

Lotus Press 2017-2018

Books • CDs • DVDs

- ◆ Alternative Healing
- ◆ Aromatherapy
- ◆ Ayurveda
- ◆ Classical Spiritual Texts
- ◆ Herbalism
- ◆ Inner Worlds Music
- ◆ Native American
- ◆ Reiki
- ◆ Sri Aurobindo
- ◆ Vedic Astrology

1-800-824-6396 | www.LotusPress.com | lotuspress@lotuspress.com

CONTENTS

Audio and Music CD's and Cassettes	10	<i>Jelusich, Richard</i>	39
Inner Worlds Music CD's and Cassettes	10	<i>Kleinman, Robert</i>	39
Celtic Music	11	<i>Krinsky, Santosh</i>	39
Yoga.....	12	<i>The Mother</i>	40
Computer Software	12	<i>Swami Nijananda</i>	42
<i>Windows Software 95+ / MAC OS</i>	12	<i>Nunnaly, Anie</i>	42
Books & Software	13	<i>Palotas, Thomas</i>	42
Environmental and Peace Studies	13	<i>Pandit, Sri M. P.</i>	42
Esoteric Arts	13	<i>Price, Joan</i>	44
Health and Healing	14	<i>Purani, Sri A.B.</i>	44
<i>Aromatherapy</i>	14	<i>Reddy, Dr. V. Madhusudan</i>	44
<i>Ayurveda & Traditional Medicine</i>	14	<i>Sastry, T.V. Kapaly</i>	45
<i>Beauty Care</i>	19	<i>Satprem</i>	45
<i>Bodywork</i>	20	<i>Swami Veda Bharati</i>	46
<i>Chinese Herbology</i>	20	<i>Svoboda, Dr. Robert</i>	46
<i>Cookbooks</i>	20	<i>Swami Nityamuktananda Saraswati</i>	46
<i>Energetic Healing</i>	21	<i>Swami Rama</i>	48
<i>Enzymes</i>	22	<i>Tarabilda, Edward</i>	48
<i>Feng Shui</i>	22	<i>Tibetan</i>	49
<i>Health & Healing</i>	23	<i>Tiwari, Maya</i>	49
<i>Herbs & Herbalism</i>	25	<i>Tyberg, Judith M.</i>	49
<i>Reflexology</i>	27	<i>Vedic Astrology</i>	49
<i>Reiki</i>	27	<i>Wilfried</i>	50
<i>Yoga</i>	29	<i>Windows Software 95+ / MAC OS</i>	50
Native American Books	30	<i>Yoga</i>	50
Philosophy, Yoga, Spiritual Literature	31	Science & Mathematics	51
<i>Christian Assel</i>	31	<i>Talbott, Dr. George Robert</i>	51
<i>Sri Aurobindo</i>	31	Spanish Language Books	52
<i>Sri Aurobindo and The Mother</i>	35	<i>Health & Healing</i>	52
<i>Classical Spiritual Texts of India</i>	36	<i>Herbs & Herbalism</i>	52
<i>Crenshaw, JR, Charles B.</i>	37	<i>Native American</i>	52
<i>Dalai Lama</i>	37	<i>Swami Rama</i>	52
<i>Dalal, Dr. A. S.</i>	37	Vedic Astrology	53
<i>Das, Manoj</i>	37	DVDS & Games	54
<i>Deshpande, R.Y.</i>	37	DVDS.....	54
<i>Ennenbach, Matthias</i>	37	Games.....	54
<i>David Frawley and Suhas Kshirsagar</i>	37	Sri Aurobindo	56
<i>Frawley, Dr. David</i>	38	<i>Supplement Book BACKLIST Imported from India</i>	56
<i>Inspirational</i>	39		

TERMS AND ORDERING PROCEDURES

E-BOOK VERSIONS: A large number of our titles are available as E-Books on all the most popular platforms including Amazon Kindle, Apple I-Tunes, Google Play, Barnes & Noble Nook, and KOBO. This provides access to our publications for use on smartphones, tablets, and dedicated e-readers. Kindle and other platforms also provide Reader Apps that work on Desktops, Laptops or Mac computers.

RETAIL CUSTOMERS: For shipment within the United States or Canada remit full retail price plus \$2.50 for the first book and 75¢ for each additional book. International customers request price quote for shipping charges. **BOOKSELLERS:** Trade discount of 40% for any quantity ordered. Orders honored. Any title having an "S" preceding the item number is available for stores or individuals but not for wholesalers or distributors. **ALL PRICES FOB:** Silver Lake, Wisconsin. Prices subject to change without notice. **PAYMENT:** Prepayment or COD. COD shipments will incur COD shipment fee in addition to actual freight costs. Net: 30 days to established accounts only. We accept Visa, Mastercard, American Express and Discover cards for your convenience. **RETURNS AND DAMAGE CLAIMS:** Should any book you receive be damaged on receipt, you must contact us within 10 days for your credit. We will instruct you as to whether we require the book be returned to us for this credit. Overstock returns must be in clean, resaleable condition and you must obtain a Return Authorization Number from our customer service department before sending any books back. Overstock returns are only accepted between 6 and 12 months of invoice purchase date and are only accepted on books actually purchased directly from us. Any books purchased through a distributor must be returned through the distributor only. **SIDELINES:** We carry an extensive selection of sidelines including health products, supplements, incense, candles, audio, video, etc. Request our separate sidelines catalog. **SUBSIDIARY RIGHTS:** We have a very active subsidiary rights program. If "Lotus" is listed in the book description then we hold world rights.

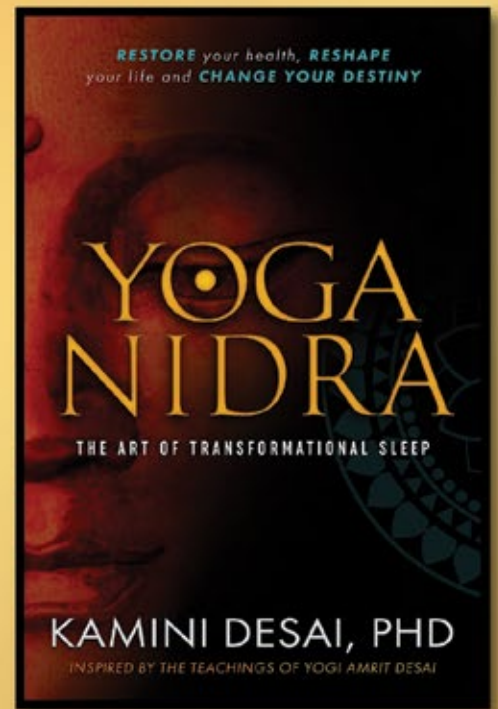
FOREIGN LANGUAGE EDITIONS: Due to our subsidiary rights program many of our books are available in a number of foreign languages. We will be glad to assist you in determining if the books you are seeking are available in languages other than English. **INFORMATIONAL WEB SITE:** Find us on the internet at www.lotuspress.com **WHOLESALE DISTRIBUTION:** We ship our books to booksellers through most wholesalers/distributors in the trade. If you cannot find one of our titles through your favorite wholesaler, contact us so we can meet your need. **IMPRINTS:** We carry the following imprints within our publishing company. Arcana Publishing, Ahyma Publishers, Back to Eden Books, Deep Books, DIPTI Publications, East West Center, Inner Worlds Music, Les Editions E.T.C., & Sadhana, Lotus Light/Shangri La, Lotus Light Publications, Lotus Press, Mother Om Media, Sri Aurobindo Ashram, Star Sounds. **LOTUS PRESS ISBN PUBLISHER PREFIXES:** 0-941524; 0-914955; 0-910261; 0-940676; 0-934325; 1-890941; 0-962888 **LOTUS PRESS MASTER DISTRIBUTION ISBN PREFIXES:** 81-7058; 81-7060; 81-7509; 0-965620; 0-914732; 1-571780; 2-920932; 8-188157; 8-190100; 0-9720861; 1-6040298; 1-6072590; 0-9307360; 0-984934; 0-983599; 0-979327. **LOTUS PRESS UPC PREFIXES:** 0-79565; 0-49347. **BOWKER SAN NUMBERS:** 239-1120 and 289-3142

HOW TO CONTACT US: Lotus Press, Inc., P O Box 325, Twin Lakes, WI 53181, USA. • Office phone: 262 889 8561 • Office fax: 262 889 2461 • Toll Free Order Line: 800 824 6396 • web site: www.LotusPress.com • email: lotuspress@lotuspress.com We answer our phones from 9:00 to 5:00 Central Time M-F except legal holidays. You may leave orders or messages on our voice mail any time day or night. Fax and email can be sent to us any time day or night for response on the next business day. You can see our title list and find out more about ordering at our web site.

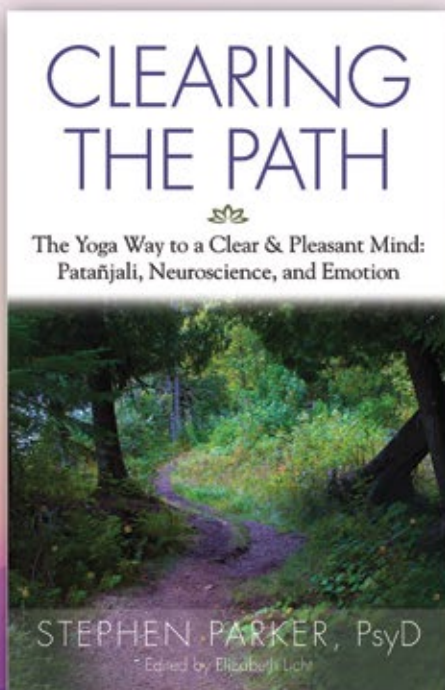
YOGA NIDRA

Yoga Nidra is the master key to initiating shifts in conscious sleep states where change happens outside of doing. In Yoga Nidra you enter a state of non-doing in which transformation happens from beyond the mind rather than through the mind. In this highly regenerative meditative state you can restore and rejuvenate your body, heal and recover from illness and re-wire your brain for greater mental and emotional balance and resiliency.

This comprehensive guidebook explores the core of Yogic philosophy and modern applications of Yoga Nidra backed by scientific research – affirming what Yogis have known for thousands of years. You will receive instruction on the practice of Yoga Nidra and the use of Intention. You will discover how unconscious thinking patterns and resulting biochemical states contribute to ill health, stress, insomnia, depression, anxiety, bad habits, trauma and addictions and most importantly, how to neutralize them with the Six Tools of Yoga Nidra.



YOGA NIDRA:
The Art Of Transformational Sleep
Kamini Desai, PhD
ISBN: 978-0-9406-7639-8
Item# 990693
\$22.95 408 pp



Clearing the Path
The Yoga Way to a Clear & Pleasant Mind:
Patanjali, Neuroscience, and Emotion
Stephen Parker
Publisher: AHYMSA
ISBN: 978-1-940629-02-5
\$24.95 368 pp
Item # 990698

CLEARING THE PATH

**The Yoga Way to a Clear & Pleasant Mind:
Patañjali, Neuroscience, and Emotion**

“Stephen Parker has produced a profound explication of the psychological dimension of Yoga from the standpoint of classical Raja-yoga. I would recommend Clearing the Path for all students of Yoga and meditation who truly aspire to a deeper level of practice.”

- **David Frawley**, *director of the American Institute of Vedic Studies and author of Yoga and Ayurveda and Vedic Yoga: The Path of the Rishi*

“Clearing the Path is a ‘must read’ for any sincere and dedicated aspirant of classical Yoga. This grand treatise by Stephen Parker (Stoma) is one of the best ever explorations bringing together ancient and modern perspectives of the mind and mindfulness. It provides integrative and wholesome answers to inquisitive questions about the mind, how to clear away all the hurdles, how to make it our friend, and finally how to go beyond it, thus merging our limited individuality into infinite universality. The Yogic path is very clearly laid out; the rationale is provided in depth. It is now our call to walk the path, the grand path to liberation.”

- **Yogacharya Ananda Balayogi Bhavanani, MD, CYT**, *chairman, ICYER at Ananda Ashram, Pondicherry, India*

Shiva

The Lord of Yoga



David Frawley

David Frawley
Shiva: The Lord of Yoga
ISBN: 978-0-9406-7629-9
\$19.95 • 296 Pages
Item# 990677

Shiva

The Lord of Yoga

Lord Shiva is the personification of all the main practices of Yoga, as the origin and ruling power over asana, prana, mantra, inner seeing and meditation. He is the ultimate Yoga guru reflecting the highest Self-awareness. Yet this centrality of Shiva in Yoga is rarely understood and utilized. The current book unfolds the presence, light, energy and consciousness of the Supreme Shiva to take us beyond all death and duality.

Dr. David Frawley (Pandit Vamadeva Shastri), is one of the most respected modern teachers of the deeper secrets of Yoga and the Vedas, an author of more than forty books in twenty languages worldwide. He has received the prestigious Padma Bhushan award from the government of India for his outstanding work in the Vedic field.

The Art and Science of **Vedic Counseling**

*“What if you could shine the light of awareness on not only your subconscious mind, but also on the hidden elements and secret forces in the cosmos itself that influence your life? *The Art and Science of Vedic Counseling* by two remarkable educators, David Frawley and Suhas Kshirsagar, helps you understand how you as an individual microcosm of the entire universe can skillfully navigate through the world of material success, personal relationships, social interactions, health and wellbeing and higher consciousness. The book takes us into new territory that modern science and psychotherapy have yet to fully explore.”*

— DEEPAK CHOPRA MD

“This is a book of immense value for all counseling professionals, especially for those engaged in health and life-guidance fields like Yoga, Ayurveda & Astrology.”

— CHAKRAPANI ULLAL, *Vedic Astrologer*



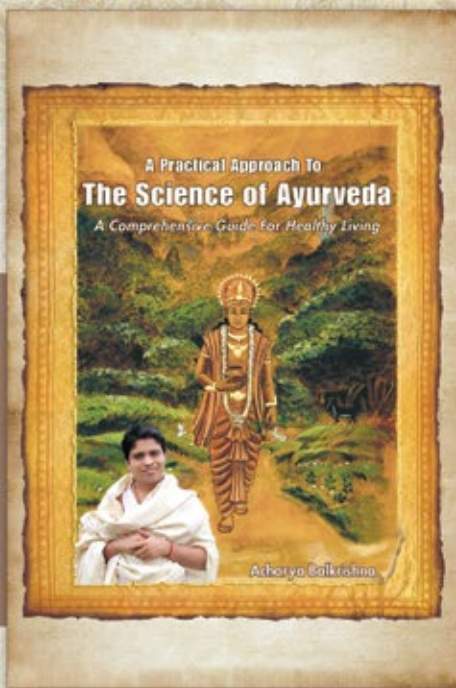
The Art and Science of **Vedic Counseling**

David Frawley
Suhas Kshirsagar



Foreword by Vasant Lad

The Art and Science of Vedic Counseling
by David Frawley and Suhas Kshirsagar
ISBN: 978-0-9406-7635-0
\$19.95 • 336 pp
Item# 990686



A Practical Approach To The Science of Ayurveda A Comprehensive Guide For Healthy Living

...This book helps the reader to easily understand the basic constitution of the body, ailments in the body and their eradication. The basic principles of Ayurveda have been illustrated in a lively manner for the first time. I completely believe that once a person goes through this book thoroughly, he can absolutely achieve a life-span up to 100 years. For the basic knowledge regarding constitution, food, lifestyle and health, everyone should read this book for sure...

