? The patience and courtesy of listening. That was all. Elders liked to give things, including advice. But this was because no one was ever encouraged – as people are in sitcoms – to laugh at them. Ever. I have the deepest awareness that it is wrong to laugh at an elder who is attempting to share

experience. If a giggle begins to build in spite of yourself, leave the room.

LSG: If you were able to meet your younger self now, what words of advice would you offer her?

ALICE: The wonders of this world are endless. You might say relentless. You are right to be amazed. If you are ever tempted to leave this reality before it is time, endure one more night. Each day is different.

LSG: Spirituality means different things to different people. What does

“The wonders of this world are endless. You might say relentless. You are right to be amazed.”

it mean to you and how do you incorporate it in your life?

ALICE: I can't see it for being it. In that sense I suppose I experience "spirituality" in much the way a tree does, or a deer. I am simply inseparable from something incredibly vast, unknowable, loving. Profound. There's probably going to be time, on Earth or maybe Elsewhere (who knows!) to experience Being everything. It is long, ultimately, eternity. Such a journey. Such a gift. Never to not be. I am excited just thinking about it. And, since I am by nature the most curious of souls, my one wish would be to see, even as an entity without a body or physical eyes, where I am! I'm sure I'd want to praise it.

LSG: I love the title of your previous non-fiction book: *We Are the Ones We Have Been Waiting For*. It captures perfectly the message that seems to have developed through your writing over the years – that we create our own destiny and can all be a force for



MEET THE AUTHOR

ALICE WALKER is one of the most prolific authors of our time, known for her literary fiction, including the Pulitzer Prize-winning *The Color Purple*; her many volumes of poetry; and her powerful non-fiction, including *We Are the Ones We Have Been Waiting For*.

ON THE WEB

alicewalkersgarden.com

positive change in the world. How does the future look from your cushion in the road?

ALICE: Humans have abused their gift: the gift of life, the gift of having so much difference among ourselves to glory in, the wonderful joy of sharing with others. How we can bear to accept that people are left alone to die by the millions: of disease, of lack of food and water, of shelter, has to mean no great future for humankind. Can this wound be healed? Is there time? Probably not. We are like someone wearing an old cloak that, caught on a bramble, starts to unravel as the snow falls: we trudge onward thinking we will remain warm, while with every step our nakedness grows. It is impossible to brutalize others without succumbing to brutality yourself. To nakedness, to harm. And if there is no bright future toward which to aspire, regardless of those who are still comfortable enough to prophesy one, what then?

In my opinion, this is actually a time to shine resplendently: much as the setting sun does, scattering some clouds and making art of others, as it sinks from our view. We might be small, we might seem ineffectual to those who like blockbusters of various sorts, or who deal in the illusion that the sun is always rising, but we have a chance to stand for what benefits the whole; to love intensely where the demonstration of loving behavior is mocked by its withholding, to go to the places that are terrorizing the world and to plant flags of gratitude that we exist on this planet, at this moment, to endure whatever madness has befallen us, together.

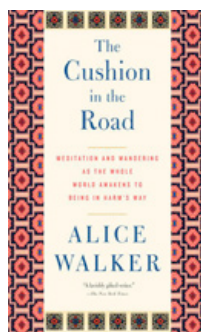
The Cushion in the Road

by Alice Walker

I have learned much from Taoist thought; it has been a comfort to me since I read my first Taoist poem: *Sitting quietly, doing nothing, spring comes, and the grass grows by itself*. By Bashō, I believe. But there is also, from that tradition, this thought: *A wanderer's home is in the road*.

This has proved very true in my life, much to my surprise. Surprise because I am such a homebody. I love being home with my plants, animals, sunrises and sunsets, the moon! It is all glorious to me. And so, when I turned sixty, I was prepared to bring all of my wandering self home to sit on my cushion, in a meditation room I had prepared long ago, and never really leave.

It so happened that I was in South Korea that year, and South Koreans agreed with me. In fact, in that culture it is understood that when we turn sixty we become "eggy" (it sounds like "eggy," though perhaps this is not how Koreans spell it) and this means we are free to become once again like a child. We are to rid ourselves of our cares, especially those we have collected in the world, and to turn inward to a life of ease, of leisure, of joy. I loved hearing this. What an affirmation of a feeling I was already beginning to have: enough of the world! Where's the Grandchild? Where's the cushion?



FURTHER READING

THE CUSHION IN THE ROAD: Meditation and Wandering as the Whole World Awakens to Being in Harm's Way by Alice Walker, published by The New Press, paperback (382 pages). Also by Alice: *The World Will Follow Joy: Turning Madness into Flowers – New Poems* (The New Press, paperback, 208 pages).

And so I began to prepare myself to withdraw from the worldly fray. There I sat, finally, on a cushion in Mexico, with a splendid view of a homemade stone fountain, with its softly falling water a perfect, soothing backdrop to what I thought would be the next, and perhaps final, twenty years of my life.

And then, a miracle seemed to be happening. America was about to elect or not elect a person of color as its president. What? My cushion shifted minutely. Then too an unsuspecting guest left the radio on and I learned bombs were falling on the people of Gaza. A mother, unconscious herself, had lost five of her daughters. Didn't I have a daughter? Would I have wanted to lose her in this way? Wasn't I a mother — even if reportedly imperfect in that role? Well! My cushion began to wobble.

I had friends who became "eggy" and managed to stay "eggy." I envied

them. For me, the years following my sixtieth birthday seemed to be about teaching me something else: that, yes, I could become like a child again and enjoy all the pleasures of wonder a child experiences, but I would have to attempt to maintain this joy in the vicissitudes of the actual world, as opposed to the meditative Universe I had created, with its calming, ever flowing, fountain.

My travels would take me to the celebrations in Washington, D.C., where our new president, Barack Obama, would be inaugurated; they would carry me the morning after those festivities to far away Burma (Myanmar), which would lead to much writing about Aung San Suu Kyi. They would take me to Thailand, for a lovely trip up a long river, where I could wave happily at the people who smiled back when smiled upon! They would take me to Gaza, yes. And much writing about the Palestine/Israel impasse. To the West Bank, to India. To all kinds of amazing places. Like, for instance, Petra, in Jordan. Who knew? I would find myself raising a nation of chickens in between travels and visits to holy people in Kerala, Oakland, Woodacre, and Dharamsala. My cushion, the fountain, the peace, because of my attention to some of the deep suffering in the world, sometimes seemed far away.

I felt torn. A condition I do not like and do not recommend.

And then, in a dream, it came to me. There was a long asphalt highway, like the one that passed by my grandparents' place when I lived with them as an eight- and

nine- year-old. My grandfather and I would sit on the porch in the still Georgia heat and count the cars as they whizzed by. He'd choose red cars, I would choose blue or black. It was a sitting on cushions of sorts, I suppose, for the two of us, because hours could go by and we were perfectly content. Perhaps that is why, in the dream, the solution to my quandary was available. There, in the middle of the long, perfectly straight highway with its slightly faded yellow centerline, that I had known and loved as a child, sat my rose-colored meditation cushion. Directly on the yellow line, right in the middle of the road.

So what do I believe? That I was born to wander and I was born to sit. To love home with a sometimes almost unbearable affection, but to be lured out into the world to see how it is doing, as my beloved larger home and paradise.

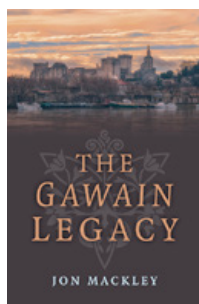
Copyright © 2013 by Alice Walker. This excerpt originally appeared in *The Cushion in the Road: Meditation and Wandering as the Whole World Awakens to Being in Harm's Way*, published by The New Press. Reprinted here with permission.

FICTION



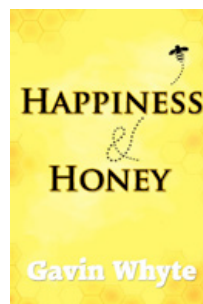
THE MAN WHO RISKED IT ALL Laurent Gounelle Paperback (368 pages)

Alan Greenmor is standing on the edge of the Eiffel Tower, determined to end it all. A cough interrupts him. To his right is a mysterious stranger in a dark suit, smoking a cigar. This is Yves Dubreuil, the man who will change Alan's life. Dubreuil convinces Alan to reconsider his plans, with one caveat: instead of ending his life, he will give his life over to Dubreuil. In return, Dubreuil promises to teach him the secrets to happiness and success. Dubreuil's plan to transform Alan from a man on the edge is not an easy or likely one. But if Alan is to return to life, he must risk it all...



THE GAWAIN LEGACY Jon Mackley Paperback (306 pages)

If you try to control all the secrets, they may end up controlling you. Fleeing a loveless marriage, Lara finds herself in the company of Will who is also running from his past. Will claims to have found the beginning of a trail of clues in a stolen medieval manuscript of "Gawain and the Green Knight". Travelling with him to Chester to begin deciphering the clues, Lara realises that Will has attracted the attention of enemies who seem capable of anticipating their every move. Lara's only hope is to find what lies at the end of the trail, but discovers that she's made some powerful enemies of her own with a hidden agenda...



HAPPINESS & HONEY Gavin Whyte Paperback & e-book (49 Pages)

Happiness & Honey is a delightful fable that captures the journey we embark upon when we have a dream to chase. Set at a time when bees didn't know they could fly, the story follows Billy, a busy bee who spends his time dreaming of flying. After a vivid nightmare of his own death, he realises the fallacy of working hard to make honey and decides to follow his passion. From self-belief to self-doubt, to overcoming the negative attitudes of others and ploughing on regardless, this little story contains all the support you need when going for what feels right. *"A dreamer's life is one of trials and errors. If the trials outnumber the errors, success is inevitable."*



EARTH SENTINELS: The Storm Creators Shaman Elizabeth Herrera Paperback (306 pages)

A fallen angel sombrely observes the world being destroyed by mankind's greed, corruption and indifference. Realizing drastic measures are needed, he searches for people to join his quest to save the planet: Zachary, whose family's organic farm is being ruined by fracking; Haruto, living in Fukushima, where the nuclear meltdown is raging out of control; Mahakanta, a cotton farmer in India, who used GMO seeds with devastating results. Using supernatural powers, the Earth Sentinels grab the world's attention, but as the events unfold and countries retaliate, the characters are forced to question their motives and listen to their hearts.



THE WORLD WILL FOLLOW JOY: Turning Madness into Flowers – New Poems by Alice Walker, published by The New Press, paperback (208 pages). Also by Alice: *The Cushion in the Road: Meditation and Wandering as the Whole World Awakens to Being in Harm's Way* (The New Press, paperback, 382 pages).

ALICE WALKER is one of the most prolific authors of our time, known for her literary fiction, including the Pulitzer Prize-winning *The Color Purple*; her many volumes of poetry; and her powerful non-fiction, including *We Are the Ones We Have Been Waiting For*.

Copyright © 2013 by Alice Walker. This excerpt originally appeared in *The World Will Follow Joy: Turning Madness into Flowers (New Poems)*, published by The New Press. Reprinted here with permission.

EVERY REVOLUTION NEEDS FRESH POEMS

Every revolution needs fresh poems
that is the reason
poetry cannot die.
It is the reason poets
go without sleep
and sometimes without lovers
without new cars
and without fine clothes
the reason we commit
to facing the dark
and
resign ourselves, regularly, to the possibility
of being wrong.
Poetry is leading us.
It never cares how we will
be held by lovers
or drive fast
or look good
in the moment;
but about how completely
we are committed
to movement
both inner and outer;
and devoted to transformation
and to change.

DESIRE

My desire
is always the same; wherever Life
deposits me:
I want to stick my toe
& soon my whole body
into the water.
I want to shake out a fat broom
& sweep dried leaves
bruised blossoms
dead insects
& dust.
I want to grow
something.
It seems impossible that desire
can sometimes transform into devotion;
but this has happened.
And that is how I've survived:
how the hole
I carefully tended
in the garden of my heart
grew a heart
to fill it.



Tending the Heart Fire:

Living in Flow with the Pulse of Life

by Shiva Rea

THE CALL WITHIN

My heart is burning with love. All I can see is this flame. My heart is pulsing with passion, like waves on an ocean. I'm at home, wherever I am. And in the room of lovers, I can see with closed eyes the beauty that dances. Behind the veils intoxicated with love, I too dance the rhythm of this moving world.

— Rumi

Tending the Heart Fire is an offering from my heart to yours. Through my thirty years as a student of yoga, I have come to recognize the great truth that the human body is a universe — and that it is one and the same with the cosmos itself. Our bodies are literally made of the same materials that surround us — dirt, rocks, plants, rivers, oceans, and sunlight — and the wild and creative pulse of life that actuates the universe exists within the body itself.

The Universe began in fire, an explosion so powerful that we are still basking in its radiance. Our very own bodies contain traces of elements that exploded outward to birth our galaxy at the moment of the big bang, 13.7 billion

“The electro-
magnetic field
of the heart is
five thousand
times stronger
than that of
any other
organ in the
body.”

years ago. Every mineral, every trace of our environment, can be found in our bones, our blood, our sweat, our tears. At the center of this magnificent and elegant universe of the body is our very own sun, the heart, with its electromagnetic radiance communicating with every cell of our body and synchronizing with our brainwaves and the heartbeats of others around us. Just as a reference, the electromagnetic field of the heart is five thousand times stronger than that of any other organ in the body, and in heart-transplant patients whose vagus nerve has been severed this field is a means of heart-brain communication.

Within this heart burns a fire

Fire is at the core of our existence. From the original primordial fire of the big bang to the generative energy of the sun, all life depends on light and

"A path into the heart that burns with wisdom and melts with love. *Tending the Heart Fire* is a book to cherish, to keep by your bedside or meditation mat, and to inspire your contemplation and practice for years to come." — **Sally Kempton**, author of *Meditation for the Love of It and Awakening Shakti*
"A brilliant book by one of contemporary yoga's deepest and most fiery visionaries." — **Andrew Harvey**, author of *The Hope and Heart Yoga*

"I want to pass on to you the inspiration of the legacy we've been given by our ancestors, who observed the cosmos and created daily practices, rituals, festivals, and celebrations to align themselves with the deeper rhythms of nature."

heat for creation and survival. Our Heart Fire, the energetic center of our bodies, functions as a pulse of life, just as the sun functions as the life pulse for our solar system. As the sun radiates the heat that warms the planet and animates all life, our hearts pump blood and nutrients throughout the body and send electromagnetic waves outward that connect to the world around us. There are hundreds, thousands, of examples of how our external environment and our bodies work in unison. As such, the *vinyasa*, or flow, of our bodies — what we eat, when we sleep, when we create, when we rest — seeks to be in harmony with the natural rhythms of the natural world and our source of energy, the sun. Just as the length of days increases in spring and summer and releases a great generative energy that allows for new buds on the trees and a great expanse of green to blanket the earth, our bodies experience windows of potential for creation. And just as the world around us darkens in winter, our bodies seek to move inward, to rest, and to reflect during the season of winter and in the night. The cycles of time are mapped in the body — and when we attune to those internal and external forces, we are able to experience enormous peace, harmony, creativity, and longevity.

In the typical 9-to-5 work world where life has become ever more mechanized and urban, we need to find a new way of being. For those of us in the West, our natural rhythms have changed to one of 24/7 constant stimulation and high levels of stress, both of which contribute to the rise in heart



MEET THE AUTHOR

SHIVA REA, MA, is a pioneer in the evolution of vinyasa flow yoga. She founded Samudra Global School for Living Yoga based upon her worldwide travels and her studies in UCLA's World Arts and Cultures program, as well as the roots of yoga in tantra, Ayurveda, and dance. From transformative home practice DVDs to large-scale festivals, Shiva offers yoga as a universal pathway for self-realization and awakening positive change for all.

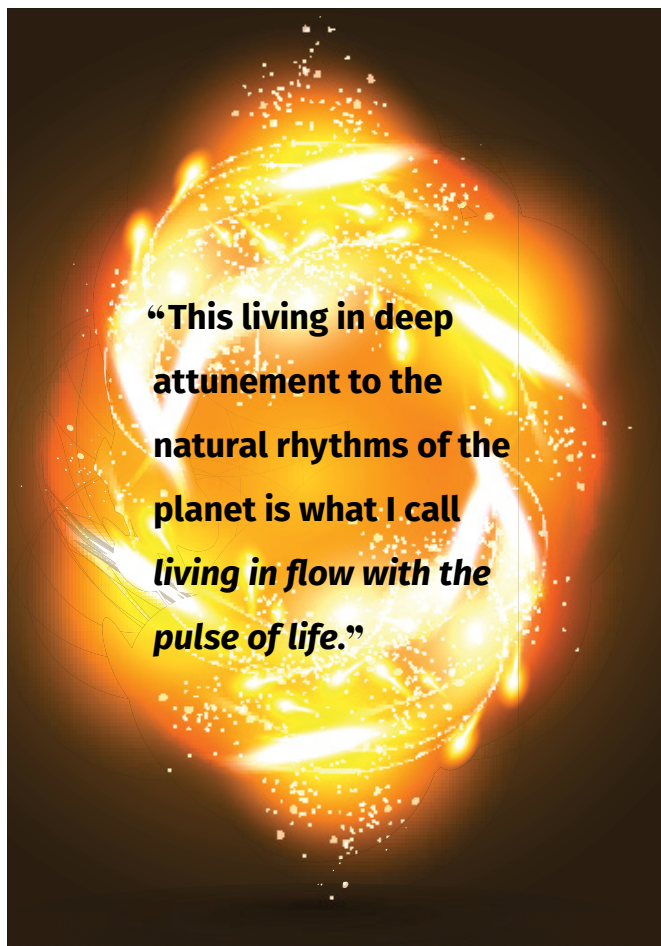
ON THE WEB

tendingtheheartfire.com
shivarea.com

disease — the number-one killer in the U.S. even though it hardly existed more than a century ago. There is great need for a new way to deal with the fragmenting effects of life in the twenty-first century. However, tending the Heart Fire is *not* entirely a "new" way of being, but instead a return to the ways of our ancestors — who placed the movements of the environment at the foreground of their lives. As such, much of what I offer in this book is actually a remembering of what our bodies already know to be true. When we synch our lives with the fire in our hearts, we can access the power of creation and manifestation and letting go. Similarly, we can access the slowing and inward movements that allow us to fall back into the wide, spacious quiet of gestation and rejuvenation, which is critical for finding peace and wholeness in our bodies. Everything in nature, and everything in our being, goes through a process of expansion and contraction. And it is the heartbeat, expanding and contracting, that keeps us alive.

This living in deep attunement to the natural rhythms of the planet is what I call "living in flow with the pulse of life." Yoga is infinitely more than the now well-established world of movement practice that has branched out into studios across the world. Yoga, too, is a universe, and it is a gateway through which we can live in harmony with the solar and lunar rhythms that dominate our biological and spiritual experience in order to find optimal flow in our lives. The word *yoga* means to "yoke," or, in other words, to "unify." Thus, in the yoga of the heart that I offer in this book, we seek to reintegrate ourselves with the natural flow of our bodies, guided by the warm, central wisdom of our Heart Fires.





**“This living in deep
attunement to the
natural rhythms of the
planet is what I call
living in flow with the
pulse of life.”**

LIVING VINYASA: The Background and Principles Guiding the Book

Tending the Heart Fire is a life-guide book, an offering of meditations centered on the innate wisdom of our heart and the rhythm of the seasons. The book invites you to take a journey into the legacy of meditation connected across deep time to firekeeping, a practice that's more than two million years old — the current carbon-dated evidence of our ability to tend fire. All animals, including human beings, become more focused, reflective, and meditative around a fire. It is here that the earliest forms of meditation such as fire gazing, chant, movement, and music emerged.

The book includes more than 108 such meditations, ranging from sound to movement, and from ayurvedic health practices for balancing our inner fire, or *samagni*, to ritual bonfires for the solstice. These meditations are a tapestry woven from what I have learned through personal experience and from the wisdom traditions I have studied, including yoga, tantra, bhakti, ayurveda, and *natya* (dance). As a

graduate of UCLA's World Arts and Cultures/Dance program, I have always been drawn to a universal, big-picture understanding of yoga. As a student, I keep returning to the roots of my path — not just in yogic lineages, but also within the world's indigenous traditions. These pathways of yoga have all informed the body of knowledge presented in the book.

WHERE TO BEGIN: Tending the Heart Fire

The book invites you to take a journey into the legacy of firekeeping that is more than 800,000 years old. I want to pass on to you the inspiration of the legacy we've been given by our ancestors, who observed the cosmos and created daily practices, rituals, festivals, and celebrations to align themselves with the deeper rhythms of nature. Our whole body is synched with nature to preserve this balance.

When we “tend to our Heart Fire” we center our life-energy into the core of our being, our hearts, which is ever generating. Like the sun, our hearts contain an eternal flow of energy that is life-giving and life-holding. When we tend to our Heart Fire, we integrate the solar and lunar aspects of ourselves — our inner regeneration and dynamic energy. Much of yoga today does not integrate this tending. Yoga as asana practice is only part of the picture. Firekeeping is thus the central metaphor for the book. It is a metaphor for the infinite ways we stay attuned and attentive to our core truth. Firekeeping is primal and raw. It requires discipline and deep attention. It demands agility, for life is always changing — externally and internally — and we need to shift and adjust to what life presents us. And it calls us to activism — for we must wake up and live in our highest potential so that we can be a force of good in the world.

The book is divided into four parts: In Part One we explore the cross-cultural meanings of the heart through time among mystics and philosophers, East and West. We trace its fall in Western thought to the status of a mere mechanical pump, and the welcome resurgence of knowledge of the true energetic heart that is taking place today. We explore the deep tradition underlying the tending of the Heart Fire — firekeeping through human history — and look at the effects of our disconnection from this profound history. Through the flow of nature (envisioned as the ecstatic dance of Shiva and Shakti within yoga), we see the creation of the cosmic rhythms and elements of the universe and explore the power of living in synchronization with these rhythms and elements to reclaim our firekeeping power.

We begin our firekeeping practice in Part Two with movement meditations, again visiting the dance of Shiva and Shakti as archetype and inspiration. I introduce you to simple, accessible, and yet profound forms of movement such as *pranams*, *mudras*, *kriyas*, and *namaskars* — movement alchemy. In this part we also look at the influence of time and rhythm, place, and our somatic mood on our practice. In this part, I offer a series of meditations for tending the Heart Fire.

In Part Three we begin to link the energies flowing through our bodies with daily, monthly, and seasonal rhythms, exploring the *sandhyas* — sacred junctures of time — that are highly potent for practice. From the elements created by Shiva's dance flow the principles of ayurveda, which we explore here. Practical ways to live in accordance with these principles are included. We learn to attune to the rhythms of day and night, sun and moon in our firekeeping

and to use sacred retreat time and ritual to regenerate our Heart Fire.

With Part Four we apply our knowledge in six-week annual cycles, using a calendar that I developed that integrates the solar and lunar cycles of the sacred mandala of the year. We begin in the fertile darkness of winter, the time of least external light, when we envision and gestate our own renewal, regenerating and rekindling the internal light, the Heart Fire. Then it is on to the swelling of spring, the creative fire of summer, and onward through the letting-go energy of fall. Food, body, and yoga rhythms appropriate to each season are included, and along the way we visit some of the great sacred holidays and festivals that mark each season.

THE DIRECT AWAKENING OF THE HEART: Bhakti and the Mysticism of the Heart

Since my beginnings in yoga three decades ago, tending the Heart Fire has been my personal dharma. The direct awakening of the Heart Fire often happens when we are at a crisis point, when

we fall to our knees, when the armor of our heart has to crack. The mystic heart is the awakening of direct experience that each one of us can access by tending the fire of any spark of love, bonding, inspiration, truth, or passion. This is the fire we can see in each other's eyes that leads to a waking up and to serving life in all forms — your own sacred activism. In the words of my great mentor and Sacred Activist, Andrew Harvey:

The human race is now in an unprecedented and destined evolutionary crisis — a global dark night. This global dark night is potentially the birth canal for a new, embodied divine humanity chastened by tragedy and illumined by grace . . . The birthing force of the divine human is the force of the Motherhood of God, expressed not only in new and radically evolutionary mysticism but also in sacredly inspired radical action on every level and in every arena.

FURTHER READING

TENDING THE HEART FIRE: Living in Flow with the Pulse of Life by Shiva Rea, (Foreword by Sally Kempton), published by Sounds True, Illustrated Hardback (302 pages).



The teachings and practices of yoga have always held the heart in both practical and mystical ways. So let us return to the power and magnificence of our hearts: heart as fire and heat. Heart as intelligent energy and electromagnetic radiance. Heart as our illuminating guide toward love, creativity, and deep knowing. May the journey begin now, as we awaken our direct relationship to our Heart Fire, both primordial and intimate.



into the light

New book 'Into the Light' – Raising the Global Vibration is a channelled exploration of the path to enlightenment and the future of global consciousness that offers a depth of insight into past lives, the evolution of the soul and spiritual discovery.

People across the world are experiencing a spiritual shift as a part of an evolutionary growth in global consciousness. Now, more than ever people are yearning for the answers such as why am I here? What is the meaning of life and what lies beyond?

Author Jerry Sargeant shares the experiences of 750 past life times in one epic book, covering past life regression, the make-up of the universe, the key to inner peace, the afterlife and a first-hand narrative of Jerry's own spiritual awakening.

Into the Light offers answers to some of the most fundamental spiritual questions we have today, told through the channelled words of the Angel-Gabriel by author Jerry Sargeant. Discover the energy source so pure and powerful and the peace and compassion of life will shine through.

To order your copy of 'Into the Light' on paper back, e-book, audio CD or download please visit: www.maximumlife.tv/shop/

The Meeting of Paul Brunton and Ramana Maharshi Changed the Course of Spiritual Practice in the West

Edited and adapted by Christi Cox



When Paul Brunton visited Ramana Maharshi in the 1930s, he was perhaps the first Westerner to stay in the ashram for an extended period. Certainly he was the first to write about Ramana for Westerners, in his popular book *A Search in Secret India*. The publicity brought the attention of the world to Ramana's powerful "Who am I?" exercise; his self-enquiry approach is widely used by today's foremost spiritual teachers. In these excerpts, selected and adapted from his book, Brunton describes his outer – and extraordinary inner – experience of being with the great master.

CHRISTI COX is a writer and editor. Her articles have appeared in *Tricycle*, *Yoga Journal*, *Quest*, *Best Spiritual Writing 2010*, and *Snow Lion: The Buddhist Magazine*, of which she was the editor. She first met Paul Brunton in 1971.

The divan is but a few paces away from a broad high window in the end wall. The light falls clearly upon the Maharishee and I can take in every detail of his profile, for he is seated gazing rigidly through the window in the precise direction whence we have come this morning. His head does not move, so, thinking to catch his eye and greet him as I offer the fruits, I move quietly over to the window, place the gift before him, and retreat a pace or two.

I fold a thin cotton blanket upon the floor and sit down, gazing expectantly at the silent figure in such a rigid attitude upon the couch. The Maharishee's body is almost nude, except for a thin, narrow loin-cloth, but that is common enough in these parts. His skin is slightly copper-coloured, yet quite fair in comparison with that of the average South Indian. I judge him to be a tall man; his age somewhere in the early fifties. His head, which is covered with closely cropped grey hair, is well formed. The high and broad expanse of forehead gives intellectual distinction to his personality.

* * * * *

There is something in this man which holds my attention as steel filings are held by a magnet. I cannot turn my gaze away from him. My initial bewilderment, my perplexity at being totally ignored, slowly fade away as this strange fascination begins to grip me more firmly. But it is not till the second hour of the uncommon scene that I become aware of a silent, resistless change which is taking place within my mind.... I know only that a steady river of quietness seems to be flowing near me, that a great peace is penetrating the inner reaches of my being, and that my thought-tortured brain is beginning to arrive at some rest.

* * * * *

“Setting apart time for meditation is only for the merest spiritual novices,” Ramana says. “A man who is advancing will begin to enjoy the deeper beatitude, whether he is at work or not. While his hands are in society, he keeps his head cool in solitude.”

“Then you do not teach the way of Yoga?”

“The Yogi tries to drive his mind to the goal, as a cowerd drives a bull with a stick, but on this path the seeker coaxes the bull by holding out a handful of grass!”

“How is that done?”

“You have to ask yourself the question, Who am I? This investigation will lead in the end to the discovery of something within you which is behind the mind. Solve that great problem, and you will solve all other problems thereby.”

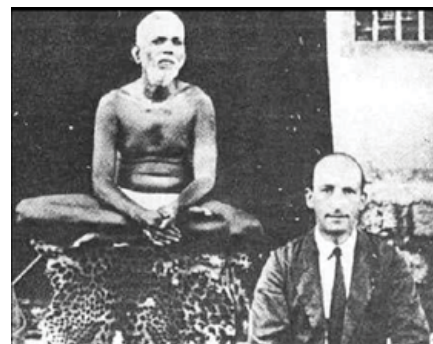
* * * * *

There comes a perceptible change in the telepathic current which plays between us, the while my eyes blink frequently but his remain without the least tremor. I become aware that he is definitely linking my own mind with his, that he is provoking my heart into that state of starry calm which he seems perpetually to enjoy. In this extraordinary peace, I find a sense of exaltation and lightness. Time seems to stand still. My heart is released from its burden of care. Never again, I feel, shall the bitterness of anger and the melancholy of unsatisfied desire afflict me. I realize deeply that the profound instinct which is innate in the race, which bids man look up, which encourages him to hope on, and which sustains him when life has darkened, is a true instinct, for the essence of being is good. In this beautiful, entranced

“The Maharishee’s body is almost nude, except for a thin, narrow loin-cloth, but that is common enough in these parts.”



“It is not till the second hour of the uncommon scene that I become aware of a silent, resistless change which is taking place within my mind.”



Ramana Maharshi and Paul Brunton

silence, when the clock stands still and the sorrows and errors of the past seem like trivialities, my mind is being submerged in that of the Maharishee and wisdom is now at its perihelion. What is this man’s gaze but a thaumaturgic wand, which evokes a hidden world of unexpected splendour before my profane eyes?

* * * * *

From time to time the Maharishee unexpectedly visits me at the hut after finishing his own lunch. I seize the opportunity to plague him with further questions, which he patiently answers in terse epigrammatic phrases, clipped so short as rarely to constitute complete sentences. But once, when I propound some fresh problem, he makes no answer. Instead, he gazes out towards the jungle-covered hills which stretch to the horizon and remains motionless.

For almost half an hour the Maharishee’s eyes continue to stare straight in front of him in a fixed, unmoving gaze. He appears to have forgotten me, but I am perfectly aware that the sublime realization which has suddenly fallen upon me is nothing else than a spreading ripple of telepathic radiation from this mysterious and imperturbable man.

On another visit he finds me in a pessimistic mood. He tells me of the glorious goal which waits for the man who takes to the way he has shown.

“But, Maharishee, this path is full of difficulties and I am so conscious of my own weaknesses,” I plead.

“That is the surest way to handicap oneself,” he answers unmoved, “this burdening of one’s mind with the fear of failure and the thought of one’s failings.... The greatest error of a man is to think that he is weak by nature, evil by nature. Every man is divine and strong in his real nature. What are weak and evil are his habits, his desires and thoughts, but not himself.”

* * * * *

Finally it happens. Thought is extinguished like a snuffed candle. The intellect withdraws into its real ground, that is, consciousness working unhindered by thoughts. I perceive, what I have suspected for some time and what the Maharishree has confidently affirmed, that the mind takes its rise in a transcendental source. The brain has passed into a state of complete suspension, as it does in deep sleep, yet there is not the slightest loss of consciousness. I remain perfectly calm and fully aware of who I am and what is occurring. Yet my sense of awareness has been drawn out of the narrow confines of the separate personality; it has turned into something sublimely all-embracing. Self still exists, but it is a changed, radiant self. For something that is far superior to the unimportant personality which was I, some deeper, diviner being rises into consciousness and becomes me. With it arrives an amazing new sense of absolute freedom, for thought is like a loom-shuttle which is always going to and fro, and to be freed from its tyrannical motion is to step out of prison into the open air.

I find myself outside the rim of world consciousness. The planet which has so far harboured me, disappears. I am in the midst of an ocean of blazing light. The latter, I feel rather than think, is the primeval stuff out of which worlds are created, the first state of matter. It stretches away into untellable infinite space, incredibly alive.

I touch, as in a flash, the meaning of this mysterious universal drama which is being enacted in space, and then return to the primal point of my being. I, the new I, rest in the lap of holy bliss. I have drunk the Platonic Cup of Lethe, so that yesterday's bitter memories and to-morrow's anxious cares have disappeared completely. I have attained a divine liberty and an almost indescribable felicity. My arms embrace all creation with profound sympathy, for I understand in the deepest possible way that to know all is not merely to pardon all, but to love all. My heart is remoulded in rapture.

How shall I record these experiences through which I next pass, when they are too delicate for the touch of my pen? Yet the starry truths¹ which I learn may be translated into the language of earth, and the effort will not be a vain one. So I seek, all too roughly, to bring back some memoirs of the wonderful archaic world which stretches out, untracked and unpathed, behind the human mind.

* * * * *

I return to this mundane sphere impelled by a force which I cannot resist. By slow unhurried stages I become aware of my surroundings. I discover that I am still sitting in the hall of the Maharishree and that it is apparently deserted. My eyes catch sight of the hermitage clock and I realize that the inmates must be in the dining-room at their evening meal. And then I become aware of someone on my left. It is a seventy-five-year-old ex-stationmaster, who is squatting close beside me on the floor with his gaze turned benevolently on me.

"You have been in a spiritual trance for nearly two hours," he informs me. His face, seamed with years and lined with old cares, breaks into smiles as though he rejoices in my own happiness. "The Maharishree watched you closely all the time. I believe his thoughts guided you."

When the sage returns to the hall, those who follow him take up their positions for the short interval which precedes

the final retirement for the night. He raises himself up on the divan and crosses his legs; then, resting an elbow on the right thigh, he holds his chin within the upright hand, two fingers covering his cheek. Our eyes meet across the intervening space and he continues to look intently at me.

"I find myself outside the rim of world consciousness. The planet which has so far harboured me, disappears."

* * * * *

The heavily scented incense smoke rises in soft spirals the while I watch those eyes that never flicker. During the forty minutes which pass so strangely, I say nothing to him and he says nothing to me. What use are words? We now understand each other better without them, for in this profound silence our minds approach a beautiful harmony, and in this optic telegraphy I receive a clear unuttered message. Now that I have caught a wonderful and memorable glimpse of the Maharishree's view-point on life, my own inner life has begun to mingle with his.

* * * * *

With the fall of dusk I take my farewells of everyone except the Maharishree. I feel quietly content because my battle for spiritual certitude has been won, and because I have won it without sacrificing my dearly held rationalism for a blind credulity.

I linger over our parting, unable to express the profound emotions which move me. I raise my palms and close them together in the customary salutation and then mutter a brief good-bye. The sage smiles and looks at me fixedly, but says not a word.

One last look towards the Maharishree, one last glimpse by dim lantern light of a tall copper-skinned figure with lustrous eyes, another farewell gesture on my part, a slight wave of his right hand in response, and we part.

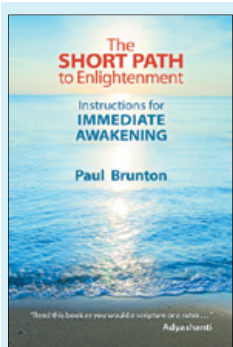
I climb into the waiting bullock-cart, the driver swishes his whip, the obedient creatures turn out of the courtyard into the rough path and then trot briskly away into the jasmine-scented tropic night.

FURTHER READING

A SEARCH IN SECRET INDIA by Paul Brunton, published by Rider Books, paperback (320 pages). Also available in new edition: *The Teachings of Ramana Maharshi*, edited by Arthur Osborne (see page 79 for more details).



1 – Some of the "starry truths" to which Brunton refers are described, along with much other detailed and helpful material for spiritual seekers, in his many books. For more information on Paul Brunton and his work go to: www.paulbrunton.org



These accessible teachings distill the essence of currently popular and traditional sudden-awakening teachings (Advaita, Zen, Dzogchen, Mahamudra, etc.). Paul Brunton calls them "Short Path" teachings. A simple recognition, a brief moment of grace, can make what seemed like a far-off spiritual goal actual here and now.

978-1-936012-30-5
1-936012-30-8
160 pages, £12.50



Larson Publications
<http://larsonpublications.com>

AVAILABLE SEPTEMBER 2014

The Short Path to Enlightenment

Instructions for Immediate Awakening

PAUL BRUNTON

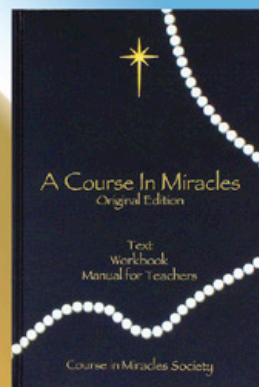
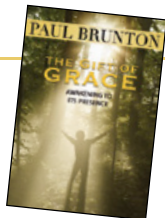
"Paul Brunton gives voice to the profound teachings of immediate spiritual awakening that have the power to short circuit the seeker in us and reveal the true nature of reality here and now. The true gift of this wonderful book is in how nuanced and subtle Paul Brunton understood these profound and transformational teachings and how directly he conveys them. Read this book as you would a scripture or a sutra and let it open your eyes to eternity."

—ADYASHANTI

"This book is alive with supreme knowledge. May it support you in immediately and continually recognizing yourself."

—GANGAJI

ALSO *The Gift of Grace*
£9.50



Now available in the UK!