Swami Ramdev

A Practical Approach To The Science of Ayurveda
A Comprehensive Guide For Healthy Living
Acharya Balkrishna
ISBN: 978-0-9406-7631-2 • \$18.95
326 pb + 32 pp color insert
Item # 990678



Sun, Moon and Earth The Sacred Relationship of Yoga and Ayurveda

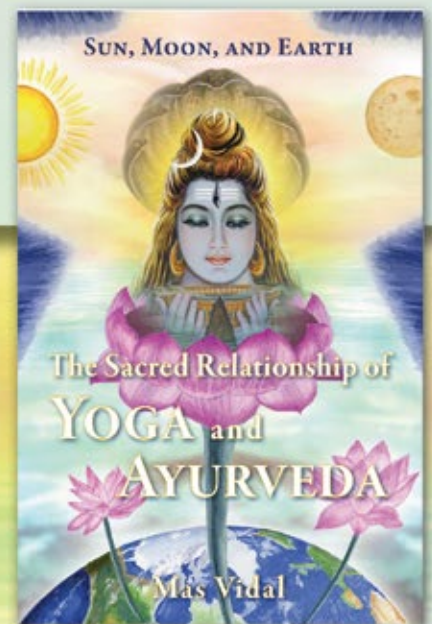
Sun, Moon and Earth tells the story of the “twin sciences” of yoga and Ayurveda. Weaving in the author’s long professional and personal experience as a yoga teacher and Ayurveda practitioner, it explores how these traditions can be integrated into our lives as a practical means for balanced living and spiritual evolution. It is written for the growing audience of hatha yogis interested both in asana or postural yoga and a more conscious, Ayurvedic lifestyle.

An interesting work that explains how the mystical powers of Yoga and the lifestyle disciplines of Ayurveda can restore the bodily energies for wellbeing and spiritual evolution. Sun, Moon and Earth is a bold proclamation for lifestyle reformation through the balanced practice of these traditions. I encourage all students to read it!

Prof. Subhash Ranade, Chairman, International Academy of Ayurveda, Pune, India.

Mas Vidal is making a significant contribution to the important effort of preserving and disseminating the fullness of yoga. In this clear, intriguing and comprehensive book, hereminds us that for all its important benefits to health, vitality and wellbeing, yoga is about Self-Realization.

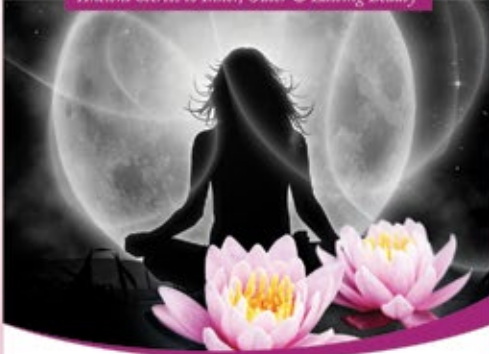
From the Foreword by **Philip Goldberg**, cohost of Spirit Matters podcast and author of American Veda:
From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West.



Sun, Moon and Earth
The Sacred Relationship
of Yoga and Ayurveda
Mas Vidal
ISBN: 978-0-9406-7640-4
\$22.95 pb, 392 pages
Item# 990692

ENCHANTING BEAUTY

Ancient Secrets to Inner, Outer & Lasting Beauty



*Dr. Manisha Kshirsagar, BAMS (Ayurveda, India) Esthetician
with Megan M. Murphy, CAP*

FOREWORD BY YOGINI SHARMEHAVI CHOPRA

Enchanting Beauty
Ancient Secrets to Inner, Outer & Lasting Beauty
Dr. Manisha Kshirsagar, BAMS (Ayurveda, India)
Esthetician with Megan M. Murphy, CAP
ISBN: 978-0-9406-7633-6
Item# 990685
\$19.95; 310 pp pb

ENCHANTING BEAUTY

Ancient Secrets to Inner, Outer & Lasting Beauty

"Dr. Manisha Kshirsagar's *Enchanting Beauty* teaches us the real definition of true beauty- a largely misunderstood concept in modern society. It is an empowering, inspiring work that will enable every woman that reads it to be more in touch with the unique beauty that is her birthright."

Kimberly Snyder CN
New York Times
Bestselling Author of
The Beauty Detox Solution
and The Beauty Detox Power

"A LIFE LONG GUIDE TO INNER AND OUTER BEAUTY." — *Deepak Chopra MD*

Reiki: Transmissions of Light, Volume 1 The History and System of Usui Shiki Reiki Ryoho

"There has been research done and histories written regarding Reiki relating to its Founders and how this marvelous path of healing evolved. This particular book, written by Robert Fueston, is a unique modern history done by a trained researcher and Reiki Master. Mr. Fueston has not only new details to offer, but considers deeply this remarkable work and way of living in this modern world in which we live. I thoroughly enjoyed reading it, especially from the vantage point of having practiced and taught it for more than 30 years in many different countries in the world."

Marta Getty, a Founding Member of The Reiki Alliance, U.S.A., Italy

"To better understand the healing art of Reiki Ryoho it is necessary, I believe, to know about its history and historical context. This book by Robert Fueston, with his in-depth research, serves as a useful and important source of information about Usui Sensei, the founder of Usui Reiki Ryoho; Hayashi Sensei, who planted a Reiki Ryoho seed outside Japan; and Mrs. Hawayo Takata, the parent of so-called "Western Reiki" systems. This is a must-read book for all Reiki practitioners, as the book definitely helps them to more deeply understand their practice of Reiki Ryoho. This invaluable work of the author is very highly appreciated."

Hyakuten Inamoto, Komyo Reiki Kai, Japan

Reiki: Transmissions of Light, Volume 1
The History and System of
Usui Shiki Reiki Ryoho

靈氣

Robert N. Fueston, M.L.I.S., M.S.O.M.
Reiki Master/Teacher, Licensed Acupuncturist
Founder of The Reiki Preservation Society
Member of The Reiki Alliance

**Reiki: Transmissions of Light,
Volume 1**

The History and System of
Usui Shiki Reiki Ryoho
Robert N. Fueston
ISBN: 978-0-9406-7644-2
Item# 990696
\$17.95; 328 pp pb



Conquer Your Stress WITH Mind/Body Techniques

Conquer Your Stress with Mind/Body Techniques discusses the history of the stress response and how it affects us today. Learn practical tips for decreasing the body's reaction to stress and how you can use simple techniques to increase your health by lessening your tension. This book is a treasure trove of easy methods you can do at home and also give a multitude of choices of professional therapies you can incorporate into your life. Learn how reiki, massage, sound and color healing, gemstones, aromatherapy, NET, hypnosis, BEST and so much more can save your life from stress.

Kathy Gruver is her practical best as she tackles our culture of stress, its repercussions and how we each can reclaim our personal health to create a culture of wellness in our own lives. The steps Dr. Gruver introduces to engage more fully in healthy conversations with ourselves is a simple yet powerful tome; one that will be a well-thumbed addition to my library.

- Darya Bronston, Inventor of the CoreFitnessRoller and CoreBody Reformer, Founder and CEO of Annovium Products

Conquer Your Stress with
Mind/Body Techniques



Kathy Gruver, PhD, LMT, CHt, RM

Host of TV's *The Alternative Medicine Cabinet*
Author of the Award Winning Book of the same name.

Conquer Your Stress with Mind/Body Techniques

Kathy Gruver, PhD, LMT, CHt, RM

ISBN: 978-0-9406-7638-1

\$15.95

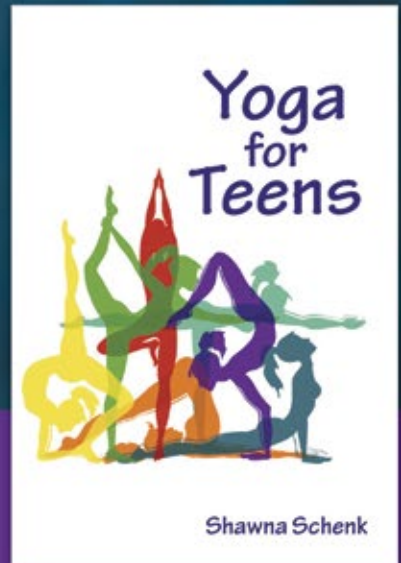
216 pb • item# 990688

Yoga for Teens

Yoga shows that all beings (regardless of age) desire the same thing: peace. *Yoga for Teens* teaches how to attain this peace, for intermediate and high school aged kids, through using different yoga poses, breathing techniques, meditations, and writing "AUMwork" exercises. Each chapter focuses on how using yoga can help teens properly cope with one emotion that they often face in their daily lives.

Combining the teachings of yoga with the personal stories provided by the author and other yoga teachers who reflect back on their own teenage lives to inspirational stories written and art work reflecting these emotions drawn by teens today, *Yoga for Teens* explains how to use yoga for anger, fear, gratitude, patience, focus, love, and confidence.

The book uses honesty to talk about the things that teens go through from depression, drug use, alcohol use, sex, stress, driving, home issues, school, peer pressures, body image issues, social media, cyber bullying, focus and ADD, first loves, friendships, and fights (along with many other topics teenagers face currently today). In understanding the history of yoga (including the 8 limbs, 7 chakras, and AUM) and the benefits of the practice, teens will learn how to become and stay physically, mentally, and emotionally strong, releasing the stress teens often face, enabling them to grow into strong, peaceful adults.



Yoga for Teens
by Shawna Schenk
ISBN: 978-0-9406-7634-3
\$12.95 • 192 pp
Item# 990687

AT THE FEET OF A HIMALAYAN MASTER

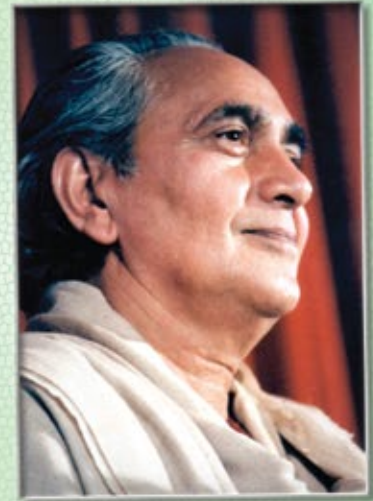
VOLUME 6

Future generations of disciples of the Himalayan Tradition will surely be captivated by the inspiring tales narrated by disciples of diverse backgrounds, education, profession and nationality, with the common thread of reverence and admiration for a loving, compassionate and accomplished Guru.

By capturing the inspiring tales of direct experience in these volumes, we hope to eliminate the distortion and exaggeration that invariably creeps in over time in recounting the lives of great spiritual adepts. May Swami Rama and his spiritual lineage of Himalayan sages continue to bless and guide us.'

From the Preface by Prakash Keshaviah

At the Feet of
A Himalayan Master



Remembering Swami Rama
volume 6

At the Feet of a Himalayan Master
Volume 6
Prakash Keshaviah
ISBN: 978-8-1881-5785-3
\$21.95 pb 272 + 16 page color inset
Item# 990680

Holistic Living Manual



The Teachings of
Swami Rama of the Himalayas

Holistic Living Manual:

The Teachings of Swami Rama
of the Himalayas
Prakash Keshaviah
ISBN: 978-8-1881-5771-6
Item# 990694
\$18.95; 128 spiral

Holistic Living Manual

The Teachings of Swami Rama of the Himalayas

"Preventive medicine is an important part of modern life. Why should we be sick? We should be aware of health, we should be aware of diet and nutrition, we should be aware of good living, of how to eat right."

~ Swami Rama

The word "holistic" comes from the Greek root "holos," which means whole, total, entire. Holistic means to understand the entire human being. In holistic health, the entire human being is considered, paying attention to the interaction and integration of the biological and physiological (body and breath), psychological (conscious and unconscious mind) and philosophical (soul) dimensions. The emphasis is on treating the whole patient and not just the symptoms of disease.

Man has to realize that he is not a body alone. He is a breathing being and a thinking being with complex emotions, appetites and desires.

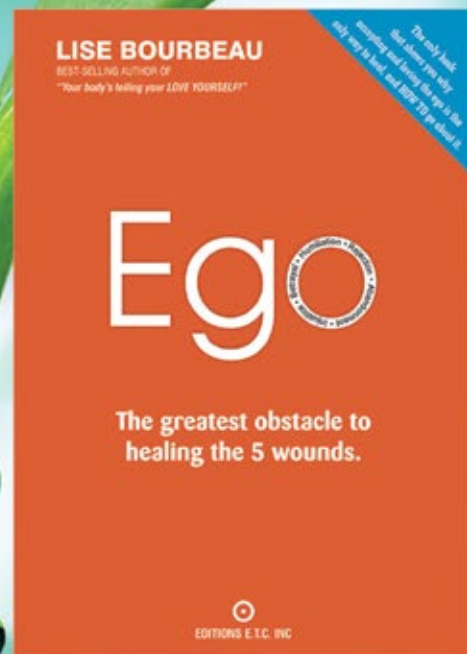
The purpose of life is to be happy and free from pains, fears and miseries. This can be achieved by practicing a self-training program as set forth in this manual.

EGO:

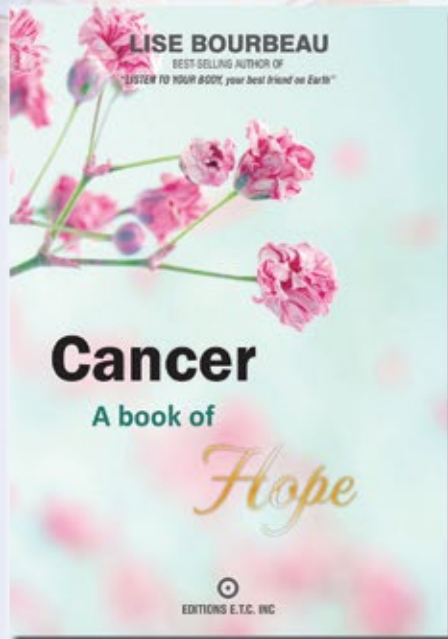
The Greatest Obstacle to Healing the 5 Wounds

**INJUSTICE • BETRAYAL • HUMILIATION
REJECTION • ABANDONMENT**

Discover the tremendous influence and power that your ego can have on you. Lise Bourbeau shares her wealth of personal experience to guide those who are looking for concrete ways to heal their suffering. You will learn to recognize the operating mechanisms of the five wounds and be better able to determine when they are preventing you from simply being yourself, i.e. happy. By applying the techniques suggested, you will become aware of the countless occasions when your ego is controlling your thoughts, words and actions: a vital condition for healing and taking control of your life so that you can be your true self.



Ego: The Greatest Obstacle to Healing the 5 Wounds
Lise Bourbeau
ISBN: 978-2-9209-3275-3
Item# 990697
\$24.95; 230 pb



Cancer: A Book of Hope
Lise Bourbeau
ISBN: 978-2-9209-3270-8
Item# 990674
\$24.95; 250 pp pb

Cancer: A Book of Hope

What would you say to having a different view of cancer, that notorious word that has scared — and continues to scare — millions of people every year throughout the world? Why not consider this illness, even with all its devastating effects, as a friend rather than an enemy that one must struggle against?

The way you perceive this word is entirely your responsibility.

This book seeks to present a perception that is new and different from anything that has been written to date. Indeed, Lise Bourbeau uses an unprecedented approach that is based on the thousands of cancer stories she has heard over these last thirty years.

Through this book and the many experiences shared in it, Lise Bourbeau offers you only gentle methods that do not involve struggle, because fighting demands so much energy that it leaves none for anything else.

This book is intended for all those who are affected in one way or another by cancer today, including:

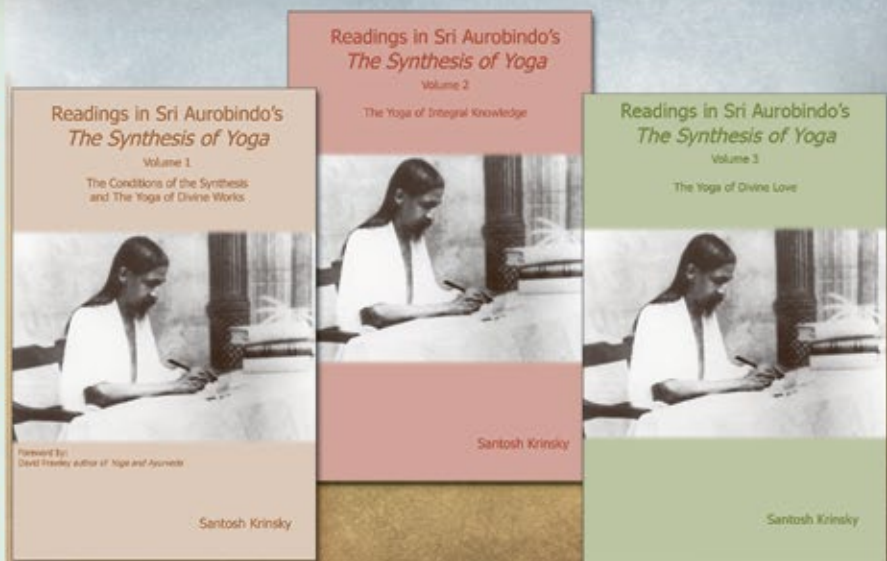
- those who have already had cancer;
- those who have cancer now;
- those who are worried about a friend, relative or family member who has cancer;
- therapists and caregivers who want access to tools for helping their clients or patients;
- and, of course, all those who wish to prevent this illness.

Cancer is not an inevitable fate but rather a message aimed at helping you recover happiness and inner peace. Cancer seen this way becomes an opportunity for transformation and for loving yourself.

READINGS IN SRI AUROBINDO'S *The Synthesis of Yoga* VOLUMES 1, 2 & 3

“Santosh Krinsky has endeavored to make Sri Aurobindo’s teachings relevant and readable to the very different audience today, without compromising the essence of his teaching. I do not think that any other writer in America has better represented Aurobindo’s teachings today than Santosh. This is a difficult task to be sure but one that he has been able to do consistently and with depth of thought. The reader is guided through short episodes that can constitute a simple yet direct immersion into the heart of Aurobindo’s teachings. Krinsky has approached *The Synthesis of Yoga* in four volumes. He clearly explains Aurobindo’s vision of Yoga in the world today and the many-sided approach that is needed to make it work in our daily lives. This helps the reader understand the depths of Yoga and how it can be used to make fundamental changes in our being and character that are more important and enduring than mere outer changes in our body.”

Dr. David Frawley,
author of *Yoga and Ayurveda*



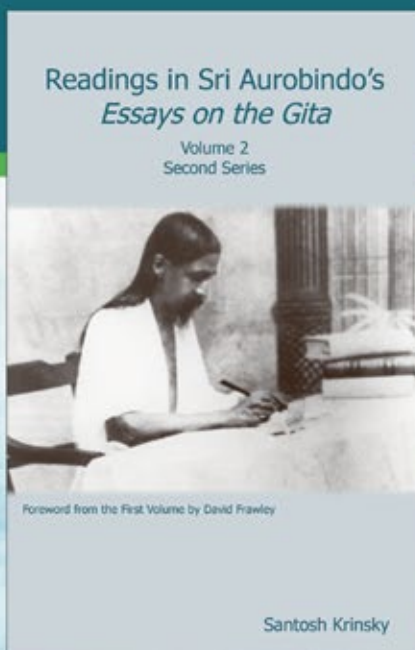
Readings in Sri Aurobindo's
The Synthesis of Yoga
Volume 1
Santosh Krinsky
ISBN: 978-0-9406-7632-9
Item# 990684
\$22.95 520 pp

Readings in Sri Aurobindo's
The Synthesis of Yoga
Volume 2
Santosh Krinsky
ISBN: 978-0-9406-7641-1
Item# 990689
\$22.95 496 pp

Readings in Sri Aurobindo's
The Synthesis of Yoga
Volume 3
Santosh Krinsky
ISBN: 978-0-9406-7643-5
Item# 990690
\$9.95 120 pp

READINGS IN SRI AUROBINDO'S *Essays on the Gita*

Volume 2



Readings in Sri Aurobindo's
Essays on the Gita Volume 2
Santosh Krinsky
ISBN: 978-0-9406-7628-2
Item# 990673
\$22.95 536 pp

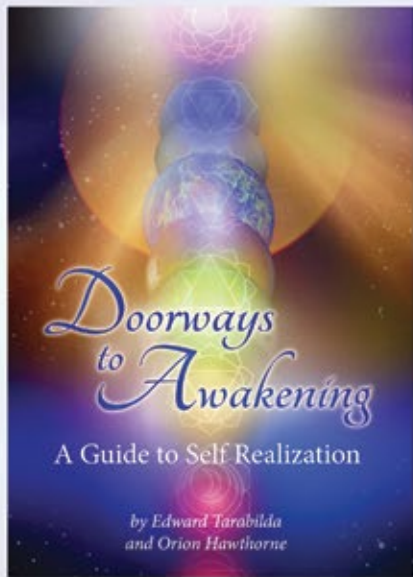
The Gita, which is older than the New Testament, is one of the most widely read books in the world, honored by a number of great thinkers in all countries, and the subject of much renewed interest in modern times.

The Gita is a treasure house of spiritual knowledge, yogic insight, meditational vision, and profound guidance on life as a whole. It summarizes the deep wisdom of the older and more arcane Vedas and Upanishads and makes it practical and accessible to the modern reader and to daily life.

Sri Aurobindo is one of the few translators and commentators on the Gita who has possessed the full yogic realization himself and has looked upon the Gita in its own right as a unified whole. Sri Aurobindo does not interpose himself or his views between us and the Gita, but rather opens the vision of the Gita directly for us in all of its many layers. His approach to the Gita is contemplative, drawing us into our own inner search, with the Gita as a powerful lens to bring clarity to all that we are attempting to do in life.

Santosh highlights key relevant points of Aurobindo's *Essays on the Gita*, explains them and reveals their depths and implications today. Each of his well-chosen selections and lucid comments constitutes a luminous doorway into the heart of the Gita and the consciousness of Krishna, as well as into the mind of Yogi Aurobindo.

— From the foreword from the first volume
by **David Frawley**



Doorways to Awakening

A Guide to Self Realization

What is your unique path to Self Realization, to Awakening?

Each path is related to a planetary archetype. Is your primary Doorway to Awakening related to:

THE MOON - the path of Devotion, Bhakti

MERCURY - the path of the Intellect, Gyan Yoga

VENUS - the path of the Senses, Raj Yoga

JUPITER - the path of Selfless Service, Karma Yoga

SATURN - the path of the Body, Hatha Yoga

RAHU/KETU - the path of the Iconoclastic Rebel, Tantra

MARS - the path of the Will, Shakti Kundalini

THE SUN - some of each of the above, Surya Yoga

Doorways to Awakening is a practical guide which elucidates the key elements of each of these eight paths, and how best to maximize your progress in your destined expansion of consciousness and spiritual development. How do you Awaken to the Truth of your Being, pure Awareness? The answer lies within.

Doorways to Awakening:

A Guide to Self Realization
Edward Tarabilda
and Orion Hawthorne
ISBN: 978-0-9406-7642-8
Item# 990691
\$19.99; 190 pp pb

"Doorways to Awakening gives you a practical roadmap to the various time-tested paths of awakening. This is a brilliant user manual for life."

- **Marci Shimoff**, #1 New York Times bestselling author, *Happy for No Reason* and *Chicken Soup for the Woman's Soul*

"Finally! I'm so excited to see Ed's profound and life changing insights in Doorways to Awakening being shared."

- **Janet Bray Attwood** - New York Times bestselling author of *The Passion Test* and *Your Hidden Riches*

Inner Worlds Music

Therapeutic, Relaxing & Rejuvenating Music

By the world-renowned Merlin's Magic



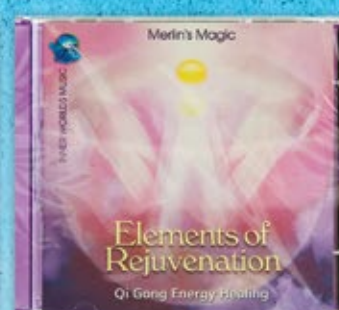
Healing Harmony:
The Best of Merlins Magic
Artist: Merlins Magic CD
73 min, \$17.95
UPC: 079565072128
ISBN: 9780910261500



Reiki: Light Touch
Artist: Merlins Magic CD
60 min, \$17.95
UPC: 079565070223
ISBN: 9780910261852



Heart of Reiki
Artist: Merlins Magic CD
60 min, \$17.95
UPC: 079565072524
ISBN: 9780910261524



Elements of Rejuvenation
Artist: Merlins Magic CD
57 min, \$17.95
UPC: 079565080123
ISBN: 9780910261432

**THE CHOICE OF PRACTITIONERS
AND THEIR CLIENTS WORLD-WIDE**



Audio & Music CD's & Cassettes

INNER WORLDS MUSIC CD'S AND CASSETTES

Angel Helpers

Merlin's Magic



Merlin's Magic is a proven bestseller! This is a wonderful follow-up album to their best selling Reiki and Reiki: The Light Touch. Angels are our daily companions. This truly heavenly, very uplifting melody is perfectly accented by flute, sitar, and strings to help make these invisible companions audible.

CD..... 64 min 993 333 \$17.95
 ISBN 978-0-9102-6159-3 UPC 0-79565-07112-1 INNER WORLDS MUSIC

Angel Symphony of Love and Light

Merlin's Magic



The music of this CD invites the angels to come to you. Together with the angel vibration, Angel-Symphony of Love and Light can take you to a state in which you also are like an angel and experience fulfillment. You can relax, get in touch with your inner self, remember who you are, and become more radiant.

CD..... 60 min 993 421 \$16.95
 ISBN 978-0-9102-6127-2 UPC 0-79565-08062-8 INNER WORLDS MUSIC

Body Empowerment

Power of Movement (with Andy Mock)



Powerful rhythms in harmony with magical melodies create an atmosphere that invites you to move, to dance with the world. Body Empowerment activates and energizes you, making it ideal for many dynamic bodily exercises like power movements, shamanic trance-dance, and other workouts. Ten rhythm-charged songs and Pure Drumming, three bonus tracks that invite you to participate. These are especially suitable for drumming sessions and drum meditations.

CD..... 74 min 993 417 \$17.95
 ISBN 978-0-9102-6131-9 UPC 0-79565-08052-9 INNER WORLDS MUSIC

Celtic Mystery Tour

Dancer's Dream



Wonderful and inspiring; traditional Celtic music.

CD..... 62 min 993 208 \$17.95
 ISBN 978-0-9102-6149-4 UPC 0-79565-07132-9 INNER WORLDS MUSIC

Centering Meditation - Audio

Horan, Paula and Merlin's Magic



In CENTERING MEDITATION, Paula Horan's calm and soothing healer's voice will gently guide you to develop and strengthen your ability to appropriately and spontaneously act from the core of your being - whatever the situation, whomever you may encounter, at home or work, throughout your life. Listening to the meditation and music, you are guided through the simple process involving a shift in awareness to the emotional center of the body.

Cass..... 58 min 993 201 \$10.95
 ISBN 978-0-9102-6182-1 UPC 0-79565-07174-9 INNER WORLDS MUSIC

CD..... 58 min 993 199 \$17.95
 ISBN 978-0-9102-6156-2 UPC 0-79565-07172-5 INNER WORLDS MUSIC

Chakra Meditation - Music

Merlin's Magic



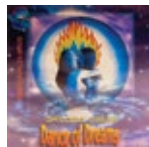
Presents an acoustic journey through the energy centers. Listening to the subtle compositions, you will be drawn into the inner worlds of wonder and understanding.

Cass..... 47 min 993 205 \$10.95
 ISBN 978-0-9102-6158-6 UPC 0-79565-07244-9 INNER WORLDS MUSIC

CD..... 47 min 993 203 \$17.95
 ISBN 978-0-9102-6186-9 UPC 0-79565-07142-8 INNER WORLDS MUSIC

Dance of Dreams

Dancer's Dream



This gently sensuous Tantra lovers delight is filled with lovely melodies brimming over with passionate rhythms and spiritual ecstasy! Violin, guitar, flutes, hand drum percussion, singing bowls and chimes unite for a revitalizing mix of all-acoustic textures wonderful for trance dance, moving meditation, or a positive energy tune up.

Cass..... 63 min 993 193 \$10.95
 ISBN 978-0-9102-6177-7 UPC 0-79565-07094-0 INNER WORLDS MUSIC

CD..... 63 min 993 194 \$17.95
 ISBN 978-0-7956-5070-3 INNER WORLDS MUSIC

Desire for Love

Bach, Ralf



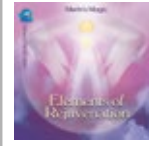
Perhaps the most romantic music ever made; beautiful orchestral, acoustic melodies for lovers or those who would like to attract their soulmate.

Cass..... 65 min 993 191 \$10.95
 ISBN 978-0-9102-6183-8 UPC 0-79565-07054-4 INNER WORLDS MUSIC

CD..... 65 min 993 192 \$17.95
 ISBN 978-0-9102-6188-3 UPC 0-79565-07042-1 INNER WORLDS MUSIC

Elements of Rejuvenation

Merlin's Magic



Music to enchant every ear in a temple of relaxation and healing. Played during Qi Gong, Yoga, Tai Chi, Reiki treatments, Chi Exercises, or simply for meditation, it captivates - making you flow with the spiritual energy into infinite spaces.