A Course in Miracles

The Original Hardcover Edition - Text, Workbook and Manual

Retail £25.00 ISBN: 9780976420064

The Original Edition - Text, Workbook and Manual for Teachers

Retail £21.00 ISBN: 9780976420071

Pocket Edition - Original Edition - Workbook & Manual Only

Retail £10.99 ISBN: 9780976420033

Pocket Edition - Original Edition - Text Only

www.deep-books.co.uk

OZARK MOUNTAIN PUBLISHING & SPIRITUAL JOURNEYS TRAVEL TURKEY

proudly present:

NEW YORK TIMES BEST SELLING AUTHOR
ROBERT BAUVAL



WORLD RENOWNED HYPNOTHERAPIST
DOLORES CANNON



HAKTAN AKDOGAN

OCTOBER 25TH, 2014 - NOVEMBER 5TH, 2014



HOLY LAND CRUISE & CONFERENCE AT SEA



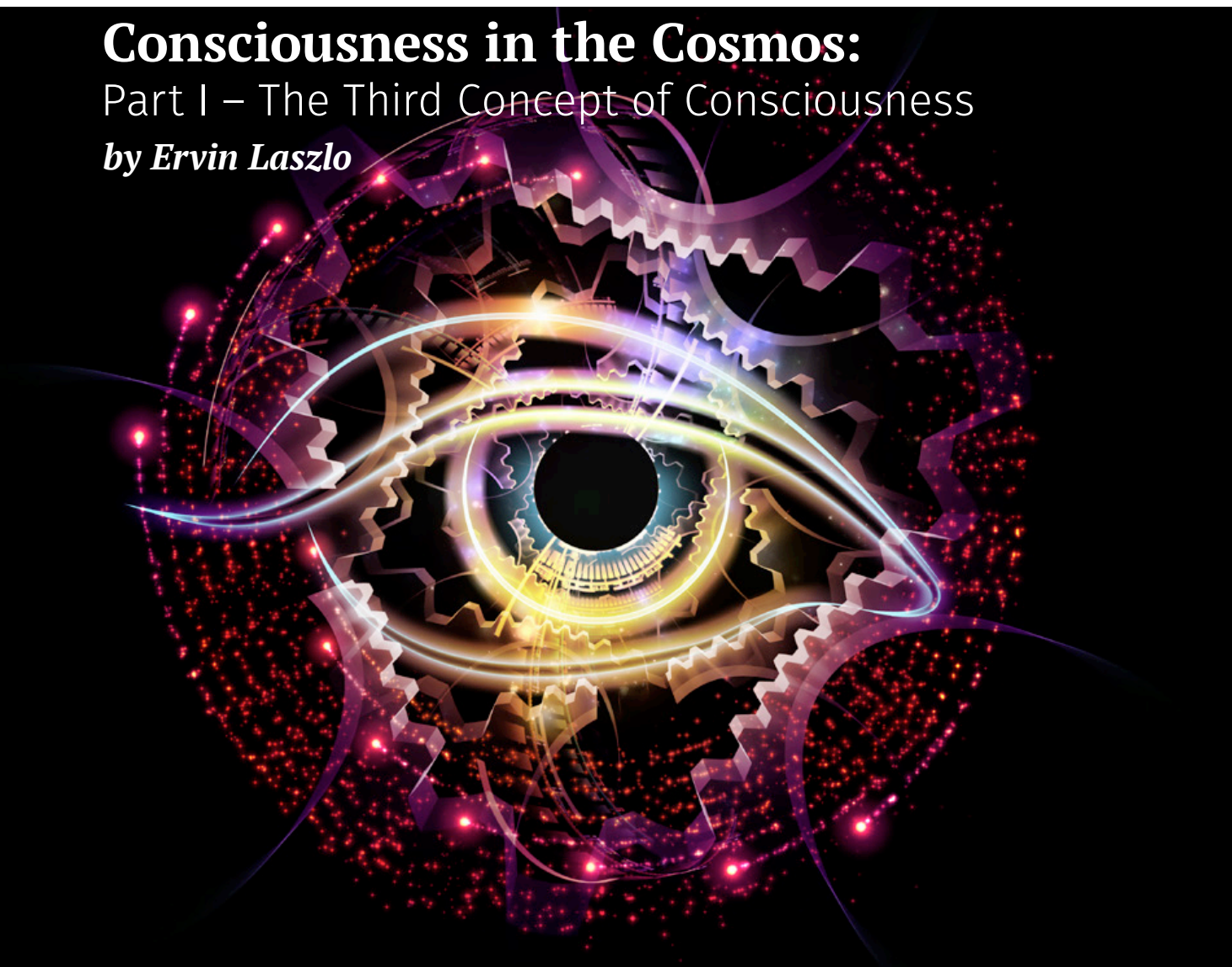
VISIT OZARKMT.COM AND SJTTURKEY.COM FOR MORE INFORMATION

spiritual journeys travel turkey

Consciousness in the Cosmos:

Part I – The Third Concept of Consciousness

by Ervin Laszlo



“Today there is more and more evidence that consciousness is not confined to the brain but is “nonlocal,” embracing minds and events beyond the brain and the body.”

Is consciousness generated in and confined to the brain? Or does it extend in some way beyond the brain – and could it even be a fundamental feature of the cosmos?

Until a few years ago nobody other than deeply spiritual or religious people would have subscribed to a concept of consciousness other than what I call the “turbine theory”: the theory that the brain generates consciousness, and the consciousness it generates is confined to the brain. Today there is more and more evidence that consciousness is not confined to the brain but is “nonlocal,” embracing minds and events beyond the brain and the body. And there is an insight dawning among avant-garde scientists, thinkers and spiritual people that consciousness may be not only nonlocal, but cosmic.

I outline here three concepts of consciousness: the concept of consciousness as a local “turbine,” as a nonlocal “cloud,” and as a cosmic “hologram.” They constitute a logical progression, an evolution from the first to the

third concept reflected also in my own thinking and writing.¹

THE FIRST CONCEPT: CONSCIOUSNESS IS LOCAL (THE TURBINE THEORY)

In the modern world the common assumption is that the stream of experience we call consciousness is generated by the living brain, much as a stream of electrons is generated by a working turbine. As long as the turbine functions, it generates a stream of electrons: electricity. As long as the brain functions it generates a stream of sensations: consciousness. When they shut down, the streams they generate

¹ The first concept, the turbine theory, has been the basis of the author's thinking about consciousness in his early writings, including *Introduction to Systems Philosophy* (1972) and *Evolution: The Grand Synthesis* (1986). The second concept has been elaborated in the series of books on the Akashic field, culminating in *Science and the Akashic Field* (2004). The third concept in turn is developed in *The Self-Actualizing Cosmos* (2014 March) and in *The Immortal Mind* (2014 November).

vanish. Consciousness no more exists in a dead brain than electric charge exists in a stopped turbine.

The turbine is a particularly apt metaphor because it refers to a tangible object that produces something that is itself intangible. We do not see, hear or taste electricity; we know it only by the effects it produces. This is much the same with consciousness. We experience the stream of sensations, feelings, volitions and intuitions we call consciousness, but we do not perceive consciousness as such. No amount of scrutiny of the brain and its workings will disclose anything we could call consciousness: all we find is grey matter with networks of neurons firing in complex sequence. These processes govern the organism, coordinating the myriad reactions that maintain the organism in the living state. In the more advanced interpretation of the “mainstream” theory, in the course of performing its vital function the brain also generates a stream of sensations, feelings, intuitions and volitions. I say “more advanced interpretation” because the hard core of the mainstream conception do not recognize consciousness as a real existent in the world: it is an epiphenomenon, a kind of illusion.

The turbine theory is considered confirmed by the observation that when the brain’s coordinating and regulating functions are impaired, the stream of sensations that constitutes consciousness is distorted, and when the brain stops, the stream stops as well. Thus, mainstream thinkers conclude, the stream must be a by-product of the workings of the brain. (We should note that this concept confronts the so-called “hard problem” of consciousness research: how the brain, a material system of neurons, can generate a stream of immaterial sensations. This problem, as we shall see, does not arise for the third concept of consciousness where the brain does not *generate* consciousness, it only *receives* and *displays* it.)

There is a still more advanced variant of the mainstream theory that “universalizes” the phenomenon of consciousness in the realms of the living. It maintains that consciousness is generated not only by the subject’s brain, and not only by all human brains, but by all living organisms. Humans generate human forms of consciousness and other species generate

“It appears that in some cases consciousness does not cease when the brain stops working.”



MEET THE AUTHOR
ERVIN LASZLO is a systems scientist, integral theorist, and classical pianist. Twice nominated for the Nobel Peace Prize, he has authored more than 75 books and published over 400 articles and research papers. He is the founder and president of the international think tank the Club of Budapest as well as of the Ervin Laszlo Center for Advanced Study. He lives in Tuscany.

ON THE WEB
www.ervinlaszlo.com

other, lesser forms of consciousness. Even simple organisms, such as plants, could have the primitive equivalent of a consciousness in experiencing a rudimentary “feel” of the world. Cleve Backster’s experiments with the polygraph show that plants react sensitively to things that happen around them. Backster claims that they have “primary perception.”²

The thesis that consciousness would exist at various levels of scale and complexity in nature is logically unassailable: there is no cut-off point in the range of biological evolution where one could say that above this point there is consciousness, and below it there is not. Yet, even if consciousness is associated with living organisms throughout nature, the turbine theory still holds. The turbine is then not limited to human beings but functions throughout the living world.

The challenge to the turbine theory

The turbine theory of consciousness can be upheld as valid as long as there is evidence that matches the predictions based on it. The critical prediction is that when the brain stops, consciousness vanishes, just as when a turbine stops, the electric current generated by it disappears. At first sight, this claim is corroborated by the evidence: the observation that when cerebral functions cease, consciousness ceases as well. This is not experienced in the first person, of course, but it is a reasonable inference from the observation of people who are brain-dead or entirely dead. They do not behave as if they had a working consciousness.

The prediction that consciousness ceases in the absence of cerebral function does not admit of exceptions. We could no more account for the presence of consciousness in a dead brain than we could account for the presence of electric charge in a stationary turbine. Evidence to the contrary would place in question the turbine theory, the dominant concept of consciousness in today’s world. But evidence to the contrary has surfaced. It appears that in some cases consciousness does not cease when the brain stops working.

Evidence for this astonishing claim is furnished by people who have reached the portals of death but returned to the ranks of the living. In some cases critically sick people become temporarily brain dead, but when they regain normal cerebral functions they report having had conscious experience. This is known as the NDE: the near-death experience. NDEs are not reported by all people who return from the threshold of death, but they are reported in a sufficiently large percentage of the population of temporarily brain-dead people — in some instances 25 percent — to make the phenomenon worthy of serious attention.³

NDEs are a critical issue for the turbine theory. A by-product of brain activity cannot persist in the absence of the brain function that generates it. There is no known physiological mechanism that could account for conscious experience in a dead brain. Yet some NDE reports prove to

² Cleve Backster, *Primary Perception: Biocommunication with Plants, Living Foods and Human Cells*. Anza, Ca: White Rose Millennium, 2003.

³ I have reviewed a wide variety of NDEs in my latest book *The Immortal Mind: Science and the Continuity of Consciousness Beyond the Brain*, with Anthony Peake. Inner Traditions, Rochester, VT, November 2014.

be veridical: the experiences reported by the subjects during their brain-dead period match the experiences they would have had if their brains had functioned normally.

The NDE is not the only critical issue for the turbine theory. There are indications that conscious experience persists in some form not just during the temporary cessation of brain function, but also in its permanent absence: when the subject is fully and irreversibly dead. Mediums, for example, seem able to channel messages from deceased persons. These transmissions have encountered various objections, among them that the mediums themselves invent the messages, or that they pick them up from living persons through some form of ESP. There are cases, however, in which these possibilities can be effectively ruled out: the messages conveyed by the mediums contain information that neither the mediums themselves, nor any living person they could have been in touch with, are likely to have possessed.⁴ Moreover dead people communicate at times also through electronic instruments. Known as ITC (Instrumental Transcommunication), this strange phenomenon consists of anomalous voices and sometimes images appearing on TV receivers, tape recorders, radios, and even ordinary telephones. Hundreds of controlled experiments have been reported from various parts of the world, leaving little doubt that the phenomenon exists, even if it lacks satisfactory explanation.⁵

THE SECOND CONCEPT: CONSCIOUSNESS IS NONLOCAL (THE CLOUD THEORY)

Evidence that consciousness can persist in the absence of brain function is a critical problem for the turbine theory. The evidence is significant and needs to be taken into account. The simplest and most logical way to account for it is to assume that consciousness is conserved in some way beyond the brain. NDEs, past-life experiences, and experiences of after-death communication could be instances of accessing items of consciousness that have been “saved” beyond the living brain.

The term “saved” is entirely appropriate here. The concept of consciousness implied by the persistence of elements of consciousness can be illustrated in reference to information conserved in a computer network.

In the computer theory of consciousness an item of consciousness is an item of information. If that item is entered on an old-fashioned computer without built-in memory and links to other computers, we have the equivalent of the classical turbine: the information entered on a given computer is limited to that computer. When that device is shut off, the information disappears. But there are computers with built-in memory, and computers linked to other computers and to information systems. Then the information entered on the given computer need not disappear when it is turned off: it may have been “saved,” either to its own memory stores or to the other computers with which it is linked.

A networked computer is similar to a turbine connected to an energy grid. A connected turbine can be stopped and even destroyed, and the energy it has generated remains conserved. Of course, the particular electric charge generated by a given turbine cannot be identified. This is not the case in a networked computer: here the information is

identified by a specific code and can be called up again. When it is called up it appears precisely as it was entered, regardless of whether or not the computer that entered it is functioning.

There is more to the evidence for the persistence of consciousness beyond the brain, however, than the finding that the consciousness of an individual can be recalled when he or she has died. It appears that not only one, but a conceivably indefinite number of consciousnesses can be recalled. The network in nature operates not merely as a memory device, but as a cloud-computing system.

Cloud computing is a good metaphor for the observations of psychiatrists and consciousness researchers when they induce altered states of consciousness in their clients. It appears that in suitably altered states people have a nearly complete recall of everything that has happened to them. Their recall is not limited to their own experience: it includes the experience of other people as well. In altered states one may experience episodes from the lives of historical figures as well as of common people. Psychiatrist Stanislav Grof concluded that in altered states of consciousness one can recall almost anything that has ever taken place in space and time.⁶

These observations suggest that there is something like an Akashic Field in nature — a field that conserves all that happens in space and time, integrates it with all that happens and has ever happened in all places and at all times, and makes the complete information available for recall, acting much as the legendary “Akashic Records.”⁷

The challenge to the cloud theory

The cloud theory of consciousness is an appropriate metaphor for understanding the observations that come to light at the frontiers of consciousness research. But it has its limitations: it does not account for all the features of the observations. It appears that some items of consciousness encountered in altered states are not mere traces of one’s own or other people’s consciousness but are consciousnesses

“Psychiatrist
Stanislav Grof
concluded
that in altered
states of
consciousness
one can
recall almost
anything that
has ever taken
place in space
and time.”



⁴ See *The Immortal Mind* op. cit. Chapter Three.

⁵ Cases of instrumental transcommunication are likewise reviewed in *The Immortal Mind*, in Chapter Four.

⁶ Stanislav Grof, *Psychology of the Future: Lessons from Modern Consciousness Research*. State University of New York Press, 2000.

⁷ This hypothesis is elaborated in several of the author’s writings, most explicitly in *Science and the Akashic Field. An Integral theory of Everything*, Rochester, VT: Inner Traditions 2004, 2007.



themselves. This conclusion is warranted by the finding that one cannot only recall images and episodes from the experience of other people, but one can enter into communication with whatever it is one is reaching.

For the cloud theory this is an anomaly. If there is something like an information network in nature that saves and stores items of consciousness, the recall from that system should be the same as the original: the system stores and conveys information, it does not elaborate it. Yet there is evidence that in an altered state people can experience “something” that is not merely the trace of a consciousness but an active consciousness itself. It is a living consciousness that is not the consciousness of a living person.

This remarkable phenomenon emerges in the mystical experience, in the experience of therapists who induce an altered state of consciousness in their clients, as well as in the trance state of mediums. Therapist Allan Botkin claims to have induced “after-death communication” in thousands of patients,⁸ after-life researcher Raymond

“Conscious-
ness may not
be “in”
spacetime
but in a
realm
beyond it.”

Moody reported many cases of spontaneous communication with deceased persons, and psychic mediums seem able to enter into communication with active intelligences that appear as living beings, answer questions and recount what happened to them after they died.⁹

These observations point to a remarkable conclusion: it appears that we can be in communication with entities that manifest a sense of self, carry memories of physical existence, and occasionally manifests a keen desire to communicate. This is “transcommunication,” and it is not explained either by the turbine or the cloud theory.

THE THIRD CONCEPT: CONSCIOUSNESS IS COSMIC (THE HOLOGRAM THEORY)

Consciousness seems to persist in nature as an active intelligence, capable of perceiving some aspects of the world and communicating its experience. How could this be?

Traditionally, the answer has been that it is the transcendental soul or spirit that survives the body, and thus it is the soul or spirit that we communicate with when we encounter an entity that appears as a living consciousness but is not the consciousness of a living person.

The traditional explanation may be correct, but it exceeds the bounds of science. Science can only deal with things in nature, and not with transcendental realities. Yet there may be a scientifically acceptable explanation for consciousness beyond the brain. Consciousness may not be “in” spacetime but in a realm beyond it.

8 Allan Botkin and R. Craig Hogan, *Reconnections: the Induction of After-Death Communication in Clinical Practice*. Hampton Roads, Charlottesville, 2006.

9 Particularly vivid experiences channelled by a variety of mediums are reported in “What the Dead Say,” Chapter Nineteen in Chris Carter, *Science and the Afterlife Experience*, Inner Traditions, Rochester, VT 2012.

Emma Rowlatt shares her knowledge on the powerful benefits of meditation.

The purpose of meditation is to promote equanimity. If our mind is peaceful, we will be free from distractions enabling us to experience clarity.

I travelled to Varanasi, India, to participate in a Vipassana meditation course. Vipassana translates as; 'To see things as they really are'. To achieve this state of well-being, participants are required to undergo a strict ten day meditation schedule, ten hours of mindfulness each day starting at 4.30am every morning. A noble silence is adhered to throughout.

The course left me rejuvenated, more alert and with an appreciation of a newly discovered inner harmony. The potent benefits of the course was apparent in the post-course healthy glow radiating from my whole being.

Not everyone has the time nor the funding to commit to such an extreme course of action, which is why I have condensed my learning and produced a series of meditations. The fifteen minute Energise and Motivate MP3 is available as a complimentary download from my website using the voucher code below emmarowlatt.com. Welcome to your new world...

voucher code: WKS131
expires 25/09/14



ENERGISE AND MOTIVATE GUIDED MEDITATION

Gateways Of The Mind LONDON '14

8th & 9th November - The Tabernacle, Notting Hill

An Immersive Exploration Of Consciousness Through The Wheel Of Life, Death, Afterlife & Rebirth



Naba Shenmira Iritah
Dogon Priest, Healer & Spiritual Activist
Kemetic Mysteries Of Death & Afterlife



Dr Penny Sartori
Near-Death-Experience Researcher, Author
The Latest Research On Near Death Experiences



Dr Rupert Sheldrake
Biologist, Researcher, Author
Morphic Resonance & Collective Memory



Dr Peter Fenwick
Neuropsychiatrist, Lecturer
Understanding Of Consciousness Through Near Death Experiences



Dr Nigel Hamilton
UK Representative of the Sufi Order
Awakening Through Dreams - A Sufi Perspective



Charlie Morley
Gateways Compere
UK's leading lucid dream teacher



Ya'Acov Khan
School of Movement Medicine
A Matter Of Spirit

Bringing together leading researchers, authors & practitioners for teachings, discussions, meditations, interactive workshops, music & art....this is the Gateways experience!

2 Days ONLY £165 / 1 Day £115

www.gatewaysofthemind.com/london



Event & Media Partners





The latest theories in quantum physics suggest that the spacetime realm is not all there is: there is a deeper dimension in the cosmos. Consciousness could reside in that dimension, and only manifest itself in space and time.¹⁰

This insight has been known for millennia. Philosophers of the mystical branch in Greek metaphysics differed on many points, but were united in affirming the existence of a deep or hidden dimension. For Pythagoras this was the Kosmos, a trans-physical, unbroken wholeness, the prior ground on which matter and mind, and all being in the world arises. For Plato it was the realm of Ideas and Forms, and for Plotinus “the One.”

At the dawn of the modern age Giordano Bruno brought the concept of a deep dimension into the ambit of modern science. The infinite universe, he said, is filled with an unseen substance called aether or spiritus. The heavenly bodies are not fixed points on the crystal spheres of Aristotelian and Ptolemaic cosmology, but move without resistance through this unseen cosmic substance under their own impetus.

In the nineteenth century French physicist Jacques Fresnel revived this idea and called the space-filling and in-itself unobservable substrate “ether.” When the famous Michelson-Morley

experiments failed to detect the “ether drag” predicted by Fresnel’s theory, the physics community embraced Einstein’s Special Relativity and discarded the ether concept.

However, by the dawn of the 21st century the ether, as an unobservable plane of reality grounding the observed phenomena, came back to physics. Theoretical physicists began to trace the fields and forces of nature to common origins in a unified, a grand-unified, and then super-grand-unified field. In the Standard Model of particle physics, for example, the basic entities of the universe are not independent material things even when they are endowed with mass. They are localized crystallizations or nodal points in a unitary matrix.

The realization that dawns today is that the unitary cosmic matrix is beyond space spacetime: it generates spacetime. In current theories — advanced by Craig Hogan, Brian Greene, Juan Martin Maldacena, Leonard Susskind and Gerard ’t Hooft among others — spacetime is a holographic projection of codes at its periphery. The codes themselves may be at the spacetime boundary, or perhaps in another universe.

What is clear is that they are not *in* spacetime, but beyond it.¹¹

The emerging view is that spacetime, and all the things that emerge and evolve in space and time, are holographic projections of a deeper dimension. In my view that dimension harbors the consciousness we encounter in us, and in other living beings. All forms of consciousness are manifestations of the integral consciousness that is beyond spacetime — that is the integral logos, the absolute and unchanging reality the Hindus call Brahman. In the final count Erwin Schrödinger is right: consciousness is one — it does not exist in the plural. Our consciousness is a holographic part of the cosmic consciousness, a part that embraces and contains the whole. It does not vanish with the demise of our brain, it only shifts from a localized to a cosmically integrated nonlocal form.

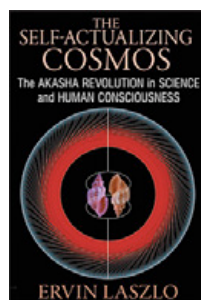
* * * * *

The bottom line is this. Much research needs to be carried out yet, but this stands out with remarkable clarity already: the brain is not a consciousness-generating turbine, whether operating by itself or as part of a cloud-computing network. It is not part of the brain and it is not produced by the brain. It is a cosmic phenomenon, of which localized but themselves nonlocal manifestations — my consciousness and yours — are temporarily associated with a living brain. But consciousness itself exists in the deep dimension independently of its association with any brain.

Encountering a disembodied consciousness is not a mystery but part of the range of human experience. This has been known to classical cultures and spiritual traditions, and is re-discovered today at the cutting edge of science, where quantum cosmology meets experimental consciousness research.

[Editor’s note: part two of this three-part series follows in the next issue of Watkins Mind Body Spirit in November]

FURTHER READING
THE SELF-ACTUALIZING COSMOS: The Akasha Revolution in Science and Human Consciousness by Ervin Laszlo, published by Inner Traditions, paperback (208 pages). Due in November: *The Immortal Mind: Science and the Continuity of Consciousness Beyond the Brain* (with Anthony Peake, Inner Traditions).



10 For particulars see *The Self-Actualizing Cosmos* and *The Immortal Mind*, op. cit.

11 For details and references see Ervin Laszlo, *The Self-Actualizing Cosmos*, op. cit. Chapters Three and Four.

"This profound and lyrical book teaches us the lost art of listening. And as we learn to listen, we open to the myriad voices of life and the silent mysteries of the soul and begin to sense the truth of being alive. Mark Nepo's words are always like choice wine for the soul, to be sipped slowly, allowing their flavor into all the secret places of our being. Beneath and between his words we can hear this greatest wonder we call life. This is the real gift of this wonderful book."

— Llewellyn Vaughan-Lee, Sufi teacher and author of *Prayer of the Heart*

Seven Thousand Ways to Listen:

Staying Close to What Is Sacred

by Mark Nepo



Mark Nepo moved and inspired millions of people with his No.1 New York Times bestseller, *The Book of Awakening*. In his continuing exploration of the human journey, he has been called 'one of the finest spiritual guides of our time', 'a consummate storyteller', and 'an eloquent spiritual teacher'.

I was having lunch with Olasope Oyelaran, a linguist from Nigeria. As we talked, he brought languages alive like tropical plants and spoke of them as rooted things that sprout and reach in all directions for the light. He marveled that there are seven thousand living languages on Earth. And these are only the ones we know of. The music of his African voice flowed beneath his overtones of English. Listening to him affirmed the things that come before us and which, thankfully, outlast us.

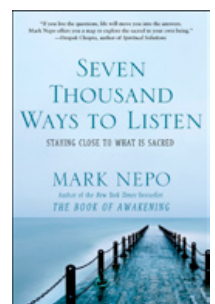
That night, as I settled under the covers, with the lights out, I heard our yellow Lab breathe as the wind announced the stars. There, in the silence that's never quite silent, I

realized that, if there are at least seven thousand ways to speak, there are at least seven thousand ways to listen. And just how few we know.

The many ways to listen have been reaching into me for years. To enter deep listening, I've had to learn how to keep emptying and opening, how to keep beginning. I've had to lean into all I don't understand, accepting that I am changed by what I hear. In all, it's been an exciting journey, one that's made me more alive. I offer what I've learned and am still learning, not as a map or set of instructions but as one way to open our humanity.

To start with, we must honor that listening is a personal pilgrimage that takes time and a willingness to circle back. With each trouble that stalls us and each wonder that lifts us, we are asked to put down our conclusions and feel and think anew. Unpredictable as life itself, the practice of listening is one of the most mysterious, luminous, and challenging art forms on Earth. Each of us is by turns a novice and a master, until the next difficulty or joy undoes us.

FURTHER READING
SEVEN THOUSAND
WAYS TO LISTEN:
Staying Close to What
Is Sacred by Mark
Nepo, published by
Simon & Schuster,
paperback (288 pages).





MEET THE AUTHOR

MARK NEPO is a poet, philosopher and author of fourteen books, including the *New York Times* bestseller, *The Book of Awakening*. His latest books are *The Endless Practice: Becoming Who You Were Born to Be* and *Reduced to Joy*, a new collection of poems. Mark has appeared several times with Oprah Winfrey on her *Super Soul Sunday* program (OWN TV) and has been interviewed by Robin Roberts on *Good Morning America*. He lives in Southwest Michigan.

ON THE WEB

MarkNepo.com
ThreeIntentions.com

“If you live the questions, life will move you into the answers. Mark Nepo offers you a map to explore the sacred in your own being.”
— Deepak Chopra, author of *Spiritual Solutions*.

In real ways, we are invited each day to slow down and listen. But why listen at all? Because listening stitches the world together. Because listening is the doorway to everything that matters. It enlivens the heart the way breathing enlivens the lungs. We listen to awaken our heart. We do this to stay vital and alive.

This is the work of reverence: to stay vital and alive by listening deeply.

The truth is we spend much of our time on Earth listening and waking. When awake, we come upon the risk to be honest and vulnerable in order to live life fully. If we get this far, we are returned, quite humbly, to the simple fate of being here. Ultimately, a devotion to deep listening remains the simple and sacred work of being here.

To awaken our heart through the reverence of listening strengthens the fabric that knits us all together. Why? Because as cells are nourished and cleansed by the bloodstream, the bloodstream depends on healthy cells. All work together to keep the body alive and whole. In just this way, the world depends on the dance between the individual awakened soul and the river of Spirit that feeds us all. The world needs healthy awakened souls to stay alive and whole.

Yet how do we inhabit these connections and find our way in the world? By listening our way into lifelong friendships with everything larger than us, with our life of experience, and with each other.

Our friendship with everything larger than us opens us to the wisdom of Source. This is *the work of being*. Our friendship with experience opens us to the wisdom of life on Earth. This is *the work of being human*. And our friendship with each other opens us to the wisdom of care. This is *the work of love*. While we may feel lifted or overwhelmed by each of these on any given day, they are intertwined and inseparable – three friends we need to stay connected to if we have any hope of living an awakened life. These three friendships – *the work of being*, *the work of being human*, and *the work of love* – frame the journey of this book.

In a daily way, listening is being present enough to hear the One in the many and the many in the One. Listening is an animating process by which we feel and understand the moment we are in: repeatedly connecting the inner world with the world around us, letting one inform the other. Listening is an ongoing way of relating to experience.

There are many interchangeable names for listening. The place-holder we call listening is merely the eyehole to the kaleidoscope; the shell we hold to our ear that somehow reveals the music of the ocean. It doesn't matter what you call it but that you find the entry that works for you. What matters is that you keep trying and keep putting your attempts together, that you gather your own understanding.

Though this book is called *Seven Thousand Ways to Listen*, there is obviously no secret number, no secret math involved. This is just a way of pointing to a path that has no end. As you read and gather notions of listening, I invite you to interchange them and grow your own sense of meaning along the way. For example, “Ways of Listening” might also be understood as “Ways of Keeping What Is True Before Us” or “Ways of Receiving” or “Ways of Entering the Unspoken.”

I welcome you to this conversation between the stars, the animals, and the trees of language sprouting from the Earth. I invite you to engage in the work of reverence; in the work of staying freshly connected by entering your friendship with this mystery we call life. I invite you to listen in every way you can, for listening in all things is the first step toward friendship.

TO INSTRUCT FROM WITHIN

What does it mean to follow our intuition? What kind of listening are we asked to engage in order to sense what is calling and whether we should follow? Even now, as I try to speak of this, I am stalled if I try “to think of what to say next.” What is out of view only opens into something knowable if I wait and try “to listen to what is there.” If it takes a while, it's because some aspects of truth are shy like owls who don't like to be seen during the day. It seems that intuitive listening requires us to still our minds until the beauty of things older than our minds can find us.

Let me share a poem as a way to enter this more deeply:

THE APPOINTMENT

What if, on the first sunny day,
on your way to work, a colorful bird
sweeps in front of you down a
street you've never heard of.

You might pause and smile,
a sweet beginning to your day.

Or you might step into that street
and realize there are many ways to work.

You might sense the bird knows something
you don't and wander after.

You might hesitate when the bird
turns down an alley. For now
there is tension: Is what the
bird knows worth being late?

You might go another block or two,
thinking you can have it both ways.
But soon you arrive at the edge
of all your plans.

The bird circles back for you
and you must decide which
appointment you were
born to keep.

At every turn in every day we are presented with angels in a thousand guises, each calling us to follow their song. There is no right or wrong way to go, and only your heart can find the appointments you are born to keep. It's hard to take this risk, but meeting each uncertainty with an open heart will lead us to an authentic tomorrow. In the poem, however far you go to follow the bird is beautifully enough. If you simply pause and continue with your day, you will be given something. If you wander after its song a block or two, you will be given something else. If you discover that following this bird leads you to another life, you will be given something else indeed. Each point in the journey is an end in itself. One is not better than the other. Only your heart knows what to follow and where to stop.



Everything we need to know is already here

by *Luke Eastwood*

If some stranger from unknown lands, or indeed some alien entity, should arrive in the midst of Western civilisation today; they could be forgiven for believing that the purpose of human existence is to make and spend money.

For the most part, human lives are dominated by the need to work, to generate money for ourselves and for those that employ us. It is also dominated by the insatiable need to spend, spend and spend in an endless orgy of consumerist obsession, a disease of the mind that appears to be spreading to every corner of the globe.

From observing modern human behaviour one would hardly consider that we have any spiritual lives at all. And quite often, where spirituality is given sway it is inevitably tied up with money, either in the form of alms to the various churches or as payment for spiritual services that purport to aid our enlightenment.

We all need to live, that much is true. The phrase 'Man shall not live

by bread alone', attributed to Yeshua Ben Miriam (Jesus) is indeed true, but this does not mean that man should live without bread either. However, we now live in an age where love of money and material possessions has become so pervasive and overwhelming that even spiritual wisdom is hawked as if it were no more vital than mere tins of beans.

As a writer who wishes to sell books, it is somewhat ironic that I should take this tone. Much as I would like people to purchase and read my books, what I consider much more important is that people discover the process of gnosis. Gnosticism, although identified with esoteric Christianity is in fact applicable to all religions and spiritual paths – it simply means the acquisition of spiritual knowledge and by implication spiritual understanding.

Nothing I have to say here (or in any of my books) is original, I am merely reiterating what has been said before by many. It's true that there are some minor spiritual innovations or insights that are revealed or arrived at, but these are, I believe, additional perspectives on the divine truths that are already apparent if we only have eyes to see them.

Whether our sources be *The Egyptian Book Of The Dead*, the Quran, *Tao Te Ching*, Jewish scriptures, the (many various) Gospels or New Age spirituality etc. the road to answers to all the eternal questions that irk humanity are there for the taking. The essence of holy scripture is not about dogma. Dogma has developed in the aftermath of these sacred revelations

through the institutions that grew up around each particular religion. The essence of holy scripture is gnosis – the imparting of spiritual knowledge to humanity and the guidance of each individual's journey of the soul towards a true understanding of that knowledge.

This brings to mind the Chinese proverb 'Teachers open the door, but you must enter by yourself', which is strangely paraphrased by the character Morpheus in the film *The Matrix* – 'I can only show you the door. You have to walk through it.' What the Wachowski's tried to elucidate in this populist movie most probably went over the heads of most viewers but I think the whole film is an attempt to reiterate what Plato described in his Allegory of The Cave, in *The Republic*. The answers are already here, the kingdom of heaven is here on Earth if we only know where to look. Unfortunately most of us are still staring at the dancing shadows on the wall of the cave, where we have no possibility of understanding anything as it really is.

Consumerism is perhaps the most insidious of the snares of what Buddhists and Hindus call samsara and goes a good deal of the way to preventing the process of moksha or what westerners might call gnosis – the release from the illusions of our material existence.

Which path we happen to be on, be it Christianity, Islam, Polytheism, Sikhism, Hermeticism or whatever is essentially irrelevant if it can lead us to grasp the reality of our existence. I cannot tell you what that is any more than the sacred texts or any spiritual teacher ever could; in the words of the Monty Python character Brian – 'You've all got to work it out for yourselves!'

The answers to our own unique spiritual reality do not lie in one more book or one more course, or even in the sacred scriptures themselves. These answers are all there already of course, once our eyes are open to see them. And there lies the great paradox – if we do not know who we are and why we are, how are we to know the right answer when it's right under our nose? The answers lie in the asking of the right question instead of the many years or lifetimes spent in the desperate pursuit down countless blind alleys. The right question lies in the depths of the human heart and it is from there that the journey towards the immutable, immeasurable light that we call God truly begins.



MEET THE AUTHOR

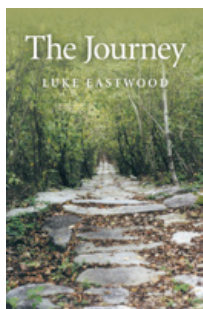
LUKE EASTWOOD is a gnostic, a druid, a gardener and the author of *The Druid's Primer* and *The Journey*.

ON THE WEB

www.lukeeastwood.com

FURTHER READING

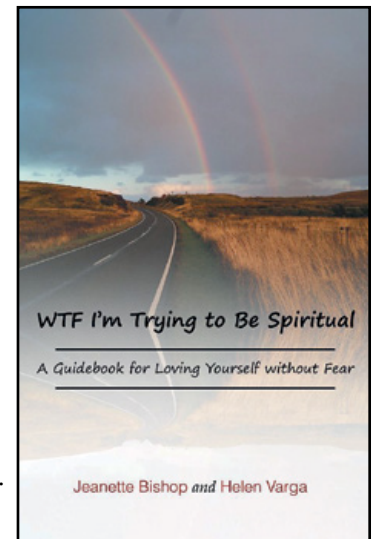
THE JOURNEY: Exploring the spiritual truth at the heart of the world's religions by Luke Eastwood, published by Moon Books, paperback (78 pages).



WTF I'M TRYING TO BE SPIRITUAL

A Guidebook for Loving Yourself without Fear

There's no point in having spiritual answers if we can't stand ourselves. Discover how to reveal the power of love within as a dialogue between God and the authors provide real insights into the human condition while giving solutions for daily living.



"Bishop and Varga have created a jovial and generous guidebook for self-care."

ForeWord Clarion Reviews

Paperback ISBN 978-1-4918-4558-5

eBook 978-1-4918-4758-9

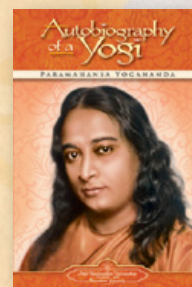
www.amazon.co.uk

Free excerpt at amazon.com (via paperback edition)

www.kissandtellproductions.com / www.twitter.com/jenandhel

"A divine universal plan exists and... it is beautiful and full of joy."

— *Autobiography of a Yogi*
by Paramahansa Yogananda



SELF-REALIZATION FELLOWSHIP
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

www.yogananda-srf.org

For information about the SRF London Meditation Centre, please call (0207) 935 0204

"Sarah's book has done a fabulous job of highlighting that we are all leaders being called to demonstrate our talents, gifts and wisdom to the world. And, as entrepreneurs at this time, we must recognise that we are here to spread this message of love through the work that we do."
– Nick Williams, Author of *The Work We Were Born to Do* and co-founder of www.inspired-entrepreneur.com

The Seven Key Lessons of Spiritual Intelligence in Leadership by Sarah Alexander

WHAT IS SPIRITUAL INTELLIGENCE?

Our Spiritual Intelligence is the deep inner wisdom, knowledge and insight that is within us all. This Intelligence can see the bigger picture of our lives individually, and the higher picture of all lives collectively. It guides us through our gut feelings, our inner hunches and our inspired and creative ideas, always in alignment with our highest good and greatest joy.

The value of our Spiritual Intelligence is that it is able to see all situations and people with objective awareness. It does not have the personal mental filters and limited perceptions through which we see and evaluate everything and everyone

that we encounter. This Intelligence can see clearly the way forward for us because it has knowledge of all of the facts in any situation (which in truth, we do not have) and it has the predictive powers that we mostly lack. The greatest benefit of faithfully following the guidance of our inner Intelligence is that it is imbued with the energy of Spirit. This energy sees us as perfect, whole, complete and of inestimable value and worth. Each time we follow our inner promptings we are aligning with this higher truth about ourselves.

Our Spiritual Intelligence can guide us both practically, on everyday issues, as well as provide us with wider insights on larger life questions. All we have to do is ask this Intelligence for insight and surrender to receive its answers. These answers may come in the form of new intuitive ideas and thoughts, information that your awareness just seemingly gets drawn to, or a new sense of direction and purpose that naturally arises in your life. Our inner Intelligence also guides us to embrace our inherent purpose and lovingly use all our talents, skills and gifts for the betterment of the world. This is how we become Spiritually Intelligent Leaders in our own lives.

"We become leaders in our own lives, acting in alignment with our Spiritual intelligence and the Higher plan for our lives."

In my book, *Spiritual Intelligence in Leadership: From Manager to Leader in Your Own Life*, I highlight the difference between our True Self, which is the Leader in our lives, gently nudging us forward from within, and the ego, which I refer to as the manager in our lives. The ego is that voice always chattering away in our minds, acting as the one that manages and controls us. The ego too, does its best to divert us away from our inner Intelligence, telling us “it is not rational or logical” and “those ideas won’t work”. Our True Self, in contrast, is that place of stillness, awareness and deep peace within us that softly directs us in alignment with our Spiritual Intelligence.

Our Spiritual Intelligence operates in conjunction with our learned intelligence, our emotional intelligence and our body’s innate intelligence. The more we acknowledge it and use it, the more profoundly it affects our consciousness. This Intelligence leads us to let go of our limited thinking and all the negative beliefs that we hold about ourselves. It nudges us to step into our True, Authentic Self.

This aspect of Spiritual Intelligence has been especially valuable for me: I was brought up in a devout religious family and yet I was sexually abused as a child by a close family member. As a result of this, I retreated into myself as a youngster embracing beliefs such as ‘I am not worthy’, ‘I am not wanted’, ‘I am not good enough’, ‘I am not loveable’, ‘I am of no value’ and ‘I don’t belong’. As an adult, much of my personal growth has been about clearing these limiting beliefs and claiming the reality about myself that my inner Intelligence is encouraging me to acknowledge. This inner clearing has led me on a challenging and a richly rewarding journey that has taken me to a place of alignment with my True Self. From here, I am able to help others let go of their limited thinking and behaviours and be their True Selves.

The key to connecting to your Spiritual Intelligence is the practice of meditation. This includes the focusing and stilling of your mind, even if just by observing your breath for 5 – 10 minutes a day. When we quieten our mind’s chatter, gradually the wisdom of our inner Intelligence can speak to us clearly. I meditate on a regular basis throughout my day and this has enabled me to quieten my mind at will and easily access the wisdom within me.

If you are looking to have a sense of meaning, purpose and fulfilment in your life, as well as greater happiness, your innate Spiritual Intelligence will provide you with the means to achieve exactly that.

THE SEVEN KEY LESSONS

We are all on a journey overseen by our Spiritual Intelligence. This journey takes us, either consciously or unconsciously, from the dominance of our ego to the awareness of our True Self. There are seven key lessons to learn which guide us to let go of our reliance on the material world of form. Instead, we enter into a dependence on our inner world of the formless, the changeless and the eternal. To do this we have to totally surrender many of our long held beliefs and mindsets. From this place of malleability, we become leaders in our own lives, acting in alignment with our Spiritual intelligence and the Higher plan for our lives.



MEET THE AUTHOR
SARAH ALEXANDER is a coach, mentor, speaker and author. She coaches business leaders and entrepreneurs worldwide using Spiritual Intelligence to help them make the most of their life’s work. She has worked with international sports professionals, executives from multinationals in the UK, Europe and the Far East, and entrepreneurs running successful businesses. She is also the author of *Spiritual Intelligence in Business: The Eight Pillars of 21st Century Business Success*.

ON THE WEB
sarah-alexander.co.uk

“Our True Self knows that, regardless of our outer circumstances, our worth is consistent and inestimable.”

1 Believe In Your True Value and Worth

We all believe that our value and worth are intimately linked to our level of VIP status in the world. Early on, our achievements at school led us to feel valuable and, as we enter the work place, so our ability to generate a high income and achieve much enhances our sense of worth. However, without these physical demonstrations of our value, we can end up feeling worthless which can lead us to destructive and addictive behaviours.

Our True Self knows that, regardless of our outer circumstances, our worth is consistent and inestimable. As we align with this thinking, we are able to let go of the need to constantly prove our worth and be happy with exactly ‘what is’.

2 Know Your Security Is Within You

We feel secure with money in the bank, a lovely home, a happy relationship and a secure job or flourishing business. But, with all of these trappings of the world we often feel insecure, living with the nagging anxiety of ‘what if’ we lose these things we depend on? All too often, life does rob us of these things, leaving us with a desperate sense of insecurity.

In contrast, our True Self knows that our real security lies within. The more we are able to rest in that place of inner security, the easier we find it to let go and navigate life’s ebbs and flows without losing our calm centre.

3 The Power of Your Intuited Wisdom

We have been taught that our intellect is all powerful. Our ability to rationalise situations is how we will get on in life.

As our True Self, we allow the wisdom of our Spiritual Intelligence to guide every aspect of our lives and to solve all issues that arise for us, even if this guidance appears to be far from logical. This Intelligence knows what is right in any situation and all that we are here to accomplish within it.

4 The Value of Deep Faith

We are familiar with placing our faith in our partner, our job, our financial position or the medical

profession. Yet all of these things are changeable and often unreliable.

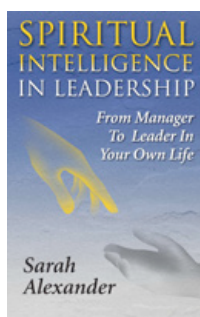
As our True Self, we have complete faith in the inherent goodness of Life. We recognise that everything that occurs is part of the overall arc of goodness that is moving us all towards our Highest potential. With this acceptance, we can relax and surrender to all that Life offers us.

5 Right Intention... Right Action
Our ego has a host of intentions that will provide us with the material lifestyle that it desires.

Our True Self intends only to express qualities such as goodness, loving kindness, compassion, generosity and forgiveness. It goes through life looking for opportunities to express these qualities to others in the knowledge that it will receive all that it shares.

6 Letting Your Light Shine
To our ego, shining its light means achieving fame, significance and recognition, by whatever

FURTHER READING
SPIRITUAL INTELLIGENCE IN LEADERSHIP: From Manager to Leader in Your Own Life by Sarah Alexander, published by Balloonview, paperback (184 pages).



means! You only have to watch reality TV shows to see this desire in action.

As our True Self we shine our light by utilising our gifts for the betterment of the world. All we have to do is show up in every situation and allow our inner light to bring love into it.

7 The First Among Equals
The ego's approach to leadership is to take charge, affirm your superiority and don't let your guard down. Even in social situations, it assesses others and finds a host of reasons to feel superior.

Our True Self's approach is to see itself as first among equals. It sees the inherent worth in everyone, regardless of their position and treats them with courtesy. This approach leads to harmony in interpersonal relationships and a sense of Oneness within a team.

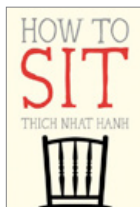
To sum up, Spiritual Intelligence in leadership requires that we place high value on our inner world. We give time to connecting with it and we allow ourselves the space to sense the Oneness with our True Self. From here, we are able to spread that energy of Oneness out into the world.

THICH NHAT HANH

HOW TO SIT

Illustrated Paperback (96 pages)

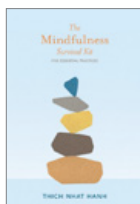
"To sit is to restore ourselves, to become fully present and fully alive in the here and now." – Thich Nhat Hanh. *How to Sit* provides simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve the awakened, relaxed, state of clarity to cultivate concentration and compassion. Thich Nhat Hanh shares a series of secular guided meditations that help us return to our breath, spend some time in the present moment, and come home to ourselves.



THE MINDFULNESS SURVIVAL KIT: Five Essential Practices

Paperback (160 pages)

Thich Nhat Hanh offers a Buddhist contribution to the current thinking on how we can come together to define secular guidelines that will allow us to explore a compassionate and healthy way of living. The Five Mindfulness Trainings are guides for living a happy, fulfilled, and ethical life. Discussing the value and meaning of each precept, he offers insights into the role that it could play in our changing society and argues eloquently for their applicability in our daily lives and on a global scale.



ZEN BATTLES: Modern Commentary on the Teaching of Master Linji - Revised Edition

Paperback (304 pages)

One of the key tenets of the Zen school of Mahayana Buddhism is that each one of us is already a Buddha – our enlightenment is inherent within us, and the practice of mindfulness is the tool to bring this truth to our full awareness. Thich Nhat Hanh uses the teachings of ninth century Zen Master Linji (revered founder of the Rinzai School) to elaborate on this simple truth and to give readers tools that can help awaken them to their true inner nature.

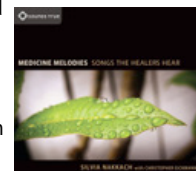


MUSIC

MEDICINE MELODIES: Songs the Healers Hear

Silvia Nakkach with C. Eickmann – CD (67 Mins)

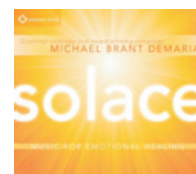
From time immemorial the shaman has heard the hidden music of the universe and sung it back through what Nakkach calls "medicine melodies": healing sound formulas that help to transform energy patterns and enhance deep listening and receptiveness. Drawing on Indian ragas, Sufi zikirs, Tibetan chant, and indigenous shamanic songs from Africa and the Americas, *Medicine Melodies* is a multilayered tapestry of drones, vocal harmonies, strings, and acoustic landscapes.



SOLACE: Music for Emotional Healing

Michael Brant DeMaria – CD (60 Mins)

Flowing through all of our hearts is a river of loving energy that has the power to cleanse our wounds and move us toward wholeness. These serene compositions use piano, keyboards, native flutes, and gentle percussion to take listeners on a profound inner journey meant to "loosen the stuck places" within our psyche and spirit, and help us embrace our ever-changing experience with wisdom and compassion.

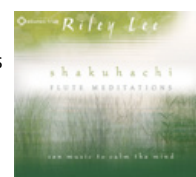


SHAKUHACHI FLUTE MEDITATIONS:

Zen Music to Calm the Mind

Riley Lee – CD (62 Mins)

The shakuhachi flute can be as expressive as the human voice – it can evoke the sound of gentle rain, the quiet rustle of a breeze through a bamboo grove, or the soft rush of wings as a heron takes flight. When played by a master, the shakuhachi captures the quality of *stillness* – the essence of meditation itself. Grand Master Riley Lee presents an album of his most soothing selections, with original and traditional compositions to create an atmosphere of spacious serenity.



"A stunning spiritual guide directing readers on how to walk into their soul."

- Caroline Myss, author of *Sacred Contracts*

"The gift of this book is that it brings us into communication with our own inner Guide who communes with us from a formless realm where words alone are meaningless."

- John Brierley, author of the *Camino Guides*

The Inner Camino:

A Path of Awakening

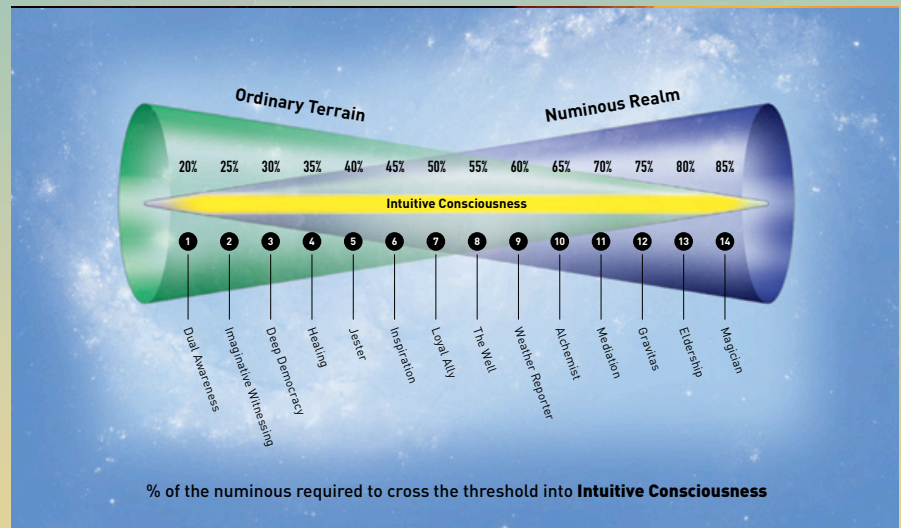
by Sara Hollwey & Jill Brierley

Are you looking to make real and lasting change in your life? *The Inner Camino* offers a reliable method to support such change effortlessly, even in situations that appear intransigent or hopeless. *The Inner Camino* contains within it easy to follow maps and a compass to re-orientate the reader on a journey within. It travels through both the inner psychological and mystical worlds, bridging eastern and western spiritual practice and psychological theory. *The Inner Camino* is written in the form of a pilgrimage and is about this transformational process. It follows way-marks through our most creative source of wisdom, our *Intuitive Consciousness*.

After years of studying and working together professionally we both reached a limit or 'glass ceiling'. We found that most of our existing psychological models did not fully reflect the esoteric wisdoms of many spiritual traditions. Equally our commitment to the rigour of daily eastern and western spiritual practices did not transform our most persistent old triggers.

The numinous realm and psychological science needed a reliable bridge that would straddle these two essential parts of our existence. *The Inner Camino* is about such a bridge between these two worlds, to hold in perfect balance all that we have discovered about ourselves in psychological science, and of all that we have garnered as a result of the wisdoms of spiritual practice. It charts the path we take to reconnect reliably to our intuitive wisdom – a path that straddles the worlds of the mundane and the numinous.

In the diagram we give a visual representation of this path and how it follows a route between two extensive landscapes. The green terrain, represented by a green cone, describes everything that belongs to



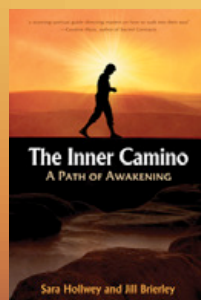
our everyday or mundane lives in the world of form. In this ordinary terrain resides the ego. This refers to our sense of self, which includes having a physical and a psychological body. We will meet many aspects of this ego along the inner journey as we work on our psychology.

The purple cone is the other realm through which we travel. It represents the numinous that is voiceless, formless and infinite. The numinous realm exists in an un-manifest ground of being, and is a place of peace, stillness and freedom from pain and suffering. The yellow line represents the path between the mundane and numinous. It forms the stable bridge, linking the two.

The more steadily we can walk this camino or bridge between these two landscapes, without slipping to one side or the other, the more we can deepen what we have termed our *Intuitive Consciousness*. This is the source of our greatest wisdom that encompasses both the psychological and the numinous. Connecting with this higher level of consciousness brings us fully present into the now, and is the starting point to becoming creators of our own lives. It is from here that the walk of our own caminos began.

In the first section of *The Inner Camino* we explore our personal landscape and develop a deep inner work practice of self-reflection. We discover how to apply *Intuitive Consciousness* practically to our daily lives and what pulls us off the path. In the second section we address our world of relationships and move beyond the limiting idea of separation. The 'other' becomes our teacher for our own journey to wholeness. Whenever we split or project on to others we are not operating from across the threshold. The task is to reclaim these lost fragments but also to reconnect with this unified whole, so that we do not limit ourselves in any way.

FURTHER READING
THE INNER CAMINO:
A Path of Awakening
by Sara Hollwey & Jill
Brierley, published
by Findhorn Press,
Illustrated Paperback
(240 pages).



“Making Life a Better Place”

by Stephen Paul Chong



OVERCOMING THE OBSTACLES

I picked my eldest son up from his school the other afternoon. He was a bit morose so I asked him how his day was.

‘Dad,’ he said, I’d just like to be left alone. I just broke up with my girlfriend.’

‘Okay son,’ said I, ‘I understand how you feel.’

Mind you, this ‘love affair’ had lasted something in the order of about one week, but I did empathise with the lad and understood the pain of such parting, particularly when it was only his second brief foray into the tangled magnificence of ‘affairs of the heart’. I did ask whether they were still friends and he expressed this to the affirmative.

I didn’t press the matter any further until somewhat later. I reflected that although the pain of such broken relationships, for one so young (he’s only fifteen) is highly magnified and supremely heartfelt, the consequences are relatively minor. I related how, when later in life, if we have these forms of relationship break-ups, they can have severe consequences such as separation, divorce, court proceedings, unequal division of possessions and court imposed custody orders for the children ... to name but a few of the (ouch!) consequences.

Interestingly enough, he saw the funny side of this and (I think) understood that although he was feeling some degree of emotional pain, ultimately the whole affair could be put down to little more than ‘essential life experience’.

Indeed, throughout life there will be many such trials and challenges to face and overcome. What we need then is

a *proper perspective* and an appreciation of the *gravity of the situation*.

Let’s first look at what a proper perspective really is...

Perspective is ‘*how you look at something*’. How you look at something creates ‘*how you see it*’... this is perception. How we perceive something, in turn, creates our experience (of the situation).

In other words, how we look at something (our perspective), creates how we see it (our perception) which creates our experience (of the situation). For example, if you were to look into a dark room of your house at night with fear (your perspective), that is how you will see it (your perception will be that the room is a scary place to be). Then, when you enter the dark room, that is what you experience (fear). It’s kind of like a vicious circle. So in reality, (staying with our example) we have created our own experience (of fear) by the way we look at things.



MEET THE AUTHOR

STEPHEN CHONG M.Ed. is a highly sought after personal development coach, keynote speaker and author. Over the past 25 years he has provided guidance and motivation to countless people through his inspirational messages and ability to *bring the best out in people*. Stephen’s wise observations of modern work and personal life will give you insight into how to realise your highest potential through a rich and fulfilling life.

ON THE WEB

stephenchong.com.au

But let's turn this around` a bit...

What if you looked into the dark room and thought, 'that's not scary'. There's nothing to be afraid of. It's the same room as it was during the daytime and that wasn't scary. Well, your perspective has just been altered dramatically. So, when you go into the room, you feel confident and assured and you go about your business without fear or anxiety (and hopefully find a light switch).

So, let's get things into perspective shall we. Let's change some of the old perspectives (that hold us back). Try these for size:

"I'm afraid, I'm scared" ... change to ... "I'm capable, I can do it."

"I'll never be any good" ... change to ... "I'm a worthwhile human being with plenty of great talents".

"I don't care" ... change to ... "This is important and I need to do/say it".

"It's all your fault" ... change to ... "I'm willing to face the consequences of my actions".

Okay, cool. So now let's come to grips with the *gravity of the situation*.

Here's a website that you may like to visit: en.wikipedia.org/wiki/Holmes_and_Rahe_stress_scale. This site describes the Holmes and Rahe stress scale. Based on medical records and research, it outlines and rates 'life events' and places them on a scale relating to how much stress the event caused. There is a scale for adults and one for young-adults.

What may be really cool to do is to rate your challenging life experiences against the 'life change units' expressed on the scale. This will help you put the *gravity of the situation* into a relative perspective and see how important the event is in terms of other life events.

Based on the rating scale, I suspect that my son's 'broken heart' experience would rate somewhere between 5 to 10... what do you think?

BUT LET'S LET A STORY TELL THE STORY: THE SPIDER'S WEB

'Master, master, there's a big-arse spider in the dormitory. Its huge and it's scary. I can't sleep a wink. It might come and bite me,' cried the young novice as he ran into the master's chambers.

'Young novice I'll thank you not to use such profane language to your elders.'

'Oh, oh, sorry master, but it's just that I'm so scared of spiders and this one is so big that it could easily bite my hand off.'

'Well, let's go and see shall we,' said the master. So both master and novice walked down the hallway to the novice's dormitory, whereby the master turned on the light to see the size of this fearsome creature.

Sure enough what the master saw was quite a sight. So much so that he burst out laughing and could barely contain his mirth at the terrible sight with which he was confronted. What he saw silhouetted on the wall was the shadow of a small spider that had drawn its web close to the bulb of the light. Being so close to the light, this wee small spider cast a giant shadow of menace upon the wall of the dormitory.

After the master had regained his composure, he placed a comforting arm around the young lad's shoulder and bade him to come and sit on the sofa in the corner of the room.

'Young man, what do you think is your most important

lesson from this experience?'

'Well master, I guess it's not to be afraid of big-arse spiders.'

'Hmm, once again I ask that you refrain from describing the actual with the profane, it does not serve you well. Anyway, I would think it most wise to be cautious of real big spiders. This is quite logical. Big spiders may indeed be quite dangerous. One would be wise to treat them with respect. But this is not the real lesson – you need to think more deeply.'

'Well master, I guess the lesson would be to check what is real before I get scared and run off in terror.'


'Hmm, this is closer to the point, but the real lesson from this experience is that when you view things through a prism of fear – what you are scared of – even the smallest of problems becomes like the largest of ogres. But, if you view things as they actually are, the reality is often far from scary.'

'I understand master. I am sure that I won't be scared anymore.'



'Well young novice, I wouldn't be so sure. Some big-arse spiders really do scare me,' said the master with a smile.

FURTHER READING
LETTERS ACROSS TIME: A Journey of Enlightenment by Stephen Paul Chong, published by O Books, paperback (242 pages).





EMAHO TIBET!



BLESSINGS FROM THE LAND OF THE SNOWS

A PHOTOGRAPHIC PILGRIMAGE OF ONGOING SPIRITUALITY

The Heart of Tibet Lives On

This book is a photographic pilgrimage of Tibet, and a powerful guide for meditation, reflection and comprehension for the different stages of our evolution.

by award-winning author **SIMHANANDA**

www.PalmPublications.com 978-1-928016-00-7

Digestive Intelligence:

A Holistic View of Your Second Brain

by *Dr Irina Matveikova*



Ever had that “gut feeling” that “SOMETHING” – good, or bad – was about to happen? That is your Second Brain talking to you.

Remarkable as it may seem your gut stimulates more feelings and emotions than you could ever possibly realise.

Inside our bellies there is an extensive network of neurons located between the two muscular layers of the walls of the digestive system. Moreover, the structure and functions of these digestive neurons are identical to those of neurons in the brain. That is why we call this gut neuronal centre “the Second Brain” (in medicine it has a scientific name: the Enteric Nervous System or ENS), the centre of our Digestive Intelligence, intuition, deeply hidden emotions and feelings.

The importance of the ENS was demonstrated relatively recently, in 1999, with the publication of the work of Professor Michael Gershon, chairman of the Department of Anatomy and Cell Biology at Columbia University, New York, and the forerunner of the new science of Neurogastroenterology.

According to new scientific data, the total number of neurons found in the small intestine is more than one hundred million!

Both of our brains produce similar chemical molecules – neurotransmitters and hormones – that are vital for our intercellular communications and the correct functioning of the entire body, but of the two brains, the one in our gut seems to be the principal pipeline for the production and storing of neurotransmitters. These vital substances regulate our moods and our emotional and psychological wellbeing. They form a group of essential molecules, which ensure correct communication between the neurons and others cells.

The presence of such a wide variety of neurotransmitters in our intestines is a clear indication of the complexity and richness of our digestive neuronal language and of its high capacity to generate and express its own emotions.

“Of the two brains, the one in our gut seems to be the principal pipeline for the production and storing of neurotransmitters.”

It has been revealed that 90 percent of serotonin (famous for its hormonal capabilities of generating “happiness” and “wellbeing”) is actually produced and stored in the intestinal walls. Only the remaining 10 percent of the body’s



MEET THE AUTHOR

Dr. IRINA MATVEIKOVA is licensed in Family Medicine, Endocrinology and Clinical Nutrition. She is also a certified expert in Eating Disorders Behaviour and has undertaken postgraduate studies in natural and holistic medicine in different countries worldwide. Her numerous articles about digestive health and functional nutrition have appeared in international magazines such as Harper's Bazaar, Marie Claire and Glamour, as well as in the professional medical press.

ON THE WEB

irinamatveikova.com

serotonin is synthesized in the neurons of the central nervous system – the cerebral brain – or, let's call it, our "higher brain".

Serotonin is of vital importance for human beings. It performs various functions including regulating our mood, appetite, sleep, and muscular contractions and it also intervenes in the mental processes of understanding, such as memory and learning. Serotonin is the true "messenger of happiness," and, thanks to it, the neurons can communicate with each other, releasing it and capturing it again, as and when needed.

"The gut brain is where fear, anxiety and phobias originate; along with excessive control or obsessions, and also premonition, apprehension, and intuition."

Let me give you an example of your gut's potential: psychopharmacological medications prescribed on a massive scale for depression belong to the group of drugs called selective serotonin reuptake inhibitors (SSRIs). These drugs facilitate neuronal communication by prolonging the active presence of serotonin in the space between two neurons (the synapse, or synaptic gap) before it is recaptured by the receptors. Such drugs have an effect on only the 10% of cerebral serotonin and yet are said to improve the patient's mood and control depression!

Yet, your gut brain produces a whole sea of serotonin — the remaining 90%! So the question is: how can we take advantage of this valuable resource and make the best use of it for mental and digestive health? This remains a challenging task for researchers.

Scientists have also made the surprising discovery that the gut is also a rich source of endogenous benzodiazepines, which are the active ingredient in anxiolytic drugs (tranquilizers). They're the drugs prescribed to help us sleep, overcome stress, reduce anxiety, or treat phobias. This raises the intriguing question: What if we could activate our own resources and somehow release digestive anxiolytics for our own psycho-emotional needs? I

believe nothing is impossible and that we have all the solutions inside ourselves.

There is constant communication between the two brains and that influence travels in both directions. I assure you that the relationship between the two brains, which involves hormonal, metabolic, and emotional levels, is very complex; we could even call it "intellectual" and it is also normally quite democratic and mutually respectful.

There's a famous saying: "I think, therefore I am." To this we should now have to add "...if my gut lets me". Vomiting, diarrhoea, and spasms all cloud the mind. The enteric nervous system could never write poetry or engage in a Socratic dialogue, but in spite of this, it really is a more intuitive brain, albeit without much social influence. In the words of Professor Gershon: "The intestinal brain plays an important role in human happiness and misery, although few people even know they have one".

Even though the concept of the second brain sounds new and revolutionary, we should remember that our gut's intelligence is very old and we have carried its wisdom and potential through the generations. Millions of years ago, when the basic structure of the cranial brain of our ancestors was just starting its development, a nervous system already existed in the gut and that allowed them to survive and evolve.

These ancestors were guided more by instinct and intuition, while developing social conscience and logic. In other words, our distant relatives listened to their guts and acted on the signals their intestinal brains sent them.

For animals, too, the voice of the "enteric" brain is still the predominant communicator of information. We are often amazed at the accuracy of a dog, horse, or cat's intuition. Animals pay attention to the signals coming from their innards. We higher beings, in contrast, are now separate from the rest of the animal world (although not completely), as we have suppressed the intuitive capacity associated with a "gut feeling," in favour of the all-powerful guiding voice of our mind and conscience.

Nevertheless, each of us from time to time has a "gut feeling," a warning that comes from deep inside and appears in intense or extreme emotional situations. It presents itself as a whole range of sensations, from a pleasurable thrill to a nervous knot, a hollow feeling, or a pain. This is our intestinal brain talking to us. Poor brain! Sometimes to attract our attention and goad us into action, it has to shout loudly using its own "language": bouts of diarrhoea, spasms, or nausea.

The gut brain is where fear, anxiety and phobias originate; along with excessive control or obsessions, and also premonition, apprehension, and intuition. Scientists consider that the abdominal brain can also memorize certain emotions, experience stress, and suffer its own psychoneurosis.

Although Western medicine has only recognized the "second brain" recently, in Eastern medicine the belly has long been viewed as the vital centre of the human organism. The way traditional Oriental medicine treats problems of the digestive system is a wide-ranging subject. I can only briefly mention here some of these philosophies to give just a taste of how authentic wisdom integrates the human being in all its aspects: physical, spiritual, and energetic.

Traditional Chinese medicine (TCM) recognizes the gut as the *dantian*, loosely translated as the “navel area, the centre of energy, the sea of *qi*”. *Qi* is vital energy force, or impulse. In contrast to the energy controlled by willpower or “doing,” the *qi* in the belly is “felt” and “allowed to come”. Ideally, we should be in contact with this centre (the gut itself) and concentrate its energy.

In Japanese martial arts, the *hara* represents the “the belly, man’s centre of being, the sea of *qi*”. This is where the expression *hara kiri* comes from, traditionally a form of ritual suicide among samurai warriors but literally meaning “belly-cutting” or severing the energy of being.

To be “*hara-centered*” is equivalent to an optimal state of health and integration of all the bodily systems, longevity, and wellbeing. It leads to a general state of serenity and profound calm, awareness, reason, personal power, and balanced action. This state can be achieved through meditation and psychophysical and spiritual disciplines. Those who have

“Our distant relatives listened to their guts and acted on the signals their intestinal brains sent them.”

a well-developed *hara* can do many things without any apparent effort, while at the same time remaining calm, patient and observant. They do not feel the need to intervene, even if they are not in agreement.

Those who know the art of *hara* (*haragei*, the “art of the stomach”) are immediately conscious of when they leave their “just centre” and fall under the influence of the ego-centric self and, quite naturally, without any effort they are able to return to their centre. Those with weak *hara* have fragile health, get angry and lose their temper easily; when faced with adversity, they quickly lose their self-control.

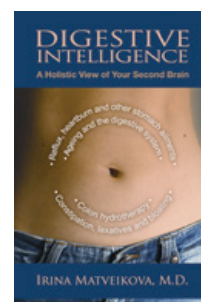
The expression “to be centered,” or in contact with our internal energy, has a lot to do with having a balanced and healthy digestive system.

So as we can see, the body has a true treasure that is available to us, but it only works fully if we respect it and let it act as it needs to, without submitting it to the external aggressions that knock it off balance.

Our brain’s capacity is much greater than we normally use (apparently, we usually only utilize around 15 percent of our brain’s potential). We have the internal mechanisms we need for recovery and cure. Our body talks to us and warns us. If we could just decode its signals and take notice of them, then we would be much stronger and healthier.

FURTHER READING

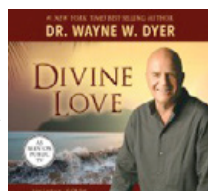
DIGESTIVE INTELLIGENCE: A Holistic View of Your Second Brain by Irina Matveikova, MD, published by Findhorn Press, Illustrated Paperback (176 pages).



SPOKEN WORD CDs

DIVINE LOVE – Live Lecture Dr Wayne W. Dyer – Six-CD Set

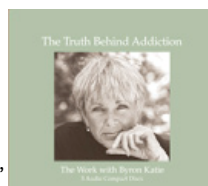
With this CD set, Wayne helps you to wake up to the power of Divine Love and teaches you how to feel your own connection to your highest self. You came from love, and you will return to that same perfect love. Learn to live from this love perspective on a daily basis, tap into your own divinity and experience first hand the inner peace that is yours. This programme will help you move from what you have come to believe about yourself to who you really are. You are Divine... step into the Love.



THE TRUTH BEHIND ADDICTIONS

Byron Katie – Three-CD Set (2 hrs, 40 mins)

The Work of Byron Katie has helped millions of people across the world. It has turned the minds of many people inside out and left them in a state of dazzling clarity where everything makes sense for the first time. With Katie’s help, investigate the thinking that fuels addictive behaviour. This unique CD set is ground-breaking for addicts and their families, and anyone interested in a life of greater freedom.



TURN TOWARD THE BEAUTIFUL: Creativity as a Path of Liberation

Jack Kornfield – Two-CD Set (1 hr, 57 mins)

To be awake, reflects Kornfield, is to discover the beauty hidden in all things – and to express that beauty ourselves. In *Turn Toward the Beautiful*, he inspires us to reclaim our childlike wonder, attuning ourselves to the beauty that often passes us by unnoticed. Then, through insightful verses and stories from many traditions, he invites each of us to nourish the artistic impulse in ourselves – to choose to create as an essential expression of the spiritual life.



BOOK & CD SETS

VISIONARY SHAMANISM: Activating the Imaginal Cells of the Human Energy Field

Linda Star Wolf & Anne Dillon – Pb with CD (192 p)

The accelerated pace of this time of spiritual evolution is forcing each of us to awaken the shaman within and reach our highest potential as quickly as possible. As well as learning from the past, we must also download information from the future in order to be fully present, fully conscious, in our most embodied and best self now. This book and CD offers shamanic practices to access your spiritual blueprint, communicate with the universal mind, and transform into your highest spiritual self.

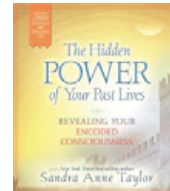


THE HIDDEN POWER OF YOUR PAST LIVES:

Revealing and Healing Your Encoded Consciousness

Sandra Anne Taylor – Paperback with CD (272 pages)

Have you ever wondered why certain life patterns have been so hard to turn around? These current issues could be traced back to previous lives. Even psychological and physical ailments such as chronic pain, allergies, weight problems and self-doubts could originate in unknown past events. These past-life sources don’t have to have power over you anymore. Learn how to release your karma and pave the way to joy and personal power now!



THE ABUNDANCE BOOK

John Randolph Price – Paperback with CD (112 pages)

In this revised version of Price’s international bestseller, he draws from personal experience to demonstrate that consciousness is the key to life, and truly, nothing is impossible – and that includes the manifestation of unlimited wealth and financial independence! Includes *The 40-Day Prosperity Plan CD*, which will expand your consciousness and help you create a more abundant life.



Best Version of Yourself at Every Age

by Guy Joseph Ale



We happen to be living at a remarkable period in time. Emerging fields of new cosmology, neuroplasticity, superstring theory, and epigenetics are presenting a view of humankind as the eyes, ears, and mind of the cosmos with far more to discover in the world inside us than in the universe at large.

New cosmology shows that we are made of star dust. The carbon in our body could not be created in the universe by any other way than through the collapse and explosion of a star. Just as a single drop in an ocean contains in it the character of the entire ocean, so each of us contains in our body the entire information of existence.

In neuroplasticity, rather than the old belief that human brain stopped neural regeneration at around the age of four, recent studies show that the brain is changing constantly, in response to learning, disease, exercise, and other stimuli through our entire lifespan. This means that a person can stay active and engaged in life as long as they practice a lifestyle that stimulates both the body and the mind.

In superstring theory, when we divide the particles down to their tiniest ingredients to discover what they're made of, what we're left with is strings of probabilities, vibrations of potential. We discover that the essence of life is pure energy and information. This is the source of you and the cosmos.

Epigenetics reveal that our consciousness modulates our biology. Our thoughts affect our genes and not the other way around. With every thought and feeling we reshape the neural networks in our brains. Simply put, our health begins in our mind.

There are many important character traits that go into making a successful life, such as creativity, discipline, and courage. However, this article's aim is to help you create the conditions where you can be at your best at every age. For this purpose, we isolated the four essential components that need to be present for a healthy life, and on which all the other qualities of life can be built:

BREATHING: Our daily routines are filled with small and big annoyances and potential sources for tension, causing your body to get tight and for your breath to become restricted. The solution for these situations is to learn to do the opposite – breathe deeply and evenly. Here are some helpful phrases to repeat silently when you face a stressful situation: My strength is in my breath; When I control my breath I control my life; The oxygen of the whole universe is available to me.

GOOD NUTRITION: Basic rules for a lifetime: get most of your nutrients from vegetables, fruits, nuts; lean protein such as poultry, fish, soy products; and satisfy all your cravings – in a responsible manner. Stay away, as much as possible, from packed and processed foods, refined sugar, and preservatives. Nothing that comes in a can or a package is better than what is found in nature.

SUFFICIENT REST: Without proper rest, our body and mind cannot complete their natural cycles of cleansing, healing, and resetting. Getting enough sleep is critical to our wellbeing, because during sleep the brain arranges the mental furniture it has accumulated through the day; gets rid of unnecessary debris; files away information in the subconscious; and prepares itself for the following day.

ACTIVE LIFESTYLE: The human body is a well-designed machine for living with built-in mechanisms for self-healing and self-correction, provided we don't harm it with bad habits. Lifelong benefits of wellness can be achieved through little adjustments in everyday life: walking 30 minutes several times a week; taking the stairs instead of the elevator; stretching on your lunch break to generate better blood flow in the body; hiking on weekends, etc.

It is worth repeating that our thoughts affect our genes and not the other way around. You don't need to see yourself as declining in health as you age. Rather, you make choices that enable you to be the best version of yourself at every age. For example, a healthy 85-year-old active and engaged in life; granted, in an 85-year-old body, but the best version of that body at that age.



MEET THE AUTHOR

GUY JOSEPH ALE is President of Lifespan Seminar and Vice President of Asia Pacific Association of Psychology. He serves as the Secretary General of the Chamber of Chartered Behavioral Scientists, and is an Esteemed Council Member of the International Council of Professional Therapists. Guy has earned a reputation as a visionary in the field of human lifespan. He received the Eminent in Psychological Science Award at the International Conference on Psychology 2011 "in recognition of invaluable contributions for the benefit of humanity." Guy teaches and conducts workshops in U.S., Europe, and Asia.

ON THE WEB

lifespanseminar.com

The Immune System of the Soul:

Freeing Your Self from All Dis-Ease!

by *Mike George*



When the cellular energy of our body is invaded by a virus, or some unfriendly bacteria, the ‘helper cells’ of the immune system detect it and set off to investigate the intruder! Their job is to discern and distinguish the exact nature of the invasion, then to extinguish, expel or encircle, and thereby contain what might be called ‘cellular malfunction’, which we tend to call... disease!

The ‘immune system of the soul’ has the potential to work in a similar way on the many kinds of dis-ease that occurs within our consciousness. In this context the words *self*, *soul* and *consciousness* are synonymous. They all refer to the ‘I’ that says ‘I am’, as distinct from the body that we occupy. While the immune system of the body is made up of separate helper cells, the immune system of the soul is not separate from the soul/self/I. It could be described as aspects or movements of consciousness, known as **awareness**, **realization** and **transformation**.

To illustrate how our consciousness works in these ways, imagine you are driving towards a preplanned destination. You know exactly where you want to go but you’re not exactly sure of the route. A friend gives you directions. You’ve been driving for some time with the **awareness** that you have an uneasy feeling, but you cannot quite put your finger on the cause of that feeling. So you stay with the feeling and

deliberately ‘look into’ it as you drive. Suddenly, you notice the sun is shining into the left hand side of the car and you know it should be shining into the right hand side. You **realize** you are going in the wrong direction. You do an ‘about turn’ as you ‘change’ the direction in which you are traveling. There is a **transformation** of your energy as the ‘feeling’ of uneasiness instantly disappears. You recognize the ‘cause’ of your dis-ease was the ‘belief’ that you created when you received the directions from your friend.

VIRAL BELIEFS

Taking the process a little deeper, imagine you become angry towards someone. You become aware of the intense dis-ease within your consciousness as the emotion of anger. Instead of waiting to recover you look into the anger and you **realize** a) you are its creator and b) the reason you create it is because you ‘believe’ that others should



MEET THE AUTHOR

MIKE GEORGE is a best selling author, spiritual coach, management tutor and an inspirational speaker. In a unique blend of wisdom, insight and humour Mike brings together the three key strands of the 21st century: emotional intelligence, spiritual awareness and continuous ‘unlearning’. He is the author of ten books including *The 7 Myths About LOVE* and *Don’t Get MAD Get Wise*.

ON THE WEB

To subscribe to Mike’s free regular Clear Thinking e-article go to: www.relax7.com

do what you say (and they are obviously not!). In effect, you are a carrier of two 'viral beliefs': a) *we can control others* and b) *others are responsible for your happiness*. You take a moment to consciously challenge those beliefs and you **realize** they are not 'true'. Of course it's not true – you cannot control others ever! It may 'appear' that you are controlling when they do what you say or want, but it's still them deciding to do what they do. It also becomes obvious that others are not responsible for your happiness. However, you can also 'see' that it's true to say that you can 'influence' others. The **realization** of these 'truths' initiates the **transformation** of your state of being. You cease to attempt to control others. You never become angry towards anyone again and so the dis-ease of anger is healed! Your energy is now available to focus on the development of creative ways to influence.

Just as any disease in the body is normally due to some invading virus that infects and affects the cellular energy of the body, so all dis-eases of consciousness, of the soul, are also caused by a variety of viruses. The virus that infects and affects consciousness is called 'belief'. Hence the three phases of the soul's immune system as it carries out the healing process.

The ART of Healing the Soul (Self)

Phase 1 – Awareness of the symptom, which means noticing there is a feeling of dis-ease within me! This can be anything from feeling quietly 'uneasy' at one end of the spectrum, to extreme stress and anxiety, perhaps anger and rage, at the other end.

Phase 2 – Realization of the cause i.e. 'seeing' through the feeling of dis-ease and realizing the 'viral belief' that has infected our consciousness.

Phase 3 – Transformation of our state of being takes place within the soul/self through the rediscovery of what is 'true'. Only the realization of 'the truth' can overpower and replace the 'viral belief' and, in effect, heal consciousness. Healing in this sense means restoring the energy of consciousness to its 'true' state or vibration. This is confirmed by the disappearance of the feeling of dis-ease.

Here are two examples of the most common dis-eases of the soul/self using the metaphor of the many physical diseases we all know so well!

The Dis-Ease of ADDICTION

This is not only a disease that affects body and brain. ADDICTION is also a Dis-Ease of consciousness. The main symptoms to be **aware** of are DESIRE and CRAVING. When you look into and behind all desire you will notice the underlying cause is the 'viral belief' in 'acquisition and possession'. The arising thoughts include, "I NEED, I want...", "I must have...". The body and brain tend to crave that which provides tangible, sensual stimulation. But at the level of the soul/self (consciousness), desires and cravings can range across many 'intangible things' from knowledge to recognition, from acceptance to affirmation, from approval to respect. The feeling of dis-ease is often a resentment towards others who did not or do not give us our drugs of approval, acceptance and affirmation! Only the **realization** of the 'truth' can transform/heal the dis-ease of craving/desiring these 'intangibles'. The truth is **we/you/I need to acquire nothing**. Our body 'needs' food, clothes and shelter but 'I/you' do not 'need' anything! If we have a need, it's not to acquire *for* our self but to give *of* our self. However, that's not a real need, it's our true nature! But that's another article!

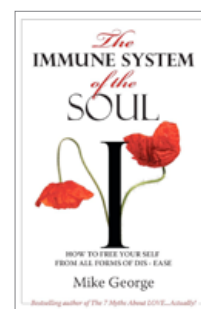
“The virus that infects and affects consciousness is called ‘belief’.”

The Dis-Ease of the HEART

There is a Dis-Ease of our heart, not the heart of our body, but the heart of our consciousness – i.e. our spiritual heart, the heart of our being. We know this dis-ease as SADNESS. We sometimes refer to it as a feeling of heaviness in the heart when we say about someone, "They definitely seemed to have a heavy heart". The 'belief' that sits behind this feeling and that causes all sadness is, "I have lost something/someone". It's a 'viral belief' with which we frequently infect each other, in much the same way that we spread the flu virus between us around the office! Sadness spreads through our conversations as we 'feel sorry' for those who 'seem' to have lost something or someone. This is why almost everyone will suffer from a heavy heart, the healing of which is only possible when there is the realization that nothing 'real' can ever be lost! 'Real' in this context means that which never changes, that which never passes! Only the **realization** of the basic truth *that every thing changes, every thing comes to pass, every thing comes and goes, except one thing, which is not a thing, and that is the self its self*, can there be the deep healing of past sadness and the impossibility of any future sadness. From that realization arises a more powerful truth reminding us that it's impossible for the soul, for consciousness, to possess anything or anyone in the first place!