CD..... 57 min 993 414 \$17.95
 ISBN 978-0-9102-6143-2 UPC 0-79565-08012-3 INNER WORLDS MUSIC

Guardian Angel Symphony

Merlin's Magic



Guardian Angel Symphony is the successor to the internationally acclaimed Angel Symphony of Love and Light, heart-warming melodies calming your mind and allowing you to enjoy a genuine state of serenity. The ideal background music for relaxation, meditation and every type of energy work. No matter how stressful your day has been you can drop your anchor in this haven of serenity!

CD..... 64 min 993 431 \$16.95
 ISBN 978-0-9406-7676-3 UPC 0-79565-08212-7 INNER WORLDS MUSIC

Healing Harmony: The Best of Merlin's Magic

Merlin's Magic



Merlin's Magic has put together a collection of their best pieces. This recording will delight you.

Cass..... 73 min 993 197 \$10.95
 ISBN 978-0-9102-6148-7 UPC 0-79565-07294-4 INNER WORLDS MUSIC

CD..... 73 min 993 209 \$17.95
 ISBN 978-0-9102-6150-0 UPC 0-79565-07212-8 INNER WORLDS MUSIC

Heart of Reiki

Merlin's Magic



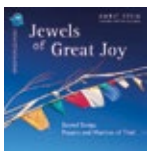
An extended version of the popular Reiki: The Light Touch, remastered and produced as one long session, this is perfect music to accompany a reiki treatment, a massage or any other bodywork session.

Cass..... 60 min 993 195 \$10.95
 ISBN 978-0-9102-6153-1 UPC 0-79565-07264-7 INNER WORLDS MUSIC

CD..... 60 min 993 196 \$17.95
 ISBN 978-0-9102-6152-4 UPC 0-79565-07252-4 INNER WORLDS MUSIC

Jewels of Great Joy

Stein, Amrit



A unique musical interpretation of spiritual songs, profound prayers and mantras taken from the Tradition of the Sutra and Tantra in Tibetan Buddhism, compiled by Amrit Stein through her own experience of extensive Buddhist practice. With a 16-page booklet giving a brief introduction to Tibetan Buddhism and containing the texts of the ten spiritual songs and auspicious prayers written in original Tibetan with English translation.

CD..... 50 min 993 426 \$16.95
 ISBN 978-0-9102-6191-3 UPC 0-79565-08192-2 INNER WORLDS MUSIC

Just Harmony - The Very Best of Merlin

Merlin's Magic



Just Harmony, carefully prepared by Andreas Mock, combines the most successful melodies composed by Merlin's Magic during the last twenty years in one of the most beautiful collections of music for meditation and relaxation. In addition there is an unpublished new piece played by the composer himself with particularly soft piano sections and acoustic guitar.

CD..... 65 min 993 438 \$16.95
 ISBN 978-0-9406-7693-0 UPC 0-79565-08213-4 INNER WORLDS MUSIC

More Desire for Love

Bach, Ralf



Sweet orchestral melodies - accented with the sounds of piano, harp, violin, flute, strings and bells - instill the perfect ambiance for romance or relaxation. Inspired by the abundance of colorful wild flowers and fragrant perfume of the pine trees outside his studio home, Bach threw open the windows and let nature add to the creative process.

Cass..... 53 min 993 328 \$10.95
 ISBN 978-0-9102-6169-2 UPC 0-79565-07234-0 INNER WORLDS MUSIC

CD..... 53 min 993 327 \$17.95
 ISBN 978-0-9102-6170-8 UPC 0-79565-07222-7 INNER WORLDS MUSIC

Reiki

Merlin's Magic



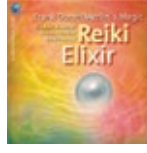
Reiki Music was specifically composed and arranged to be played during Reiki treatments. However, because of its gentle, suggestive powers, it is an equally ideal background for other forms of bodywork and techniques of energy balancing.

Cass..... 60 min 993 202 \$10.95
 ISBN 978-0-9102-6181-4 UPC 0-79565-07014-8 INNER WORLDS MUSIC

CD..... 60 min 993 204 \$17.95
 ISBN 978-0-9102-6187-6 UPC 0-79565-07002-5 INNER WORLDS MUSIC

Reiki Elixir

Doerr, Frank Merlin's Magic



Musical extracts from Merlin's Magic best-selling CDs, revised and completed with Reiki teachings from a well-known Reiki Master and author. Melodies wonderfully endorsing the Reiki techniques presented in the 8-page booklet and enchanting every ear in a temple of relaxation and healing. You can use the breaks between two titles to change hand positions or you can practice in your own rhythm!

CD..... 65 min 993 429 \$16.95
 ISBN 978-0-9102-6192-0 UPC 0-79565-08202-8 INNER WORLDS MUSIC

Reiki Light Touch

Merlin's Magic



Sixty minutes of beautiful, serenely blissful instrumental music for healing and happiness, this recording was specifically composed and arranged by Andreas Mock of Merlin's Magic to be played during Reiki treatments, but its soothing sounds are also wonderful for many other forms of body work, energy balancing, meditation or relaxing. Combining guitar, keyboards, violin, viola and deeply resonant Tibetan bells to create the relaxing sounds of LIGHT TOUCH.

Cass..... 60 min 993 187 \$10.95
 ISBN 978-0-9102-6179-1 UPC 0-79565-07034-6 INNER WORLDS MUSIC

CD..... 60 min 993 188 \$17.95
 ISBN 978-0-9102-6185-2 UPC 0-79565-07022-3 INNER WORLDS MUSIC

Reiki Space of Peace and Love

Merlin's Magic with Frank Arjava Petter



This is the most meditative Merlin's Magic production up to now, with compositions that unite in the "silent eye" of Reiki. The sounds of the Far Eastern spheres unfold in virtual deep stillness, led by the rhythm of the heart. Accompanied by a 16 page booklet.

CD..... 60 min 993 148 \$16.95
 ISBN 978-0-9102-6125-8 UPC 0-79565-08072-7 INNER WORLDS MUSIC

Waves Of Love

Eden River



Eden River is a new and exciting group headed by Andy Mock (of Merlin's Magic fame) and the world-renowned saxophonist, Lee Mayall. Together they bring an energy and dynamism that is guaranteed to get you energized. Waves of Love is the first album of this new collaboration and it provides an exciting mix of contemporary instrumental music.

CD..... 58 min 993 407 \$17.95
 ISBN 978-0-9102-6151-7 UPC 0-79565-07292-0 INNER WORLDS MUSIC

Welcome To Paradise

Essay Quatre & Band



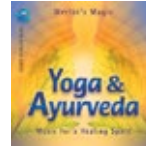
Seychelles Island Party Music, available for the first time ever! World Beat times says: "If you like Aaron Neville-style ballads and Cajun zydeco, you'll LOVE this."

Cass..... 61 min 993 340 \$10.95
 ISBN 978-0-9102-6176-0 UPC 0-79565-07024-7 INNER WORLDS MUSIC

CD..... 61 min 993 339 \$17.95
 ISBN 978-0-9102-6175-3 UPC 0-79565-07032-2 INNER WORLDS MUSIC

Yoga And Ayurveda

Merlin's Magic



Yoga and Ayurveda music is a new and unique type of music that is ideal for yoga. It attunes your body, soul and spirit, placing you in a state of deep rest that helps intensify and absorb the free flow of energy. It allows your breath to find its rhythm and brings you into harmony with the universe.

CD..... 64 min 993 423 \$16.95
 ISBN 978-0-9102-6121-0 UPC 0-79565-08152-6 INNER WORLDS MUSIC

MUSIC

Temple of Singing Bowls

Calverley, Roger



Writer, musician, meditation teacher Calverley has combined his mystical vision and creativity with renowned composer and sound designer, Stephen Bacchus and together they have created a sonic tour-de-force unlike any other previous Tibetan bowl album. This recording is an extended symphony of primal resonance using ancient bronze masterpieces from Nepal and Tibet as well as modern quartz crystal bowls.

CD..... 66 min 993 086 \$16.95
 ISBN 978-0-9409-8593-3 UPC 0-79565-08142-7 CALVERLEY

Celtic Music

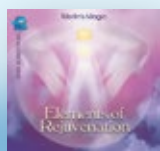
Bard Of Hearts

Calverley, Roger



At workshops and live performances, members of the audience often describe how the Celtic harp music on this CD stimulates their visualization and insight, as well as opening the spiritual heart. The sound of voice and Celtic harp together seems to carry the listener's consciousness inward to a place of wholeness and awakening.

CD..... 72 min 993 084 \$16.95
 ISBN 978-0-9409-8582-7 UPC 0-79565-08132-8 CALVERLEY



Inner Worlds Music

Therapeutic, Relaxing & Rejuvenating Music
 By the world-renowned Merlin's Magic

The choice of practitioners and their clients world-wide



Sample select
 Inner Worlds Music
 tracks using
 a QR Code reader



Celtic Mysteries I

Calverly, Roger



Celtic Mysteries contributed significantly to the revival of Celtic Music in Canada, hitting the top of the New Age music charts and achieving gold status in sales. It features instrumental Celtic Music compositions that evoke the mood of ancient times. This edition includes updated graphics and a special 'mystery track.'

CD..... 53 min 993 082 \$16.95
 ISBN 978-0-9409-8580-3 UPC 0-79565-08112-0 CALVERLEY

Celtic Mysteries II

Calverly, Roger



This is the long-awaited follow-up to the best-selling "Celtic Mysteries." This album of new Celtic music material recaptures the original spirit of the first release in pristine 20-bit digital sound. This new album features live Celtic harp, flute, guitars, acoustic bass, uilleann pipes, whistle, oboe, English horn, violin, cello and percussion.

CD..... 57 min 993 083 \$16.95
 ISBN 978-0-9409-8581-0 UPC 0-79565-08122-9 CALVERLEY

Yoga

BreathSounds 6-3-12-3 Volume I

Kozak, M.S. Sandra Summerfield



BreathSounds 6-3-12-3 Volume I CD: Measured Music for Breathing Practices in the Science of Pranayama. The pattern 6-3-12-3 denotes a 6-count inhalation, 3-count hold, a 12-count exhalation and a 3-count hold. This volume is ideal for starting pranayama practice and for those who can exhale for 7-10 seconds or less.

CD..... 59 min 992 797 \$12.95
 ISBN 978-0-9409-8566-7 UPC 0-79565-08092-5 LOTUS

BreathSounds 8-4-16-4 Volume II

Kozak, M.S. Sandra Summerfield



BreathSounds 8-4-16-4 Volume II CD: Measured Music for Breathing Practices in the Science of Pranayama. The pattern 8-4-16-4 denotes an 8-count inhalation, 4-count hold, a 16-count exhalation and a 4-count hold. This volume is ideal for those who are intermediate in their practice and who can exhale for 12 or more seconds.

CD..... 59 min 992 798 \$12.95
 ISBN 978-0-9409-8567-4 UPC 0-79565-08102-1 LOTUS

BreathSounds 4-16-8 Volume III

Kozak, M.S. Sandra Summerfield



BreathSounds 4-16-8 Volume III CD: Measured Music for Breathing Practices in the Science of Pranayama. The pattern 4-16-8 denotes a 4-count inhalation, 16-count hold and an 8-count exhalation with no hold on the exhalation. This volume is ideal for those who wish to deepen their sitting meditation practice.

CD..... 50 min 992 799 \$12.95
 ISBN 978-0-9409-8565-0 UPC 0-79565-08082-6 LOTUS

Jyotir Bhava

Shambhavi



Jyotir Bhava, the Bhava or 'Mood of the Divine Light', draws one into the celestial radiance of the planets. Jyotish or Vedic Astrology, is a sacred science of karma, unraveling all aspects of one's life, destiny and deeper aspirations. Jyotish is said to be 'The Eye of the Vedas', providing us a mystic insight into the play of the cosmic universe.

CD..... 61 min 992 791 \$16.95
 ISBN 978-0-9409-8502-5 LOTUS

Yogini Bhava: Shakti Mantras Invoke the Divine Within

Shambhavi



Yogini Bhava unfolds the passion and sweet bliss of devotion through an invocation of Vedic Bija mantras and shlokas for Devi, the Mother Goddess's divine grace to flow into our lives. Through chanting, the Tantrika evolves her consciousness, unraveling the deeper symbolism of life, searching the limitless, timeless totality of the Divine Self.

CD..... 71 min 992 795 \$16.95
 ISBN 978-0-9102-6193-7 UPC 0-79565-08214-1 LOTUS

COMPUTER SOFTWARE

Windows 95 Software

Ayurvedic Remedies Software

Blake, Steve



This is an incredible resource for anyone interested in having instant access to information on herbs and other remedies used in the Ayurvedic tradition. The program details more than 360 Ayurvedic remedies and includes thousands of unique conditions, actions, organ systems and constituents allowing the user to acquire virtually any desired information instantly by lookup by a variety of means. There are also numerous photos of herbs incorporated in the program. Requires Win 98, Win 2000, Win NT 4.0 or higher, Win Me, or Win XP. Hard disk space 60 MB. CD Rom Drive required for installation.

CD..... 990 184 \$39.95
 ISBN 978-0-9409-8524-7 BLAKE

Green Planet 2000

Knight, Terrence

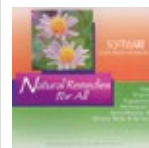


Access the world's most popular alternative database--the one used by doctors, healers and researchers--anyone interested in alternative healing. It's like having an entire library on natural medicine at your fingertips. Featuring thousands of listings covering aromatherapy, ayurvedic herbs, bach flower remedies, chinese herbs, homeopathy, native american herbs, rainforest remedies, vitamins and supplements, western herbs and more. Built in editor allows you to add your own information to the database. Extensive bibliography.

CD..... 990 099 \$29.95
 ISBN 978-0-9409-8560-5 LOTUS

Natural Remedies For All

Blake, Steve

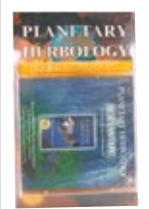


Fun and easy to find natural health information. Includes 138 colorful plant photos, online context sensitive help, summaries of herbs, vitamins, minerals with dosages and warning information, formula ingredients, and 18,000 herb constituents. Alternate names from around the world make this extremely useful. Definitions of major terms provided. 18,000 health conditions and symptoms covered. Requires Windows 95 or higher. CD Rom drive for installation. 16 mb of ram with 486 or higher IBM compatible processor. 60 meg. hard drive space free.

CD..... 990 109 \$29.95
 ISBN 978-0-9409-8561-2 BLAKE

Planetary Herbology Book With Windows 95/98 Program CD

Tierra, Michael & Blake, Steve



The Planetary Herbology book by Dr. Michael Tierra is combined with the Planetary Herbology Computer Program which allows you to look up and utilize the information from the book right from your computer. Written for Windows 95 or higher this program is extremely fast and useful and includes at no extra charge hundreds of color photos of herbs as well as a powerful research editor so you can customize the database to include your own information and notes.