There are twelve primary dis-eases of consciousness, including asthma of the soul, diabetes of the soul, arthritis of the soul and indigestion of the soul. Each is caused by its own viral belief. It's no wonder that just about everyone recognizes that well worn cliché, 'The Truth Will Set You Free', which is code for 'realization of the truth heals the soul'.

FURTHER READING
THE IMMUNE SYSTEM OF THE SOUL: How to Free Yourself from All Forms of Dis-Ease by Mike George, published by Gavisus Media, paperback (164 pages).



Also by Mike:
Don't Get Mad Get Wise: Why No One Ever Makes You Angry! (O Books, paperback, 200 pages).



Positive EFT – It's EFT, Jim, But Not As You Know It...

by *Silvia Hartmann*



In 2012, I came out of the closet as a modern energist and declared that in my experience, EFT is not some kind of inexplicable peculiar “psychology” method, but something else altogether – namely a method to change the state of the human energy system simply and directly.

I went further to say that EFT is an example of The Third Field – in the Mind, Body, SPIRIT triad it does not belong with psychology, or with medicine at all but needs to be researched as a method in its own right.¹

The reason for this was that in energy work, the right intention is paramount and affects the results profoundly.

Tapping EFT “with energy in mind”² changes the game.

It makes EFT far more effective, is entirely logical and opens the doors to developing new and unique theories, techniques, instruments and patterns that are simply not available in the other two fields.

Where this is most obvious is in the use of the SUD scale to measure “emotional distress.” The SUD Scale, which stands for “Subjective Units of Distress” is used in Psychology and was inherited from medicine.

You are in pain, and when the pain stops, the treatment stops.

For the energy system, this doesn't work. “Feeling nothing” or “no pain” is not the answer, nor is it proof of good functioning.

The energy system, which directly creates emotion through the 6th sense feedback in the physical body, functions well when it transmits POSITIVE sensations we interpret as joy, delight, happiness.

I therefore created the SUE scale – Subjective Units of Experience – which goes past the “Zero Point of Nothing” and has a positive wing.

It reaches from Minus Ten to Plus Ten; and when applied in EFT, reliably creates those “EFT Miracles” that everyone seeks and hopes for, but which were random and sporadic because people simply stopped tapping too soon.

By working with the energy system, it was then clear that what is needed was POSITIVE ENERGY FORMS. Filling the battery of life.

When someone feels stressed or depressed, they are low on energy; and it really is as simple as to ask them, “What do you really need right now?” to produce a perfect, custom



MEET THE AUTHOR

SILVIA HARTMANN has dedicated her life to finding practical answers to humanity's oldest questions, and to find logical solutions to the challenges that arise from being a conscious human in the inexplicable bounty of the Universe. Silvia is the developer of Energy EFT, Emotional Transformation (EmoTrance), Project Sanctuary and Positive EFT.

ON THE WEB

silviahartmann.com

Positive that would not only lift their mood, but also help them to think more clearly, feel more powerful and strong in their body and come to better decisions.

For the “therapy entrained,” this is heresy. In the psychotherapy world, you don’t get to feel better until you have re-visited all your worst experiences and somehow “worked through them.”

And this may be true for Psychology; but EFT is energy work, not psychology, and here, other rules apply. Indeed, only one rule applies.

Make sure the energy body is happy.

Make sure the energy body is well fed with good, nourishing POSITIVE energy forms so it is strong, flows smoothly and provides that essential power for life our bodies and minds need.

Instead of asking, “Why am I feeling so terrible?” or “What is wrong with me?” which, as such questions tend to do, can generate infinite answers over a person’s lifetime, we ask, “What (energy form) do I need, right now, to start feeling better?”

The truth is that every person is their own expert on their own energy system.

Indeed, it is only a person themselves who can really know what they need at any given moment, day or night, in their own real lives!

Energy flow becomes slow and depleted for all manner of reasons, and it is in the direct response to the personal needs of the moment that the real power of using positive energy work lies.

“Right now, I wish I had some fresh air... like you get on the shores of the ocean...”

Tap a round of Energy EFT for “Fresh air...” and note how much deeper you now breathe, how much less stressed you feel, how much more centred, how you are *coming to life*.

That’s the effect of the energy system; it’s not “all in your mind”. Emotions, the sixth-sense sensations in your body,³ are entirely real and the perfect indicators of the state of your energy system.

Once we have a little stress relief achieved, we can start to think of what might make us happier, right here, right now.

“I could do with some... inspiration!”

That’s a powerful positive, so tap a round on INSPIRATION. Or perhaps you need more LOVE in your life? More ROMANCE...? More POWER...? More LAUGHTER...?

We have a list of 64 basic Positives you can choose from, just like you would choose an item from a menu in a restaurant.

But it doesn’t stop there. When you start thinking “energy” instead of “psychotherapy,” the world is quite literally, far more than just your oyster.

You can choose anything inspiring to you personally to lift, feed and empower your energy system.

You can tap on your power animal and experience the lifting from eagle energy, horse energy, wolf energy. You can tap on plants that will help you – the strength of oak, the mystery of jasmine, the sunburst of lemon and orange. You can call in the power of inspiring people by tapping on their names to give you strength. With children, you can play a game of “Super Powers” – and not only children benefit from that.

You can even convert any material desire into an energy form to raise you and inspire you – diamond energy, Ferrari

“EFT is energy
work, not
psychology,
and here,
other rules
apply.”

energy, stately home energy... there are no limits at all when you enter into the energy worlds, for here, you can have everything “your heart desires.”

Your heart in that sense is your heart of energy, the nuclear reactor at the very core of your energy system... feed your heart, make it strong and you will have a “lionheart”.

“Feeling good” is the answer to leading a different life for normal people. It is not psychotherapy at all, but even people with long lasting “psychological” problems benefit from starting to think about what they want and how they want to feel, rather than endlessly repeating the old yet again.

There is a lot of controversy about the use of Positives; but for normal people – including older people, people who are not in the “metaphysical” community, young children and teenagers – working with Positives simply makes sense.

You don’t have to learn to psychoanalyse yourself in order to feel better; you just have to think differently and allow yourself to ask, “What do I really need and want, right now?” – and then tap on that to feel stress receding and life coming back into your body.

Working with Positives opens the door for normal, every day people who are not interested in talking about their childhood or having their heads shrunk to have an experience of the power of modern energy work and thus, to gain a tool for life that brings joy, strength and most of all, control over their emotional states.

Positive EFT can be learned easily, is extremely effective and can be used in groups, in schools, at work and everywhere else where people simply want to feel better.

It’s the perfect introduction to modern energy work and demonstrates the real difference between the Third Field and the other two. Energy work is easy, light filled, joyous in essence and just what the world needs right now to alleviate stress and fear, and show us the way to a very different state of being.

FURTHER READING

POSITIVE EFT:
Stronger, Faster,
Smarter but most of
all Happier by Silvia
Hartmann, published
by DragonRising
Publishing, paperback
(117 pages).



Notes:

1 The Third Field – Keynote AMT 2011
http://theamt.com/conference/the_third_field.htm

2 *Energy EFT* by Dr Silvia Hartmann, DragonRising 2011

3 *EmoTrance: Information, Energy & Love* by Dr Silvia Hartmann, DragonRising 2010



Watch inspiring videos from
Author talks at Watkins
bookshop in London.

Subscribe to Watkins Youtube Channel

youtube.com/watkinsbooks

Talks by Eckhart Tolle,
Byron Katie, Mantak Chia...

WATKINS
**MIND
BODY
SPIRIT**

Interested in Advertising?

Please email
marketing.watkins@gmail.com

UFOS & ALIENS

UFOS: GOD'S CHARIOTS? Spirituality, Ancient Aliens, and Religious Yearnings in the Age of Extraterrestrials



Ted Peters – Paperback (320 pages)

Are UFOs celestial saviours, coming to save Earth from self-destruction? Are UFOnuts advancing human evolution by birthing hybrid children? Is it time for a new "astrotheology" that enshrines the UFO phenomenon at the same level as the space sciences at NASA and SETI? Peters uncovers and exposes the clandestine spiritual dimensions within the UFO phenomenon. Delving deeply into government conspiracies, he analyses the newest models of close encounter interpretation and reveals the

results of a Religious Crisis Survey.

THE ALIEN ABDUCTION FILES: The Most Startling Cases of Human Alien Contact Ever Reported



**Kathleen Marden & Denise Stoner
Illustrated Paperback (256 pages)**

Why would two women separated by thousands of miles share a common thread involving alien abduction? Both cases are supported by multiple witnesses and have substantial evidence. Both witnesses have given detailed descriptions of the crafts' interiors and technology, medical procedures, messages from the visitors and the types of ETs they have encountered, including their society's hierarchical structure. Even more startling, both have independently described

finding themselves on identical huge craft, within the same timeframe.

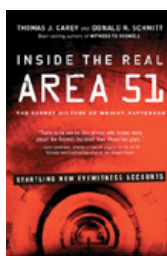
UNCONVENTIONAL FLYING OBJECTS: A Former NASA Scientist Explains How UFOs Really Work



Paul R. Hill – Illustrated Paperback (432 pages)

Paul Hill was a well-respected NASA scientist when he had a UFO sighting. Soon after, he built the first flying platform and was able to duplicate the UFO's tilt-to-control manoeuvres. Official policy prevented him from proclaiming his findings, so for the next 25 years he collected and analysed sightings' reports for physical properties, propulsion possibilities, dynamics, etc. This book presents his findings that UFOs "obey, not defy, the laws of physics" and proves that UFO technology is not only explainable, but attainable.

INSIDE THE REAL AREA 51: The Secret History of Wright-Patterson



**Thomas J. Carey & Donald R. Schmitt
Illustrated Paperback (288 pages)**

The true nature of what actually crashed in Roswell, New Mexico, in 1947 remains classified. Only a select few have ever had access to the truth about what became known as Area 51. But what happened to the remnants of that crash is shrouded in even greater mystery. What began in the high desert of New Mexico ended at Wright-Patterson, an ultra top-secret Air Force base in Dayton, Ohio. The physical evidence of extraterrestrial visitation was buried deep within

this nuclear stronghold. But be prepared, the real Area 51 is about to be opened.

CLOSE ENCOUNTERS OF THE FATAL KIND: Suspicious Deaths, Mysterious Murders, and Bizarre Disappearances in UFO History



Nick Redfern – Illustrated Paperback (224 pages)

The field of ufology is rife with unsettling examples of suspicious deaths, accidents that might not have been accidents, and conveniently timed heart attacks. Out-of-the-blue suicides that, upon investigation, bear the distinct hallmarks of murder, are all too common. And grisly deaths at the hands of both extraterrestrials and government agents have been reported but then hushed up. Researchers and witnesses to these and other terrible events have vanished, never to be seen or heard from again.

Secret Sounds

by Jill Mattson

If everyone stopped talking, our personal energy would drop. Our voice creates vibrational energy – with great subtle influence on us! Ancient people knew the power in sounds and words – not from the word’s meaning, but from its sounds. The power is soft and subtle, but ever influencing us.

Ancient Egyptians drank water, energized with words and sounds for healing benefits. Today Masaru Emoto publishes pictures books revealing the impact of words on freezing water crystals. Beautiful shapes in the water crystals are created by kind and loving words. The sound of the word, shapes of the letters and one’s intent *subtly* changes matter. We can’t see the change in matter as subtle energy is minuscule, but we can feel it. Try this incredible exercise! Hold a glass of water, intending to send beautiful energy to the water. Take four breaths through your nose and exhale from your mouth directed at the water, making a “ha” sound. Next take four normal breaths, then four deep “ha” breaths. The deep ha breaths pass energy to the water and the normal ones keep you from getting light-headed. The water may start to bubble and turn pale blue. It will taste better than water that did not receive the sound blessing.

Sound changes us far more than we are aware. Historian Schwaller de Lubicz ¹ discovered that in rituals,

the ancient Egyptians used “sound formulas” – not comprised of words or meanings, as ... “Sacred or magical language is not understood with definite meanings... the excitation of nervous centers cause physiological effects evoked by the utterance of certain letters or words which make no sense in themselves.” ² Magic words are more a subtle science than capricious child’s play.

Ancient people selected words for their subtle impact on the physical body! Once that was determined, the dosage (number of times that you would listen to something) would be set. Confirming this, an ancient Egyptian named Asklepios said in a letter to King Amman, “As for us, we do not use simple words but sounds all filled with power.” ³ In another ancient Egyptian example, a form of vocal music, called *layali*, repeated the syllables, *ya*, *leal* and *einy*.⁴ This was believed to uplift and spiritualize the soul. Try it! It is a beautiful practice!

Language sounds have been used as subtle energy healing power for the body, mind and soul. For example, the Taoists from ancient China wrote that:

- “Ssss” helps the lungs
- “Who” is for the kidneys
- “Sshhh” is for the liver
- “Haw” is for the heart
- “Woo” is for the spleen

Other languages and cultures linked sounds with very specific healing benefits! “Hu” is the mystical Sufi’s sacred sound. “Hu” creates a burning sensation in one’s head if you say it over and over. “Ha,” also begins with H, stimulating glands, especially the thymus. Today, the medical society confirms that laughter sounds (“ha, ha” sounds) boost the immune system.

As you speak, pay attention to where sounds resonate in your body. After you locate where the sound vibrates within your body, how does it feel? Each different sound produces a minutely different feeling. Which sounds feel pleasant? *Who would have ever imagined that we have such a powerful force, hidden within our very selves... our voice.*



MEET THE AUTHOR

JILL MATTSON is a sound healing author and composer who has spent the past 20 years researching Vibratory Sound Energy for healing and a wide array of other remarkable uses. She offers free *Enchanting Music* with Fibonacci tones (proportions found in humans, flowers, etc.) and 18 *Solfeggio* healing tones. *Star Frequencies* are converted into twinkling tones; delightful *Flower Music* – embedded with frequencies of flowers – clears negative emotions and builds positive feelings.

ON THE WEB

Half hour of free sound healing music at: JillsWingsOfLight.com

FURTHER READING

SECRET SOUNDS – ULTIMATE HEALING: Your Personal Guide To A Better Life Using Sharry Edwards’ Revolutionary “Secret” Sounds by Jill Mattson (Overture by Sharry Edwards), published by Wings of Light, Paperback (278 pages).

¹ R.A. Schwaller de Lubicz in his book, *Sacred Science*. In this quote he refers to the *Corpus Hermeticum*.

² www.cymascope.com/Egypt

³ Cymascope.com from John Reid.

⁴ Gadalla, Moustafa. *Egyptian Rhythm: The Heavenly Melodies*, Tehuti Research Foundation: Greensboro, N.C., 2002, Pg. 164.

"I am thrilled that such a book is available to help unlock the mysteries of energy healing and the Life Force. Robert Peng is a master storyteller and healer. This book is a wonderful combination of his personal journey and instructions that will take you deeper into the wisdom and practice of Qigong."

– Donna Eden

Imbibing from the Fountain of Youth

by Robert Peng



Picture an aged and browbeaten man trudging through the hardship of another dreary day, when unexpectedly, he stumbles upon a magnificent fountain on his path. His mouth is parched and he wearily brings his lips to the gushing liquid. As the water flows into his mouth and down into his body, he undergoes a profound transformation. His weary legs fill with vigor and his arms swell with strength. As he drinks more, a great and powerful light spreads throughout his internal organs and the dark emotions lurking behind his ribcage are chased away and the spirit of love arises in that space.

He drinks and drinks and the energy rises to his head and fills his cranium with bright ideas, visions, and intuitions. The energy continues to rise, and as it flows from the crown of his head and out into the universe, he feels a deep and reverent connection to the cosmos. As the sanctity of the present moment is revealed, a deep blessing pours from the heart of the universe back into him. The aged man no longer feels old, he has become timeless. He is no longer thirsty, he has become a happy fountain of life, and now, as he moves through the world, he quenches the thirst of others by sharing the inexhaustible supply of life force arising through every cell of his radiant being.

We have all heard about the mythical Fountain of Youth whose rejuvenating waters bring strength, vitality, and youthful wellbeing. Some traveled thousands of miles in search of this treasure. But the wise masters of ancient China realized that this fountain actually exists within each one of us, and they created a path that can lead us straight to it. By walking this path, you too can discover your own Fountain of Youth, drink its nourishing water, and make peace and happiness a way of life.

Wherever you are on the journey of life, no matter how parched and weary you may feel right now, you can awaken your Fountain of Youth through Qigong practice. What is Qigong? Qi means life force and gong means skill or practice. Qigong is an ancient healing art that harks back to the mists of Chinese prehistory. Ancient shamans of the neolithic age practiced this art, as did the enlightened masters of the



MEET THE AUTHOR

ROBERT PENG was born and raised in Hunan province, China, where he met Qigong and martial arts master Xiao Yao and trained with him intensively in the Qigong tradition. Master Peng currently lives in New York City and teaches worldwide.

ON THE WEB
robertpeng.com

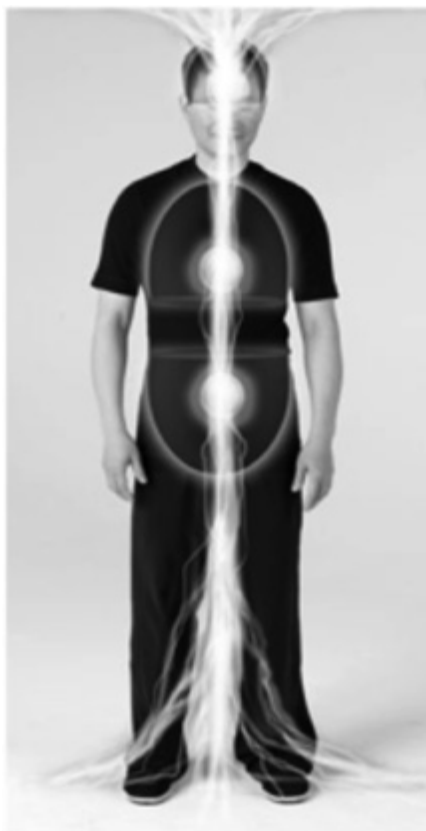
various dynasties that link the modern world to the Iron Age. Many generations of trial and error eventually gave rise to an efficient and scientific method designed to improve health and increase vitality in a relatively short period of time.

The theory of Qigong is based on the notion that there exist inside the body three power centers known as Dantians, or Elixir Fields. The Lower Dantian is located in the area of the lower abdomen. When Qi flow in this area is weak and obstructed, we feel devitalized and life feels like driving a car with a flat tire. When Qi flow in this area is strong and healthy, we are filled with dynamic vitality and passion for life.

The Middle Dantian is located behind the center of the sternum. When Qi flow in this area is weak and obstructed, we become prone to feelings of depression, anger, worry, and worse of all, we feel disconnected from the environment and unloved. When Qi flow in this area feels strong and healthy, we are filled with an endless source of benevolent love and compassion.

The Upper Dantian is located in the center of the head. When Qi flow in this area is weak and obstructed, our thinking is muddy and we lack a sense of clear direction. When Qi flow in this area is strong and healthy, we become wise and tend to make right choices for reasons that transcend logic and reason.

These three reservoirs of Vitality, Love, and Wisdom Qi are joined together by a fourth energy center known as the Central Meridian which extends along the axis of the body from the perineum to the top of the head and beyond, high into the sky, and deep into the earth. The Central meridian intersects the three Dantians and integrates their energy. When Qi flow along the Central Meridian is weak or obstructed, we feel fragmented and inwardly conflicted. And when Qi flow in this area is strong and healthy, we feel happy to be alive and come into a deeper sense of alignment with the flow of life.



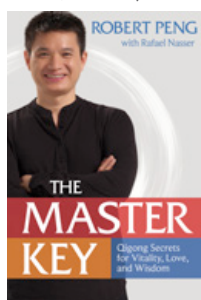
The Fountain of Youth

The awakened Central Meridian is the fabled Fountain of Youth. We've all drank those waters at one time or another. During moments of joy — perhaps at a wedding or listening to a favorite song. When you circulate fresh energy through the Central meridian, you taste happiness.

The promise of Qigong is this: Through daily practice you too can expand your Central Meridian, imbibe the joy of your own being, awaken authentic happiness and enjoy the blessings of a long and blessed life.

FURTHER READING

THE MASTER KEY: Qigong Secrets for Vitality, Love, and Wisdom by Robert Peng with Rafael Nasser, published by Sounds True, paperback (344 pages). Also available: The Qigong Master Video Series – A Companion to The Master Key (Four-DVD Set, 5 hours, 8 mins), The Qigong Master Audio Series (Five-CD Set, 5 hours, 6 mins) and Qigong Ecstasy (DVD, 1 hour, 23 mins).



SETTING THE STANDARDS FOR HEALERS IN HEALTHCARE

Are you a healer? Or would you like to become one? The Guild of Professional Healers offers training in ENERGY HEALING THERAPY.

The Guild provides a home for Energy Healers, Reiki Healers and Spiritual Healers. It is a pioneer in the field of integrated healthcare. The course will be taught in London over 4 weekends. It complies with National Occupational Standards. Training is certificated with comprehensive course notes.

Level 1 & 2 combined: 20th-21st and 27th-28th September.

Leader: Hertha Koettner-Smith: 07963 512942

courses@healingcalm.com

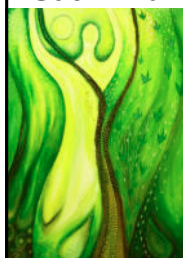
www.guildofprofessionalhealers.org.uk

Woolger Training International

'The Body tells the Story'

Body Psychotherapy Conference

Sat 22nd Nov 2014 Central London £65



Join experts in the transpersonal field sharing how the body holds the story of the soul and how you and your clients can give that story a voice.

Dr John Rowan, Leo Rutherford, Juanita Puddifoot and more...

tel: + 44(0)1234 350313

email: juanitic@btopenworld.com

www.deepmemoryprocess.com

NEW FROM



INNER TRADITIONS
BEAR & COMPANY



Books for the Mind, Body & Spirit



Aleister Crowley: The Beast in Berlin

Art, Sex, and Magick in the Weimar Republic

TOBIAS CHURTON

A biographical history of Aleister Crowley's activities in Berlin from 1930 to 1932 as Hitler was rising to power.

ISBN 978-1-62055-256-8, hardcover 432 pages, 152 x 229, 16-page color insert and 55 b&w illustrations

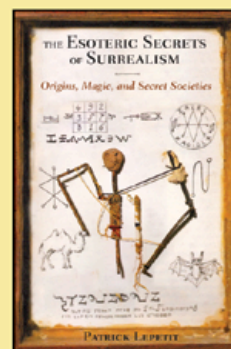
The Esoteric Secrets of Surrealism

Origins, Magic, and Secret Societies

PATRICK LEPETIT

A profound understanding of the surrealists' connections with alchemists and secret societies and the hermetic aspirations revealed in their works.

ISBN 978-1-62055-175-2, paper, 544 pages, 152 x 229, 16-page color insert



www.InnerTraditions.com

Bruce Frantzis is a Taoist Lineage Master with more than 40 years' experience in Eastern healing systems. He is the first known Westerner to hold authentic lineages in qigong, bagua, tai chi, hsing-i and Taoist meditation. Bruce trained for over a decade in China and also has extensive experience in Zen, Tibetan Buddhism, yoga, Kundalini, energy healing therapies and Taoist Fire and Water traditions. To watch the full interview go to: www.conscious.tv and find it under the Consciousness/Energy section.



Journey into Taoism:

An Interview with Bruce Frantzis

by Iain McNay

Iain: Explain the difference between the inside and the outside. We can see it obviously in terms of yes, you're fighting with martial arts on the outside, but it goes deeper than that, doesn't it?

Bruce: Several things. You can fight based on a strong mind, based on developing your muscles and reflexes, training your motor functions and going back again. Having a strong enough mind to actually put them into action. This is not actually terribly different from what an Olympic athlete does – and essentially describes the process of becoming an Olympic athlete. Yeah, sure you have to have a tough mind... but still your body is something outside you, they're outside you. When you start moving into the internal stuff, you start learning how you don't get your power from your muscles. You open up the energy channels inside your body and you shoot something through them and all of a sudden, you've got many times the power you could get physically, or even if you don't, some other things. To get this power to come from inside you, this chi, this energy from inside you, you have to learn how to completely relax.

Iain: So chi, which we hear a lot in modern society, that basically means internal energies?

Bruce: That's internal energy, yes. That is one of the translations of the word. But that's what internal energy is. To get there, to really mobilize chi at its highest level, [which is] what I do – because there are middle and lower gradations of it – you have to learn how to really relax. Now, to really relax your muscles is hard enough, then to really relax your energy, that's really harder and then to really relax the mind that's

behind it, that's really [even] harder. So I ended up switching into what they called the internal martial arts that are based on that; and then that was the beginning of when I got far enough down that road. That was then a long period of real full contact competitions without much rules where people just got seriously rough. There wasn't "You can't do this, you can..." What about doing anything you want? But I did it through internal energy because even when I was weighing in those days 150 pounds, I was taking 300-pound people out with one shot.

Iain: But you had to learn your lessons, didn't you? There were people that also seemed to be weaker than you that were taking you out too.

Bruce: Well, yeah. I got my first hit of that in Japan with this little judo guy who was like 4 foot 11 who was tossing me around like a rag doll. Ueshiba was maybe five feet tall and he's tossing me around no way but loose. And sometimes, he can even do it like literally just having one finger on you.

Iain: And they were doing it with their internal energy?

“To get this power to come from inside you, this chi, this energy from inside you, you have to learn how to completely relax.”

Bruce: The judo guy wasn't. He taught me how to use your hips. Boy, could he use his hips! But with Ueshiba, it was with energy. Wong Shu Jing later on, the people I did in China, they were doing [it] with their energy. I can remember one of the first times I was fighting with Wong, he did just this light tap on the top of my head. I felt like an electric lightning bolt went through me and all of a sudden I was in a full squat on the floor and I did not even see how I got from the top to the bottom. But you learn these things; this is not any different than in yoga, real yoga. I mean, there's all this malt yoga, which is like gymnastics by any other name, because actually I did real yoga in India. I did it up in the high Himalayas. I did it with the people that did it from the whole spiritual point of view. But when they start talking about prana and they talked about opening of the channels... those little funny pictures, channels and chakras, well... you know something it's for real. But it's not for real if you can't manifest it inside you. Then, it's a pretty picture book.

Iain: So we all have it inside us. It's just that most of us have either lost touch, or never been in touch with it in the first place. Is that correct?

Bruce: Yeah, yeah. I mean, I would say a lot of babies are in touch with it, but it doesn't take very long. They hear enough noise or whatever and they start mimicking the giants and it goes away.

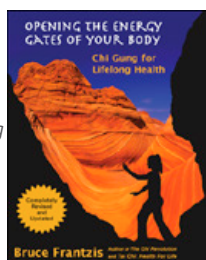
Iain: Unless their parents are very aware of chi, they're not going to have any schooling if you like.

Bruce: That's right. That's right, but the question you're asking is, is it innate in human beings?

Iain: Yes, yes. And does a person's chi vary? Are some people born with a stronger chi than other people?

Bruce: Yes. Some people were born with dramatically strong chi nodes. But if you, let's say take martial arts, or people who do Qigong, or you take people who do Taoist yoga which is not hatha yoga, it's not the India trip, it's Chinese trip that this whole thing is famous with people who are incredibly sickly and weak and [with] terrible constitutions did something and then they became virtual superman or superwoman. So yes, it can be developed like anything [else]. You can develop, let's just say, intelligence to a certain degree, or you can develop muscles, but you really have to use them to develop them. It's not going to happen because, "Oh, wow, that's a wonderful idea." How many people are running around [thinking] "Wow, Warren Buffett has got \$40 billion. Wow! Hey, I just got to buy something and sell it for a higher price"? Well, you know... but not that many people actually pull it off. So to "pull it off", as the phrase goes... the joke there is it's like the ham sandwich and the pig. You find the ham sandwich interesting, the pig is committed. I mean, you do it and you do it all, and then you pass it on.

OPENING THE ENERGY GATES OF YOUR BODY: Chi Gung for Lifelong Health by Bruce Frantzis, published by Blue Snake Books, Illustrated Paperback (320 pages). Other recent titles by Bruce include: *Bagua and Tai Chi: Exploring the Potential of Chi*, *Martial Arts, Meditation and the I Ching*, *Tao of Letting Go: Meditation for Modern Living*, *The Chi Revolution: Harness the Healing Power of Your Life Force*, *Taoist Sexual Meditation: Connecting Love, Energy and Spirit and Dragon and Tiger Medical Qigong: Vol. 1 – Develop Health and Energy in 7 Simple Movements*, *Vol. 2 – Qi Cultivation Principles and Exercises*.



conscious.tv is a free TV channel broadcasting on the internet at www.conscious.tv and on the SKY satellite system in the UK. Our programmes are also broadcast on satellite and cable channels in different countries. In the UK you can currently watch us as follows: Every evening on channel no 192 (Sky) and 402 (Freesat). The times will vary day to day, but will be between 5pm and 10pm in the evenings. At night on channel no 192 (Sky) and 402 (Freesat) between 1am and 3am. The programmes on channel 192 will be repeated 1 hour later on Channel number 293 (SKY).

conscious.tv sets out to question, enquire, inform and enlighten – wishing to stimulate debate and to inspire viewers in all areas of Consciousness. Many people interviewed come from viewers' recommendations. conscious.tv welcomes responses and feedback. If you have suggestions for potential interviewees, topics and/or wish to be on our mailing list, please write to: info@conscious.tv

CONSCIOUS.TV

GRAND MASTER
MANTAK CHIA
10 - 16 OCTOBER 2014
LONDON
WORKSHOPS | TAOIST INTERNAL ALCHEMY, CHI KUNG
ABDOMINAL HEALTH AND HEALING LOVE
E: UNITAOLONDON@GMAIL.COM
T: 079388 98568
WWW.TAOYOGA.CO.UK

ALTERNATIVES
St James's Piccadilly London

TARA BRACH
True Refuge
Monday 15 September

GABRIELLE BERNSTEIN
Miracles Now
Monday 27 October

alternatives.org.uk

Ayurveda:

An Ancient Science in the Modern World –

An Interview with Dr. Jayarajan Kodikannath by Elena Mariakhina



Dr. JAYARAJAN KODIKANNATH is the Director of Kerala Ayurveda Academy (USA), responsible for all academic programs conducted internationally by Kerala Ayurveda with a focus on bringing quality education on authentic Ayurveda across the globe; and the Board Director of the National Ayurvedic Medical Association.
www.ayurvedaacademy.com

ELENA MARIKHAHINA has worked as an editor and a freelance writer in Russia. She regularly writes in her bilingual blog on various issues related to art, culture, community, etc. Since she moved to the USA in 2010, she's been studying Literature and Journalism, and is currently enrolled into Post-Baccalaureate Certificate Program in Writing at UC Berkeley Extension.
litcollage.wordpress.com

Today, many alternative medicine systems afford various solutions for those who want to live a long and happy life. What does Ayurveda deal with?

Indeed, there are many natural healing sciences across the globe. Ayurveda is a holistic natural life science from India with a history of more than ten thousand years. Hence, through lectures and chanting, teachers shared with students their deep knowledge of human connection with nature and their rich experience of human life. They considered the physical, the mental, and the spiritual plans of human life deeply interconnected.

“Ayus” means life, and “ved” means knowledge. Ayurveda is a science of life.

Are there any treatises that enlighten this old scientific knowledge?

For any Indian traditional science, two types of history exist: mythological and factorial. Mythological history played a big role in keeping the scientific heritage. At the same time, Ayurveda is based on factorial history a lot. Four classical ayurvedic texts written in Sanskrit are available

now: Sushruta Samhita, Charaka Samhita, Ashtanga Sangraha, and Ashtanga Hridayam.

How did you start learning Ayurveda?

I have a strong background of Ayurveda in my family. My mother's lineage has a lot of ayurvedic practitioners. My father is a farmer, who grows organic grains, spices, fruits, and vegetables. My parents incarnate the principles of ayurveda in their real life. Since childhood, my aspiration was to become an ayurvedic doctor, and I got all the motivation from my family.

What are the fundamental principles that Ayurveda is based on?

Above all, we are all parts of nature. We are created by nature, nurtured by nature, and taken by nature. An individual life and nature are the same. For the human body, mind, and spirit, all the supplementation and solutions are available in nature.

Each individual carries a healer within. If we cut a finger, even without any medicine it will be naturally healed. Who heals it? It is the healer within, the immune system within.

To create the situation of healing, we should use each and every item at a correct time and in a proportion needed.

Even a poison can be a medicine when we are using it in a correct context and in a right dosage.

Now, everyone knows that like increases like, and opposite balances. Everything in nature has particular qualities. So to heal an imbalance, we need to use an opposite quality. For instance, Ayurveda characterizes conditions like high blood pressure or burning in the stomach as the imbalance of fire quality. If we know about the particular qualities of food, it becomes easy to find a solution. In this case, milk and rose water are cooling, and using them will help the burning to go away.

How does Ayurveda define wellness and health?

In terms of Ayurveda, health and wellness mean balance – the balance of the physical system, the mental system, and the balance of interaction between our systems and nature.

The physical balance is the balance of digestion and metabolic fires that convert outside and inside worlds. An apple, which someone ate this morning, would have been part of the outside world, and now it is part of the inside world. This apple is going to change the skin, muscles, and bones of the person. So digestion fire is the key requirement in insuring the flow of the external world into the internal world.

Though physiological aspects are important, a person should also have a pleasant mind and a pleasant soul to become healthy.

What leads to all the physical imbalances in the human body?

Physical reason is one. When we eat some wrong food, we tend to get a disease because the material we take is inappropriate for enhancing the body.

Mental reason is second. Today, mental origin problems are more complicated than physical origin problems. From the age of 3 or 4, children start to experience levels of stress that can lead to a psychological crisis in the future. The mental imbalance causes physical imbalances and, especially, auto-immune disorders. Mind plays a very big role in it.

Can the date and place of birth determine our life?

You are asking me about the concept of Vedic Astrology that is strongly connected to Ayurveda. The time and place of birth can define human life, indeed. Like high tide or low tide of the ocean happen with the attraction of the moon, human life is influenced by each planet and every particle of the cosmos. The position of the planets in a particular moment influences the processes on the Earth, and it influences every living being. Considering these influences of the planets on each individual, ayurvedic doctors are able to apply the principles of Ayurveda to any particular situation.

Ayurveda is a holistic science. How would you explain the holism of Ayurveda?

“Whole” means complete. What makes a human or a living being complete? There are only three layers for a human life to be complete: physical, energetic, and conscious. Since Ayurveda considers all three planes of existence, we call it a holistic system.

European medicine is focused on healing the symptoms of an imbalance. Why did our modern medicine lose this holistic approach?

I think of this as a crisis of human evolution. Many years ago, some creatures lived in a forest, and they were close to nature. Once they invented fire and weapons, they gained a lot of power over other natural beings – plants and animals. They started enjoying the process of going inside things rather than just enjoying these things. Since then, human evolution became reductive. When we see a flower, we need to know what the inside of the flower is and want to explore the petal, tube, or pollen rather than enjoy the flower itself. So what happened to us in that process? We only think about what a chemical or a molecule can do with a particular part of the body. This chemical medicine is not adjusted to the problem but addressed to certain symptoms.

For example, if fever increases, temperature increases. Why does it happen? Our body is trying to burn something which it cannot handle. So rather than helping the body to handle this crisis, we are forcing our body to reduce the temperature. This way, we are actually working against our natural healing system.

We are looking at one point, one cell, or one chemical instead of taking a human being as a whole.

But when people have a pain, it seems correct to want to stop it.

Getting an immediate relief is always attractive for any human being. But by taking the pill, we are just masking the symptom, while the disease is increasing. This way, going from one tablet to two and from two to four, we are not addressing the problem but creating new problems because every medication has its side effects. We should realize that pain relief doesn't help anyone to overcome disease; then, we will start searching for long lasting results.

Ayurvedic doctors prescribe complex therapy. What does it consist of?

To help an individual, Ayurveda uses all the possibilities of support from nature. The entire balance can be reached only by complex therapy that consists of an individual nutrition, diet, herbs, spices, exercises, and many other things.

In India, people have found a way to combine modern and ancient medicine. How could they work together?

Working together, the modern medical system and the ayurvedic system of healing can reach good results in making current and future generations healthy.

Many a time modern medicine has showed itself as a life-saving system. It succeeds in reducing suffering and pain, and can offer immediate surgery or anesthesia. At the same time, an ayurvedic specialist can support the patient with the proper understanding about the body, mind, and energies within. Then the person will have a chance to work with the roots of the disease to get long lasting results.

What are the main goals you are working on as current Board Director of the National Ayurvedic Medical Association?

I am totally dedicated to Ayurveda. My main goal is to bring the ancient science to people so they can be aware of how important life is and how to care about this life according to the holistic approach of Ayurveda.

"This daring psychobiography of the Buddha divines in tales of his life the sources of his early emotional pain and finds in the Buddha's methods a balm for the human psyche. In a breathtaking display of the therapeutic art, Epstein does ingenious psychodynamic detective work, deducing what ailed the Buddha, and why his remedies work so well. The Trauma of Everyday Life reads like a gripping mystery one told by your warm and reassuring, but utterly candid, analyst. What's true for the Buddha, Epstein explains, applies to us all."

— Daniel Goleman, author of *Emotional Intelligence*

The Trauma of Everyday Life

by Mark Epstein MD

Trauma has long been thought of as something that happens only in extreme circumstances. Therapists diagnose it when certain critical conditions occur. A person must witness one or more events that involve "actual or threatened death or serious injury" or "a threat to the physical integrity of self or others." In addition, their response must involve "intense fear, helplessness, or horror." Those close to the World Trade Center attacks of 9/11 or to the London subway bombings obviously qualify. Battlefield veterans and the journalists who cover them also do. Those who are caught up in sudden catastrophic natural events like earthquakes, hurricanes and tornadoes experience trauma, as do people in motor vehicle accidents. A friend of mine was on an airplane that ran off the Boston runway into the harbor upon landing. She was on a short flight from New York and it was foggy and cold. Two people were killed when the plane skidded off the icy runway, fell off the seawall and broke in two. For several days thereafter, my friend was convinced, in an eerily detached way, that her body was going

to explode. Psychiatrists diagnosed her with post-traumatic stress. She had been caught in an event that threatened her physical wellbeing and, while she was outwardly calm, her underlying emotional state was one of intense fear and helplessness. With one part of her mind, she knew she was reacting to the accident and was, in fact, no longer at risk but with another part of her mind she was ready to erupt. The trauma reverberated within.

There is another kind of trauma that also reverberates. Children, especially young children, have all kinds of intense emotions (like fear, helplessness and horror) before they have the language to describe or process them. Emotions develop before thought. Young children lack the capacity to understand what they are feeling; they are operating at an instinctual level not on an adult one. But they have a need for their feelings to be understood even if they are incapable of understanding them themselves. Young children are completely dependent on their parents or caregivers for this. Like my friend on the airplane, they are constantly in danger of slipping out of control. Many parents intuitively sense their children's vulnerabilities and help them in all kinds of ways. They notice the feelings, put them into perspective, let their children know they are there and put language on the experience. In myriad ways they work to make their children's experience more tolerable. But when there is too much failure in this system, the emotions of childhood can be overwhelming and unbearable. Just imagine the feelings of a year-old baby left alone past the point of self-soothing. There is trauma inherent in such a scenario and it often lives on. The primitive agonies of childhood survive into adulthood and can make us behave as irrationally as my friend after the plane crash.