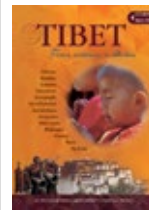
BOOK/CD..... 490 pp 990 107 \$56.95
 ISBN 978-0-9149-5540-5 LOTUS

CD..... 990 108 \$39.95
 ISBN UPC 0-79565-02000-6 LOTUS

Windows 95+/mac os Software

Tibet: From Wisdom to Oblivion

Fournier & Joudet



Tibet: From Wisdom to Oblivion CD ROM: An Encyclopedia Dedicated to the Tibetan People This is the first interactive CD Rom encyclopedia dedicated to the Tibetan people and culture. The CD ROM contains 2200 photographs and iconographic documents, technical notes, 90 minutes of commentary and 40 minutes of original music. Includes a glossary, slide shows and much more. User friendly format works on both PC and MAC computers. Minimum PC requirements Pentium II-233 mhz, 64 mb ram, windows 98+, cd rom drive 4x, SB compatible sound card. MAC: power pc, 64 mb ram, Mac os 8.0+, cd rom drive. An enclosed booklet guides you through the contents and the operation of the program.

CD..... 990 187 \$44.95
 ISBN 978-0-9409-8571-1 BC-EXPRESSIONS

Books

ENVIRONMENTAL AND PEACE STUDIES

New Eden, For People, Animals, Nature

Fox, Dr. Michael

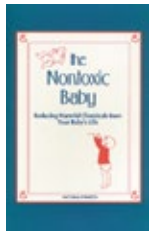


Dr. Fox, vice president of the Humane Society of the USA, an internationally known defender of wildlife and the environment, states, "This new book is about healing the earth and ourselves in the process ... changing our attitudes to respect and reverence ..." - the new eden for man and animals. With illustrations by Susan Seddon Boulet.

Paperback 78 pp 990 425 \$8.95
 ISBN 978-0-9415-2446-9 LOTUS

Non Toxic Baby

Nancy Sokol Green



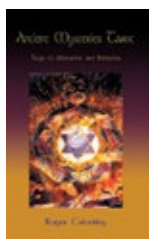
For a parent, the idea of creating a safe and healthy environment for the child is of paramount importance. This book is an absolutely essential reference handbook for providing the safest, healthiest choices available for a child living in the modern world.

Paperback 90 pp 990 170 \$9.95
 ISBN 978-0-9149-5509-2 NATURAL CHOICES

ESOTERIC ARTS

Ancient Mysteries Tarot Book

Calverley, Roger

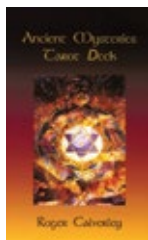


This book situates Tarot in its ancient roots, with particular emphasis on the tradition of the Mystery Schools. The suites are designated as "Earth, Water, Air and Fire" rather than the conventional Pentacles, Cups, Swords and Wands. The first part of the book is a review of the ancient sources of Tarot and the dynamics of the archetypes, with interesting sidelights on the author's personal experiences in this realm. The reader is instructed by The Magician, The Priestess and The Hermit about the meanings and wisdom of Tarot, which he discovers to be a "Book of Truth."

Paperback 264 pp 990 067 \$17.95
 ISBN 978-0-9409-8572-8 LOTUS

Ancient Mysteries Tarot Deck

Calverley, Roger

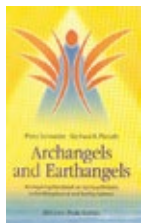


This unique deck links tarot with the magic of its ancient roots. The images of the Major Arcana are based on sacred temple art from the Mystery Schools of Egypt, Greece, Mesopotamia and India, while images of megaliths, sacred fountains and stone temples are used to portray the four sacred elements in the Minor Arcana. Roger Calverley has crafted this deck for divination and initiation, the background and the process of which is described in detail in his book, Ancient Mysteries Tarot. 78 cards plus insert booklet.

box 78 cards 990 066 \$19.95
 ISBN 978-0-9409-8573-5 LOTUS

Archangels and Earthangels

Schneider, Dr. Petra & Pieroth, Gerhard

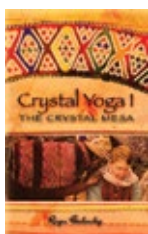


The authors have worked with angels, archangels and earthangels for years. Based on their own experience, they describe the spiritual world of angels and their tasks, powers and possibilities. They explain how to make contact with these powerful and loving beings so that you can invite them to walk at your side and become part of your life.

Paperback 176 pp 990 806 \$14.95
 ISBN 978-0-9102-6119-7 WINDPFERD

Crystal Yoga I

Calverley, Roger



We are all possessors of a mystical inner world where the primal powers of Heaven and Earth summon us to embrace the fullness of our potential. The experiential journey of Crystal Yoga begins with the 33 crystals of the archetypal Crystal Mesa, a functioning temple in miniature, well adapted to pathworking and ritual. The Crystal Mesa can be used to balance energy and heal, to align mind and heart, to clarify intent, deepen discernment, and integrate various auric light bodies and chakras, thereby preparing the human vessel for ascension.

Paperback 448 pp 990 983 \$19.95
 ISBN 978-0-9409-8592-6 CALVERLEY

I Ching: New Systems, Methods & Revelations

Hoeffler, Angelika

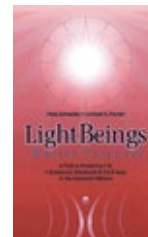


New insights into the use of this traditional forecasting tool, making it accessible to the modern reader. Beautifully designed, including a meditation drawing for each hexagram created by the British artist Terry Miller.

Paperback 185 pp 990 607 \$12.95
 ISBN 978-0-9415-2437-7 WINDPFERD

Light Beings--Master Essences

Schneider, Dr. Petra & Pieroth, Gerhard

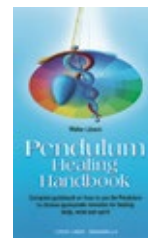


This book systematically introduces the Light Beings Master Essences, which contain the energetic vibration of the "Ascended Masters" and help dissolve mental, emotional, physical and spiritual blocks. The powerful spiritual energies work on all the levels of the being and help to uplift and elevate the being. Published under the Arcana Publishing Imprint.

Paperback 272 pp 990 728 \$16.95
 ISBN 978-0-9102-6118-0 WINDPFERD

Pendulum Healing Handbook

Luebeck, Walter

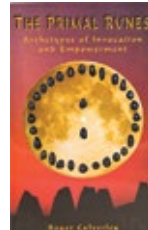


Complete guidebook on how to utilize the pendulum to choose appropriate remedies for healing body, mind and spirit. Includes 125 pendulum tables for herbs, essential oils, flower remedies, etc. If you want to learn how to utilize the pendulum, and how to develop extremely practical applications for health and well-being, this book is for you. The author is a well-known Reiki master and best-selling author.

Paperback 208 pp 990 726 \$15.95
 ISBN 978-0-9149-5554-2 WINDPFERD

Primal Runes: Archetypes of Invocation and Empowerment

Calverley, Roger



Thousands of years before the Aryan invasion of Europe, the people of Old Europe created sacred signs, the Primal Runes, and gave birth to our most ancient ancestral tradition of divination and magic. Based on the phases of the Moon, these archetypal rune-forms each have a sacred sound; they form a complete system of invocation and empowerment.

Paperback 352 pp 990 972 \$19.95
 ISBN 978-0-9409-8583-4 LOTUS

Tao Deck, New I-Ching Tool

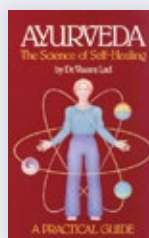
Schachter, Stephen



The Tao Deck is a new way to consult the I-Ching. It is a complete package including card set, I-Ching book, carrying pouch and instructions. The cards are beautifully illustrated and designed to show the elemental world of the I-Ching. To use the Tao Deck, cards are intuitively chosen, using images to create the answer.

Box 35 Cards 992 053 \$29.95
 ISBN 978-0-9707-1590-6 SCHACHTER

BESTSELLER



Ayurveda: The Science of Self-Healing Lad, Dr. Vasant

For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

Ayurveda: The Science of Self-Healing Paperback 175pp ISBN: 978-0-9149-5500-9 ITEM# 990 120 \$10.95

Ayurveda: La Ciencia De Curarse Uno Spanish Language Paperback 176pp ISBN: 978-0-9409-8557-5 ITEM# 992 083 \$12.95

Tao Of Money

Luebeck, Walter



The Tao of Money explores how to heal material consciousness. For author Walter Luebeck, money can be equated with energy, something that manifests itself in every conceivable manner. This fascinating book about money contains many exercises on its spiritual meaning, work, occupation, and much more.

Paperback 160 pp 990 427 \$14.95
ISBN 978-0-9149-5562-7 WINDPFERD

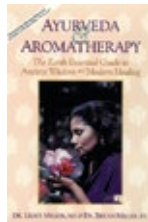
HEALTH AND HEALING

Aromatherapy

Aromatherapy is another very "hot" topic nowadays. Science has concluded that fragrances can indeed affect the emotions, the thought process, the moods and attitudes, and thereby, the very health of the individual. Many major corporations have begun to adopt the principles of aromatherapy in their marketing concepts. On a personal level, you can use aromatherapy in your home as a healing and wellness modality. The books we carry are some of the finest introductions and practical use texts in the field.

Ayurveda & Aromatherapy, Earth Guide

Miller, Dr. Light & Miller, Dr. Bryan



This book integrates the ancient healing science of Ayurveda with the modern development of Aromatherapy. The authors have long experience in clinical practice and have created a phenomenal resource for anyone who wants to use Ayurveda or Aromatherapy for self-health or as a practitioner. The body-type paradigm of Ayurveda is dovetailed nicely with the aromatherapeutic actions of essential oils.

Paperback 368 pp 990 376 \$21.95
ISBN 978-0-9149-5520-7 LOTUS

Birth of The Blue: Australian Blue Cypress Oil

Olsen, Cynthia



Used for thousands of years by the Australian aboriginal people for personal care and household applications, this rare aqua colored essential oil native to the Northern Territory of Australia was selected as the "essence of the Sydney 2000 Summer Olympics." Blue Cypress Oil's sweet woody fragrance has soothing and moisturizing skin benefits. The products range from sports to personal body care, cosmetics and perfumery.

Paperback 88 pp 992 995 \$7.95
ISBN 978-1-8909-4104-8 LOTUS

Enchanting Scents (Secrets of Aromatherapy)

Junemann, Monika



This book will carry you away to a world of exquisite, enchanting scents. Various fragrances affect our moods, may stimulate and excite us, bring us calmness and harmony, bewitch and inspire or even heal. Since ancient times essential oils and incense have been employed in healing, for seduction and for religious rituals. This book particularly addresses their subtle influences, but also presents and describes the plants from which they are obtained.

Paperback 122 pp 990 608 \$9.95
ISBN 978-0-9415-2436-0 WINDPFERD

Healing Power of Essential Oils

Balz, Rodolphe



Essential oils - fragrant essences for health and well-being, are among the most popular natural remedies today. The heart of this book contains an index of essential oils and their many properties. More than 200 essential oils are described in precise detail here, followed by a particularly comprehensive therapeutic index which makes it easier to put them to practical use.

Paperback 203 pp 990 927 \$14.95
ISBN 978-0-9415-2489-6 WINDPFERD

Incense and Incense Rituals: Healing Ceremonies for Spaces of Subtle Energy

Kinkele, Thomas



Incense and Incense Rituals: Healing Ceremonies for Spaces of Subtle Energy The practice of burning incense can be traced back through every culture of humankind on earth. Fragrance is a subtle force which influences all centers of perception and creates a connection to the subtle levels, consequently carrying whatever concerns us into higher dimensions from where support and fulfillment come.

Paperback 160 pp 990 966 \$12.95
ISBN 978-0-9149-5576-4 WINDPFERD

Magic and Power of Lavender

Tisserand, M. & Junemann, M.



The lavender plant has been recognized for centuries, and since time immemorial man has used lavender to relax, soothe and refresh. To this day lavender has remained one of the most familiar, popular and utilized of all fragrances. This book introduces you to the delightful and enticing secrets of this plant and its essence, demonstrating its healing power, while also familiarizing you with its long and fascinating history and presenting to you the places and people involved in its cultivation.

Paperback 133 pp 990 611 \$9.95
ISBN 978-0-9415-2488-9 WINDPFERD

Mystical Aromatherapy

Sand, Avraham



This book will greatly enhance your understanding of fragrance and the sense of smell. This book provides spiritual explorations of the inner meaning of fragrance and the sense of smell and it also provides practical applications of aromatherapy including valuable tips on the most effective and enjoyable use of aromatic medicine, detailed guidelines for using the sense of smell to choose the correct Aromatherapy oils and essential oil formulation secrets for massage, bath, inhalation and perfume.

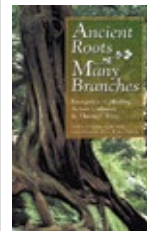
Paperback 184 pp 990 557 \$15.95
ISBN 978-0-9406-7694-7 LOTUS

Ayurveda & Traditional Medicine

Ayurveda has gained an incredible amount of popularity in the West in the last 10 years. Few people realize that this natural science of health and well being has a more than 5000 year recorded history. Ayurveda has lasted this long because it has real, lasting value as a paradigm for health and wellness. Of particular interest is the classification of people according to "body types" and the tailoring of the therapeutic action to the constitutional type so indicated. We also have a number of other traditional health modalities represented including the Chinese and Tibetan models.

Ancient Roots, Many Branches

L'Orange, Darlena with Dolowich, Gary



Join us on a fascinating journey across cultures and through time; from Mesopotamia to India, from China to Egypt to Greece and on to the Americas to discover the ancient roots of human thought concerning health and healing. In this book, remedies that can be quite effective for acute conditions will be examined. You will also explore models of healing that allow the whole person to be treated while addressing the underlying pattern of dis-ease. These energetic systems of medicine are especially appropriate in treating chronic illness, where focusing on the symptom fails to address the deeper cause.

Paperback 472 pp 990 183 \$24.95
ISBN 978-0-9102-6128-9 LOTUS

Awakening Nature's Healing Intelligence

Sharma M.D., Hari

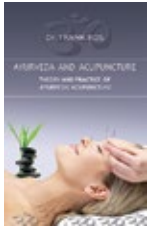


This book shows how both modern science and the ancient Vedic science of India point to wholeness as an essential quality of existence. The book goes on to introduce a wide range of therapeutic measures offered by the Maharishi Vedic Approach To Health to bring about healing with deep and lasting results.

Paperback 278 pp 990 904 \$17.95
ISBN 978-0-9149-5535-1 LOTUS

Ayurveda and Acupuncture

Ros, Dr. Frank

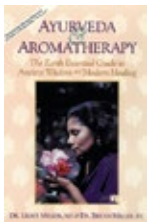


In this book, the author reveals the ancient Ayurvedic system of acupuncture called Siravedhana or Marmapuncture which has remained secret or many years. It is a comprehensive introduction for the layperson to understand not only Ayurvedic acupuncture but Ayurveda also. On the other hand, through detailed drawings and explanations it is also an indepth instructional manual for practitioners.