MEET THE AUTHOR

MARK EPSTEIN MD is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy, including *Thoughts without a Thinker*, *Going to Pieces without Falling Apart* and *Psychotherapy without the Self*. He received his undergraduate and medical degrees from Harvard University.

ON THE WEB
markepsteinmd.com

While most parents work hard to protect their children from the inherent instability of life, it is impossible to completely avoid it. Even if we make it through childhood and adolescence in one piece, even if we are not subject to natural or manmade catastrophes, and even if we live a healthy life, we are inevitably going to have confrontations with death, serious injury and threats to our own, or our loved ones', physical integrity. I like to say that we are not already suffering from post-traumatic stress disorder we suffer from a pre-traumatic one. The threat of trauma runs through life like an underground river. None of us are invulnerable and no one is impervious to change. And our emotions operate on nerve fibers that are faster than thought. Trauma impacts us even if we do not want it to. We cannot think our way around it. Like my friend after her airplane debacle, try though we may with the rational part of our brain, we cannot avoid trauma's impact.

The Buddha was one of the world's first great psychologists. Long before there was a special word for trauma, he articulated the concept. He encapsulated his insights in his famous Four Noble Truths and gave the first truth — his diagnosis of the human condition — in a single word: *Dukkha*. *Dukkha* is usually translated as suffering but a more accurate representation of its meaning might be something like the order of 'pervasive unsatisfactoriness.' Life is tinged with a sense of pervasive unsatisfactoriness because of how fleeting and unpredictable it is. We want to have control but, despite all of our efforts, we ultimately do not. The word *dukkha* actually means "hard to face." There are aspects to life that are hard to face, taught the Buddha; we do our best not to look at them. In describing this process, the Buddha was describing our most common coping mechanisms. In an effort to protect the ego from disintegrating under the pressure of unbearable emotions, feelings are shunted to the side. We close down to avoid them, make ourselves rigid and tense, and soldier on — devoting ourselves to work and family if we are lucky or drowning ourselves in addiction if we are not. Psychologists call this defense against *dukkha* dissociation. The offending, and threatening, feelings are literally buried. But they are still there in the

"The threat of trauma runs through life like an underground river. None of us are invulnerable and no one is impervious to change."

psyche and they grab at us when we are not looking. Their symptoms may not be as explicit as the fears of exploding were to my friend, but they reverberate nonetheless.

The effort to protect ourselves against trauma has the unintended effect of closing us off to ourselves and to others. The Buddha was conscious of this. Perhaps it was because he suffered an early loss himself — his mother died when he was a week old — and perhaps it was because he repeated this trauma — abandoning his wife and son several days after his birth — but his journey to enlightenment involved facing all of the feelings that were initially hard for him to face. The way out is through, he eventually discovered. Trauma, when acknowledged, becomes a window into an open heart and mind. Many of us feel immediate sympathy when traumatic events impact other people. Our hearts go out to them. But there is a rush to normal in most of us. We expect people to get over it sooner rather than later. When the Swiss psychiatrist Elisabeth Kubler-Ross proposed a five-stage model for grief (denial, anger, bargaining, depression and acceptance), people took it to mean we should proceed through the five stages sequentially and return to baseline as soon as possible. When grief lingers, we turn away. But mourning is part of life. Anyone who is alive to his or her feelings will experience it. And it has a life of its own. Only by making room for it as it actually is — not as how we imagine it should be — can we learn from it.

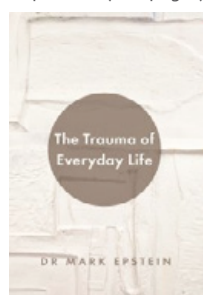
Learn from it? What can we learn from trauma?

When I was in my early twenties I traveled to a forest monastery in rural Thailand where a friend of mine had studied as a monk. My friend took me to meet his teacher, a meditation master named Ajahn Chah. I had one chance to ask him a question and the question was something like this. Why *dukkha*? Why is that the important thing? Isn't it a little depressing? Doesn't the emphasis on suffering give Buddhism a bad name? What can we possibly learn from it?

Ajahn Chah answered in the following way. "Do you see this glass?" he said, picking up the drinking glass by his side. "For me, this glass is already broken. I enjoy it; I drink out of it. It holds the water admirably. It reflects the light in beautiful ways. If I tap it, it has a lovely ring. But when I put this glass on a shelf and the wind knocks it over or my elbow brushes it off the table and it falls and breaks, I say, 'Of course.' Yet when I understand that this glass is already broken, every minute with it is precious."

It was the last sentence that moved me the most. "When I understand that this glass is already broken, every minute with it is precious." Facing the brokenness of life allows us to know its preciousness. Trauma is happening all around us. It is a fact of everyday life. It is always touching someone and it will eventually touch us all, if it hasn't already. If we can face this matter-of-factly, as parents must face the battered feelings of their children, we can wake up our own capacities for empathy and compassion. "Empathy," writes Leslie Jamison in her recent book *The Empathy Exams*, "means realizing no trauma has discrete edges. Trauma bleeds. Out of wounds and across boundaries." Empathy, she continues, "demands another kind of porousness in response." The porousness she refers to is the same as the one of the broken glass. Trauma, if it doesn't destroy us, can be our greatest teacher. It makes us more human, caring and wise. And it is available to everyone, part and parcel of everyday life.

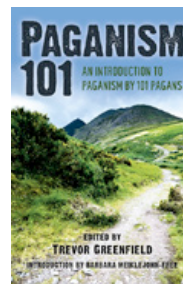
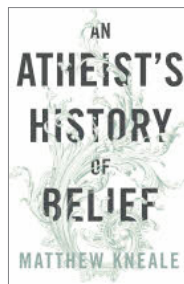
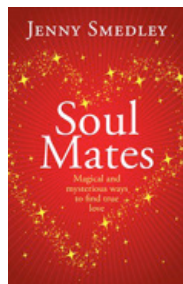
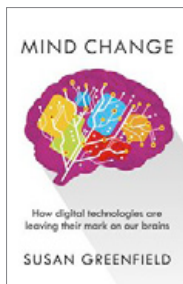
FURTHER READING
THE TRAUMA OF
EVERYDAY LIFE by
Dr Mark Epstein, pub-
lished by Hay House,
Paperback (240 pages).



NEW TITLES

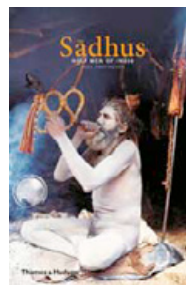
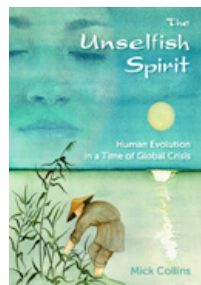
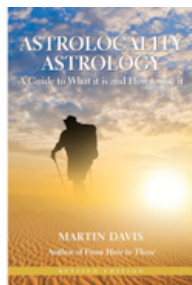
MIND CHANGE: How Digital Technologies are Leaving Their Mark on Our Brains**Susan Greenfield****Hardback (384 Pages)**

In Greenfield's view the all-pervading technologies that now surround us are creating a new environment, with vast implications, because our minds are physically adapting: being rewired. What could this mean, and how can we harness, rather than be harnessed by, our new technological milieu to create better alternatives and more meaningful lives? Using the very latest research, she explains the situation in a way we can understand and offers new insights on how to improve our mental capacities and well being.

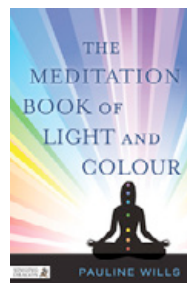
**PAGANISM 101: An Introduction to Paganism by 101 Pagans****Edited by Trevor Greenfield (Introduction by Barbara Meiklejohn-Free)****Paperback (279 pages)**

Paganism 101 is grouped into three main sections: Who we

are, What we believe and What we do. Twenty topics fundamental to the understanding of the main Pagan traditions are each introduced by essay and then elaborated upon by other followers and practitioners, giving the reader a greater flavour of the variety and diversity that Paganism offers. With essays from Emma Restall Orr, Mark Townsend, Brendan Myers, Jane Meredith, Alaric Albertsson, and Rachel Patterson.

**SOUL MATES: Magical and Mysterious Ways to Find True Love****Jenny Smedley – Paperback (224 pages)**

Providing practical, accessible advice on all soul-mate situations, Smedley will help you to: Differentiate between the various types of soul mates you might encounter and help you to understand why they are in your life; Recognise the signs that will lead you to your soul mate; Attract soul mates into your life using the power of auras, spells, numerology, crystals and astrology; Mend your heart if you've already had it broken so that you can get going on your journey to real love.

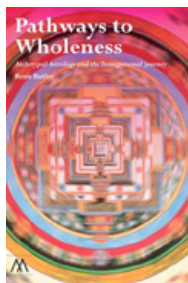
**AN ATHEIST'S HISTORY OF BELIEF: Understanding Our Most Extraordinary Invention****Matthew Kneale – Paperback (272 pages)**

Belief is humanity's most epic invention. To understand it is to better understand ourselves. This book is a refreshingly unbiased non-believer's account of WHAT humans have believed across the ages, and WHY. Since prehistoric man called upon the realm of the spirits, belief has thrived, leading us to invent heaven and hell, sin and redemption, and

above all, gods. Religion reflects our deepest hopes and fears; and whether you are a believer or not, it has shaped our world. As our dreams and nightmares have changed over the millennia, so have our beliefs.

ASTROLOCALITY ASTROLOGY: A Guide to What it is and How to use it – Revised Edition**Martin Davis – Illustrated Paperback (200 pages)**

This is a revised and updated version of *Astrolocality Astrology*. In the 15 years since the original version was published, the world has shrunk and computer software has dramatically improved. It is now easier than ever to access astro-mapping software and so, quite literally, seek out the best places for holiday, work, relationships – you name it. This revised edition includes the fascinating case histories of Edward Snowden and Ronnie Biggs, and is also organised in a more reader-friendly format.

**SADHUS: Holy Men of India****Dolf Hartsuiker – Illustrated Paperback (176 pages)**

Liberated from physical concerns, these mystics form a vital and unbroken link from the birth of yoga to its present-day expression. Through meditation, rituals, pilgrimages and 'austerities', each follows a personal path in quest of enlightenment, hoping, amid silence and solitude, renunciation and fasting, divine intoxication and bodily mortification, to cast off all earthly desires, transcend this mortal world

and achieve lasting mystic union. *Sadhus* covers their ancient origins, beliefs and behaviours with over 100 spectacular colour photographs.

THE UNSELFISH SPIRIT: Human Evolution in a Time of Global Crisis**Mick Collins, PhD. – Paperback (240 pages)**

The Unselfish Spirit is an essential 21st century guide to unlocking the secrets of how we as a race can collectively grow our consciousness to solve the complex web of challenges that threaten life on Earth. Collins identifies how our global crisis is also a spiritual one and suggests that the cultivation of our psycho-spiritual awareness can reveal new vistas. Enlivened by real-life stories of people who have engaged in deep processes of change and transformation, *The Unselfish Spirit* offers a pathway to evolving entirely new ways of living creatively and harmoniously as a species.

THE MEDITATION BOOK OF LIGHT AND COLOUR**Pauline Wills – Paperback (112 pages)**

Meditating with colour can be a powerful way to improve health and well-being and this simple handbook provides a full spectrum of new and easy-to-use colour meditation exercises. Each chapter looks at a particular colour and its associated chakra, discusses the characteristics and healing properties, and offers a series of relaxing breathing exercises and transformative visualisations for working with the colour in question. These simple meditations can be practiced in the home by anyone.

A FUNNY THING HAPPENED ON THE WAY TO HEAVEN**Corey Taylor – Paperback (256 pages)**

The Grammy Award-winning singer of Slipknot and Stone Sour has witnessed things that would send most people running for the hills. His ghoulish curiosity has seen him combing through an abandoned house in his native Iowa as a child and recording an album in the fabled Houdini Hollywood Hills mansion. Here, Taylor compiles his most incredible and insane brushes with the supernatural, while questioning our religious belief systems and two-thousand-year-old dogma, with his razor-sharp wit and unbribed honesty.

PATHWAYS TO WHOLENESS: Archetypal Astrology and the Transpersonal Journey**Renn Butler – Illustrated Paperback (328 pages)**

Non-ordinary states of consciousness provide powerful transformative experiences that can lead us toward the realization of a deeper identity while also yielding extraordinary insights into the ultimate nature of reality. However, the journey towards psychological wholeness can be disorienting and challenging. Here, Butler explains how to use archetypal astrology as a guide to the transpersonal journey. Based on thirty years of research, *Pathways to Wholeness* is an indispensable reference book for explorers of the inner worlds.

Messages from Heaven

by Jacky Newcomb

Connecting to the other-side has never been easier

Writing my books of true-life stories relating to angels and the afterlife has been my mission for the past 12 years. Many of the real-life tales in each book have been experienced by me personally. My uncle Eric and later my Dad, Eric's brother, have been the most prolific visitors.

They've both appeared in numerous dream visitation experiences to numerous family members, including the very oldest and the youngest.

Spirits of deceased family members visited so often it became normal for them to pop in and say hello, but I realise not everyone is lucky enough to have such contact. After Dad passed-on, my sister Madeline Richardson and I wrote a book about these afterlife encounters (*Call Me When You Get To Heaven*), and I feel he's been helping me ever since. On occasion Dad just popped in to reassure us that he was okay; then later he brought important messages and comfort.

I receive letters from all over the world from readers who want to share their own afterlife contact. Many, like me have experienced a spontaneous call from Heaven and others received their sign using a psychic medium. Most want that contact with the other-side on a more regular basis. They want to reach out in the way that one might simply pick up the telephone or, these days, receive a text to say that their loved-one was okay. Even for the lucky ones, that communication was frustratingly infrequent.

Drawing on the success of my own-design angel cards I wondered if it might be possible to develop a set of cards that might replicate a contact experience in a similar way. I felt that Dad was urging me from the other-side, and I made up a few sample cards using real words from Heaven. Through my work I discovered that spirits have the same agenda; they want to comfort and reassure us from the other side and so I took a selection of these phrases which seemed to appear over and over again in real life contacts and adapted them for use on the cards.

I wanted to also use real-life descriptions of Heaven as inspiration for the images; from the rare people who've visited the other-side during illness and accidents for example. People describe heaven (the areas they visited) as a more beautiful, light and colourful version of Earth. I personally chose every photograph, incorporating personal photographs and others of nature which I selected from all over the world; we then worked with an illustrator to sprinkle a little magic onto each image. One photograph I chose is that of my late father's hand holding the hand of my nephew. The photograph was taken by Nick Richardson and he also supplied

many of the other images. Dad literally has a hand in the making of the cards and the picture features on one of the cards as well as the inside of the box!

Sadly, whilst I was coming to the end of the sorting process, my cat Magik, a constant companion, also passed away. My little black cat was never far away from me and spent the day in my writing room, often right on my desk as I worked. Strangely, Nick had taken a gorgeous photograph of Magik a few years earlier too; it seemed right that she be included on a card also. She now represents our loving pets that have also passed-on. I firmly believe the spirits of animals survive physical death too.

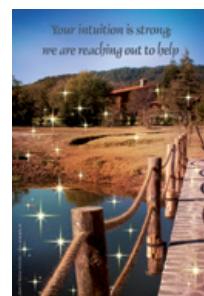
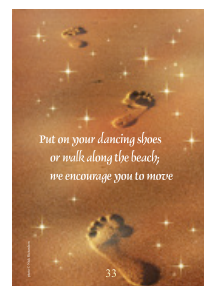
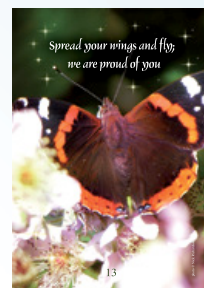
More and more people around the world are receiving contact from the afterlife, even if it's just a one-off experience. They favour the dream visit as the least frightening way to approach us. These experiences come from all over the world and cross all religious boundaries but if you haven't been lucky enough to receive direct contact the cards might work for you.

USING THE CARDS

The cards are completely safe to use and you can select a card any time of day or night. You just shuffle or cut the pack as you would any pack of cards, and choose one or more cards to receive wisdom and inspiration from the other side. You can ask that a specific relative step forward to work with you or ask that a message be inspired by them on your behalf. If you like to work with prayer you can use your favourite prayer before selecting the cards. There are no rules but I like to be in a place of LOVE and good intent when I use the cards and I always say thank you afterwards. Its good manners to speak as politely to your spirit friends as you would to your earthly ones!

FURTHER READING

MESSAGES FROM HEAVEN Communication Cards: Love and Guidance from the Other Side of Life by Jacky Newcomb, published by Findhorn Press, Boxed Set (44 cards & 64-page guidebook).



MEET THE AUTHOR JACKY NEWCOMB is a multi-award winning, *Sunday Times* best-selling author. Jacky is a regular guest-expert talking about angels and the afterlife on radio shows around the world. She is frequently featured in the national press (*The Daily Mail*, *The Daily Mirror*, etc.) and a regular on TV (ITV's *This Morning*, *Channel 5 Live* and others). She has worked alongside some of the UK's best known celebrities.

ON THE WEB www.JackyNewcomb.com

What Speaks to You?

Decoding the Divine Messages That Are All Around Us

by Ann Bolinger-McQuade

In her bestselling book, *Everyday Oracles*, Ann Bolinger-McQuade uses memorable stories and photos to introduce the formula for how personal oracles work and then teaches you how to recognize and decode yours.

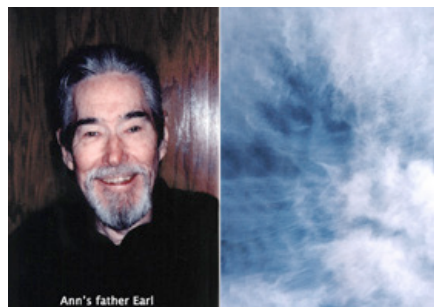
An Old Apache Storyteller reminds us:
The plants, rocks, fire, water are all alive.
They watch us and see our needs.
They see when we have nothing to protect us and it is then they reveal themselves and speak to us.

The idea of living in a world that responds to our needs is not only intriguing, it's ours for the taking when we learn to decode how the universe is communicating with us. These everyday miracles can be so minor we barely notice them or so large they make us gasp in awe.

I call these tailor-made messages personal oracles. Only the name is new. Personal oracles have been around for as long as humans have inhabited our planet.

Ancient civilizations looked to nature for their messages of guidance and support. History is filled with accounts of saints, celebrities, scientists like Albert Einstein, and everyday people who understood the value of messages delivered via dreams and visions. The Greek physician Galen was so confident of information gleaned from dreams that he performed operations based on dream interpretations.

In today's fast paced technological world this amazingly flexible mode of communication continues to reveal itself through every form imaginable. You know them. They're those mysterious messages that materialize at just the right moment to offer insight, guidance, support or even deliver a message from a deceased loved one letting you know "I'm still here."



Learn to recognize the spirit of a loved one who remains nearby.

What are personal oracles?

Personal oracles are messages of guidance and support that flow continuously through everything in the universe.

Personal oracles always consist of three parts: Need + Delivery System + Message = Personal oracle.

Take Rhonda's little hummingbird on a mission that showed up as Rhonda took her little dogs on their daily walk.

The tiny hummingbird flew directly toward her, came to an abrupt halt just inches in front of her face and stopped Rhonda in her tracks. The word danger began to flash in her mind and then became audible just outside her left ear. With her heart pounding she turned on her heels and raced for home. Back at home she noticed the blinking light signaling a message on her answering machine that wasn't there when she left home. It was the distressed voice of a neighbor warning her to stay inside, alerting her to a pack of wild dogs that had just killed their old sheep dog and one of their goats.

Experiences like this little hummingbird on a mission can serve as portals into hidden dimensions where paranormal events become everyday occurrences.

Cloud reading is one of the oldest and most widely used forms of divination

Have you ever wondered if you were on the right path? One day when my work was deepening and expanding I had a strong urge to take a break, so I made a cup of tea and walked outside. There in front of me was this unmistakable cloud image giving me a big thumbs up. Message received and noted, I ran inside grabbed my camera and took this photo (see next page).

Be on the lookout for invisible moving sidewalks

They are composed of a series of synchronistic events that are designed to carry you to a specific destination. Think people movers in large airports. Except these sidewalks can be life altering.

Invisible moving sidewalks transport people to new opportunities, new



MEET THE AUTHOR

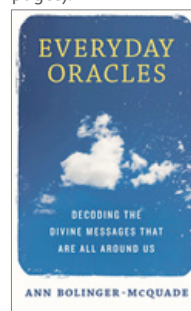
ANN BOLINGER-MCQUADE has always sensed that the world is alive, nurturing, and filled with personal oracles – concepts deeply seeded in her Native American ancestry. She is a regular radio talk-show guest, lecturer, and workshop facilitator.

ON THE WEB

oraclesinthesky.com

FURTHER READING

EVERYDAY ORACLES: Decoding the Divine Messages That Are All Around Us by Ann Bolinger-McQuade, published by Tarcher/Penguin, Illustrated Paperback (288 pages).





locations, new jobs, new relationships, new health, new insights or even bring us to the right place at the right time to lend a helping hand. We usually can't tell when we step onto one but when we arrive at the destination and look back we say, "Oh. I get it, that's what was going on!" Invisible moving sidewalks allow us to see how the universe sets everything in place to respond to a need.

When we tune in to these messages from our interconnected world our perception of conventional reality expands exponentially.

Some personal oracles are as simple as a synchronistic song on the radio. Others slide by unnoticed like those times you *know* the driver in the next lane is going to pull in front of you so you ease up on the gas peddle, they pull in and you both avoid an accident.

The more we share our personal oracle experiences the more we realize that what some call supernatural is quite simply the natural design of the universe – and together we expand the boundaries of conventional reality.

If you have personal oracle experiences to share, please submit them to Ann through her website. She will respond personally. And while you're there, check out the cloud photos in the interactive "What Do You See Section". Have fun and exercise your psychic muscles. Who knows, you may discover a personal oracle hiding in plain sight, just waiting to deliver a special message to you. And if you are looking for a community of kindred spirits, check out her new website personaloraclecafes.com and join in.

CARDS, DECKS & ORACLES



GETTING INTO THE VORTEX CARDS Esther & Jerry Hicks – Boxed Set (60-Card Deck, plus Dear Friends card)

A beautiful new set of cards that helps access the deep knowledge only available through the Vortex. As Esther explains: "It is always satisfying for me to be able to tap into the Vibration of Abraham and to translate their empowering message into our current time and space. I really believe that this deck of cards not only contains everything necessary to attract and maintain wonderful relationships, but it also explains everything that we would ever need to understand about living our lives here in these bodies at this time."

BIRD CARDS: The Healing Power of the Bird Kingdom Jane Toerian & Joyce van Dobben Boxed Set (55 Healing Bird Cards & 80-page book)

Discover the remarkable healing power of birds, and how they can support us in our daily lives, with this powerful deck. *Bird Cards* reveals the characteristic energies of fifty-five birds, along with meditative affirmations, to bring extraordinary clarity and insight to the issues we face every day. The cuckoo calls us



to new beginnings, for example, while the ibis reveals the heart of the matter, and the sparrow signals a need for companionship. A range of spreads enables you to seek guidance on any personal issues you would like to explore.

CHAKRA WISDOM ORACLE CARDS: The Complete Spiritual Toolkit for Transforming Your Life Tori Hartman – Boxed Set (49 Unique Chakra Cards & Workbook)

Set your intentions, break through blockages and achieve your dreams using this extraordinary divination system! Each card connects with a major chakra and represents one of the mystical fables revealed by angels to psychic Tori Hartman following a near-death experience. The oracle contains 49 unique chakra cards, each with its own fairytale image, as well as a detailed guidebook on how to use the Oracle, which includes divination spreads, chakra-by-chakra insight to guide you on your journey, and a personal inquiry and focused meditation for each card.

THE WICCA DECK

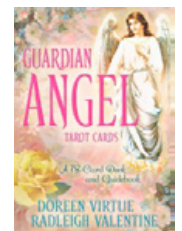
Sally Morningstar (Illustrated by Danuta Mayer)
Boxed Set (42 Wiccan Cards & 64-page book)
Develop your latent intuitive skills and discover



Wiccan wisdom, with this beautifully illustrated divinatory deck. Featuring key Wiccan symbols and archetypes, the cards help you connect to a place of deep inner knowing to find the answers you seek. Each card represents a quality of energy, and carries its own particular meaning in a reading. 'High notes' and 'low notes' are also given, offering an idea of the possibilities and pitfalls you're likely to encounter on your present course. Includes a selection of card spreads to address all types of enquiry.

GUARDIAN ANGEL TAROT CARDS Doreen Virtue & Radleigh Valentine Boxed Set (78-Card Deck & Guidebook)

After the successful launch of their *Angel Tarot Cards*, Doreen Virtue and Radleigh Valentine knew that some people were still wary of tarot. So they created this 78-card deck and accompanying guidebook for highly sensitive people who desire the accurate and detailed answers of tarot cards, along with gentle words and images. Even sweeter than their other decks, you'll find the *Guardian Angel Tarot Cards* a comforting and safe way to get clear answers for yourself and others.



Psychic Development –

The Fruits of Experience

by Judy Hall

Has very strange ideas, should not be allowed near children' read my first university report. Difficult when you're doing a teaching degree.

The research topic for my Religious Studies dissertation was 'The Seven Principles of Spiritualism' and my supervisor had more than once been seen surreptitiously checking my head for the first sign of horns sprouting. My secondary school teaching-practice pupils loved it however – one of them was my babysitter and knew all about my 'strange' interests. As a break in very long Friday afternoons preparing for O levels, we searched the Bible for signs of belief in reincarnation (there are several in both the Old and New Testaments) and psychic moments (of which there are many) and, of course, miracles were commonplace. But you can see why I didn't take up a career in teaching.

I'd been psychic all my life without realising it until, half a century ago, I was dragged into a Spiritualist church and was told: 'You should be up here on the platform.' 'Oh no', I replied, 'I can't sing.' I had no idea what the woman was talking about. I soon found out.

By the time I started my mature student's degree five years later I'd sat in a development circle to bring my psychic ability under control, and had trained in healing and begun past life readings and regressions. I'd met Christine Hartley, a Western Mysteries high priestess and my metaphysical mentor for psychic protection as well as past life healing. Christine shared her lifetime of metaphysical and magical experiences with me. But I was determined to find out more. The continuous existence of the human soul does, after all, to my mind at least, imply reincarnation and I'd already had two near-death experiences. My research took me into areas I'm still writing about today. But it also took me into a kind of 'who was who' in the metaphysical and spiritual worlds (not always the same thing). Harry Edwards was my healing tutor and I cherish my correspondence with him and his down-to-earth, practical approach. I was fortunate to have the College of Psychic Studies library and my local Spiritualist church's collection of more than 400 early books to draw on together with hand-written reports. I interviewed some of the best mediums (as they were known then) and it was a privilege to be able to question Silver Birch through his instrument Maurice Barbanell for instance, and so many others.

But I also spent hours listening to the biggest load of old codswallop you've ever heard. I asked a trusted but less well known source: 'Why do we get this rubbish spouted at us?' (There was no internet back then but some of it was remarkably similar to what you can read there today so you'll get the picture). 'Death is not an instant cure for ignorance'



MEET THE AUTHOR

JUDY HALL is a best selling author with over 45 years experience both practising and teaching as a psychic. Her previous books include *Patterns of the Past*, *Karmic Connections* (The Wessex Astrologer) and *Good Vibrations*, *The Soulmate Myth* and *The Book of Why* (Flying Horse). She is also the author of the bestselling *Crystal Bible* series.

ON THE WEB

www.judyhall.co.uk

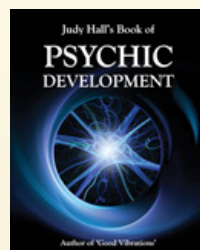
was the reply. He went on to explain that, without rigorous training on the part of the channel (as they became known) and equally rigorous discernment on the part of the recipient, what was likely to come through was from the realm closest to Earth and most of its denizens hadn't progressed very far and were delighted when someone was gullible enough to listen. Silver Birch said a similar thing when he described a 'ladder' of intermediary spirits each standing on another's shoulders to reach the highest realm but he deplored the fact that the teaching of necessity lost something in the downwards transmission.

Around the millenium I was asked to write a book on intuition. The brief was precise. It was to be a rigorous handbook that would appeal to men as well as women, and it had to open with research to back up what I was saying. It couldn't be 'airy fairy or nebulous'. Nothing 'woo-woo' – and it certainly couldn't mention the word psychic. It had to be 'scientific': the very antithesis to intuition in fact. Taking a deep breath and drawing on what was by now years of experience of teaching psychic development to many different people from around the world, men and women, I wrote a carefully structured course that would stimulate the intuitive right brain and engineer a natural opening up of psychic abilities, interwoven with what scientific facts there were available to keep the analytical left brain engaged. The publisher's design was, however, totally left brain and negated my gently nurtured flow of psychic receptivity. Deeply disappointed, I heard a voice whisper in my ear: 'Patience, wait, it will come right'.

The company were taken over, the book vanished into a black hole and, eventually, I was able to re-vision the book in a way which I knew would

FURTHER READING

JUDY HALL'S BOOK OF PSYCHIC DEVELOPMENT, published by Flying Horse Books, Illustrated Paperback (296 pages).



work with psychic perception, not against it. Much new research emerged. But something was missing: the right publisher. Again, the inner voice whispered: 'Wait, it's closer than you think'. I was delighted that the wonderfully intuitive Margaret Cahill once again became my publisher especially as she added immensely to the depth of the book with her perceptive questioning. But, for various reasons, the book's second coming was delayed until now. Spirituality has been in vogue, 'channelling' has been rife, intuition is 'in', but rigorous psychic training seems to have lagged behind. Right timing? I hope so!



Just occasionally the unseen makes itself clearly visible. The goddess Hathor communicating to Judy at Philae Temple, Egypt. The rays are radiating out of Hathor's third eye, through Judy's intuitive centres and down into the photo of the recipient of distant healing. These are not the rays of the sun which was on the other side of the temple. Photo copyright Terrie Birch.

"For those of you who want to develop your metaphysical skills I have shared with you the fruits of experience."

I've included research that helps us to recognise the optimum conditions for intuition to flourish. The book is launched into a world in which intuition is now used routinely in commerce and is actually taught – rather than being objectively studied – in universities, nursing and business schools. A world where psychic experiences are shown almost daily on television. Where near-death or out-of-body experiences, lucid dreaming, telepathy and the like are now called Exceptional Human Experiences (EHEs) rather than an hallucination or anomaly. It goes to show how things evolve and how important right timing can be – as is listening to the inner voice of our own true *knowing*.

However, the value of rigorous training and discernment remains as great as ever. In ancient times initiations were carefully directed, the pitfalls were highlighted and steered around, and there was no substitute for self-knowledge. The same remains true today and for those of you who want to develop your metaphysical skills I have shared with you the fruits of *experience*. An experience that covers much more than 'intuition'. To be truly metaphysical is to have a guidance system, an inner awareness, a compass that directs your life. Let my *Book of Psychic Development* be your light along the way.

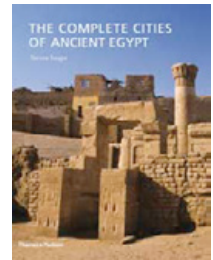
ANCIENT EGYPT

THE COMPLETE CITIES OF ANCIENT EGYPT

Steven Snape

Illustrated Hardback (240 pages)

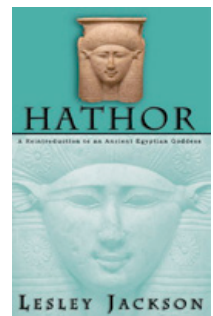
Ancient Egyptian cities and towns have been some of the least-studied aspects of this great civilization. Now, new research and excavation are transforming our knowledge. This is the first book to provide a comprehensive overview of what we know about settlements during the dynastic period. From the earliest city, Hierakonpolis, to the metropolis of Alexandria, the development of urban living is explored throughout the Nile Valley and Delta. City by city, discover the rich sophistication of urban life under the Pharaohs. Stunning illustrations and detailed maps bring the landscape of ancient Egypt to life.



HATHOR: A Reintroduction to an Ancient Egyptian Goddess

Lesley Jackson – Paperback (312 pages)

Hathor was once the most loved and pre-eminent goddess of Egypt. Drawing on a wide range of historical sources, including magical papyri, stelae, statues, jewellery, ritual objects and archaeological evidence, Jackson reveals the captivating history and numerous functions of this mesmerizing goddess. From her different roles and titles, her associations with other deities, alter-egos and assimilations, to her temples, worship, festivals and subsequent decline in popularity, *Hathor* provides a much-needed exploration of one of the most influential goddesses of the ancient world.

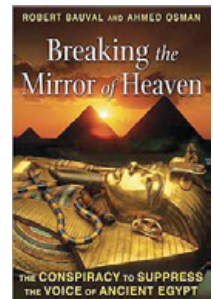


BREAKING THE MIRROR OF HEAVEN: The Conspiracy to Suppress the Voice of Ancient Egypt

Robert Bauval & Ahmed Osman

Illustrated Paperback (384 pages)

Exploring the many cycles of destruction and suppression in Egypt as well as moments of salvation, Bauval and Osman investigate the many conquerors of Egypt as well as what has happened to famous artefacts such as the Rosetta Stone. They show how Napoleon wanted to revive ancient Egyptian wisdom and art because of its many connections to Freemasonry and reveal how the degradation of monuments, theft of relics, and censorship of ancient teachings continue to this day.

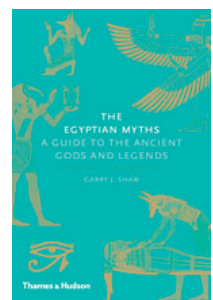


THE EGYPTIAN MYTHS: A Guide to the Ancient Gods and Legends

Garry J. Shaw

Illustrated Hardback (224 pages)

This illustrated handbook is the perfect introduction for modern readers to the world of ancient Egyptian myth and legend. Which gods created the world according to the ancient Egyptians? How did they explain the sun's movements and its disappearance at night? In what ways did mythology permeate their lives? And what did they believe happened in the afterlife? More than just a retelling of the ancient myths, this accessible guide explains how the Egyptians encountered the mythological in their everyday lives: gods, goddesses, ghosts and demons, beings that could be aggressive, helpful, wise or dangerous.



Venus – A Diary of a Puppy and Her Angel

by Diana Cooper



At the cosmic moment in 2012, 58% of animals ascended into the fifth dimension. At that time 31% of humans moved into the fifth dimension. So animals are teaching humans.

Animals are on Earth to learn and evolve as we are but humans operate predominantly with the left brain while animals are experiencing through the heart and the right brain. So their journey is very different from ours.

Like humans, animals originate from different stars, planets and galaxies before they incarnate on Earth, and some like monkeys visit our planet from another universe, spreading healing and wisdom but we usually do not understand or acknowledge their gifts.

Just as the soul of a human plans its journey on Earth with the help of guides and angels, so too does the soul of every animal. You are not with your pets by chance. You have almost certainly known them before. When I responded to an advertisement for a puppy, Venus and I recognised each

other immediately. She gambolled across the room and sat quietly on my feet. I picked her up and she snuggled onto my lap, which is her rightful place even now. We were in Atlantis and Egypt together, and possibly during many other incarnations, and the love and understanding between us continues to grow. She is quite hilarious and I have laughed more with her than the rest of my life put together. She has also taught me a wealth of things and I want to share her love, joy and wisdom through her Venus Diary.

Until 2012, animals and elementals had very little connection with one another. Now that the energy on the planet is shifting dramatically, they are starting to communicate and even work together. When she had her injections, Venus was very excited about going for her first walk to the woods so I was surprised when she was frightened. She sat on the ground with her tail between her legs and refused to move. I carried her home and thought she would enjoy it more the following day. She didn't. This is what Venus has to say:

July 18

In the afternoon I see Mum's angel whispering into her ear. I wonder what he is imparting and whether she has really taken it in. But she must have done for suddenly she announces she's realised why I'm scared in the woods. She tells me that I'm a very sensitive little dog and that I am feeling the energy of the nature spirits and elementals. She says she knows how to make that better. Oh I do hope so!

MEET THE AUTHOR

DIANA COOPER is a bestselling author who specialises in esoteric subjects including angels, unicorns, ascension and Atlantis. She teaches internationally and runs the Diana Cooper school. Diana has written 24 books and is published in 27 territories around the world.

ON THE WEB

dianacooper.com

FURTHER READING

VENUS: A Diary of a Puppy and Her Angel by Diana Cooper, published by Hay House, paperback (280 pages).



July 19

Today Mum is going to introduce me to the forest elementals. Apparently all those watching eyes belong to little creatures who look after nature and Mum tells me that they aren't hostile, just curious.

"This special puppy teaches me how often the beings in the invisible realms help and nurture us."

She carries me into the glade and sits on a bench with me. I see a glorious blue-green angel of nature floating between the trees watching us. Mum strokes me while she invites the elementals to come and say hello. Something extraordinary happens! A whole host of little creatures stream across the clearing – fairies, elves, imps, brownies and others little beings. Mum introduces me to them.

There are dozens of fairies all about 18 inches tall, that is 45 cm. They are like bright coloured lights who flutter towards me on wonderful iridescent wings. They look so pure and playful and greet me in such sweet tinkling voices that I jump down from the bench and race round in the grass playing with them. Wowee! The woods are fabulous after all. Thank you angels. You were right!"

And Venus has loved the forest ever since!

Fairies are great healers and when Venus's spirit is battered and she is feeling low she notes in her diary:

"A little cluster of kind fairies observe my distressed and battered spirit, so they sing my name with love. 'Venus we love you. Venus we love you.' The vibration flows over me like honey and I feel soothed and loved. It is a wonderful world again."

This special puppy teaches me how often the beings in the invisible realms help and nurture us.



Dogs have a special soul mission – to teach love and be faithful companions to humans. Venus has brought me such joy! And she is spreading love and wisdom to others through her diary.

DOREEN VIRTUE

THE BIG BOOK OF ANGEL TAROT: The Essential Guide to Symbols, Spreads and Accurate Readings

Doreen Virtue & Radleigh Valentine – Ill. Pb (320 pages)

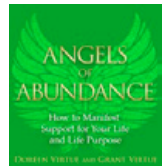
Doreen and Radleigh take you card by card through the journey of The Dreamer in the Major Arcana, fully explaining all the magical symbolism found throughout tarot. You'll come to understand the importance of each suit of the Minor Arcana and its relevance to your daily life, as well as develop a firm grasp of the court cards by getting to know each one as though they're real people. With various card spreads to provide you with incredible insight into your life and concerns!



ANGELS OF ABUNDANCE: Heaven's 11 Messages to Help You Manifest Every Form of Abundance

Doreen Virtue & Grant Virtue – Paperback (224 pages)

Many people don't move forward because they don't understand how to attract the financial resources that are the basis for how the physical world operates. Doreen and Grant wrote this book to show how Heaven can give you material and emotional support as you strive to attain your life purpose and manifest everything you desire. Whether you wish to have more money, time, ideas, or opportunities, the Angels of Abundance will hold your hand and help you over the hurdles that have previously held you back.



ANGEL DREAMS: Healing and Guidance from Your Dreams

Doreen Virtue & Melissa Virtue – Pb (176 pages)

In *Angel Dreams*, Doreen and Melissa discuss where dreams come from, whom to call upon for dream guidance, the angels associated with dreams and basic symbols and colour meanings. You'll discover techniques and tools to enhance your dream time, including ways to remember content upon awakening. In your dream state the angels are able to communicate with you more freely and this book is the perfect guide to understanding their transformative messages.



The JOSEPH

Communications

Taken from 12 remarkable public trance demonstrations...