Paperback 300 pp 990 667 \$17.95
 ISBN 978-0-9406-7624-4 Lotus

Ayurveda & Aromatherapy, Earth Guide

Miller, Dr. Light & Miller, Dr. Bryan



This book integrates the ancient healing science of Ayurveda with the modern development of Aromatherapy. The authors have long term experience in clinical practice and have created a phenomenal resource for anyone who wants to use Ayurveda or Aromatherapy for self-health or as a practitioner. The body-type paradigm of Ayurveda is interwoven nicely with the aromatherapeutic actions of essential oils.

Paperback 368 pp 990 376 \$21.95
 ISBN 978-0-9149-5520-7 Lotus

Ayurveda & Life Impressions Bodywork

VanHouten, Donald

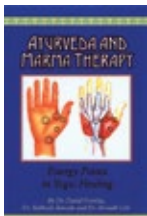


This book takes the wisdom from the East, specifically from the ancient science of Ayurveda, and combines it with a version of the Western medical model, stirs in large portions of awareness, safety, and support, adds practical visual techniques, and passes this recipe along into your capable hands and hearts. Whether you are in the health field or a lay person simply interested in taking better care of yourself and others, you will find AYURVEDA & LIFE IMPRESSIONS BODYWORK a refreshing, insightful, and practical approach to updating our old life impressions.

Paperback 296 pp 990 518 \$19.95
 ISBN 978-0-9149-5524-5 Lotus

Ayurveda and Marma Therapy: Energy Points in Yogic Healing

Frawley, David & Ranade, Dr. Subhash & Lele, Dr. Avinash



This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

Paperback 268 pp 990 867 \$21.95
 ISBN 978-0-9409-8559-9 Lotus

Ayurveda and Panchakarma

Joshi, Dr. Sunil

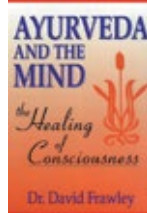


"This book will help answer many of the questions that Westerners often ask about Ayurveda" states Professor Kenneth Zysk, Ph.D. Ayurveda and Panchakarma is the study of Ayurvedic purification. The author, Dr. Sunil V. Joshi, began his clinical practice in 1981 in India, specializing in Panchakarma therapy. Since 1989, Dr. Joshi has traveled extensively throughout the U.S. giving lectures and teaching workshops on Ayurveda. A "Treasurehouse of wisdom is accessible to more people through this wonderful book", says Dr. Deepak Chopra, M.D.

Paperback 316 pp 990 517 \$19.95
 ISBN 978-0-9149-5537-5 Lotus

Ayurveda and the Mind

Frawley, David

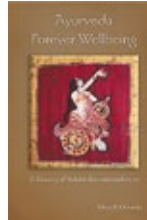


AYURVEDA AND THE MIND is perhaps the first book published in the West that explores specifically the psychological aspect of this great system. The book explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness. "Opens the doors to a new energetic psychology," says Dr. Deepak Chopra, M.D.

Paperback 356 pp 990 519 \$19.95
 ISBN 978-0-9149-5536-8 Lotus

Ayurveda Forever Wellbeing

Doherty, Meta B.

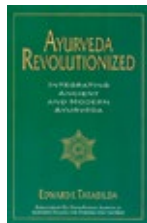


For me it's yoga: body, breath and mind. For you it may be simpler more humble meals. Or the luxury of warm oil as an emollient-rich self-massage. Or the pristine centered clarity from drinking hot water. To enhance your health and the feeling of wellbeing, here's a year of simple practices, a year of living the wisdom of life and longevity. - Meta B. Doherty

Paperback 168 pp 990 656 \$9.95
 ISBN 978-0-9409-8506-3 Lotus

Ayurveda Revolutionized: Integrating

Tarabilda, Edward

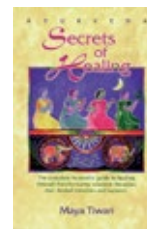


This book gives readers a new perspective in the practice of Ayurveda. It is not meant to replace what exists at present, but to be complimentary. This system is not new, but is offered as a revitalized approach to Ayurveda. The thesis put forth by the author in this text is that it is not constitution, as modern Ayurveda contends, but rather Seven Disease Tendencies which are fundamental to the treatment of disease. In fact, this approach is mentioned by Charaka, the father of Ayurveda, in his CHARAKA SAMHITA, the authoritative texts of Ayurveda.

Paperback 210 pp 990 113 \$15.95
 ISBN 978-0-9149-5538-2 Lotus

Ayurveda Secrets of Healing

Tiwari, Bri. Maya



Ayurveda Secrets of Healing is the most complete offering of the original cleansing and rejuvenative therapies of Pancha Karma, first taught and practiced by the ancient Vedic seers. In this definitive work, Maya Tiwari is the first author to reveal this sophisticated and timeless healing process in a way which is both comprehensive and readily adaptable to modern western culture. This book "...will be of immense value to health professionals as well as those who are interested in healing themselves," says Dr. Deepak Chopra, M.D.

Paperback 548 pp 990 116 \$22.95
 ISBN 978-0-9149-5515-3 Lotus

Ayurveda, Nature's Medicine

Frawley, David & Ranade, Dr. Subhash



Ayurveda, Natures Medicine is an excellent introduction to the full field of Ayurvedic Medicine from diet and herbs to yoga and massage. It has a notable emphasis on practical self-care and daily life regimens that makes it helpful for everyone seeking health and wholeness. The book is an excellent primer for students beginning in the field and who wish to have a firm foundation to understand the entire system.

Paperback 368 pp 990 592 \$19.95
 ISBN 978-0-9149-5595-5 Lotus

Ayurveda: A Quick Reference Handbook

Kshirsagar, Dr. Manisha ; Magno, Ana



"Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any serious Ayurvedic student or practitioner, and it is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students. Well done". - Cynthia Copple, Dean, Mount Madonna College of Ayurveda President, Lotus Holistic Health Institute

Paperback 96 pp 990 554 \$9.95
 ISBN 978-0-9406-7695-4 Lotus

Ayurveda: La Ciencia De Curarse Uno

Lad, Dr. Vasant

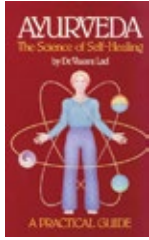


Este es el primer libro que explica con claridad los principios y aplicaciones practicas de la Ayurveda, el sistema curativo mas antiguo del mundo. El texto, bellamente ilustrado, trata, entre otros temas, lo siguiente: historia, filosofia, principios basicos, tratamientos, uso medicinal de hierbas y especias y primeros auxilios. Se incluyen numerosas tablas y diagramas, que ayudan a comprender y aplicar mejor esta maravillosa ciencia de curar.

Paperback 176 pp 992 083 \$12.95
 ISBN 978-0-9409-8557-5 Lotus

Ayurveda: The Science of Self-Healing

Lad, Dr. Vasant

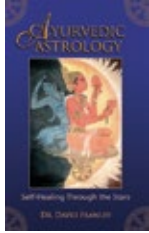


For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

Paperback 175 pp 990 120 \$10.95
 ISBN 978-0-9149-5500-9 Lotus

Ayurvedic Astrology: Self-Healing Through the Stars

Frawley, David

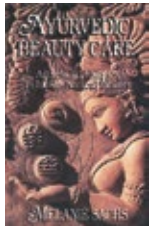


Ayurvedic Medicine represents the healing branch of yogic science, while Vedic astrology provides its understanding of time and karma. Ayurvedic astrology teaches the interface of these two extraordinary systems in the Vedic astrology of healing. The book explains how the different mind-body and planetary types of the two systems interrelate. It examines disease factors from an astrological perspective and goes in depth into astrological remedial measures, particularly gem therapy. It also contains many notable example charts.

Paperback 288 pp 990 976 \$19.95
 ISBN 978-0-9409-8588-9 Lotus

Ayurvedic Beauty Care

Sachs, Melanie

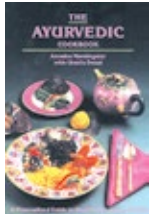


Ayurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty care. The aim of this book is to elevate our western understanding of beauty to new levels with deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast paced and chaotic world.

Paperback 285 pp 990 374 \$17.95
 ISBN 978-0-9149-5511-5 Lotus

Ayurvedic Cookbook

Morningstar, A. & Desai, U.



This is the best-organized, best-selling, finest introduction to the use of Ayurveda in your kitchen. Wonderful recipes, easy to prepare, tasty and nutritious, all balanced to be used with the various body-types. See also Ayurvedic Cooking for Westerners by Morningstar for many more recipes using common western ingredients.

Paperback 351 pp 990 121 \$17.95
 ISBN 978-0-9149-5506-1 Lotus

Ayurvedic Cooking for Westerners

Morningstar, Amadea



Amadea Morningstar, co-author of the bestselling Ayurvedic Cookbook, received many requests for Western recipes that utilized Ayurvedic principles. Well, here it is! This is a "one of a kind" book that is sure to be a strong bestseller and represents a dramatic enhancement for people who want to practice Ayurvedic health practices in the West.

Paperback 395 pp 990 118 \$19.95
 ISBN 978-0-9149-5514-6 Lotus

Ayurvedic Curative Cuisine For Everyone

Miller, Light



Ayurvedic Curative Cuisine contains easy to make recipes with incredible flavor. This cookbook is unique in its presentation of food history, certain foods for certain conditions, preventative foods, food combining, energetics, tastes, body types, what foods go together, and what body systems are affected - all of which I found to be most helpful. These are easy, delicious, and healthy recipes with no previous knowledge of Ayurveda necessary to produce outstanding results. I highly recommend it for those who are pursuing the path of good health. A great reference book. - Joseph Murphy, M.D.

Paperback 488 pp 990 548 \$24.95
 ISBN 978-0-9102-6195-1 Lotus

Ayurvedic Guide To Diet & Weight Loss: The Sattva Program

Gerson M.D., Scott

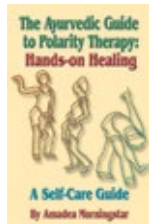


This extraordinary book presents a time-tested, simple, and medically sensible approach to weight loss and maintenance. Viewing the body as a pattern of intelligence that is unique for each person, Ayurveda provides the key to establishing the body's natural state of balance. Besides being an extremely powerful and efficient path to weight loss, this tenet has applications for strengthening immunity, preventing disease, and achieving higher levels of well-being than we ever thought possible. Dr. Gerson has given us a very practical, deeply insightful resource that will serve as a guide for all readers interested in optimal health and weight control.

Paperback 408 pp 990 046 \$21.95
 ISBN 978-0-9102-6129-6 Lotus

Ayurvedic Guide to Polarity Therapy: Hands-on Healing

Morningstar, Amadea



Polarity Therapy is a dynamic approach to energetic healing arising from ancient Ayurveda, the indigenous medicine of India. Here, Amadea Morningstar, best-selling Ayurvedic author and Registered Polarity Practitioner, explores how you can personally use these two vitally rejuvenative systems for your own self-healing, with movement, mantra, food, herbs, meditation, and self-counseling techniques.

Paperback 368 pp 990 914 \$22.95
 ISBN 978-0-9149-5594-8 Lotus

Ayurvedic Healing for Women

Atreya



Written for women who want to find their own solutions to their health issues, it addresses the need to treat the cause of feminine problems. It rejects the notion that discomfort, pain and emotional swings are normal to a woman's life. With this self-help guide, you'll learn how to devise a treatment plan that is right for your constitution and to use dietary changes and supplements to treat and reverse many ailments.

Paperback 262 pp 990 503 \$14.95
 ISBN 978-0-9409-8595-7 Lotus

Ayurvedic Healing: A Comprehensive Guide

Frawley, David



Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. The present edition is an expanded version of the original 1989 edition, covering additional diseases and adding new treatments.

Paperback 468 pp 990 182 \$22.95
 ISBN 978-0-9149-5597-9 Lotus

Ayurvedic Herbolgy East & West

Dass, Vishnu



Ayurvedic Herbolgy East & West is a comprehensive and practical guide to Ayurvedic herbal medicine. Importantly, it is one of the first books to categorize commonly used Western medicinal plants with Ayurvedic energetics. It also focuses on traditional Ayurvedic herbs and formulas that are readily available in the West. Other topics include Ayurvedic theory, the art of herbal formulation, medicine making, and home remedies.

Paperback 352 pp 990 662 \$19.95
 ISBN 978-0-9409-8507-0 Lotus

Ayurvedic Massage Therapy

Ranade, Dr.Subhash, Rawat, Dr.Rawat

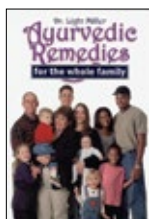


While a number of authors have written on "ayurvedic massage", most of them have not truly integrated the massage techniques into the science of ayurveda with the background and depth of knowledge of the authors of this volume. Readers of this text will gain a background in ayurvedic theory, as well as applied therapy. Ayurvedic massage can be seen as a therapeutic tool in its own right as well as a predecessor to panchakarma treatment. For the first time the important concept of "marma massage" has been explained and described. This book can be considered to be the authoritative text on Ayurvedic Massage Therapy in the field and is sure to be a classic work referred to by ayurvedic massage practitioners around the world.

Paperback 144 pp 990 526 \$15.95
 ISBN 978-0-9409-8599-5 Lotus

Ayurvedic Remedies For The Whole Family

Miller, Dr. Light



Ayurvedic Remedies for the Whole Family is a resource book of universal value for anyone on the journey to self-healing. Light details a variety of common sense, natural, and alternative therapies easily available to everyone. A special section details seventy-five common illnesses with a complete list of specific diets, herbs, vitamins, minerals, homeopathics, and essential oils as well as therapies for each condition's healing.

Paperback 488 pp 990 209 \$24.95
 ISBN 978-0-9149-5580-1 LOTUS

Ayurvedic Remedies Software

Blake, Steve



This is an incredible resource for anyone interested in having instant access to information on herbs and other remedies used in the ayurvedic tradition. The program details more than 360 Ayurvedic remedies and includes thousands of unique conditions, actions, organ systems and constituents allowing the user to have virtually any desired information instantly by lookup by a variety of means. There are also numerous photos of herbs incorporated in the program. Requires Win 98, Win 2000, Win NT 4.0 or higher, Win Me, or Win XP Hard disk space 60 MB. CD Rom Drive required for installation.

CD 990 184 \$39.95
 ISBN 978-0-9409-8524-7 BLAKE

Ayurvedic Spa: Treatments for Large and small spas

Sachs, Robert and Melanie

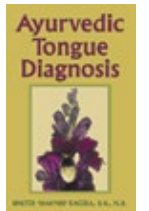


If you are a spa owner looking for new, authentic world class treatments, a body worker wanting to learn methods that touch your clients on a heart level, or someone who enjoys creating nurturing rituals for yourself and family in your home, Ayurvedic Spa will guide and help you to offer and/or achieve greater levels of beauty, peace and wellness.

Paperback 568 pp 990 504 \$29.95
 ISBN 978-0-9409-8596-4 LOTUS

Ayurvedic Tongue Diagnosis

Kacera, Walter

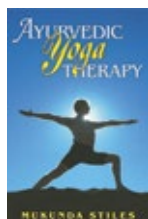


In addition to offering a comprehensive understanding of the art of tongue diagnosis, this book includes ancient and modern healing practices based on Healing Tastes, Herbal Therapies and Dietary Protocols. The knowledge contained in this book is invaluable for supporting oneself and others on the journey to wholeness.