...read the highly-evolved spirit Joseph's answers to over one hundred and fifty questions, expanding your understanding of a wide range of spiritual topics including:



- PRE-DESTINY AND CHOICE • THE NATURE OF TIME • NATURAL DISASTERS
- INDIGO CHILDREN • MEDITATION TECHNIQUES • GOD • THE FUTURE OF THE PLANET • ALIENS • REINCARNATION
- ANGELS • PAST-LIFE BAGGAGE
- SEXUAL ENERGY • HEALING • THE BIBLE • ANIMALS • INFANT MORTALITY
- ASCENSION • THE REASON FOR ACCIDENTS ...PLUS MANY, MANY MORE.

448 pages inc. colour photo section.

'How satisfying to read someone's question that exactly mirrors my own. What deep and thought-provoking answers Joseph provides.' *Eugenie Heraty*

'So many new perspectives on old ideas.' *Peter Wallace*

Available from: www.josephspeaks.com or **amazon**

or send cheque for £21.95 (inc. p&p) payable to
Band of Light Media Ltd

to: 10 Sparrable Row, Briercliffe, Burnley, Lancashire, BB10 3QW
eBook version also available

Enquiries: jkneen@bandoflight.co.uk

BOOKS THAT ARE CHANGING YOUR WORLD

The Dawn of Genius:

Rediscovering Europe's First Super Civilization, THE MINOANS

by *Alan Butler*

In around 370 BC a Greek poet by the name of Aratus came from his home in Cilicia to the court of King Antigonos II Gonatas of Macedonia. His invitation to Macedonia must have been both a great honour and a significant career move. The name and reputation of Aratus are well known today though the sum total of his work is less so. In reality we have only one major work by the poet still available to us; it is called 'The Phaenomena' and it is actually two poems put somewhat surprisingly together. The first part of the Phaenomena is an exhaustive description of the heavens, as seen from Greece and it is surprising for a couple of reasons.

POETS AND ASTRONOMERS

Aratus was no astronomer and it has always been taken for granted, as it already was in ancient times, that the Phaenomena was a synthesis of the work of an earlier Greek astronomer called Eudoxus, who had predated Aratus by around a century. If this was the case, the complexity of the Phaenomena demonstrates that Greek

knowledge of astronomy around 500 BC was more than significant. To some scholars this is the major surprise regarding the Phaenomena. However, a far greater shock comes from the knowledge that the sky described in Aratus' epic poem could never have been seen in his own time. In reality the whole account had to be based on observations of the sky that had taken place around 2,000 BC!

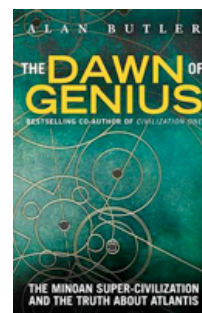
THE CHANGING HEAVENS

It is generally accepted that the basic patterns of stars do not change from century to century. In the main this is true, but something that does change is the way humans have seen them across a longer period of time. In addition to turning on its axis the Earth also 'wobbles', somewhat like a child's spinning top as it is slowing down. This is known as the Precession of the Equinoxes and it results in the position of certain constellations changing their position relative to fixed points on the horizon. One full precession takes over 25,000 years, at about one degree every seventy years. Using their knowledge of precession, two professors from Glasgow University, Professors Ovenden and Ry showed that the view of the sky described by Aratus must have taken place at around 2,000 BC and almost certainly on the island of Crete.

When I discovered these revelations they might have surprised me more than they did, had I not already known a great deal about the people living on Crete in 2,000 BC. We know them as the Minoans and they represent Europe's first 'super-civilization'. The Minoans were great seafarers

FURTHER READING

THE DAWN OF GENIUS: The Minoan Super-Civilization and the Truth about Atlantis by Alan Butler, published by Watkins Publishing, illustrated paperback (256 pages).





MEET THE AUTHOR

ALAN BUTLER is a writer and researcher with a particular interest in ancient history. Both on his own and in co-operation with others he has endeavoured to open up a part of history that is so mired in controversy that most historians refuse to touch it. Alan is an expert on ancient astronomy but has also published books about the Knights Templar and Rosslyn Chapel. His most successful books include *Civilization One*, *Before the Pyramids* and *Who Built the Moon* with Christopher Knight and Washington DC – *City of the Goddess* and *The Goddess, the Grail and the Lodge* under his own name. Alan lives in the North of England with his wife Kate but travels extensively these days to appear on a number of documentary series, especially in the United States.

ON THE WEB

cityofthegoddess.com
whobuiltthemoon.com

and traders who possessed a vibrant civilization. They were skilled artisans and flourished in a generally peaceful and colourful society in which co-operation was the key. As far as we can tell theirs was a Goddess-worshipping culture and it predated the people we call the Ancient Greeks by well over a thousand years. Unfortunately the entire Minoan civilization was ravaged and as good as destroyed as a result of a cataclysmic volcanic eruption on the nearby island of Santorini, probably around 1,500 BC. It is only comparatively recently that this all but forgotten experiment in human society has been recovered by archaeology.

The disaster that was Santorini left Crete open to influence from the mainland and Minoan society was subsumed by the much more warlike Mycenaean culture. Just how much of Minoan knowledge, art, religion and culture funded the Mycenaean civilization – and ultimately that of the rest of Greece – is only now being realized, but I stumbled over part of it twenty years ago. In the ruins of a major Minoan palace at Phaistos, in the south of the Island, a strange object came to light at the beginning of the 20th century. It was a fired clay disc, about the size of a CD and it became known as the Phaistos Disc.

The Phaistos Disc is double sided. Each side contains an incised spiral, within which are groups of strange hieroglyphs. The first time I saw the Phaistos Disc, back in the 1970's, I was certain that it represented a calendar of some sort. Like everyone else, I was ignorant as to what the hieroglyphs might say but I could count them and I soon discovered they related to what I already knew about the mathematical skills of people living at the same time as the Minoans, but far away to the West in the British Isles.

To cut a long story short, it became obvious to me that the Minoans had used the same calendar and the same measuring systems as the people who ultimately created structures such as Stonehenge and Avebury. Both the British and the Minoan systems had relied on a circle containing 366 degrees, as opposed to the 360 degrees that we inherited from the Greeks, via the Babylonians. But how could two cultures living at such a great distance from each other, in such remote times, have

shared anything? The answer had to be that the Minoans had been short of one commodity that their island did not possess. They wanted and needed bronze, and whilst copper was available on the mainland not far from Crete, the other ingredient of bronze is tin, which is far less easy to source.

A JOURNEY TO CORNWALL

The easiest way for the Minoans to get tin was to sail across the Mediterranean and up the coast of Spain and France to Cornwall in the West of England. Gold objects of Minoan manufacture have been found in Southern England, so there is little doubt the Minoans did visit our shores – and it seems they took away more than tin because their mathematical and astronomical system had been devised in the far West of Europe during a period dating back to around 4,000 BC.

Despite what text books would have us believe, Ancient Greece is not really all that ancient at all. Many of the ideas of its astronomers, mathematicians and probably also its philosophers came from elsewhere and the names we attach to various theorems, such as that of Pythagoras for example probably belong to other, now irrevocably lost cultures and individuals. Greece took much of its art and a great deal of its religion ultimately from Minoan Crete but it tended to look East, towards Babylon and Egypt for its geometry. By so doing, it settled on a form of geometry that was already fragmented and only partly understood. As a result even the modern world has ended up with one system for measuring the geometry of 'things' and another method for measuring time. In Minoan Crete and the truly ancient British Isles, these two disciplines were integrated – and astronomy was also a part of them. The cohesive whole was easy to understand and to pass on and it needed no fractions or decimals in order to work.

Aratus may have written a truly remarkable poem when he composed the *Phaenomena*. It's hard to say in the absence of a knowledge of ancient Greek. He probably also wrote the poem in good faith and with respect to his near contemporary, Eudoxus the astronomer. What Aratus almost certainly did not know was the impressive knowledge Eudoxus had of the heavens was already well over a thousand years out of date, meaning he must have relied entirely on the work of Minoan astronomers who had been dead for centuries before he was born. In their turn, the Minoan sky-watchers were utilizing methods they had picked up in far away Britain and which reached their apex in the creation of three massive henges in North Yorkshire at Thornborough. The henges were completed at least as early as 3,500 BC – long before even the Minoans existed.

If you like a good detective story and are also interested in ancient history, with its twists, turns and incredible surprises, you will most likely enjoy reading *The Dawn of Genius*. The book also details later Greek discoveries and creations and explains that many of these also relate to much earlier periods. It turns out that the Ancient Greeks were good synthesizers and living as they did in the melting pot that was the Aegean, they were in a great position to have ideas coming at them from all directions. What they most definitely were not was the 'once and for all' culture of ultimate genius that furnished every concept adopted by the modern world. History is just too old and too complicated for that!

The Oneness of All Beings

by Poppy Palin



The World card from *Everyday Tarot* by Poppy Palin.

I'm someone that adores words but they can still fail me. The effortless lyricism of the lark or the legato rhythm of the running deer leave me yearning to express myself as gracefully and succinctly as my wild counterparts, those natural soul-poets. When considering the focus of my work – the Oneness of all beings – I stumble over words I consider inadequate such as spirituality, synchronicity and *human-centricity*.

To be human-centric, or anthropocentric, is self explanatory: we think everything revolves around our current species. It means we're stuck in a place of division and deep *forgetting*. We've buried our innate *knowing* of the essential unity and parity of all beings – yes, all of them – under

MEET THE AUTHOR

POPPY PALIN is author and illustrator of 10 published books on green spirituality, psychic development and wild enchantment. Her focus is on Oneness and the interconnectedness of all beings – human and non-human; seen and unseen. Her artwork celebrates everyday people and situations, revealing magic in the midst of life.

ON THE WEB

www.poppypalin.org

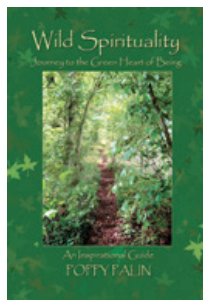
“...We are one another. Our eternal wild essence knows no limits or partiality and understands this truth as all creatures do.”

received beliefs. Beneath our assumptions we *know* all Creation is a seamless inclusive whole – no exceptions – and all apparent differences between us are skin deep. Beyond skin we're One Awareness – Infinite Consciousness – experiencing itself subjectively. We're a perfect Oneness enjoying 'joined-up being' from myriad points of perspective.

It's surprising then to find many contemporary spiritual teachings are human-centric. The Native American expression of interconnectedness 'for all my relations' and Buddhism's 'for the benefit of all sentient beings' convey a wholehearted embracing of the winged, finned, scaled and furred beings – our other fabulous, precious selves. But this sensibility is often absent from modern spirituality with our creature-kin rendered inferior or irrelevant...unless of course they offer meaning to people. Why this blind spot? Perhaps it's the residue of monotheism which taught us man has dominion over the land and its denizens. Perhaps it's a 'scientific' notion that people are the most evolved and so set apart/above. Or maybe it's a primal aversion to creeping untamed creatures. Whatever the cause, unless we address this prejudice we can't achieve the healing reunion – the complete *re-membering* – we seek. We're excluding part of All-That-Is – our Greater Self – which expresses every aspect of being simultaneously, without distinction. We're reinforcing 'other-ness', determining 'them' and 'us'. This perpetuates suffering, unwittingly or not.

Like all great truths, our relationship to every being is simple: *we are*

FURTHER READING
WILD SPIRITUALITY:
Journey to the Green
Heart of Being – An
Inspirational Guide
by Poppy Palin, pub-
lished by Green Magic,
paperback (220 pages).



one another. Our eternal wild essence knows no limits or partiality and understands this truth as all creatures do. It's only our temporary, temporal human aspect that disregards inherent awareness for expediency. *Remembering* our true nature – and so theirs – complicates life even as it enriches it. It keeps us awake to suffering when we'd rather switch off and ensures we make difficult choices in a society obsessed with convenience. Here's the basis of how we can transform our human-centric, self-ish lives into Self-centred being:

Honourable Attitude. Without thought-policing ourselves what's our current mind-set? Do we have lines drawn as to acceptability – an amusing penguin; a busy bee – and what we reject as useless, a pest or creepy? Do we think 'it's only a gnat' as we swipe? Does the gnat consider its life less valuable or does it cling to it tenaciously? The gnat is part of our Self having a different experience to us. Relegating it because of size isn't Self-respect.

Honourable Language. It's not 'political correctness gone mad' to know words have the power to desensitise/disconnect. Everyday terms are denigrating – livestock, pet, roadkill. 'Like an animal' is used as an insult. 'Treated like a guinea pig' is common parlance although we've no conception of what experimentation entails. Routine use makes vivisection a fact of life rather than the abhorrence it is. Care-less talk can indeed cost lives as it inevitably leads to thoughtless deeds. Despite pressure to 'text' and 'tweet' let's speak deliberately, with consideration.

Honourable Deeds. Be as vegan as possible and choose cruelty-free. It's no longer valid to claim we need meat when there're healthier alternatives available. Someone else heedlessly killing for us on an industrial scale in a fear-inducing fashion isn't natural. A slaughterhouse has no place in the 'food chain'. Drinking another mammal's milk – one who's kept continually pregnant while their babies are removed – isn't kind. Ditto the wearing/sitting on the skin – yes, that means leather – of another creature. We've plenty of other options. We don't need cosmetic treatments, household cleaners or drugs tested on animals. Aren't natural versions without hazardous chemicals preferable? Shops thrive on products born of pain inflicted by Big Pharma/the beauty industry. Boycott them... *for the good of the All.*

What if this essential unity is wishful thinking? Living the Oneness of all beings – giving every one honour as a beloved part of our Self, whether we like them personally or not – expresses deep empathy. It's soul-poetry in motion. And that's enough.

PLANT CONSCIOUSNESS

Conference & In-depth Workshops
Regent's University • London • 4-6 Oct

AN EVENT THAT WILL REVOLUTIONISE OUR RELATIONSHIP WITH PLANTS

 Sir Julian Rose <i>Organic Farmer, Activist, Author</i> The Path To True Organic Awareness	 John Perkins <i>Author, Activist</i> Sacred Plants & The Consciousness Revolution	 Pam Montgomery <i>Plant Spirit Healer</i> Our Symbiotic Relationship With Plants
 Simon G Powell <i>Director, Author</i> The Role Of Botanical Intelligence On Board Spaceship Earth	 Philip Carr-Gomm <i>Leader of UK Druid Order</i> Working With Sacred Plants Of The Druidic Tradition	 Stefan Ball <i>The Bach Centre</i> Everything In Nature Is Simple
 Tigrilla Soler <i>Plant Researcher</i> The Music Of The Plants - Damanhur; 40 Years Of Research		

Tickets starting at ONLY £45

www.plantconsciousness.com

Supported by:    www.caduceus.info    Presented by: 

A Modern Celt: Seeking the Ancestors

by Mabh Savage

It's an oxymoronic title, truly; the Celts as a people are long gone, yet their influence is still alive in so many parts of our lives. Think about the designs in the window of any tattoo artist. You'd be hard pressed not to find at least one design based upon a Celtic knot. The same goes for any jewellers. Their reverence for trees continues in the way we name our places of healing (within a mile of me I have Beech Tree medical centre and Hawthorn Surgery) and their acceptance of animals as part of our lives: look at our relationships with our pets, particularly our beloved dogs and cats.

As a witch following the wheel of the year, it's impossible to ignore the massive impact Celtic timekeeping has had on modern spirituality. The four major festivals of Imbolc, Beltane, Lughnasadh and Samhain are all based on evidence that the Celts, particularly in Ireland and the British Isles, used these festivals to map out the seasons. Deities such as the Morrígan, Lugh and the Dagda are still honoured among various groups of pagans, their names and tales having survived not only the ages but the Christian purge of all that was not 'holy' during the middle ages.

How incredible that these stories have survived and still thrive as a vital part of modern spirituality. I found it fascinating that so many of us are drawn to tales of the Celts; what is it about these legends, amazing people, deities, faeries, even battles that keeps us coming back for more? The question stayed with me until I was compelled to ask it out loud, and write down the answers. And a book was born...

In *A Modern Celt*, I explore different aspects of Celtic mythology and culture, and ask many different people the following question:

How are the Celts relevant in your modern day life?

The answers are surprising in many cases. Some feel a connection to their ancestors; the bond of blood reaching back through the millennia. I speak of using this connection to try and reach out and build upon that bond; to create a relationship with your ancestors, that is more than just knowledge from books. Others have a skill or a gift that harks back to the magic of the Celts. I speak to a lady who does not consider herself religious and certainly not Pagan, but who has premonitions she can't control, which reminds us of the prophecies from *Lebor Gabála Éirenn* or *Táin Bó Cúailnge*. The prophet or prophetess cannot say what the words mean, only that they will come to pass, and the recipient never benefits from the 'heads up'.

I discuss my own connection with the Tuatha Dé Danann. I first discovered them as a child, through tales told to me by my parents, then again later as characters in children's books. I feel like they have always been a part of my life and as I explore this relationship, I find that I am ever drawn to learn more, discover more; the literature may be finite but personal experience through meditation and ritual has led to uncovering aspects of these incredible characters previously hidden to me. Sometimes the ritual can be as simple as sitting quietly in a wood, feeling the world moving slowly but inexorably around me. Can I achieve a sense of how the Celts would have recognised the change in seasons, even the turning of the day? Can I forsake timepieces in favour of the sun and the stars?

These questions remain partially unanswered, for *A Modern Celt* is simply the start of my expedition across the bridge that spans between the 21st century and the Iron Age (to generalise). Although I have explored Celtic magic, Celtic festivities and the motivations of those that share my fascination, I have only dusted the topsoil from this spiritual archaeological dig. My hope is that those who read my book will also be driven to find out more about the Celts, their own ancestors, or simply realise how much we owe to a culture that is so far removed from our own as to be barely recognisable. I'm honoured that so many wise and experienced people including priests, witches and healers shared their words, joining me in explaining why the Celts mean so much to us and why our spiritual lives are so influenced by them. I hope their stories and experiences compel you as much as they did me.



MEET THE AUTHOR

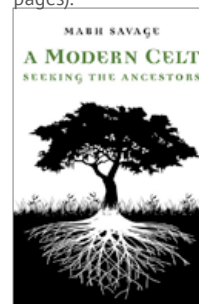
MABH SAVAGE – When not exploring Celtic spirituality and asking people awkward questions, Mabh writes a regular blog covering Paganism, politics and the turn of the seasons. You can keep up with this at soundsoftime.wordpress.com. A singer, poet and musician too, she gigs and does spoken word at venues across the UK. She has two crazy cats and an even crazier three year old boy!

ON THE WEB

mabhsavage.webs.com

FURTHER READING

A MODERN CELT: Seeking the Ancestors by Mabh Savage, published by Moon Books, paperback (180 pages).



Kicking Over the Cauldron

by Melusine Draco



MEET THE AUTHOR

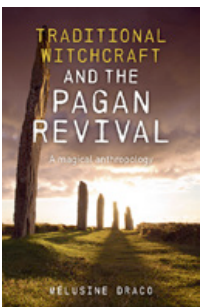
MÉLUSINE DRACO originally trained in the magical arts of traditional British Old Craft with Bob and Mériém Clay-Egerton. She has been a magical and spiritual instructor for over 20 years, and author of numerous popular books on witchcraft and magic. Her highly individualistic teaching methods and writing draw on ancient sources, supported by academic texts and current archaeological findings.

ON THE WEB

covenofthescales.com

FURTHER READING

TRADITIONAL WITCHCRAFT AND THE PAGAN REVIVAL: A Magical Anthropology by Melusine Draco, published by Moon books, paperback (189 pages).



Kicking Over the Cauldron' is not irreverence; it's an act of getting rid of the dross that often obscures genuine Old Craft teaching with modern-day propaganda. In *Traditional Witchcraft for Urban Living* we observed that an old-time witch might not have had the enquiring mind or educational opportunities of her 21st century counterparts, but she would have had the advantage of absorbing teaching passed on within an oral tradition that had persisted for hundreds of years. In *Traditional Witchcraft and the Pagan Revival* we trace those Old Craft roots back to the beginning.

The kernel of a traditional witch's faith, however, is a belief in a definite association of force (or energy) within special localities, and the notion of natural universal energy influencing cause and effect. The term 'animism' was first coined in the early 18th century by Georg Ernst Stahl to describe his philosophy of a world soul; the word *anima*, meaning 'breath', which in Latin came to have the secondary sense of 'soul' = breath of life. The belief embraces the notion that spirits [or natural energy] inhabit everything in Nature – every hill, tree and stream, every breeze and cloud, every stone and pool has its own 'spirit'.

It was Andy Lloyd Book Reviews that first put the Traditional Witchcraft series into its proper perspective: "The series provides varied information about what it means to be a practising witch in modern times. In places, it feels like a guide, or self-help book. But there is much more to it than that. What strikes me is the amount of science running through the book. To understand nature is to live as a part of nature, and ultimately to become one

with its changing patterns and cycles, to synchronise one's own psychic or magical energy with natural tidal forces and the elements. So a witch, like no other religious practitioner that I'm aware of, must study her environment carefully, and attune her life to it... The learning is multi-disciplinary, and feels almost as if one was studying a textbook written by a poet ... it has that sense of quiet wonder about it, supported by education, knowledge and, above all, wisdom."

Throughout the series there is the continuous theme of how important the Ancestors are within Old Craft, and anyone wishing to follow this Tradition must understand who they are, and how they influence both the magic and belief of the traditional witch. For this reason the historical view of *Traditional Witchcraft and the Pagan Revival* was left until the fifth book because it's not until we've been studying traditional Craft for a while that we start to notice both the differences *and* the similarities between the various pagan disciplines. We *want* to know where our own beliefs come from; to trace these antecedents; and to understand why some of our ways are often diametrically opposed to those of other traditions we read about – and why. That is the reason for this fifth book in the series being written as a magical anthropology; simply to make sense of some of the things we've noticed but never fully understood.

Some claim there is nothing new contained within the books, or that there are no great revelations in the text, ignoring the fact that Old Craft learning is about forty percent information and sixty percent intuition; but it's also about realising when intuition is telling us that we don't have all the information. There *are* books claiming to reveal the 'secrets' of traditional Craft – but intuition should tell us that if the secrets can be revealed in the reading of just one book, then the author cannot have that much to tell. The real secret is that *there are no secrets*, only a system of revelation that eventually leads us to a series of enlightening experiences, and guides or teachers, to further our progress along the Path to the Mysteries.

Because of its occult (i.e. 'hidden') nature, traditional British Old Craft methods really do differ from county to county, so the opportunity of being in the company of genuine witches, meant that late-night magical discussions were all part of the invaluable exchange of information that old Crafters enjoy when meeting with those of their own kind and calibre. It was usually well past midnight when the cauldron would be kicked over; the dross discarded and the rare elixir of Knowledge at the bottom savoured and shared.

Aleister Crowley, the Crowned and Conquering Child

by Gary Lachman

Of all the names associated with the modern occult revival, surely the most infamous must be that of the dark magician Aleister Crowley, the self-styled 'Great Beast 666'. Whatever you may think of him, Crowley has to be one of the most interesting – if less than admirable – characters of the last century. For the tabloids of the 1920s and '30s who boosted sales by 'exposing' and exaggerating his 'devilish' exploits, Crowley was 'the wickedest man in the world' and 'a man we'd like to hang,' but for the followers of his magical religion *thelema* – Greek for 'will' – he was the avatar of a new age, a herald of a coming shift in human consciousness. For many people today, who are only vaguely aware of Crowley's chequered life, he is a symbol of unlimited personal freedom, his philosophy of 'do what thou wilt' appealing to people with little or no interest in magic – or 'magick', as Crowley spelled it – yet who embrace his ideas as a way of throwing off social and personal constraints. Many of these people come across Crowley through his presence in popular culture. Crowley, who died in poverty and obscurity – as well as addicted to heroin – in 1947 at the age of 72, became an icon of the 1960s counter culture twenty years later, in 1967, when the Beatles included him among a host of other characters on the cover of their *Sgt. Pepper's Lonely Hearts Club Band* album. The 'occult revival' of the 1960s had started some years earlier, with the publication of a fascinating, if often erroneous book, *The Morning of the Magicians*, in 1961. Among many other occult items, its authors wrote of Crowley and the Hermetic Order of the Golden Dawn, the most famous magical society of the

"When the Beatles and soon after the Rolling Stones gave Crowley and magic their stamp of approval, a veritable 'magical pop-cultural explosion' occurred."



late nineteenth century, to which Crowley briefly belonged. More occult oriented books followed, as did films and television shows, and within a few years magic had gone from being an eccentric pursuit on the margins of society to a widespread craze of the burgeoning youth culture; in 1965 the Loving Spoonful, a popular band of the 60s, had a huge hit with a song entitled "Do You Believe in Magic?" Apparently many people did and when the Beatles and soon after the Rolling Stones gave Crowley and magic their stamp of approval, a veritable 'magical pop-cultural explosion' occurred, a phenomenon I write about in *The Dedalus Book of the 1960s: Turn Off Your Mind*.

Crowley was not the only 'occult' character to be adopted by the growing youth culture. The psychologist C.G. Jung also found a place on the cover of *Sgt. Peppers* and in 1970 in an article for the popular American magazine *McCall's* the novelist Kurt Vonnegut called Madame Blavatsky 'the Founding Mother of the Occult in America.' Yet today neither Jung nor Blavatsky nor any of the other occult figures who briefly found a place for themselves among 60s hippies and teenagers still retain their pop cultural cachet. Crowley, however,

has. From the tie-dyed days of the 'Age of Aquarius', through heavy metal, industrial rock, and up to today's gangsta rappers and hip hoppers, Crowley has occupied a peculiar niche in the iconography of rebellion, transgression, and excess that, in one way or another, exemplifies the perennial efforts of youth to shock and startle their elders. Why Crowley maintained his status as a youth cultural figurehead is one of the questions my book, *Aleister Crowley: Magick, Rock and Roll, and the Wickedest Man in the World* tries to answer.

It was in fact in a rock and roll milieu that I first came upon Crowley. As I write in the book, I first heard of him not through devotees of the Golden Dawn or from practitioners of Kabbalah but through the inhabitants of the 'underground' art and music demimonde in which I lived in New York City in the mid-1970s. In 1975 I shared a rundown loft space on Manhattan's Bowery with the lead singer and guitarist of a band I was playing in at the time. We were unknown then but a year or so later Blondie – that was the band's name – was one of the leading groups on the CBGB 'underground' music scene, sharing the proto-punk limelight with the Ramones, Patti Smith, Talking Heads and others. Chris and Debbie – the guitarist and singer – had a kitschy interest in voodoo, black magic, and other pop occult pursuits and an eccentric artist we shared the loft with read Crowley's Thoth Tarot deck and gave impromptu readings of his novel *The Diary of a Drug Fiend*. Previously I had no interest in the occult but in that environment I gradually became fascinated with it, reading everything about it I could get my hands on. My interest became so intense that when my girlfriend and I realized we were having telepathic dreams, I wrote a song about it: '(I'm Always Touched by Your) Presence, Dear' became Blondie's second hit and is, as far as I know, the only top ten tune to include the word 'theosophy' in its lyrics.

By 1977 I left Blondie to follow my own destiny. This led me to Los Angeles, where I started my own band the Know – the name came from my interest in Gnosticism – and where I plunged into Crowley's magick head first. In Gilbert's Bookshop on Hollywood Boulevard – an old style occult bookshop that claimed Jimmy Page, David Bowie, and the Crowleyn filmmaker Kenneth Anger as customers – I saw an advertisement for a Crowley group and answered it. Soon after I was initiated into two of Crowley's magical societies, the A... A... and O.T.O. (Argentum Astrum, or Silver Star, and Ordo Templi Orientis, respectively). For the next two years I did what I wilt with zeal, working my way through the rituals and exercises Crowley appended to his magical magnum opus, *Magick in Theory and Practice*, and reading through his enormous body of work, including his less than felicitous poetry. (Crowley can occasionally write a good poem, but for my taste, most of his poetry is pretty tough sledding.) It was a fascinating time and I learned much during it. I have very fond memories of reading books by Colin Wilson, Israel Regardie, Francis King, Kenneth Grant, and others as I explored the strange world of Crowley's magick. But after a time I began to feel a certain claustrophobia around Crowley's work, filled as it was with his insatiable ego, and the people I met through my magickal pursuits were, for the most part, somewhat dubious characters, who seemed to think that pursuing magick and their own 'true will' meant emulating Crowley and mimicking many of



MEET THE AUTHOR

GARY LACHMAN is one of today's most widely read and respected writers on esoteric and occult themes. His many books – including *Madame Blavatsky*, *Swedenborg*, *Jung the Mystic*, and *Rudolf Steiner* – have received international acclaim. A founding member of the pioneering rock band Blondie, Lachman has been inducted into the Rock and Roll Hall of Fame. Born in New Jersey, he currently lives in London.

ON THE WEB

garylachman.co.uk

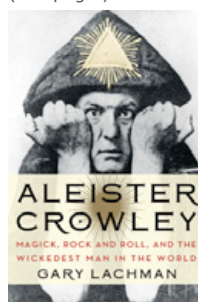
his worst traits. After many rituals, much travelling on the astral planes, and doing what I wilt, I realized that Crowley was not the best role model for finding ones' true will – or at least for finding mine – and by 1980 I dropped out of the groups and went on to other things.

Yet Crowley's presence was difficult to avoid, especially in London, where I moved to in 1996 and where I became a full time writer. He is an *éminence grise* in my first book *Turn Off Your Mind*, the first edition of my revisionist history of the 60s mentioned above, and I also wrote about him in *The Dedalus Book of the Occult: A Dark Muse*. I wrote about Crowley for the *Fortean Times* and in 2009 hosted the Occulture Festival, a magickal revue with a distinctly Crowleyn flavor. In that same year I interviewed Kenneth Anger on stage at the National Film Theatre and contributed an essay about his work for the BFI box set of his films. And in 2011 and 2012, with some friends I performed an impromptu sound track to Rex Ingram's classic 1926 silent film *The Magician*, which features a black magician based on Crowley, and I also contributed an essay about his life to a fascinating book about his last years, living in a boarding house in Hastings, *Netherwood: Last Resort of Aleister Crowley*. So although I was no longer a fan of the Beast, I still found myself moving in his circles.

By this time attitudes toward Crowley had changed, and more than one biography had appeared, exonerating him of many of the worst stains on his reputation and arguing, in essence, that the devil is not as black as he is painted. There was even an academic interest in his work, with 'Crowley studies' being taken seriously at more than one university. I wondered: had I been wrong about the Beast? Was he really the victim of yellow press, rumor and falsehoods? Was he a misunderstood genius, a maligned philosophical warrior, battling for human liberation? A kind of saint even, who brought to downtrodden mankind a message of freedom, light, liberty and love? Or was I right after all? In *Aleister Crowley: Magick, Rock and Roll, and the Wickedest Man in the World* you'll find the answers, and perhaps even more important, come up with some questions of your own.

FURTHER READING

ALEISTER CROWLEY: *Magick, Rock and Roll, and the Wickedest Man in the World* by Gary Lachman, published by Tarcher/Penguin, paperback (400 pages).



"P.T. Mistlberger's 'The Inner Light' is a stupendous accomplishment, linking spiritual, psychological, and magickal traditions into a coherent whole. Its focus on history is kept fascinating by revealing the interplay and interdependence between the seemingly disparate threads of Eastern and Western spiritual traditions and what has evolved into modern psychological theories and practices. This weaving of systems, combined with practical techniques, will bring new insights to students and practitioners in many fields as well as increasing respect and understanding."

– Donald Michael Kraig, author of *Modern Magic*

The Inner Light:

Self-Realization via the Western Esoteric Tradition

by *P.T. Mistlberger*



My book *The Inner Light: Self-Realization via the Western Esoteric Tradition* (Axis Mundi Books, 2014) covers plenty of ground concerning some of the more notable wisdom traditions of the West, but before touching on its contents, a few words explaining the title are in order.

The notion of self-realization is typically associated with Eastern wisdom traditions, although even there, 'self-realization' tends to be a somewhat awkward English translation of specific Eastern terms. For instance, Buddhist

theory speaks of the illusory nature of the separate self. Neither does it refer to any great, over-arching Self to be realized. Buddhist terms, from languages such as Sanskrit, Tibetan, or Japanese, refer rather to the realization of *shunyata* (emptiness) or *rigpa* (recognition of true nature), or achieving *kensho* (seeing into reality) or *satori* (awakening, understanding). Hindu traditions do make reference to a greater Self to be realized, but the terms again tend to be oriented toward a greater reality that is deemed to utterly out-shine the personal self. Some of these terms are *samadhi* (attaining truth), *moksha* (liberation), or *kevala jnana* (supreme knowledge).

Thus the irony: the English term 'self-realization' is generally meant to describe a state of being brought about by the study and practice of Eastern wisdom traditions, and yet such Eastern traditions rarely refer to any notion of a self, however

great, to be realized. They speak more of liberation from illusion and bondage, and freedom from cycles of existence based on identification with, and attachment to, form in all its faces.

The great Western psychotherapist C.G. Jung, although an enthusiastic admirer of some Eastern traditions, was cautious in his recommendations about usage of their methods by Westerners. In commenting on Richard Wilhelm's translation of the Taoist text *The Secret of the Golden Flower*, Jung declared:

There could be no greater mistake than for a Westerner to take up the practice of Chinese yoga, for that would merely strengthen his will and consciousness against the unconscious and bring about the very effect to be avoided. The neurosis would then be simply intensified. It cannot be emphasized enough that we are not Orientals, and that we have an entirely different point of departure in these matters.

His main point was that Westerners, owing to different cultural conditioning, run the risk of repressing parts of their more naturally individualistic nature if suddenly plunging into Eastern practices that seem bent on the suppression (or disavowal of) the personal self. For this he was taken to task by Alan Watts, who insisted that ego-development need not proceed along the lines prescribed by Jung (or his mentor Freud). Watts had a point, but based on my own experience (over three decades worth) in the field, I'm inclined to sympathize with Jung. Time and again I've noted Westerners embracing Eastern disciplines in such a fashion that has not allowed for significant transformation, and even cases of apparent denial of the personal self and its needs in the name of conforming to Eastern practices that aim for the realization of selflessness. (That is not, I should emphasize, a disparagement of Eastern practices; most are excellent, and many Westerners can use them to benefit. Many others, however, would clearly benefit from looking for wisdom closer to their cultural roots).

'Self-realization via the Western esoteric tradition' is therefore intended as a uniquely Western formulation. Necessarily added into this in the book are discussions of Western psychology, particularly the transpersonal and integral lines. The rest of the book delves into a kind of smorgasbord of topics that



MEET THE AUTHOR

P.T. MISTLBERGER was born in Montreal in 1959. He is a writer, researcher, transpersonal therapist, and seminar leader who since 1987 has privately coached individuals and run transformational workshops and training programs in numerous cities around the world. He is the author of three previous works, *A Natural Awakening* (2005), *The Three Dangerous Magi* (2010), and *Rude Awakening* (2012). He is based in Vancouver, Canada.

ON THE WEB

ptmislberger.com

“Western esoteric disciplines have long faced an uphill battle not just to be understood, but merely to survive.”

are classically associated with Western esotericism — alchemy, the Kabbalah, angelology and demonology, the idea of Christ as ‘magician’, the differences between high and low magic, and Western sex magic (which includes a comparative discussion of Eastern tantra). Also included are chapters on the history of psychotherapy (including its surprising roots in demonology), Western philosophy, and an overview of the 19th century New Thought movement that lay behind the 20th century phenomenon of ‘self-help’ transformational teachings. There are also chapters focusing on topics such as lucid dreaming, the ‘Body of Light’, shapeshifting, and the histories of Witchcraft and the tarot. Included is an instructional section on meditation practice, as well as brief overviews of the Enneagram personality system and psychological ‘shadow’ work.

Western esotericism is still an emerging field of study, and has only recently received scholarly attention, with such accomplished academics as Antoine Faivre, Wouter Hanegraaff, Joscelyn Godwin, Richard Smoley, Arthur Versluis, and in the earlier 20th century, Dame Frances Yates and Lynn Thorndike, giving considerable attention to it. The famed Shakespearean literary critic Harold Bloom even wrote a book on the Kabbalah. The result has been an abundance of available literature on topics such as alchemy, Gnosticism, Hermeticism, Neo-platonism, Kabbalah, magic, Witchcraft, and so forth. Despite all that it seems to me that the field has a way to go before it is embraced in Western culture to the extent that yoga, Buddhism, or even Advaita Vedanta have been in recent decades. This is, I suspect, due to lingering religious conditioning. It is no great secret that Western occultism (an edgier term) and esotericism have been suppressed, marginalized, and condemned over the centuries by religious authorities and even academic educators. Perhaps even worse, the Western esoteric field has been trivialized or demonized via the entertainment industry, a trend most amplified by the mid-20th century novelist Dennis Wheatley, and preceding him, by W. Somerset Maugham's campy portrayal of English occultist Aleister Crowley in his 1908 novel *The Magician*. All of this was followed by the sensationalist horror films of the 1960s and 70s, highlighted by pictures such as Roman Polanski's *Rosemary's Baby*. Most of this entertainment material inevitably focuses on simplistic dualistic dramas of good vs. evil, with evil usually personified in a ‘devil’ representing the polar opposite of the purity of Christ. This severe dualism (which appears to have its roots in Zoroastrianism) required multiple scapegoats, and most of Western occultism, including the notorious symbol of the pentagram (despite its actual innocuous history) provided the requisite fall guy material.

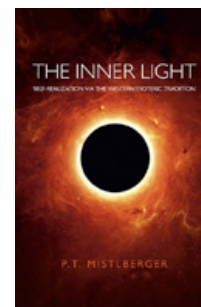
A main objective of ‘work on oneself’ (to borrow the phrase coined by the essential Western magus Gurdjieff) is to become free of societal and religious conditioning. However to be free of religious conditioning is not to naively suppose that we inhabit a world lacking in sinister agendas. Unquestionably teachings from the Western esoteric tradition have been misused throughout history. One has only to read some of the Early Modern era grimoires of ‘low magic’ to see that baser forms of animism and sorcery have long been propagated. But the vast majority of the Western esoteric corpus involves profound teachings that are concerned with the transformation of the individual, with the ultimate

goal of merging with the divine. If in this regard only they are indistinguishable from their Eastern cousins.

It is probably true that most of Western magic was historically concerned with the art of manifestation (how to attract things for personal gain), and not with the attainment of 'self-realization'. The quintessential cautionary tale in this area was Christopher Marlowe's *The Tragical History of Dr. Faustus* (later adapted by Goethe in his famous play *Faust*). Faust made a deal with a devil in order to obtain spectacular yet temporary gains, his payment in the end being his mortal soul. Now, however, teachings on the 'art of manifestation' fill the racks at the local supermarket. Rhonda Byrne's 2006 mega-seller *The Secret* — based almost entirely on the 1911 teachings of Wallace Wattles' *The Science of Getting Rich* along with Napoleon Hill's 1937 bestseller *Think and Grow Rich* (a book that actually refers explicitly to 'the secret' that the author learned from the industrialist billionaire Andrew Carnegie) — would have almost certainly been relegated to the flames by Catholic book-burners a few hundred years before. Alongside all this, however, have always existed legitimate mystery schools concerned largely with the matter of deep personal transformation or 'knowledge of the divine'. Many of the teachings of these traditions, with their roots in Neo-platonism, Gnostic and Hermetic schools of the Mediterranean, the Greek philosophers, and further back to the priesthoods of Egypt and Sumeria, were as good as lost during the so-called Dark Ages following the collapse of the Roman Empire after the 4th century AD. A partial revival of them took place in the Florentine Academy of 15th century Italy, led by figures such as Ficino and Pico della Mirandola, and in Germany by Cornelius

Agrippa, whose early 16th century landmark tome *Three Books of Occult Philosophy* became the chief source work for many wizards and esoteric groups in subsequent centuries. The scientific revolution led to a further neglect of Western esotericism — alchemy, for example, gathered so much dust in the 18th and 19th centuries that by the 20th it was regarded as little more than a primitive and justly forgotten proto-science. Esteemed figures such as Jung, Eliade, and Titus Burckhardt sought to rescue alchemy from the cellar, but the general point stood: Western esoteric disciplines have long faced an uphill battle not just to be understood, but merely to survive.