Paperback 496 pp 990 984 \$29.95
 ISBN 978-0-9409-8577-3 LOTUS

Ayurvedic Yoga Therapy

Stiles, Mukunda

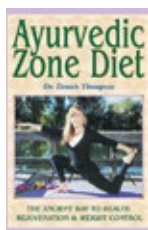


Mukunda steers away from an increasing tendency to 'medicalize' yoga therapy by avoiding prescriptive recommendations for specific medical diagnoses. He presents sequences of Vinyasa and pranayama suited to various Ayurvedic body types. Yoga therapists and practitioners using this book can access a deeper level of preventative self-care, attuning to the rhythm of each individual. Enlivened by wisdom teachings, it provides food for body, soul and spirit, guiding practitioners towards fulfillment of their potential.

Paperback 280 pp 990 509 \$19.95
 ISBN 978-0-9409-8597-1 LOTUS

Ayurvedic Zone Diet

Thompson, Dr. Dennis



Ayurvedic Zone Diet combines the ancient wisdom of Ayurveda for health and healing with a modern scientific approach to body typing physiology. By focusing on the three basic body types and their corresponding zones of physiological function, this book offers practical solutions for everything from chronic health problems and weight control to proper exercise and lifestyle management. It is essential reading for all who want to lose weight, stay young, and be healthy.

Paperback 201 pp 990 144 \$15.95
 ISBN 978-0-9149-5585-6 LOTUS

Body Renewal: The Lost Art of Self Repair

Glaser, Jay

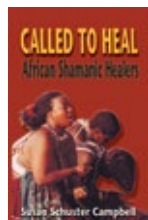


Body Renewal: The Lost Art of Self-Repair presents a comprehensive natural solution to chronic disorders including aging itself. Jay Glaser provides the tools, the motivation, and a simple step-by-step guide to the prevention and repair of the persistent disorders nearly everyone gets. In these pages you will be guided on a colorful, humorous, lyrical, but non-nonsense adventure in the self-repair of chronic problems.

Paperback 280 pp 990 541 \$19.95
 ISBN 978-0-9102-6196-8 LOTUS

Called To Heal: African Shamanic Healers

Campbell, Susan Schuster

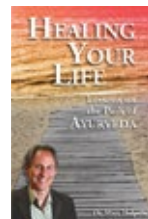


This book tells the story of some remarkable people from the African Healing tradition. It exposes many of us, for the first time, to ways of relating to our world that are holistic and shamanistic in nature, adding real quality and value to our lives. It challenges us to integrate the contribution of African healing methods, and these extraordinary healers, into a new healthier vision of our future.

Paperback 184 pp 990 178 \$16.95
 ISBN 978-0-9149-5591-7 NEW HOLLAND

Healing Your Life: Lessons on the Path of Ayurveda

Halpern, Dr. Marc



Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda.

Paperback 192 pp 990 553 \$12.95
 ISBN 978-0-9102-6198-2 LOTUS

Herbal Energetics Chart 9" x 12" (laminated)

Frawley, David

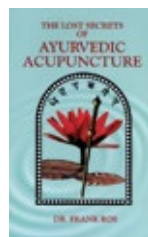


This herb chart is based upon an energetic classification of herbs. The effects of herbs are explained according to the properties of their tastes and of the elements which compose them. It presents a scientific and objective herbal energetics that can be used to understand the properties of all herbs. Most of the herbs in this chart are used in Ayurveda, with the addition of some unique Western herbs. A few unique Ayurvedic herbs are also introduced.

chart 990 123 \$4.95
 ISBN 978-0-9415-2429-2 LOTUS

Lost Secrets of Ayurvedic Acupuncture

Ros, Dr. Frank



Ayurvedic Acupuncture is based upon the Suchi Veda, a 3,000 year old Vedic text which, in the Ayurvedic system, is the Science of Acupuncture. It has been practiced as an accessory therapy since it was used in conjunction with other forms to effect healing. It belongs more correctly to the branch of surgery, one of the eight medical disciplines of Ayurveda.

Paperback 206 pp 990 375 \$15.95
 ISBN 978-0-9149-5512-2 LOTUS

Neem: The Ultimate Herb

Conrick, John

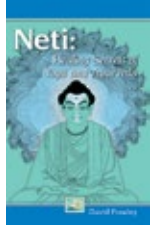


Neem, The Ultimate Herb is the most comprehensive book about neem, the world's most amazing plant. This book provides easy-to-understand instructions for using neem along with credible scientific evidence as to its effectiveness. After finishing this book, you will understand and appreciate the amazing qualities found in neem. You will also be able to more intelligently select quality neem products for your own use.

Paperback 184 pp 107 182 \$12.95
 ISBN 978-0-9102-6132-6 LOTUS

Neti: Healing Secrets of Yoga and Ayurveda

Frawley, David

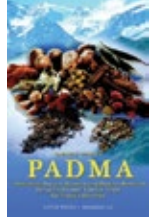


The most thorough and practical presentation of how to use the neti pot yet available. Notably, the book shows the place of such 'nasal therapies' in India's great healing traditions and their broader relevance for treating common diseases.

Paperback 112 pp 990 969 \$9.95
 ISBN 978-0-9409-8585-8 LOTUS

Padma: Integrating Ancient Wisdom and Modern Research

Feyerer, Gabriele



Padma: Integrating Ancient Wisdom and Modern Research Using Traditional Tibetan Herbs for Today's Diseases Padma Basic are herbal tablets made from formulas that stem from Tibetan Medicine. In a manner that is easily understood, the author reveals the large area of application of this precious remedy for today's diseases.

Paperback 176 pp 990 796 \$12.95
 ISBN 978-0-9149-5573-3 WINDPFERD

A Practical Approach to the Science of Ayurveda

Balkrishna, Acharya

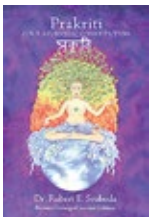


"This book helps the reader to easily understand the basic constitution of the body, ailments in the body and their eradication. The basic principles of Ayurveda have been illustrated in a lively manner for the first time. I completely believe that once a person goes through this book thoroughly, he can absolutely achieve a life-span up to 100 years. For the basic knowledge regarding constitution, food, lifestyle and health, everyone should read this book for sure." -Swami Ramdev

Paperback 326 pp 990 678 \$18.95
 ISBN 978-0-9406-7631-2 LOTUS

Prakriti: Your Ayurvedic Constitution

Svoboda, Dr. Robert

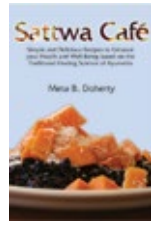


Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasanti Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of 'prakriti', the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

Paperback 224 pp 990 139 \$15.00
 ISBN 978-0-9656-2083-3 LOTUS

Sattwa Cafe

Doherty, Meta B.

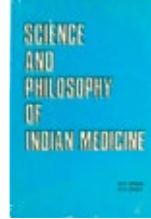


An excellent Ayurvedic cookbook with an incredible range of recipes, including many western dishes and specialties from Australia. A good addition to any Ayurvedic kitchen, Sattwa Cafe will greatly expand your Ayurvedic cooking repertoire. This book will take you on an ayurvedic journey. In addition to learning about proper food, you will also become aware of proper food preparation. Eating the correct food is your first level of defense against disease.

Paperback 336 pp 990 041 \$19.95
 ISBN 978-0-9409-8587-2 LOTUS

Science & Philosophy of Indian Medicine

Udupa, K.N. & Singh, R.H.

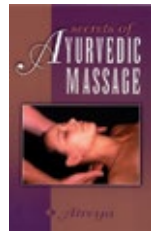


Ayurveda, the ancient Indian System of Healing, lays great stress upon the psychosomatic constitution as a whole in solving various problems of health and disease. This book has been written with sufficient detail, outlining the principles of Indian medicine, to create an interest for the Western trained scientist and doctor and will also be of use to Western laypersons as an introduction to one of the longest practised healing paradigms.

Hardcover 300 pp 990 140 \$15.00
 ISBN UPC 0-79565-09001-6 SHREE BAIDYANATH

Secrets of Ayurvedic Massage

Atreya



Secrets of Ayurvedic Massage is a practical manual for the Western massage therapist. However, it goes beyond an ordinary manual because it deeply penetrates the Ayurvedic understanding of the life force, Prana. Ayurveda is a system that treats individuals, and in accordance with these principles, this book explains how each type of person should be given an Ayurvedic massage.

Paperback 192 pp 990 177 \$15.95
 ISBN 978-0-9149-5549-8 LOTUS

Secrets of Indian Medicine

Agarwal, Dr. R.S.



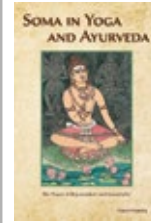
The past knowledge is both a drag and a force for progress. It is the past that has created the present and a great part of it is creating the future. Modern medicine is the development of the ancient medicine. Both Allopathy and Ayurveda are working on the same lines. Ayurveda has given the general outlines of medicine while modern medicine has detailed each part of it with the help of highly developed intellect.

Paperback 240 pp 990 602 \$8.95
 ISBN 978-8-1705-8068-3 SCHOOL FOR THE
 PERFECT EYESIGHT

Soma in Yoga and Ayurveda:

The Power of Rejuvenation and Immortality

Frawley, David



Going back to the vision of the Vedic Seers, David Frawley reveals the secret of Soma for body, mind and spirit, with it's implications from diet and herbs to pranayama, mantra and meditation. His new analysis of Soma is practical, comprehensive and deeply insightful so that you can bring the secret power of Soma to all aspects of your life and to the world as a whole.

Paperback 392 pp 990 586 \$19.95
 ISBN 978-0-9406-7621-3 LOTUS

Spirit of the Ancestors

Schuster-Campbell, Susan



Spirit of the Ancestors: Lessons from Africa explores modern problems using a beautifully simple window to our inner truths. Westerners who have never traveled to Africa, or in some cases had no particular interest in African culture, report their success using the author's healing practice of honoring their ancestors. Mystical guidance was never so clear!

Paperback 104 pp 990 040 \$11.95
 ISBN 978-0-9409-8577-7 LOTUS

Tao & Dharma: Chinese Medicine & Ayurveda

Svoboda, Robert & Lade, Arnie



Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

Paperback 155 pp 990 114 \$12.95
 ISBN 978-0-9149-5521-4 LOTUS

Tibetan Book of Healing

Rapgay, Dr. Lobsang

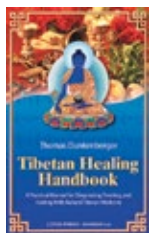


Dr. Lobsang Rapgay is one of the foremost Tibetan doctors in the world today and is also a psychologist. The Tibetan Book of Healing contains many helpful practices, going into diet, herbs and meditation and providing a number of methods and techniques to follow for self-healing purposes. It contains a wealth of information that will make the book a constant companion for those really seeking to improve their state of well-being.

Paperback 201 pp 990 856 \$12.95
 ISBN 978-0-9102-6140-1 LOTUS

Tibetan Healing Handbook

Dunkenberger, Thomas



This book will inform you about the essential correlations and approaches taken by the Tibetan science of healing. It describes the entire spectrum of application possibilities for those who want to study Tibetan medicine and use it for treatment purposes. At the same time, it provides information about holistic remedies so that interested readers can take action to restore their inner harmony and health.

Paperback 240 pp 990 957 \$15.95
 ISBN 978-0-9149-5566-5 WINDPFERD

Way of Ayurvedic Herbs

Khalsa, Karta Purkh Singh, Tierra, Michael

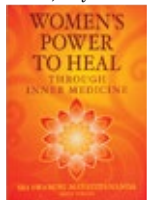


Traditional Ayurveda, using the principles of the three doshas, constitutional body typing and highly individualized therapies, is the oldest continuously practiced healing system on Earth. Now, two of the world's leading Ayurvedic herbalists, both leaders of the holistic health renaissance, and who, together, bring a total of over 75 years of practice to this work, have crafted a manual for making Ayurveda understandable and eminently, practically useful. THE WAY OF AYURVEDIC HERBS is more than an herb manual. It is a life path to well-being.

Paperback 400 pp 990 523 \$24.95
 ISBN 978-0-9409-8598-8 LOTUS

Women's Power to Heal Through Inner Medicine

Tiwari, Maya

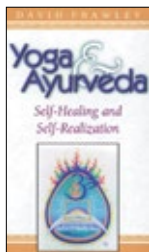


The premise of this book is simple yet profound: Women have absolute power within themselves to heal. This power-packed guide teaches women how to renew their health, reconnect with their feminine natures, and ultimately, reclaim their own innate power.

Paperback 378 pp 990 558 \$24.95
 ISBN 978-0-9793-2791-9 MOTHER OM MEDIA

Yoga & Ayurveda: Self-Healing and Self-Realization

Frawley, David

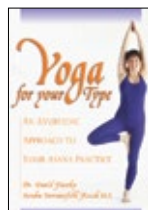


Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Paperback 360 pp 990 896 \$19.95
 ISBN 978-0-9149-5581-8 LOTUS

Yoga for Your Type

Frawley, David & Kozak M.S., Sandra Summerfield



This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. Yoga for Your Type presents a fundamental understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

Paperback 296 pp 990 918 \$29.95
 ISBN 978-0-9102-6130-2 LOTUS

Yoga of Herbs: Ayurvedic Guide to Herbal Medicine: 2nd Revised & Enlarged Edition

Lad, Dr. Vasant & Frawley, David



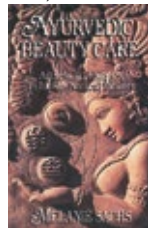
For the first time, here is a detailed explanation and classification of herbs, using the ancient system of Ayurveda. More than 270 herbs are listed, with 108 herbs explained in detail. Included are many of the most commonly used western herbs with a profound Ayurvedic perspective. Important Chinese and special Ayurvedic herbs are introduced. Beautiful diagrams and charts, as well as detailed glossaries, appendices and index are included.

Paperback 288 pp 990 096 \$15.95
 ISBN 978-0-9415-2424-7 LOTUS

Beauty Care

Ayurvedic Beauty Care

Sachs, Melanie

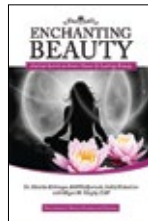


Ayurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty care. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (inner, outer, secret) can be realized in our increasingly fast paced and chaotic world.

Paperback 285 pp 990 374 \$17.95
 ISBN 978-0-9149-5511-5 LOTUS

Enchanting Beauty

Kshirsagar, Dr. Manisha



A life long guide to inner and outer beauty. - Deepak Chopra, MD Enchanting Beauty by Dr. Manisha Kshirsagar is an excellent Ayurvedic guidebook for promoting inner and outer beauty, happiness and health for women of all ages. It is an important addition to the existing Ayurvedic literature and adds much new information and insight in an easy accessible form. - David Frawley, Author of The Yoga of Herbs

Paperback 310 pp 990 685 \$19.95
 ISBN 978-0-9406-7633-6 LOTUS PRESS

Lifetime of Beauty

Loughran, Joni

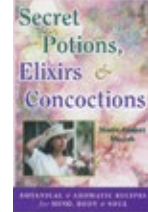


The author uses her special niche as a skin care specialist and cosmetologist to work closely with nature and the nature of human beings. This translates into using cosmetics that contain the highest quality natural ingredients and using alternative, natural therapies such as hydrotherapy, acupressure, massage, and aromatherapy to de-stress the client and nurture the skin and hair, making this the definitive all-natural guide to skin and hair care.