That the entire field of the Western esoteric tradition is something of a hodge-podge of different teachings reflects its difficult past, something like a disbanded family that has had to survive for centuries as estranged cousins. The period we now inhabit in the developed West, with its focus on communication, transparency, integration, and appreciation of maximum context, is perhaps fertile ground for a true renaissance of Western esotericism.



FURTHER READING
THE INNER LIGHT: Self-Realization via the Western Esoteric Tradition by P.T. Mistleberger, published by Axis Mundi Books, paperback (596 pages).

From LARS MUHL author of
"THE O MANUSCRIPT"

THE LAW OF LIGHT



THE SECRET TEACHINGS OF JESUS

LARS MUHL is a seer and mystic who since childhood was bestowed with ESP. Today he is giving talks and workshops on *The Law of Light* and *The O Manuscript* all over the world. He is founder and chairman of the Healers Organization *Hearts & Hands*, and together with his wife, Githa Ben-David, co-founder of GILALAI – Institute of Energy & Consciousness.

"IF YOU FOLLOW MY EXAMPLE, YOU WILL DO
EVEN GREATER WONDERS THAN I," said Jesus...

PUT THE LAW OF LIGHT INTO ACTION WITH THESE
EXCLUSIVE EVENTS

Lars Muhl in conversation with Andrew Smith
Thursday 30th October from 7.30pm to 9.30pm
Stillorgan Park Hotel, Dublin
visit www.seminars.ie for more information

A workshop on *The Law of Light* – The Secret Teachings of Yeshua
Saturday 1st November from 10.00am to 4.30pm
Thomas Prior Hall, Bewleys Hotel, Dublin 4
visit www.seminars.ie for more information

A talk on *The Law of Light* – The Secret Teachings of Yeshua
Monday 3rd November from 7.00pm to 8.30pm
St James's Church Piccadilly, London
visit www.alternatives.org.uk for more information

A workshop on How to work with the *Law of Light*
Saturday 8th November from 10.30am to 5.30pm
visit www.alternatives.org.uk for more information

Our books celebrate conscious,
passionate, wise and happy living.
Be part of the community by visiting
www.watkinspublishing.com



WATKINS

The Illusion of “Truth” – The Real Jesus Behind the Grand Myth

by Thomas Daniel Nehrer

One particular trait sets mankind’s greatest visionaries apart from standard-thinking peers: seeing more clearly *how life works*. That awareness, remarkably simple, is hindered by beliefs and culturally shared misperceptions – and even more difficult to communicate: such illusion-forming beliefs are held more fervently by contemporaries...

Most people, absorbing general notions as to life’s workings from parents and culture, simply accept popular beliefs without question. Those with vision, however, hold open-minded regard for reality itself: standard ideas that don’t correspond to experienced reality are questioned and discarded, not blindly adhered to and defended.

The greatest sages perceived – to varying degrees – the functional Oneness of the conscious Self with life’s real events and relationships...

Gautama clearly recognized inter-relatedness among all things. Rational thinking, observed Lao-Tzu, could only disturb the flowing “*Tao*” – not enhance it. Plato deftly described life’s meaningful encounters in allegory and framed description. But *all such visionaries* had to couch descriptions in terms peers could potentially grasp.

Aware of life’s inner-outer connection – an inviolable Oneness we all experience, yet few perceive – Jesus of Nazareth couched his insights within aphorisms and parables about the Kingdom of Heaven *within*: simile meant to subtly enlighten unsophisticated, uneducated followers.

However, such vision, as commonly happens, escaped the grasp of traditional-minded contemporaries. Following Jesus’ demise, recollected deeds and actions circulated by word of mouth among highly superstitious folk for decades, accruing myth and exaggeration – vaulting a real human from wise teacher into superman, ultimately into offspring of a deity. Early writings comingled Jesus’ parables, preserved relatively intact within oral traditions,

with superstitious lore: his deeds grew into miracles and supernatural wonders. Myth ultimately took precedence over wisdom in the fantasy of Christian tenets.

Reality functions in a reliable and clearly discernible way: you manifest experienced events and relationships based on your own inner state, attracting patterns consistent with your own mindset. All real issues in life have roots within. In two extensive books, a website and many talks internationally, I specify inner mechanisms behind outer problems, illustrating techniques for exploring the psyche to find and revise inner structures – thus improving life from the inside out.

Jesus’ phrase for this was the Kingdom “*within*”. While he couldn’t detail explicit psychological elements to peasant listeners, he taught that attaining the right inner state – clearing away cultural notions (seeing the world as a child), loving and accepting others rather than fearing and blaming them – would produce a “blessed” state: health and success would ensue.

That awareness, likened in parable to everyday situations, was depicted as valuable, like a pearl in a field. It didn’t fit into old thinking, like a new patch on an old garment. Repeatedly as people were healed he emphasized that *their* belief had made them whole...

Yet that inner-outer connection eluded constricted thinking of his time and generations beyond. To them, projecting causality outward, Jesus – as vaunted “Christ” – or the imagined Yahweh-god appeared to do the healing. While he himself had railed against the aloof, clueless priesthood of his time, the religion emerging ostensibly in his name enticed the same fixed-thinking, authoritative hierarchy.

The Illusion of “Truth” – The Real Jesus Behind the Grand Myth, explores Jesus well beyond devotional myth and far deeper than Biblical scholars’ reconstructions from crumbling manuscripts. Understanding Jesus, among mankind’s most perceptive individuals, requires corresponding vision to decipher his cryptic meaning – a level of awareness beyond true believers and academics alike...

Illusion explores Jesus’ first century world, illustrating primitive thinking and political realities he encountered. But it also explains modern thinking – fallacies and inconsistencies, illusions formed by beliefs commonly held by readers. Without understanding how moderns see reality, and beyond that, how reality functions, one *can never grasp* what Jesus meant.

After exploring latent shortcomings in New Testament writing – false attribution, internal inconsistency, impossible reports, etc. – *Illusion* recreates Jesus’ life trek from standard Jewish thinking to visionary level. Steeped in historical situations, exploring vision influenced by Greek philosophy and eastern mysticism, Jesus is brought to life in plausible historical fiction. Only following that can the parables be clarified – and Christian myth and fallacy be fully exposed.

In *The Illusion of “Truth”*, readers encounter not only the clearest picture ever of Jesus of Nazareth, but a very clear understanding of their own core being.



MEET THE AUTHOR
TOM NEHRER – Always doubting cultural assumptions, Tom left engineering to travel widely. His mystic experience, exposure to diverse viewpoints and subsequent inner journey led to “Clear Awareness” – seeing reality without beliefs clouding perception. Seeking neither followers nor remuneration, he shares insights into the inner-outer connection – leading to health, abundance, and peace – online, through his books and many talks internationally. His other books are: *The Essence of Reality: A Clear Awareness of How Life Works* and *The Psyche Exposed: Inner Structures, How They Impact Reality, and How Philosophers, Scientists and Religionists Misconstrue Both*.
ON THE WEB
www.nehrer.net

FURTHER READING
THE ILLUSION OF “TRUTH” – The Real Jesus Behind the Grand Myth by Thomas Daniel Nehrer, published by Christian Alternative, paperback (410 pages).



"This is a powerful text.... Nevit Ergin has lived his life on this path. Here is something to read and reread, to study and assimilate." - **Coleman Barks**

"What could possibly be better than a mix of the great Sufi poet Rumi, the extraordinarily profound Sufi teacher Hasan Shushud, and the magical Sufi storyteller Nevit Ergin? This is the real Sufism – not the watered down versions – filled with a direct challenge to our perceptions of reality, brimming with hope for our ability to meet that challenge." - **Will Johnson**

The Sufi Path of Annihilation:

It's All About Perception

by **Nevit O. Ergin**

I share a very insignificant timeframe of life. I'm not ashamed of it or proud of it, because I have gotten rid of my Self. We don't have teachers in Itlak. We have a lot of fasting, a lot of breathing, a lot of suffering – until you martyr your Self.

As Mevlana Jalaluddin Rumi once said, "We see only the dust, but never the wind."¹ In other words, through our human perception, we see what we believe to be existence, but it's actually nothing more than dust, an illusion, a magnificent lie.

And it doesn't end with humanity. The whole universe is about perception. This is true for all creatures. What a cat or dog or monkey perceives, we may conduct experiments, we may guess, but we don't really know. We don't know what plants or insects perceive, what microbes or atoms perceive. We simply don't know. But the whole world is nothing more than a combination of perceptions. There is an infinite number of layers of perception, of limited awareness of totality, and human perception is only one layer of it.

Among all the perceptions, human perception is the one that concerns us here.

Humans have dualistic perception. In dualistic perception, there is a perceiver and a perceived. A human perceives God, creatures, qualities like good and bad, events like life and death, the entities you and me. Once we perceive ourselves as an individual, then there are "the others," and from there, everyone becomes either a predator or prey. It's a marvelous magic trick. In the words of Mevlana, "You are nothing, and nothing cannot be displayed to your eyes as a something better than this."²

It's very important to understand this: Our dualistic perception creates the world, existence, everything. The world doesn't come before us; we come before the world. Our mind creates everything we see, everything we believe, creates God and creatures, creates cause and effect. To use Mevlana's words, "Wherever your thought goes, it drags you behind, pulls you there."³

Is there an alternative?

Yes. Non-dualistic perception.

In non-dualistic perception, perceiver and perceived are the same. There's no God and creatures, no Lover and Beloved, no good and bad, no life and death.

We do get a taste of this non-dualistic perception in our dreams: There is no time or space, no cause and effect, no rhyme or reason.

We also get a taste of this non-dualistic perception in motherhood. If we look at any mother and her newborn, there is no self, no duality. It's the same for all animals, although for humans, motherhood lasts a bit longer because it takes longer for the human newborn to mature than it does, say, for a cat or dog.

But other than that, we must consciously work towards reaching non-dualistic perception. It's the only way one can see Truth. And, we do know it's possible. On our path, it's the only thing we're after. Anything else we consider as gossip, nonsense.

This non-dualistic perception has been known for centuries in Vedanta, Buddhism, and Taoism under the name of Advaita. In those traditions, there may be ceremonies, meditations. We just don't know.

The nothingness of quantum mechanics and their focus on particles may be closer to this non-dualistic perception than what religions provide today. However, it may be a dog chasing its tail. But, we are not physicists, and again, we just don't know.

On our path, we make this change from dualistic to non-dualistic perception through what we call "annihilation of self." There are three tools we use: Fasting, a change in breathing techniques, and suffering through it. It's a long road. Nothing happens overnight or in a moment's flash. It's more like grass growing, seasons changing. It doesn't promise anyone a happy life here in this world, but rather, invites seekers to lots of trouble. It requires lots and lots of patience.

Is it any wonder that there are so few travelers on this path? Nevertheless, we must take advantage of this precious life. In the words of Mevlana, "Existence is a means to reach Absence."⁴



MEET THE AUTHOR

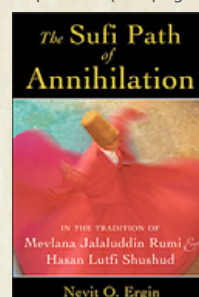
NEVIT O. ERGIN is the English translator of the complete *Divan-i Kebir* – all 44,829 verses of Rumi's opus. He is the author of *Tales of a Modern Sufi* and coauthor, with Will Johnson, of *The Forbidden Rumi* and *The Rubais of Rumi*. A Turkish-born surgeon, Ergin has been an initiate in the Itlak path of Sufism under the tutelage of Sufi master Hasan Lutfi Shushud since 1955. He lives in California.

ON THE WEB

sfumevlana.org
(Society for Understanding Mevlana)

FURTHER READING

THE SUFI PATH OF ANNIHILATION: In the Tradition of Mevlana Jalaluddin Rumi & Hasan Lutfi Shushud by Nevit O. Ergin, published by Inner Traditions, Illustrated Paperback (224 pages).



Our world is in trouble. With human intelligence, we are about to destroy it. But considering our dualistic perception, it's easy to see why we don't get along. Each person creates their own universe. Hasan Lutfi Shushud said it beautifully: "A marriage [relationship] is the collision of two universes."⁵ If everyone looked at each other as a mother and newborn, they would get along famously. If everyone had non-dualistic perception, they would get along famously.

In any case, on our path, we do fasting, change our breathing, and suffer through. That's dying before death. That's it.

Poetry by Mevlana Jalaluddin Rumi

Cause and effect are hot air to me.
How can you build a mud house on the sea?⁶

The beginning of the universe
Is confusion, tumult.
The end is a shake and a quake.
Love and gratitude are the same as complaints.
Peace and comfort go hand-in-hand
With jolts and shakes.⁷

Our bizarre soul longs
For the land of Nothingness.
Yet I don't know why
The animal self is out to pasture.⁸

Since I have seen Your glory,
The world has fallen into disesteem in my eyes
And given up the surmise of existence.

Lightening has flashed from the place
That has no beginning of the beginning.
The whole universe has burned to ashes.
When the glory of union opened the flag,
All /'s and we's fell to pieces.⁹

If the pictures knew
They all came from the same pen,
They would get along fine with each other.¹⁰

Sometimes I become the crown of the Sultan,
Sometimes the tricks of the devil.
One moment I become the smartest of minds,
Other times a child
Who plays the game of tipcat.

In order to become the rose color of Your face,
The fineness of Your hair,
I shed the blood of duality,
Merge and unify with only Joseph.¹¹

Fate is not the slave of Heart's desire.
Existence is a means to reach Absence.
Our nanny is behind the curtain.

In fact, we are not here; those are our shadows.¹²

Notes:

1 Ergin, Nevit. *Divân-i Kebîr of Mevlânâ Celâleddin Rumi, Meter 19*, Los Angeles: Echo Publications, 2002. Page 72, verse 2473.

2 Gölpinarli, Abdülbâki. *Mevlânâ Celâleddin Divân-i Kebîr, Volume VII*, Ankara: Turkey: Kültür Bakanlığı, 1992. Page 193, verse 33.

3 Ergin, Nevit, *Divân-i Kebîr of Mevlânâ Celâleddin Rumi, Meter 1*. Walla Walla: Current Publications, 1995. Page 288, verse 1519.

4 Gölpinarli, Abdülbâki. *Mevlânâ Celâleddin, Rubâilâr*. Ankara: Turkey: Ajans-Trük Matbaacilik Sanayi, 1982. T6-153.

5 Shushud, Hasan Lutfi. Personal communication recorded in 1954.

6 Gölpinarli, Abdülbâki. *Mevlânâ Celâleddin Divân-i Kebîr, Volume VII*, Ankara: Turkey: Kültür Bakanlığı, 1992. Page 102, verse 302.

7 Ergin, Nevit, *Divân-i Kebîr of Mevlânâ Celâleddin Rumi, Meter 1*. Op cit. Page 2, verse 10.

8 Ibid., page 83, verse 26.

9 Ibid., page 118, verses 621-622.

10 Ibid., page 196, verse 1022.

11 Ibid., page 203, verses 1057-58.

12 Gölpinarli, Abdülbâki. *Mevlânâ Celâleddin, Rubâilâr*. Op. cit. T6-153.

AROMATHERAPY WITH JENNIFER PEACE RHIND



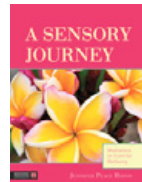
LISTENING TO SCENT: An Olfactory Journey with Aromatic Plants and their Extracts *Paperback (164 pages)*

The olfactory journey described in this book introduces readers to the pleasures and benefits of educating and training the 'nose', our olfactory palate. Drawing on 25 years of experience working with essential oils and aromatic plant extracts, Jennifer explores the process of cultivating our sense of smell and highlights the different skills involved, from olfactory vocabulary, awareness, and memory, through to discrimination and fragrance creation, suggesting activities that can help to acquire them.



FRAGRANCE AND WELLBEING: Plant Aromatics and Their Influence on the Psyche *Paperback (448 pages)*

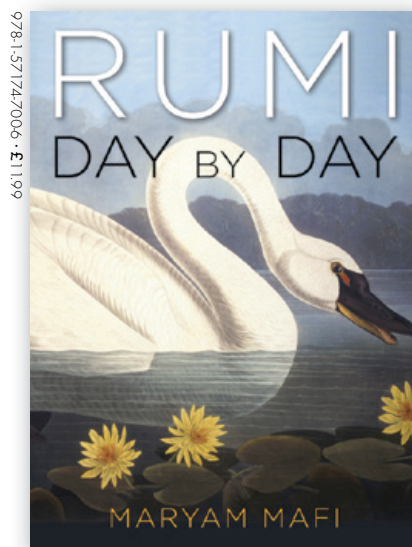
For thousands of years fragrance has been used, across many varied cultures, for altering mental and emotional states, and as part of spiritual practice. This book explores the impact of fragrance on the psyche from biological, anthropological, perfumery and aromatherapy viewpoints. Beginning with an exploration of our olfactory system and a discussion of the language of odour, the book examines the ways in which fragrance can influence our perceptions and experiences.



A SENSORY JOURNEY: Meditations on Scent for Wellbeing *Boxed Set (24 Cards & Booklet)*

Scent is often used to accompany meditation but is rarely the focus of it. This card set, which brings together ancient and contemporary understanding of the influence of aromatics on our wellbeing, is an introduction to meditating on scent and discovering the physical, emotional and spiritual benefits of beginning your own sensory journey. These cards, and the accompanying booklet and sensory map, explore different fragrances and make the benefits of scent meditation accessible to all.

DAILY GUIDANCE AND INSPIRATION



This is timeless wisdom translated for modern readers. It is a guide for meditation and a light switch that you can turn on to make your daily connection with spirit. Use these words as tools to better your life each day, to draw continued guidance, inspiration and spiritual wealth.

Distributed in the UK & Europe by Deep Books
www.deep-books.co.uk
www.redwheelweiser.com



The Mount Athos Diet:

The Mediterranean Plan to Lose Weight,
Feel Younger and Live Longer

by Richard Storey, Sue Todd & Lottie Storey

Inspired by the monks of Mount Athos and their mediterranean diet, The Mount Athos Diet is far more than just another weight loss plan...

Studies show that the monks of Mount Athos are among the healthiest people on earth. Cancers are almost unheard of, strokes and cardiac arrests are almost non-existent, while Alzheimer's and Parkinson's disease are rarities. To add to this, the monks of Mount Athos, on average, live several years longer than men on mainland Greece. The mediterranean diet has been shown in multiple research studies to be beneficial to health and the positive effects of fasting have been well documented. *The Mount Athos Diet* combines both to provide the ultimate solution to not only our weight loss, but our long term health and well-being.

The core principle of *The Mount Athos Diet* is the eating pattern that the monks have followed for over 1,000 years. Meals are based around a typical Greek peasant diet – a high intake of vegetables, beans and pulses, fruit, nuts, whole grains and olive oil. Unlike the 5:2 diets which many people find extreme and difficult to stick to, there is no calorie counting. *The Mount Athos Diet* is about changing the way you eat and after a few weeks your relationship with food and your attitude to eating will change forever.

Key features of the Mount Athos Diet

You fast on three alternate days a week and eat moderately on three other days. On one day of the week you can feast, eating and drinking what you like. As the monks are not teetotal, over half the meals are accompanied by red wine.

Fast days (three days a week) ~ these are low-fat, vegan (no dairy, meat or fish) with no alcohol.

Moderation days (three days a week) ~ include fast day food plus olive oil, dairy products and alcohol, along with some chicken and fish.

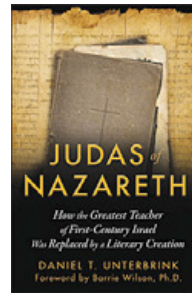
Feast day (one day a week) ~ eat and drink what you like and indulge a little!

For the monks, food is all about creation not convenience. It's about producing delicious nourishing meals using seasonal organic ingredients and herbs. You're encouraged to include a high intake of fresh, seasonal vegetables, and savour the clean light taste of fish and chicken with a moderate intake of red wine. Dairy products, red meat, processed foods and sugary foods should be limited.

The Mount Athos Diet devotes a chapter to getting into the right mindset to success with tools for creative visualisation and meditation to help you stay on track. There are useful tips on 'the right' kind of exercise and delicious recipe suggestions like this one:

WATKINS RECOMMENDS

JUDAS OF NAZARETH: How the Greatest Teacher of First-Century Israel was Replaced by a Literary Creation



Daniel T. Unterbrink – Paperback (384 pages)

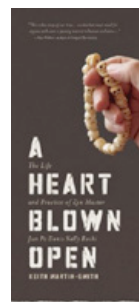
Scholars have spent years questioning aspects of the historical Jesus. How can we know what Jesus said and did when Jesus himself wrote nothing? Can we trust the Gospels, written by unknown authors 40 to 70 years after Jesus' death? And why do other sources from the time not speak of this messianic figure known as Christ?

Drawing on the histories of Josephus, Tacitus, Suetonius, and Pliny as well as the Dead Sea Scrolls, Unterbrink contends that the "Jesus" of the Bible was actually a composite figure, a clever blend of the Jewish freedom-fighter

Judas the Galilean and Paul's divine-human Christ figure created in the middle of the first century CE. Revealing why Paul was known as a liar, enemy, and traitor in other Jewish literature, he shows that the New Testament Gospels are not transcripts of actual history but creative works of historical fiction designed to promote Paul's Christianity and serve the interests of the fledgling Gentile Christian communities. He demonstrates how each Gospel is written in light of the success of Paul's religion and dependent upon his later perspective.

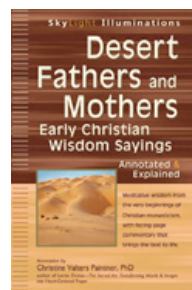
Matching the events depicted in the New Testament with the historically verifiable events in Josephus' history, Unterbrink pushes the dating of Jesus' life back nearly a generation to a revolutionary time in ancient Judea. He shows that the real historical Jesus – the physical man behind the fictional stories in Paul's Gospels – was Judas the Galilean: a messianic pretender and Torah-observant revolutionary bent on overthrowing the Roman government and galvanizing the Jewish people behind his vision of the coming Kingdom of God. In the greatest cover-up of history, this teacher of first-century Israel was replaced by the literary creation known as Jesus of Nazareth.

A HEART BLOWN OPEN: The Life and Practice of Zen Master Jun Po Denis Kelly Roshi Keith Martin-Smith – Paperback (192 pages)



"Written with extraordinary heart and skill, this book chronicles the making of an integral Zen master. Jun Po's life has been as unpredictable as it has been astounding. How many spiritual masters can speak of intense family abuse, life on the run, prison, fame and notoriety, hedonism, and monasticism as part of the journey to their awakening? Jun Po's dedication to exploring his own psychological shadows in light of his own awakening consciousness is the story of our times, for it is the integration of Eastern mystical wisdom with Western psychological insight. It is an absolute must-read for anyone with even a passing interest in human evolution and Keith Martin-Smith does a truly brilliant job of bringing it all together." — Ken Wilber

DESERT FATHERS AND MOTHERS: Early Christian Wisdom Sayings Annotated & Explained



Christine Valters Paintner – Paperback (192 pages)

The desert fathers and mothers were ordinary Christians living in solitude in the deserts of Egypt, Palestine, Syria and Arabia who chose to renounce the world in order to deliberately and individually follow God's call. They embraced lives of celibacy, labour, fasting, prayer and poverty, believing that denouncing material goods and practising stoic self-discipline would lead to unity with the Divine. Their spiritual practice formed the basis of Western monasticism and greatly influenced both Western and Eastern Christianity. Their writings, first recorded in the

fourth century, consist of spiritual advice, parables and anecdotes emphasising the primacy of love and the purity of heart. Focusing on key themes of charity, fortitude, lust, patience, prayer and self-control, the Sayings influenced the rule of St. Benedict and have inspired centuries of opera, poetry and art. This edition opens up their wisdom for readers with no previous knowledge of Western monasticism and early Christianity. It provides insightful yet unobtrusive commentary that describes historical background, explains the practice of asceticism and illustrates how you can use their wisdom to energise your own spiritual quest.

Monastery Vegetable Bake

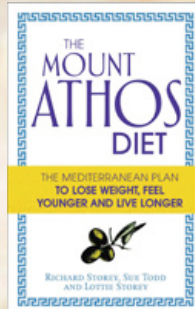
Serves 4

1 tbsp dried oregano
1 tbsp finely chopped fresh mint
2 garlic cloves, crushed and chopped
400 g (14 oz) can chopped tomatoes
1 medium onion, peeled and roughly chopped
2 medium aubergines, trimmed and cut into 2.5-cm (1-in) cubes
2 tbsp olive oil
500 g (1 lb 2 oz) potatoes, thinly sliced
200 g (7 oz) feta cheese, cubed
salt and freshly ground black pepper

- Preheat the oven to 200°C/400°F/Gas mark 6.
- Mix the oregano, mint, garlic and tomatoes together in a pan and simmer gently for about 15 minutes.
- In a separate pan, cook the onion and aubergines gently in the olive oil for about 10 minutes until the onions are translucent.
- When cooked, arrange the vegetables in an ovenproof dish, layer the sliced potatoes on top, then the feta cheese, and finally spread over the tomato sauce, seasoning each layer as you go.
- Bake in the oven for about 45 minutes. Check after 30 minutes and if the top layer looks as if it is drying out, or threatening to burn, cover the dish with foil. Leave to cool for 10–15 minutes before eating.

Note: Serve with a green salad.

THE MOUNT ATHOS DIET: The Mediterranean Plan to Lose Weight, Feel Younger and Live Longer by Richard Storey, Sue Todd & Lottie Storey, published by Vermilion, paperback (288 pages).

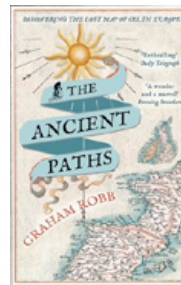


NEW TITLES

MINDFUL LONDON: How to Find Calm and Contentment in the Chaos of the City

**Tessa Watt – Illustrated
Hardback (240 pages)**

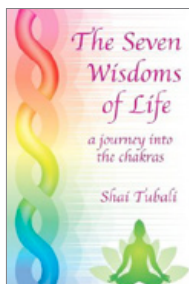
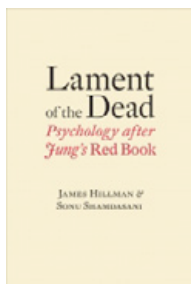
This essential guide to living a more balanced life in the big city, includes: The best green spaces, waterways and wild-life, and the importance of nature to mindful city living; How to take a fresh look at art and notice the city's everyday architectural details; Exercises for mindful commuting; Peaceful interiors, hideaways and sanctuaries; Mindful listening, from music to the sounds of the city; Exercise and other forms of mindful movement; Practical mindfulness techniques and a guide to mindfulness and meditation centres, groups, events and courses.



THE ANCIENT PATHS: Discovering the Lost Map of Celtic Europe

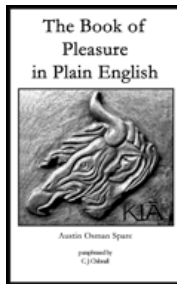
**Graham Robb
Paperback (400 pages)**

When Robb made plans to cycle across Europe, he discovered an ancient path that took him deep into the world of the Celts: their gods, their art, and their sophisticated knowledge of science. Gradually, a lost map revealed itself, of an empire constructed with precision and beauty across vast tracts of Europe. Oriented according to the movements of the Celtic sun god, the map had been forgotten for almost two millennia. Rich in revelations and with astonishing implications, *The Ancient Paths* brings to life centuries of our distant history and reinterprets pre-Roman Europe.



RAPHAEL'S EPHEMERIS FOR 2015: A Complete Aspectarian Paperback (50 pages)

Raphael's Astronomical Ephemeris is the world's longest-serving Ephemeris. Published every year since 1819, it has survived for one very good reason: it contains the most accurate calculations and information for the astrologer and is 100% reliable. An indispensable reference tool for the business of calculating charts, it gives daily planetary positions, lunations, aspects, declinations, Void of Course moons and more.



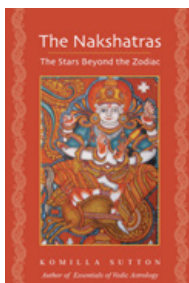
HOW WE FEEL: What Science Can – and Can't – Tell Us about Our Emotions

Giovanni Frazzetto – Paperback (416 pages)

Can ancient remedies fight sadness more effectively than anti-depressants? What can writing poetry tell us about how joy works? We live at a time when neuroscience is unlocking the secrets of our emotions. But is science ever enough to explain why we feel the way we feel? Frazzetto takes us on a journey through our everyday lives and most common emotions, offering a compelling account of the continual contrast between rationality and sentiment, science and poetry. By facing this contrast, we can more fully understand ourselves and how we feel.

LAMENT OF THE DEAD: Psychology After Jung's Red Book James Hillman & Sonu Shamdasani – Hardback (256 pages)

In this book of dialogues, Hillman and Shamdasani reassess psychology, history and creativity through the lens of Carl Jung's *Red Book*. Together they explore a number of the issues in *The Red Book* – such as our relationship with the dead; the figures of our dreams and fantasies; the nature of creative expression; narrative and storytelling; the legacy of Christianity and our relation to the past – and examine the implications these have for our thinking today.



THE SEVEN WISDOMS OF LIFE: A Journey into the Chakras Shai Tubali – Paperback (196 pages)

What is the greatest secret of the chakras? This book reveals the chakras less as an esoteric system and much more as the most comprehensive map of our psyche – a map through which one can gain psychological balance as well as realize the essential wisdoms of life. "*The Seven Wisdoms of Life provides many helpful concepts and tools for balancing and transforming chakra energy [and] greatly aids in the interface of traditional yogic approaches to the chakras with modern healing practices.*" – David Frawley

LIVING WITH A WILD GOD A Non-believer's Search for the Truth About Everything

Barbara Ehrenreich – Paperback (256 pages)

When Ehrenreich rediscovered the journal she'd kept during her adolescence, she came across an event so strange that she had never, in all the intervening years, written or spoken about it. To a steadfast atheist and rationalist, this 'mystical experience' was nothing less than shattering. Here, Ehrenreich vividly explores her life-long quest to find 'the truth' about the universe and everything, in an attempt to reconcile this cataclysmic, defining moment with her secular understanding of the world. The result is a profound reflection on science, religion and the human condition.

SECRETS OF HEAVEN: Mystery Teachings of the Angels Marshall Vian Summers – Paperback (334 pages)

At a time of great change in the world, Heaven seeks to reveal to you the long-forgotten truths that once guided the prophets, poets, messengers and mystics throughout the ages. Here the ancient memory and awareness that dwells within you can be rekindled, revealing your greater gifts and purpose in the world. Heaven asks you to receive its secrets. Each secret is a window into a greater reality – an opportunity to peer through the looking glass and see ourselves as we are seen from above. Now we can look through the eyes of Heaven to see ourselves, others and the world as never before.

THE BOOK OF PLEASURE IN PLAIN ENGLISH

Austin Osman Spare (Elucidated by C. J. Chibnall) – Paperback (160 pages)

It has been said that whilst the writings of Spare have been translated into a number of foreign languages, they have yet to be translated into English. This book represents an attempt to do exactly that. This version has ended up considerably longer because the original is in a very terse style, in which a lot is implied rather than stated openly. Here the text is made clearer by teasing out this implied meaning, rendering Spare's philosophy accessible to a wider audience.

THE NAKSHATRAS: The Stars Beyond the Zodiac Komilla Sutton – Paperback (346 pages)

The *nakshatras* are the 27 divisions of the sidereal zodiac in vedic astrology. Deep study of these allowed the ancient sages to connect to the world of spirit. The *nakshatras* represent the mind: its higher and lower energies and its struggle for calmness in an uncertain world. Unravelling the complex stories and myths behind the *nakshatras* to make them easily accessible, Sutton reveals the meaning behind the position of the planets in the *nakshatras* and shows how this energy connects to us and affects our thinking.

Lantern Books

THE BOOK OF I: An Illustrious Collection of Self Reflections Joan Konner – Hardback (176 pages)

Are there many selves? Is there a true self? Are you the one you choose, or the one that chooses you? This collection of pithy sayings and witty rejoinders from writers, poets, philosophers, musicians, comedians, actors and politicians, reminds us that we're not alone if we look in the mirror and wonder, "Who am I?" Reaching back across centuries of self-consciousness, self-doubt and self-love, this unique compendium explores every facet of the idea of the self.



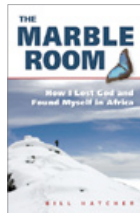
BLESSINGS OF THE ANIMALS: Celebrating Our Kinship with All Creation Gary Kowalski – Paperback (166 pages)

Find out how "swarm intelligence" is creating smarter phone systems inspired by the creativity and collective wisdom of the common ant; Discover what happens when a visionary artist travels to Africa to bury the portraits of 23 primates who died in a Philadelphia zoo; Explore how meditation practice helps a Buddhist beekeeper fend off a disease that threatens the world's honeybees. These true stories and many more will make you laugh, weep and marvel at the amazing creatures who share our planet.



THE MARBLE ROOM: How I Lost God and Found Myself in Africa Bill Hatcher – Paperback (288 pages)

Brought up in an evangelical household in the American Bible Belt, Hatcher finds himself in Tanzania. As a geography teacher, he's expected to broaden his students' horizons, but, instead, it is his own worldview that is challenged – by encounters with local shamans, death-defying mountain climbs and his friendship with a Muslim student. Through tragedy and triumph, by questioning the very core of his being, he manages to escape the confines of his "marble room" and gain a new understanding of himself and God.



Avalonia

THE CUNNING MAN'S HANDBOOK: The Practice of English Folk Magic 1550–1900 Jim Baker – Illustrated Paperback (555 pages)

Operating at the boundaries of the law and society, between medicine and magic, Cunning Men and Women occupied a liminal role as healers, charm-ers and magicians. Drawing from a huge range of sources, this monumental work thoroughly expounds the range of services offered by Cunning Folk, from divination through astrology and geomancy to dream interpretation; from charms, spells and curses to conjurations and treasure hunting.



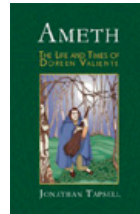
LIVING THEURGY: A Course in Iamblichus' Philosophy, Theology and Theurgy Jeffrey S. Kupperman – Paperback (282 pages)

Theurgy ('god-working') is a combination of ritual mystical practices interwoven with philosophy and theology. It was developed by Iamblichus and other Neoplatonists inspired by the works of philosophers including Plato, Aristotle and Pythagoras, and Julian the Chaldean. Kupperman elucidates and makes accessible the core ideologies and practices of Theurgy, guiding the reader through the contemplative and theurgical practices used by the Neoplatonists to create effective spiritual transformation in the practitioner.



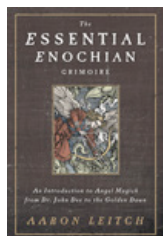
AMETH: The Life and Times of Doreen Valiente Jonathan Tapsell – Illustrated Paperback (130 pages)

AMETH is the first definitive biography of Doreen Valiente (1922 – 1999), an English Witch who became known as 'the Mother of Modern Witchcraft'. Based on the author's work collating her artefacts, interviewing people who knew her, reading and researching numerous personal magical documents and correspondence bequeathed by Doreen, this book gives unparalleled insight into her magical life.



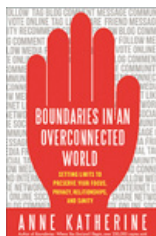
Available from WATKINS! watkinsbooks.com

Publishers Group UK



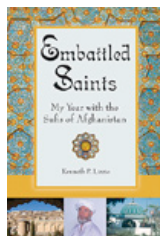
THE ESSENTIAL ENOCHIAN GRIMOIRE: An Introduction to Angel Magick from Dr. John Dee to the Golden Dawn Aaron Leitch – Illust. Paperback (384 pages)

Learn the secrets of John Dee's classical Enochian system as well as the modern system developed by the Golden Dawn. Explore the history of Enochian cosmology, the angels and the spirits of the system, the temple setup, and the making and usage of the tools. "Aaron Leitch has done a remarkable job of clarifying the Enochian system for the benefit of both beginners and advanced magicians alike. You will not find a better introduction to Enochian magick anywhere." – Chic & Tabatha Cicero



BOUNDARIES IN AN OVERCONNECTED WORLD: Setting Limits to Preserve Your Focus, Privacy, Relationships, and Sanity Anne Katherine – Paperback (280 pages)

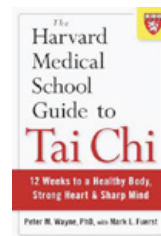
Over the past decade, 24-7 connectivity has given us not only convenience and fun but worries about privacy, intrusions into family time, and new compulsions. Rather than rejecting online life, Katherine shows us how to make social media, smartphones, and other innovations work for, rather than against, us. Now



we can learn to protect ourselves online with an emphasis on preserving and optimizing meaningful personal connections.

EMBATTLED SAINTS: My Year with the Sufis of Afghanistan Kenneth P. Lizzio – Paperback (288 pages) This is a firsthand account of the year Lizzio spent in 1991 living with the head of the Naqshbandis, Afghanistan's largest Sufi order. He presents the order in all its dimensions – social, economic, political, and spiritual – at a pivotal moment in history. He also gives a rare glimpse of everyday life in an Afghan Sufi school and of how the school has coped with the upheavals in its country.

THE HARVARD MEDICAL SCHOOL GUIDE TO TAI CHI: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind Peter M. Wayne & Mark L. Fuerst – Illust. Paperback (240 pages) "The Harvard Medical School Guide to Tai Chi is a significant milestone in the integration of Eastern and Western medicine. It deftly summarizes the scientific evidence for the healing potential of this traditional Chinese system of body movement and gives readers practical advice for using it in everyday life. I recommend it highly." – Andrew Weil, MD.



THE FEAR AND ANXIETY SOLUTION: A Breakthrough Process Using Your Subconscious Mind Friedemann Schaub – Pb (261p) For many of us, our fear and anxiety have reached debilitating levels. Dr. Schaub offers processes and tools that show how to consciously work with your subconscious mind to pinpoint and understand the root causes and deeper meanings of your fear and anxiety, and release emotional blocks from the past. Through step-by-step guidance, he explains how to transform fear and anxiety into healing catalysts that lead to greater confidence, self-worth, and success.

THE CHINESE TAROT DECK Jui Guoliang Boxed Set (78-Card Deck & Booklet)

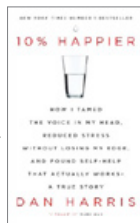
Rendered in the rich style of traditional Chinese artwork, The Chinese Tarot Deck offers elegant ink and watercolour designs that skillfully blend archetypal symbols of Ancient Chinese literature, legend, philosophy, and culture. The Major Arcana draws upon the wisdom and insight of figures such as Confucius and Kuan Yin, whilst the Minor Arcana are endowed with the lessons of Chinese history. The booklet offers a description of each card's symbolism, with upright and reversed meanings.



Yellow Kite Books

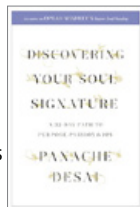
10% HAPPIER: How I Tamed the Voice in My Head, Reduced Stress without Losing My Edge, and Found Self-help that Actually Works – A True Story
Dan Harris – Paperback (256 pages)

After having a nationally televised panic attack, news anchor Dan Harris knew he had to make some changes. His on-air meltdown helped spark a strange, unplanned odyssey. A life-long sceptic, Dan started his search deeply suspicious of self-help solutions until, to his vast surprise, he stumbled upon an effective way to manage the relentless, impossible-to-satisfy voice in his head once and for all: meditation.



DISCOVERING YOUR SOUL SIGNATURE: A 33-Day Path to Purpose, Passion & Joy
Panache Desai – Paperback (336 p)

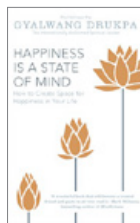
Your soul signature is your spiritual DNA – it is who you are at your core, the most authentic part of you. And yet we reject our authentic selves. We allow our soul signature to become blocked by any number of emotional obstacles that life throws in our path. Here, Panache invites us on a 33-day path of meditations – short passages to be read at morning, noon, and night that are designed to dismantle the emotional burden that holds us back.



HAPPINESS IS A STATE OF MIND: How to Create Space for Happiness in Your Life

His Holiness the Gyalwang Drukpa – Paperback (272 p)

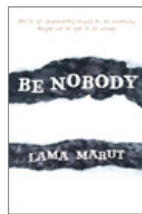
We are all chasing happiness. We spend our lives searching for that one thing we think will finally make us happy. But is happiness something deeper, more fundamental? His Holiness reveals that the secret to happiness lies in the mind. Exploring the simple ways we can train our minds to recognise a happiness that is already there, he gives us the tools to calm anxiety, let go of expectations and embrace an appreciation for life as it is, rather than as we feel it should be.



Simon & Schuster

BE NOBODY Lama Marut – Paperback (288 pages)

We are all desperately trying to be somebody, to be “special”. But maybe we’ve got it all wrong. Lama Marut shows that the quest to distinguish ourselves is the true cause of our dissatisfaction, and it continually leaves us feeling isolated and alone. Drawing from the spiritual truism that only by losing the self can we discover our real potential, *Be Nobody* provides guidance, actions, and simple meditations to help you lay down the heavy burden of trying to be somebody.



SOUL CONTRACTS: Find Harmony and Unlock Your Brilliance Danielle MacKinnon – Paperback (208 pages)

Soul contracts are hidden promises and energetic barriers that lodge deep in your soul—and block the way to true happiness. Born out of despair, fear, pain, or anger, a soul contract is an unconscious promise that you’ve made with yourself in the past that is now blocking your path and hindering your ability to move forward and live your life. Through a five-step process, MacKinnon teaches you to identify, master, and release these hidden blocks that are standing in the way of happiness, love, and success.



OPENING HEAVEN’S DOOR: Investigating Stories of Life, Death, and What Comes After

Patricia Pearson – Paperback (272 pages)

What happens when we die? If science cannot ‘prove’ there is life—or something—after death, then it doesn’t exist. And yet ordinary people continue to experience unexplained phenomena when a friend or family member dies. *Opening Heaven’s Door* recounts deeply affecting stories of messages from the dying and the dead in a fascinating work of investigative journalism, pointing to new scientific explanations that give these luminous moments the importance felt by those who experience them.



Llewellyn

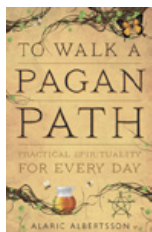


THE TAROT OF THE ORISHAS

Zolrak & Durkon

Boxed Set (77-card deck & 312-page book)

Open the doors to divination and magic with the only deck in the world that blends the powerful magic of West African Yoruba, Brazilian Candomblé, and Santería. Depicting the vibrant spiritual forces that originated with the Yoruba people, *The Tarot of the Orishas* features vivid artwork and stories that bring the mysteries of the universe to light. Includes a breathtaking deck and a guidebook with card meanings, spread ideas, prayers, and rituals.



TO WALK A PAGAN PATH: Practical Spirituality for Every Day Alaric Albertsson
Illustrated Paperback (288 pages)

With practical tips for integrating earth-centred spirituality into every aspect of life, *To Walk a Pagan Path* shows you how to: Cultivate a meaningful Pagan practice by following seven simple steps; Develop a sacred calendar customized for your beliefs, lifestyle, and environment; Make daily activities sacred with quick and easy rituals; Express Pagan spirituality through a variety of craft projects: candles, scrying mirrors, solar wreaths, recipes, and more; Create sacred relationships with animal familiars.



TAROT FACE TO FACE: Using the Cards in Your Everyday Life Marcus Katz & Tali Goodwin
Paperback (240 pages)

Learn the essential skills of tarot reading in everyday practical situations for friends, family, and clients. Having administered a survey with 80,000 questions to hundreds of professional readers, the authors provide methods for the reader to gain confidence quickly in any face-to-face situation. With suggestions for what to say and how, *Tarot Face to Face* provides numerous spreads, exercises, and interpretation strategies specially developed for using tarot in many ways.



NEW PATHS TO ANIMAL TOTEMS: Three Alternative Approaches to Creating Your Own Totemism Lupa – Paperback (336 pages)

With hands-on rituals and meditations, Lupa provides a new approach to connecting with personal animal totems that can be tailored to your needs, experiences, and cultural background. Exploring three different models, this comprehensive guide gives you a fresh perspective on the foundations, theories, and practices of totemism. Lupa addresses questions about what totems are, why they aren’t restricted to one’s geographical location, and how to practise totem traditions with cultural sensitivity.

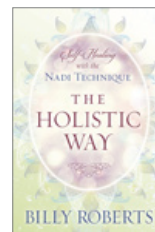


TAROT OF THE HIDDEN REALM

Julia Jeffrey & Barbara Moore

Boxed Set (78-card deck & 288-page book)

Evoke the powerful wisdom of the fae with the *Tarot of the Hidden Realm*. This powerful deck uses the raw elements of water, air, fire, and earth to speak directly to your emotions. The beautifully drawn figures follow the Rider Waite style, but express more energy and movement, drawing you in even as you draw their truths out. The companion guidebook reveals techniques and card meanings for beginners and more experienced readers alike.



THE HOLISTIC WAY: Self-Healing with the Nadi Technique

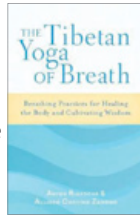
Billy Roberts – Paperback (312 pages)

The Holistic Way introduces the Nadi Technique, a simple and effective holistic system. Using specific pressure points, meditation, visualization, and affirmations, this self-healing programme encourages movement of in-flowing energy, or prana, through the network of channels called nadis that permeate the subtle anatomy. Learn how to fine-tune your energy body, how food affects the chakras, and how magnets, colour, music, chanting, and vibration can be used for increased wellness.

Shambhala Publications

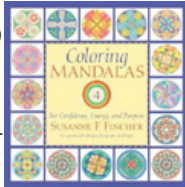
THE TIBETAN YOGA OF BREATH: Breathing Practices for Healing the Body and Cultivating Wisdom

Anyen Rinpoche & Allison Choying Zangmo – Pb (144 p) Basic Yantra Yoga techniques – also called wind energy training – are the key to achieving vitality, down to the cellular level. The authors skillfully examine the teachings of Yantra Yoga and Buddhism through the lens of Western medical science. Their wise and accessible instruction reveals practices that are nourishing and transformative, delivering dramatic results – no experience with yoga or Buddhist meditation necessary.



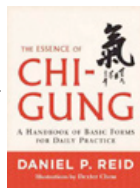
COLORING MANDALAS 4: For Confidence, Energy, and Purpose

Susanne F. Fincher – Ill. Pb (104 pages) In her latest collection of mandalas for coloring, Fincher focuses on using mandalas as a way to claim our own truths and to find our way in the world. The original designs she presents are associated with being and doing. The "being" mandalas represent a sense of balance, integration, and self-realization, while the "doing" mandalas represent action, energy, and functioning in the world.



THE ESSENCE OF CHI-GUNG: A Handbook of Basic Forms for Daily Practice

Daniel P. Reid – Ill. Pb (128 p) The beneficial health effects of daily chi-gung practice have long been known in China: slow, rhythmic breathing is synchronized with body movements, in a way which is beneficial to both the nervous and immune systems and to overall health. This easy-to-use workbook teaches the fundamentals of chi-gung practice and provides a safe, basic daily routine that can be adapted for people of all ages and physical abilities. Includes over fifty step-by-step illustrations of the warm-up exercises and movement forms.



Rider Books

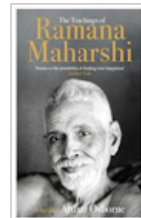
Available from WATKINS! watkinsbooks.com



LIMITLESS SKY: Life Lessons from the Himalayas

David Charles Manners – Paperback (368 pages)

In his twenties, Manners travelled to the Himalayas. A chance encounter set him on a quest to the mountain-side temple of a Nepalese shaman. This is the remarkable true story of his initiation into the Tradition, a life-affirming path that is many centuries old. Here, he shares the practical philosophy of his *jhankri*, Kushal Magar, the wise man who becomes his mentor and his friend, in the hope that we too may benefit.



THE TEACHINGS OF RAMANA MAHARSHI

Edited by Arthur Osborne – Paperback (224 pages)

Ramana Maharshi is widely thought of as one of the most outstanding Indian spiritual leaders of recent times. This book brings together many of the conversations he had with his followers in an intimate portrait of his beliefs and teachings. Through these conversations, readers will discover Maharshi's simple discipline of self-enquiry: knowing oneself and looking inwards as the road to true understanding and enlightenment.

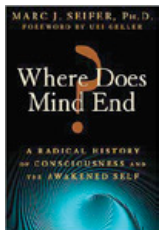
MIND WHISPERING: How to break free from self-defeating emotional habits

Tara Bennett-Goleman – Paperback (352 pages)

Mind Whispering draws on the very latest ideas in cognitive psychology, neuroscience and Eastern traditions to offer a fresh vision of how we can free ourselves from our most negative frames of mind. The aim of the book is to transform us into more fully integrated human beings – mentally, emotionally and interpersonally. Through 'mind whispering' practices, Bennett-Goleman shows how we can become more positive and cultivate states of being that are ultimately healing and beneficial.

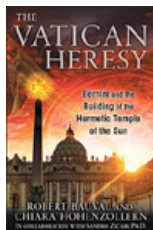


Inner Traditions and Bear & Co



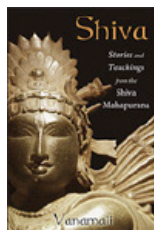
WHERE DOES MIND END? A Radical History of Consciousness and the Awakened Self

Marc Seifer, Ph.D. (Foreword by Uri Geller) Ill. Pb (384 p) This culmination of 30 years of research, offers a new comprehensive model of mind and its infinite possibilities. Integrating the work of Freud, Jung, Gurdjieff, Rudolf Steiner, the Dalai Lama as well as ESP, the Kabbalah, tarot, dreams, and kundalini yoga, Seifer recasts psychology as a vehicle not for mental health but for higher consciousness, showing that we have consciousness for a reason; it is humanity's unique contribution to the cosmos.



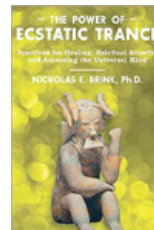
THE VATICAN HERESY: Bernini and the Building of the Hermetic Temple of the Sun

Robert Bauval & Chiara Hohenzollern Ill. Pb (304 p) *The Vatican Heresy* shows how famous Renaissance philosophers and scientists called for a Hermetic reformation of Christianity by building a magical Temple of the Sun in Rome. Masterminded by Vatican architect Bernini, Jesuit scholars, Queen Christine of Sweden, and several popes, St. Peter's Square was designed to reflect heliocentric and Hermetic principles, thereby creating the largest Sun Temple in the world.



SHIVA: Stories and Teachings from the Shiva Mahapurana

Vanamali – Paperback (272 p) Shiva, the most ancient and complex deity of the Hindu pantheon, has been portrayed in many contrasting lights: destroyer and benefactor, ascetic and householder, wild demon slayer and calm yogi atop Mount Kailash. Drawing from a sacred text said to be written by Shiva himself, Vanamali selects the essential stories, explains Shiva's contradictory forms, and reveals how his teachings allow one to see through the illusions at the root of all grief and alienation in human life.



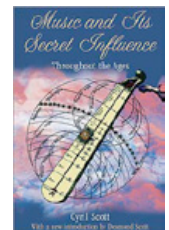
THE POWER OF ECSTATIC TRANCE: Practices for Healing, Spiritual Growth, and Accessing the Universal Mind

Nicholas Brink, Ph.D. - Ill. Pb (256 p) Exploring the physiology and psychology of ecstatic trance journeying, Brink shows how to use it for spiritual and emotional development, spirit journeying, and connection to the collective unconscious. Providing guidance for those with no experience as well as methods to deepen practice, he describes more than 20 ecstatic trance postures for healing, divination, spirit journeys, shape-shifting, past-life recovery, and connecting to the Akashic field.



NEOLITHIC SHAMANISM: Spirit Work in the Norse Tradition

Raven Kaldera & Galina Krasskova – Illustrated Paperback (360 pages) We are all surrounded by spirits. Many people feel called to work with them, but few know where to begin. *Neolithic Shamanism* is a step-by-step guide to working with the spirits of ancient northern Europe. Through 83 practical exercises the book explains how to build relationships with Earth, Sun, Moon, Plants, Animals, Water, Fire, Craft, Air, and the Ancestors, and explores the role of altered states in spirit work.



MUSIC AND ITS SECRET INFLUENCE Throughout the Ages

Cyril Scott – Paperback (224 pages) Composer and author Cyril Scott explores the role of music in the evolution of humanity and shows how it has pushed human evolution forward. He explains that music has a profound effect on history, morals, and culture and is a more potent force in the molding of character than religious creeds or moral philosophies. Whereas mediocre musicians reflect only their own times, inspired ones help determine the character of the future.

O Books

THE GOLDEN DAWN: A Key to Ritual Magic Gordon Strong – Paperback (153 pages)

The Esoteric Order of The Golden Dawn was a school of magic, founded during the late nineteenth century, one vowing to reveal all manner of occult knowledge to its members. Celebrated among these were W.B. Yeats, A.E. Waite and Pamela Colman-Smith. Its figurehead, the autocratic Samuel MacGregor Mathers, inaugurated ceremonies that melded Christian Mysticism, the Qabalah and Hermeticism. Such a potent brew ensured that the Golden Dawn would eventually burst asunder in an esoteric apocalypse.

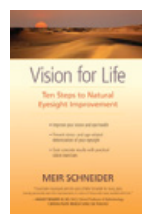
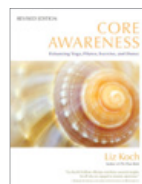
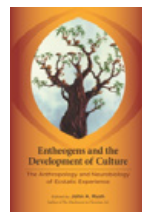
SANSKRIT FOR SEEKERS

Dennis Waite – Paperback (205 pages)

Learn the rudiments of Sanskrit to enable you to read the script, pronounce words and look them up in a dictionary. *Sanskrit for Seekers* utilises the ITRANS transliteration scheme commonly found on the Internet. "This useful book will appeal to all serious spiritual seekers interested in the Hindu scriptures and Sanskrit terminology... I am sure that all 'beginners' or even more advanced seekers of Hindu wisdom will find this a wonderful guide." – John Grimes, author of *A Concise Dictionary of Indian Philosophy*

STARTING A SPIRITUAL BUSINESS: Inspiration, Case Studies and Advice – Featuring Diana Cooper & Ian Lawman Charlotte Anne Edwards – Pb (164 pages)

The ultimate savvy spiritualist's 'business bible', this book will put you on the path to living your dream. Presenting case studies, lashings of inspiration and business advice, *Starting a Spiritual Business* will help you grasp the bull by the horns and give you the courage you need to accomplish your true purpose: starting a spiritual business and setting up your own practice. Edwards offers solid practical advice on starting up, including finding funding, managing your finances and marketing your business.



North Atlantic Books

ENTHEOGENS AND THE DEVELOPMENT OF CULTURE: The Anthropology and Neurobiology of Ecstatic Experience Edited by John A. Rush – Pb (665 pages)

This book makes the radical proposition that mind-altering substances have played a major part in cultural development and human brain development. Our propensity for seeking altered forms of consciousness as a survival strategy may be intimately bound to our decision-making processes going back to the dawn of time. 14 essays by a wide range of contributors demonstrate that altering consciousness continues to be an important part of human experience today.

CORE AWARENESS: Enhancing Yoga, Pilates, Exercise, and Dance – Revised Edition

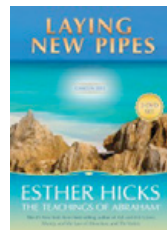
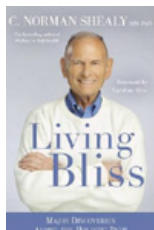
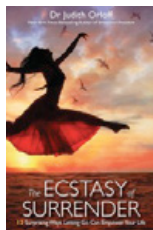
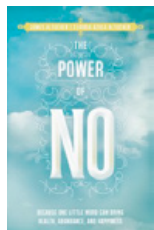
Liz Koch – Illustrated Paperback (240 pages)

Core Awareness explores the practice of bringing focus and attention to inner sensation as the means of cultivating an innate capacity for expressive movement. The movements, stretches, and mindfulness explorations are designed to enhance sensory development and to shift us to a holistic paradigm of the human being as part of a living process of dynamic expression. This revised and updated edition includes 247 new photos and 25 new Core Awareness explorations.

VISION FOR LIFE: Ten Steps to Natural Eyesight Improvement Meir Schneider – Paperback (216 pages)

In *Vision for Life*, Schneider shares ten essential principles of healthy vision discovered in his 40-year personal and professional journey. Born almost blind, Schneider taught himself to see and developed an innovative program of healing and recovery that has helped thousands regain and improve their health. *Vision for Life* is packed with exercises for a natural eye health routine, which you can immediately incorporate into your life, and includes a set of eye chart posters to use with the book.

Hay House



THE POWER OF NO: Because One Little Word Can Bring Health, Abundance and Happiness James & Claudia Altucher – Pb (240 p) & Six-CD Set

No is a solution and a path for people to heal and bring abundance and happiness into their lives. Every time you say yes to something you don't want to do you can experience negative outcomes. We need the power of no so we can set proper boundaries around the things that hurt us. With the power of no we can realize that there is nothing to prove, nobody to impress, no cage around us. Such is the power of saying no to our misconceptions.

THE ECSTASY OF SURRENDER: 12 Surprising Ways Letting Go Can Empower Your Life Dr. Judith Orloff – Paperback (432 pages)

The art of letting go, Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, and health. In our superconnected world where emails and text messages constantly interrupt us, it's easier to let go than you think. Once embraced, surrendering removes roadblocks and the exhaustion that comes from 'trying too hard' – and it helps you to achieve goals more effortlessly.

LIVING BLISS: Major Discoveries along the Holistic Path C. Norman Shealy MD, PhD (Foreword by Caroline Myss) – Paperback (192 p)

In the 1960s, the use of transcutaneous electrical nerve stimulation (TENS) took acupuncture to a new level, revolutionizing pain management. Now the most important acupuncture advancement in 4,000 years is the activation of the hormone oxytocin, without needles or electrical stimulation. By using essential oils on acupuncture points, Shealy shows how you can do your own transcutaneous acupuncture in only 30 seconds!

LAYING NEW PIPES: Cancún 2013 Esther Hicks – Two-DVD Set

Esther Hicks presents the latest in her series of inspirational workshops, covering the spiritual topics that matter most. Cancún was the first-ever Abraham-Hicks 'land cruise' – an experiment in fun that far exceeded expectations. Cancún is also where Abraham introduced the brand-new analogy of 'clogged pipes' as representing old, recurring life issues. "We invite you to reawaken to that wholeness which is you."

BEYOND PAST LIVES: What Parallel Realities Can Teach Us about Relationships, Healing and Transformation Mira Kelley – Pb (248 p)

This book shares the life-changing lessons Mira has learned from her clients to help you find support and understanding, and to empower you in your growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to understand how everything around you reflects you, why it's important to forgive, why you have the right to love yourself and how the Universe always supports you lovingly and unconditionally.

THE ANIMAL COMMUNICATOR'S GUIDE Through Life, Loss and Love

Pea Horsley – Paperback (304 pages)

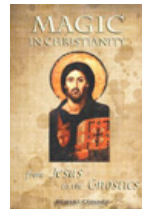
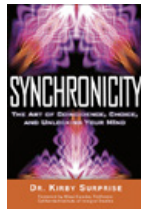
Many people have wondered "What happens to animals when they die?", "What is life like for them on the other side?" and "Will they ever come back to me?" Here, a renowned animal communicator shares ground-breaking true stories which reveal animals' thoughts and feelings on life, death and life after death. By hearing their views, we come to understand that animals are spiritual beings and great teachers, and that we are all connected.

New Page Books

SYNCHRONICITY: The Art of Coincidence, Change, and Unlocking Your Mind

Dr. Kirby Surprise – Paperback (282 pages)

The experience of meaningful coincidences is universal. *Synchronicity* shows how you already create events around you and will make you a conscious co-creator of your own reality: Learn to use your amazing ability to create synchronistic events; Discover how your mind creates the reality you experience; Unlock your brain's vast resources of connectivity and creativity; Change from living as a separate being to living as a part of the unified whole.



MAGIC IN CHRISTIANITY: From Jesus to the Gnostics

Robert Conner – Paperback (486 pages)

The world of Jesus and the early Christians swarmed with prophets and exorcists, holy men and healers, who invoked angels and demons, gods and ghosts. *Magic in Christianity* explores that world through the surviving texts of the first Christians and their pagan and Jewish contemporaries. Conner examines evidence from the New Testament, the first Christian apologists, early apocryphal works, curse tablets and amulets to reconstruct the apocalyptic magical world of Jesus and the first Christians.

ANCIENT TREASURES: The Discovery of Lost Hoards, Sunken Ships, Buried Vaults, and Other Long-Forgotten Artifacts

Brian Haughton – Illustrated Paperback (240 p) Why are so many people fascinated by treasure? Is it purely a desire for wealth or is it, also, the romantic appeal of tales of lost ancient artifacts? It is certainly true that the stories behind the loss and recovery of a number of ancient treasures read like edge-of-the-seat fiction, somewhere between Indiana Jones and James Bond. *Ancient Treasures* offers fascinating stories of lost hoards, looted archaeological artifacts and sunken treasures.



MAKING TALISMANS: Creating Living Magical Tools for Change and Transformation

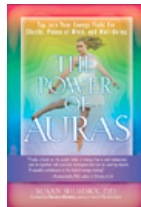
Nick Farrell – Illustrated Paperback (284 pages)

Discover the secret keys and practical techniques to turn mundane objects into "living entities of power". Pooling magical practices from shamanism, paganism, the Golden Dawn, and Dion Fortune, *Making Talismans* offers training and techniques for performing advanced magical talismanic operations. Out of print for many years, this reworked, practical edition shows readers how to create talismans which work and how this specialist form of magical work can be part of a spiritual path.

THE POWER OF AURAS: Tap Into Your Energy Field for Clarity, Peace of Mind, and Well-Being

Susan Shumsky – Illustrated Paperback (288 pages)

Are you a psychic sponge? Do external influences drain and deplete your energy? *The Power of Auras* shows you how to cleanse, strengthen, lift and expand your aura and experience greater energy, love and happiness through simple, proven and effective methods. Learn how to: See or sense auras, Develop spiritual self-defence and protection, Increase power, balance, focus and clarity, Heal and release dense vibrations, Release attachments and addictions, Cut psychic ties and cords.

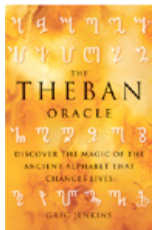


DESERT FOX ORACLE

Mogg Morgan & Soror Nephthys – Boxed Set (30 Cards & 40-page Booklet)

The 30 cards of the *Desert Fox Oracle* mirror the number of days in the ancient Egyptian lunar calendar. The desert represents different things to different people. It can be the ultimate wilderness, the place of initiation and of the unconscious. The fox is the master of the desert and all its mysteries, he leads us on a journey through various archetypal images through which we can gain true knowledge of hidden things. The booklet includes special spreads and an explanation of each card with key words for divination.

Deep Books



THE THEBAN ORACLE: Discover the Magic of the Ancient Alphabet that Changes Lives

Greg Jenkins – Paperback (256 pages) The Theban Oracle is a unique and singular writing system or, more appropriately, an alphabet-codex that is based on the ancient magical writings devised by the 14th-century magus, Honorius of Thebes. It was later utilised as an oracle by such masters of the occult sciences as Heinrich Cornelius Agrippa and Dr. John Dee. Jenkins reveals the secrets of this magical alphabet and oracle system to provide wisdom and guidance for today.

THE ESSENTIAL DOWSING GUIDE

Dennis Wheatley – Paperback (96 pages)

Wheatley was considered to be one of the top dowsing teachers in Britain and his clear, well-formatted instructions are quickly grasped. This basic guide teaches you to find anything invisible, from mineral lodes, precious metals, gas, and oil, to water supplies, lost objects, animals, and people. Includes: A general introduction to dowsing – what it is and why anyone can do it; The different forms of dowsing and how best to use them; A list of ancient sites with dowsable energy.

THE QABALAH WORKBOOK FOR MAGICIANS: A Guide to the Sephiroth

Anita Kraft (Foreword by Lon Milo DuQuette) – Pb (176 p) Kraft has spent more than twenty years creating and perfecting a method by which the practising magician can understand the Tree of Life and other Qabalistic concepts. This workbook teaches readers how to practise Qabalah using tarot, plants, stones, perfumes, the zodiac and other magical sources. Kraft shows how to work through the Sephiroth – the ten attributes or emanations of Qabalah – for greater understanding and illumination.

CHANGE YOUR STORY, CHANGE YOUR LIFE: Using Shamanic and Jungian Tools to Achieve Personal Transformation

Carl Greer, PhD, PsyD Pb (224 p) We each have a life story, but what can we do to change it for the better? In this practical guide, Greer, a Jungian analyst and shamanic practitioner, offers techniques for working with archetypal energies, inner figures, and symbols encountered when doing shamanic journeying, dreaming, or in nature. These exercises will inspire you to tap into your unconscious mind to access your innate power to change your story and your life.

RADICAL HEALING: Integrating the World's Great Therapeutic Traditions to Create a New Transformative Medicine (2nd Edition)

Rudolph Ballentine – Pb (644 p) Drawing on more than 40 years of medical practice and research, Dr. Ballentine presents a practical and comprehensive system of health care that integrates the holistic healing traditions of ayurveda, homeopathy, Traditional Chinese Medicine and other herbal medicinal traditions. Extensive self-help guides, tutorials and body maps help you to access and customise alternative remedies for 100 of the most common ailments.

COVERT WARS AND BREAKAWAY CIVILIZATIONS: The Secret Space Program, Celestial Psyops and Hidden Conflicts

Joseph Farrell – Pb (292 p) The Oxford-educated historian delves into the creation of a breakaway civilisation by the Nazis in South America and other parts of the world. He discusses the advanced technology that they took with them at the end of the war and the psychological war that they waged for decades on America and NATO. He investigates the secret space programmes being developed by the breakaway civilisations and the current militaries in control of planet Earth.

Maya Angelou (1928-2014)

"A bird doesn't sing because it has an answer, it sings because it has a song."



Dr. Maya Angelou passed away quietly in her home on May 28th, 2014. Hailed as a global renaissance woman, she was a celebrated poet, memoirist, novelist, educator, dramatist, producer, actress, historian, filmmaker, and civil rights activist. She is probably best known for her series of autobiographies, focusing on her childhood and early adult life. The first, *I Know Why the Caged Bird Sings* brought her international acclaim.

Born in St. Louis, Missouri, on April 4, 1928, Maya experienced the brutality of racial discrimination when she went to live with her grandmother in Arkansas. As a teenager, her love for the arts won her a scholarship to study dance and drama in San Francisco. However, at 14, she dropped out to become San Francisco's first African-American female cable car conductor.

In the 1950s, she toured Europe with a production of *Porgy and Bess*, studied modern dance with Martha Graham, danced with Alvin Ailey on television and recorded her first album, *Calypso Lady*. Moving to New York, she joined the Harlem Writers Guild, acted in Jean Genet's *The Blacks* and wrote and performed *Cabaret for Freedom*.

In the early 1960s, Maya worked as an editor, first in Cairo, then afterwards in Ghana, where she also taught. While in Ghana, she met Malcolm X and returned to the US in 1964 to help him build his new Organization of African American Unity.

Shortly after her return, Malcolm X was assassinated and the organization dissolved. She was then approached by Martin Luther King, Jr. and asked to serve as a Coordinator for the Southern Christian Leadership Conference. The assassination of Dr. King on her birthday in 1968 left her devastated.

Guided by her friend, the novelist James Baldwin, she started work on *I Know Why the Caged Bird Sings*. When it was published, Maya was hailed as a new kind of memoirist, one of the first African American women able to discuss their personal lives publicly. Her published verse, non-fiction, and fiction now include more than 30 bestselling titles.

In the 1990s, she started on the lecture circuit - continuing with it into her eighties. At President Clinton's request, Maya composed a poem for his inauguration in 1993. Her reading of "On the Pulse of Morning" was broadcast live around the world and Maya became the first poet to make an inaugural recitation since Robert Frost at President Kennedy's inauguration in 1961.

Maya received many honours from universities, literary organizations, government agencies, and special interest groups, including a Pulitzer Prize nomination for her book of poetry, *Just Give Me a Cool Drink of Water 'fore I Diiie*, a Tony Award nomination for her role in the 1973 play *Look Away*, and three Grammys for her spoken word albums. Awarded over fifty honorary degrees, she served on two presidential committees, was awarded the National Medal of Arts in 2000, the Lincoln Medal in 2008, and the Presidential Medal of Freedom in 2011.

As her website says, "Dr. Angelou's words and actions continue to stir our souls, energize our bodies, liberate our minds, and heal our hearts".

Philip S. Berg (1927-2013)



Rabbi Philip Berg, dean of the worldwide Kabbalah Centre, died on September 16, 2013. He had been in poor health since suffering a stroke in 2004 and since then the organization has been led by his wife Karen and their two sons, Yehuda and Michael.

Born in Brooklyn to an Orthodox Jewish family on August 20th 1927, Berg received rabbinic ordination in 1951, but later left the clergy and went into the insurance business. Still wanting to make a difference in the world, he continued to search for his true path. On a trip to Israel in 1962, he met his first wife's uncle, Rabbi Yehuda Brandwein, dean of the prestigious Yeshiva Kol Yehuda and one of the great kabbalists of the 20th century. Knowing he had finally found his teacher, Berg traded in his business life to study with Rabbi Brandwein in Israel.

Returning to New York, Berg maintained written correspondence with his mentor and according to the Kabbalah Centre website, Brandwein "passed on his legacy as director of The Kabbalah Centre to Rav Berg in a letter before he passed away". The website adds "upon receiving the responsibility from his teacher, Rav Berg made it his life's mission to preserve, unveil, and make relevant the historic kabbalistic texts. He continued the legacy of The Kabbalah Centre by editing, writing, printing and distributing all that he learned from his teacher so that it could be shared with others."

However, Berg's claim to have succeeded Rabbi Brandwein is disputed by Brandwein's son, the current dean. The Los Angeles Task Force on Cults and Missionaries also claimed that Berg was not affiliated with the Yeshiva Kol Yehuda. These and other conflicting reports make it difficult to ascertain the nature of his 'true path'.

In 1971, Berg married Karen Mulnick, his former secretary. Undertaking a deep study of kabbalah, they spent much of the 1970s in Israel. Returning to the U.S., they established a centre in New York in the early 1980s. More centres followed, but up until 1996 they operated fairly quietly. However, when Madonna started to attend the Los Angeles branch this all changed and many more people were attracted, including other celebrities such as Elizabeth Taylor, Roseanne Barr, and Britney Spears. The headquarters are now in Los Angeles and, despite incurring criticism on spiritual and financial matters, there are now branches in over 40 cities worldwide.

Berg wrote a number of books on the Kabbalah and believed that the philosophy should not be just for Jewish scholars, but a shared practical wisdom for all. However, there is disagreement about whether his teachings, as relayed through the Kabbalah Centre, are of genuine authority according to Jewish law, as they include dogmas and translations that differ considerably from those of traditional Kabbalists. While many Jewish leaders reject his popular take on the subject, accusing him of diluting the kabbalah, admirers applaud him for making it more widely accessible.

As the centre's website states, "Berg made the study of Kabbalah available to all by creating a foundational program to teach all its core concepts and help students formulate a greater cognitive awareness of the spiritual system of the universe". In an e-mail to The New York Times after his death, Madonna wrote, "I learned more from him than any human I have ever met".

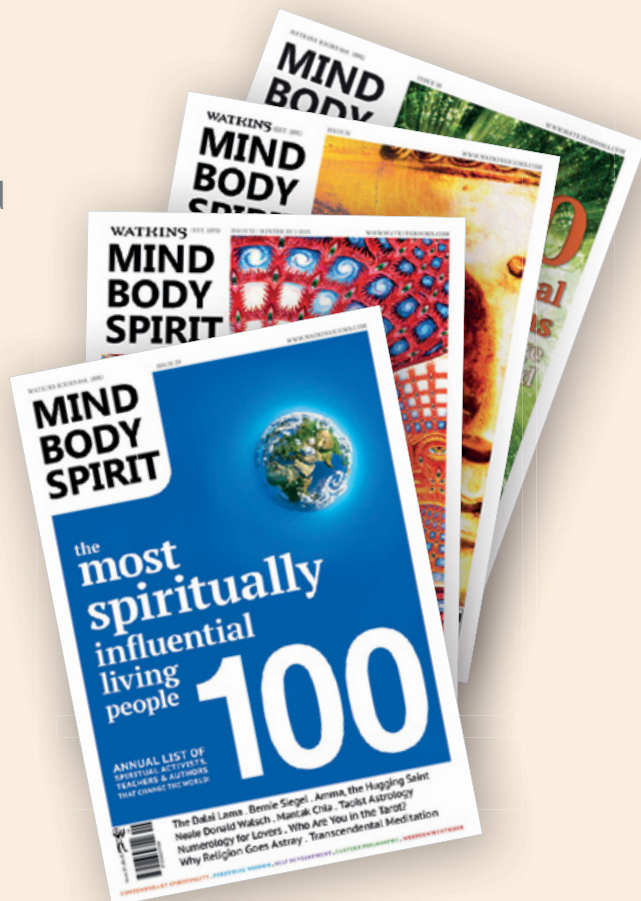


ONE YEAR FOR JUST £15 when you subscribe to Watkins' MIND BODY SPIRIT

Previously The Watkins Review

Watkins' unique heritage, articles by world-renowned authors, annual Spiritual 100 list, hand-picked most inspiring new titles and independent coverage of all esoteric ideas and spiritual paths A to Z gives you a great deal of nourishment for the soul every 3 months.

- **AFFORDABLE** Receive 4 issues for just £15
- **SIMPLICITY** We will deliver each issue hot off the press straight to your door before it's on sale in the shops
- **SUPPORT** By subscribing to MBS you're supporting *Watkins Books*, London's oldest independent esoteric bookshop (est. 1893)



Call Today

+44 (0)20 7836 2182

Or visit us at Watkins Books, 19-21 Cecil Court, Covent Garden, London WC2N 4EZ

OPEN DAILY: Mon, Tue, Wed, Fri 10.30-18.30,
Thu & Sat 11.30-19.30, Sun 12.00-19.00

www.watkinsbooks.com/subscribe

Like Watkins Books and Mind Body Spirit magazine?

Please join us on facebook and twitter, check out author talks at the bookshop and our blog:



[facebook.com/
watkinsbooks](https://facebook.com/watkinsbooks)



[twitter.com/
watkinsbooks](https://twitter.com/watkinsbooks)



[youtube.com/
watkinsbooks](https://youtube.com/watkinsbooks)

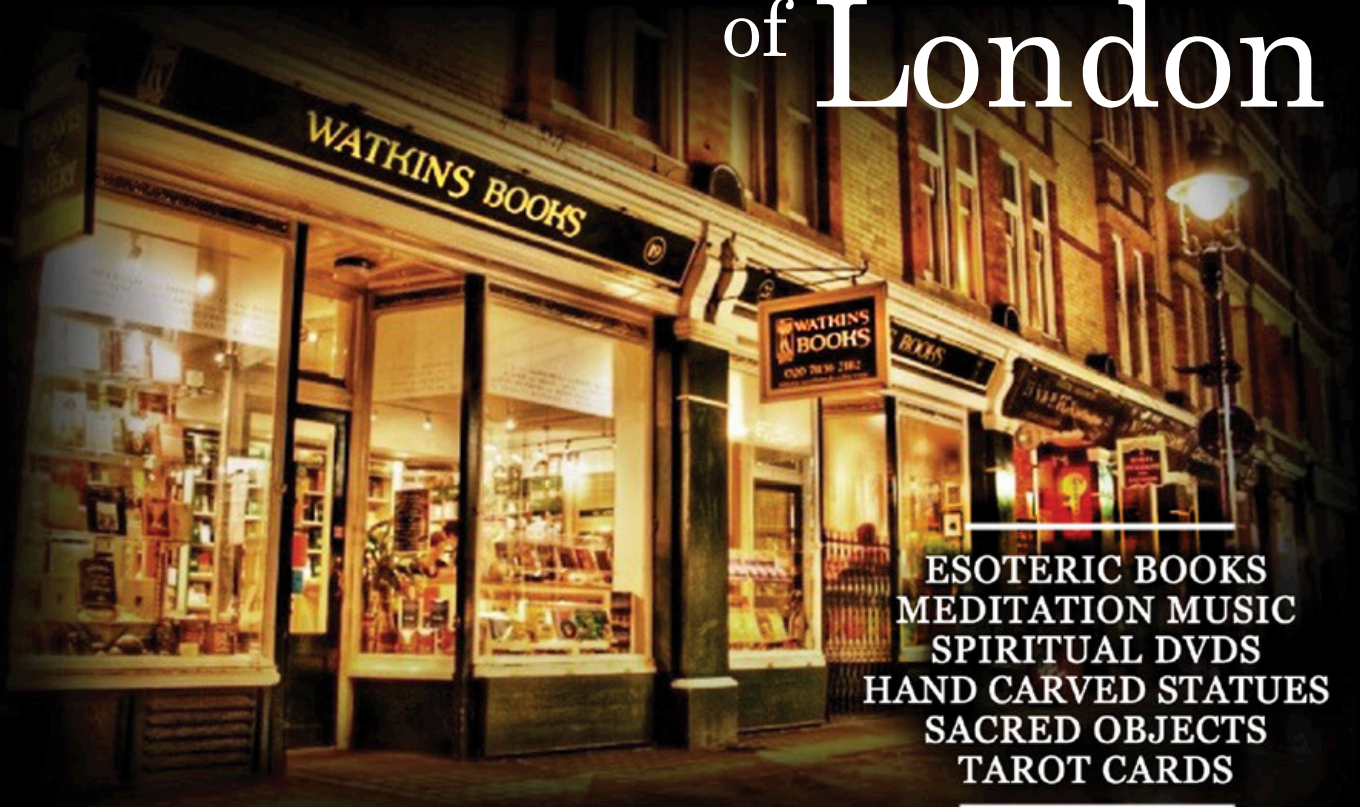


[watkinsbooks.com/
review](http://watkinsbooks.com/review)

*£15 price is for UK customers only. For international subscriptions, a one-off shipping charge will apply.

Published Quarterly by Watkins (est. 1893), London's Oldest Independent Esoteric Bookshop.

Esoteric Temple in the heart of London



ESOTERIC BOOKS
MEDITATION MUSIC
SPIRITUAL DVDS
HAND CARVED STATUES
SACRED OBJECTS
TAROT CARDS

WATKINS BOOKS

SUPPORT INDEPENDENT BOOKSELLERS!

Global Spiritual Map

watkinsbooks.com/ushahidi

Ley-line nodes, spiritual beauty & places of worship, ghosts, visions, UFO sightings...Also via our app.



Watkins eBook App

iPhone, iPad & Android

Our new app features a unique selection of new and classic esoteric ebooks. Download it for FREE!



Watkins Blog

watkinsbooks.com/review

Book recommendations, events at Watkins, guest-posts by authors in the Mind, Body & Spirit



Online Bookshop

www.watkinsbooks.com

Selected titles, including signed copies, latest books and special offers. FREE UK shipping on orders over £30.



Shop online www.watkinsbooks.com

19-21 Cecil Court, WC2N 4EZ :: Leicester Sq tube
OPEN EVERY DAY!