Paperback 86 pp 476 495 \$12.95
 ISBN 978-0-9149-5598-6 SUMMERFLIGHT

Secret Potions, Elixirs & Concoctions

Miczak, Marie Anakee



This interesting book contains, in an easy-to-understand format, many ways to utilize botanicals including essential oils, herbs & more for use in everyday life. All you need are simple ingredients & equipment such as a blender to be on your way to quickly whipping up a lavish spa treatment or healing remedy.

Paperback 128 pp 990 894 \$10.95
 ISBN 978-0-9149-5545-0 LOTUS

Spiritual Beauty Care

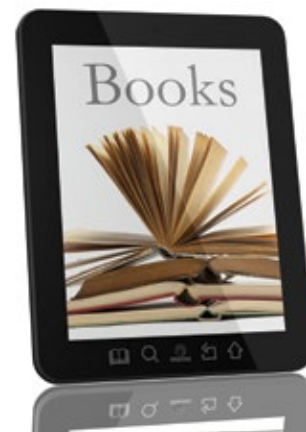
Sinnige, Jacqueline



The book provides a practical guide for anyone interested in finding out about the wide range of options available in this field, such as aromatherapy, Ayurveda, massage therapy, herbal baths and visualization techniques. Spiritual Beauty Care offers people the opportunity to combine, in a holistic manner, their outer techniques with the inner emotional and mental practices that create true radiance of beauty.

Paperback 154 pp 990 903 \$11.95
 ISBN 978-0-9149-5534-4 SCHORS

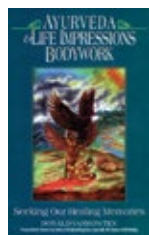
A large number of our titles are available as E-Books on all the most popular platforms. Visit www.LotusPress.com for more information.



Bodywork

Ayurveda and Life Impressions Bodywork

VanHouten, Donald



We all have holding patterns that are so habitual, they literally leave an historic imprint on the membranes of the body. These membranes store our actions, experiences, emotions and beliefs. They in turn represent our impressions of life, in a "hard copy" of flesh. This book takes the wisdom from the East, specifically from the ancient science of Ayurveda, and combines it with a version of the Western medical model, stirs in large portions of awareness, safety, and support, adds practical visual techniques, and passes this recipe along into your capable hands and hearts. Whether you are in the health field or a lay person simply interested in taking better care of yourself and others, you will find AYURVEDA & LIFE IMPRESSIONS BODYWORK a refreshing, insightful, and practical approach to updating our old life impressions.

Paperback 296 pp 990 518 \$19.95
 ISBN 978-0-9149-5524-5 LOTUS

Ayurvedic Guide to Polarity Therapy: Hands-on Healing

Morningstar, Amadea

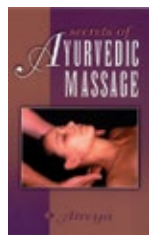


Polarity Therapy is a dynamic approach to energetic healing arising from ancient Ayurveda, the indigenous medicine of India. Here, Amadea Morningstar, best-selling Ayurvedic author and Registered Polarity Practitioner, explores how you can personally use these two vitally rejuvenative systems for your own self-healing, with movement, mantra, food, herbs, meditation, and self-counseling techniques.

Paperback 368 pp 990 914 \$22.95
 ISBN 978-0-9149-5594-8 LOTUS

Secrets of Ayurvedic Massage

Atreya



Secrets of Ayurvedic Massage is a practical manual for the Western massage therapist. However, it goes beyond an ordinary manual because it deeply penetrates the Ayurvedic understanding of the life force, Prana. Ayurveda is a system that treats individuals, and in accordance with these principles, this book explains how each type of person should be given an Ayurvedic massage.

Paperback 175 pp 990 177 \$15.95
 ISBN 978-0-9149-5549-8 LOTUS

Secrets of Loving Touch

Benedikter, Franz

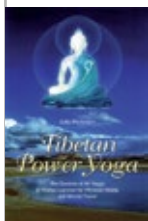


"The Secrets of the Loving Touch" is an unbelievably effective program in which certain skin zones are touched to release extremely relaxing, mood-lifting and euphoric hormones which make you balanced, healthy and happy. In addition, it instructs us on how to free ourselves of inhibitions and blocks and thereby increase the entire strength of our personality.

Paperback 144 pp 990 924 \$12.95
 ISBN 978-0-9415-2490-2 WINDPFERD

Tibetan Power Yoga

Mattausch, Jutta



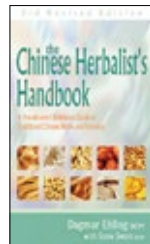
The "Tibetan Power Yoga" is what the Tibetan Lama Tsering Norbu calls this set of motions that has given the people from the roof of the world physical vitality and mental power into ripe old age since time immemorial. Here is an absorbing story set in distant Tibet, yet could also take place within all of us anywhere in the world since it deals with the journey to the self.

Paperback 112 pp 990 953 \$9.95
 ISBN 978-0-9149-5530-6 WINDPFERD

Chinese Herbology

Chinese Herbalist's Handbook 3rd Edition

Ehling, Dagmar with Swart, Steve



The Chinese Herbalist's Handbook is a new tool for prescribing and modifying herbal formulas. This book makes the practice of herbs easily accessible to Chinese medical practitioners and students. For practitioners who rely upon patent herbal formulas, but would like to custom-tailor formulas to each patient's unique needs, this book demystifies the process, with instructions and exhaustive cross-referencing and indexing.

Paperback 792 pp 990 051 \$37.95
 ISBN 978-0-9102-6126-5 LOTUS

Chinese Traditional Herbal Medicine TWO-VOLUME SET

Tierra, Michael & Tierra, Lesley



This two volume set combines both the Diagnosis and Treatment information and the Materia Medica and Herbal Reference.

Paperback 898 pp 990 208 \$45.95
 ISBN 978-0-9149-5539-9 LOTUS

Chinese Traditional Herbal Medicine

Volume I Diagnosis and Treatment

Tierra, Michael & Tierra, Lesley



This first volume focuses on the theory, principles, diagnostic methods and treatment modalities that are an essential part of the practicum of Traditional Chinese Medicine (TCM). It is intended to not only provide the background and theoretical framework for the reader to understand the viewpoint from which TCM starts in its understanding of human health, but also gives the reader systematic insight and practical information to permit meaningful application of these principles.

Paperback 418 pp 990 206 \$22.95
 ISBN 978-0-9149-5531-3 LOTUS

Chinese Traditional Herbal Medicine

Volume II Materia Medica Resource

Tierra, Michael & Tierra, Lesley



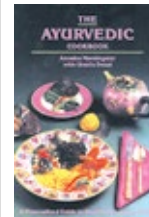
Volume II provides an extensive materia medica and herbal resource organized and developed for the Western practitioner. The book goes on to indicate the use of Chinese herbal formulae and the treatment of specific disease conditions. There are a number of useful index listings including Latin Name, Chinese Name, Chinese Herbal formulas, as well as a general index.

Paperback 480 pp 990 207 \$24.95
 ISBN 978-0-9149-5532-0 LOTUS

Cookbooks

Ayurvedic Cookbook

Morningstar, Amadea & Desai, Urmila



The Ayurvedic Cookbook gives a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition.

Paperback 351 pp 990 121 \$17.95
 ISBN 978-0-9149-5506-1 LOTUS

Ayurvedic Cooking for Westerners

Morningstar, Amadea

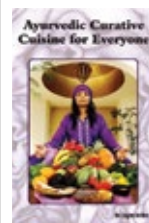


Amadea Morningstar, co-author of the bestselling Ayurvedic Cookbook, received many requests for Western recipes that utilized Ayurvedic principles. Well, here it is! This is a "one of a kind" book that is sure to be a strong bestseller and represents a dramatic enhancement for people who want to practice Ayurvedic health practices in the West.

Paperback 395 pp 990 118 \$19.95
 ISBN 978-0-9149-5514-6 LOTUS

Ayurvedic Curative Cuisine For Everyone

Miller, Light

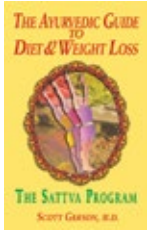


Ayurvedic Curative Cuisine contains easy to make recipes with incredible flavor. This cookbook is unique in its presentation of food history, certain foods for certain conditions, preventative foods, food combining, energetics, tastes, body types, what foods go together, and what body systems are affected - all of which I found to be most helpful. These are easy, delicious, and healthy recipes with no previous knowledge of Ayurveda necessary to produce outstanding results. I highly recommend it for those who are pursuing the path of good health. A great reference book. - Joseph Murphy, M.D.

Paperback 488 pp 990 548 \$24.95
 ISBN 978-0-9102-6195-1 LOTUS

**Ayurvedic Guide To Diet & Weight Loss:
 The Sattva Program**

Gerson, Scott M.D.



This extraordinary book presents a time-tested, simple, and medically sensible approach to weight loss and maintenance. Viewing the body as a pattern of intelligence that is unique for each person, Ayurveda provides the key to establishing the body's natural state of balance. Besides being an extremely powerful and efficient path to weight loss, this tenet has applications for strengthening immunity, preventing disease, and achieving higher levels of well-being than we ever thought possible. Dr. Gerson has given us a very practical, deeply insightful resource that will serve as a guide for all readers interested in optimal health and weight control.

Paperback 408 pp 990 046 \$21.95
 ISBN 978-0-9102-6129-6

Back To Eden Cookbook

Kloss Family, Jethro

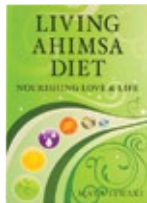


This book is a golden treasury of recipes and priceless information on natural foods for health and healing. Based on Jethro Kloss's 40 years of experience, his family selected these 240 tempting recipes using simple, economical foods with taste appeal and proven balanced nutrition without any artificial or refined ingredients. Based on the work of Jethro Kloss, author of the all-time bestselling herbal, natural lifestyle text *Back to Eden*, these recipes were compiled under the supervision of the Kloss family.

Paperback 160 pp 990 030 \$5.95
 ISBN 978-0-9406-7603-9

Living Ahimsa Diet: Nourishing Love & Life

Tiwari, Maya

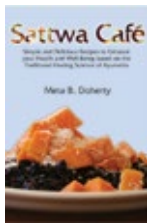


This book is laden with wholesome seasonal practices, recipes, and guidelines for the whole family to live in harmony and love, without fear in the feast and fast, or thick and thin of life. Following these guidelines, you're bound to recover your joy in preparing, sharing, and imbibing your meals with whole-hearted ease. Learning to eat and live in blissful harmony with daily, seasonal, solar, and lunar cycles will reconnect you to your true nature of fullness.

Paperback 424 pp 990 559 \$24.95
 ISBN 978-0-9793-2792-6

Sattwa Cafe

Doherty, Meta B.



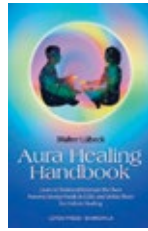
An excellent Ayurvedic cookbook with an incredible range of recipes, including many western dishes and specialties from Australia. A good addition to any Ayurvedic kitchen, Sattwa Cafe will greatly expand your Ayurvedic cooking repertoire. This book will take you on an ayurvedic journey. In addition to learning about proper food, you will also become aware of proper food preparation. Eating the correct food is your first level of defense against disease.

Paperback 336 pp 990 041 \$19.95
 ISBN 978-0-9409-8587-2

Energetic Healing

Aura Healing Handbook

Luebeck, Walter

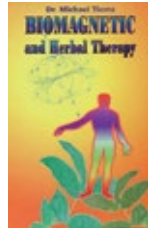


Walter Luebeck's *Aura Healing Handbook* is a step-by-step instruction manual. By increasing your sensitivity for subtle vibrations, it will ultimately lead you into the fascinating world of seeing auras. The author explains how to develop your psychic powers. He describes the different ways in which you can use these powers and the areas to which you can apply them. As a result, you can see subtle energies and they will reveal their secrets to you.

Paperback 224 pp 990 426 \$15.95
 ISBN 978-0-9149-5561-0

Biomagnetic and Herbal Therapy

Tierra, Dr. Michael

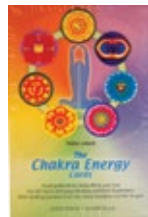


Use of commercially available magnets in conjunction with magnetized herbs, teas, water, etc. can provide healing and relief in varied conditions such as joint pain, skin diseases, acidity, blood pressure, tumors, kidney, liver and thyroid problems. Replete with illustrations, this is a practical handbook for augmenting health and relief of pain.

Paperback 108 pp 990 516 \$10.95
 ISBN 978-0-9149-5533-7

Chakra Energy Cards, The Book and card Set

Luebeck, Walter



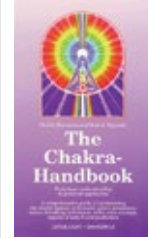
The card set contains healing affirmations and symbols for the various active regions of the subtle energy centers of both main and secondary chakras, as well as aura fields. Every card has a special Energy-Symbol which transmits the energy vibration directly to the user. The affirmations for each card are explained with helpful treatment indications in the accompanying handbook by Walter Luebeck. They help to loosen and release blocked energies. The effect of the Chakra Energy cards can be enhanced with the purposeful application of various recommended healing stones, essential oil fragrances or Bach Flower Remedies. Although the Chakra Energy cards can work independently on their own, they are also able to act in a complementary manner with other therapeutic modalities or spiritual systems. The boxed set contains a 192 page handbook and 154 cards.

book + cards

boxed set 192 pp 990 186 \$24.95
 ISBN 978-0-9149-5572-6

Chakra Handbook

Sharamon, S. & Baginski, B.

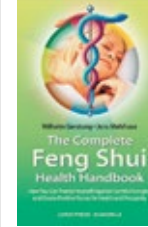


Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field.

Paperback 200 pp 990 943 \$14.95
 ISBN 978-0-9415-2485-8

Complete Feng Shui Health Handbook

Gerstung, Wilhelm & Mehlhase, Jens

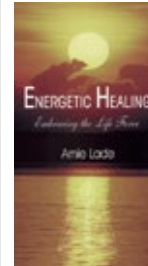


This fascinating Feng Shui handbook provides a wealth of graphics and practical information, which help design every home in such a way that it becomes a source of energy, allowing everybody to relax and re-energize himself.

Paperback 224 pp 990 958 \$16.95
 ISBN 978-0-9149-5560-3

Energetic Healing, Embracing the Life Force

Lade, Arnie

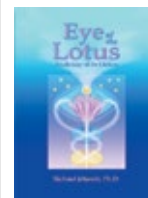


This book is a guide to the inner landscape of the subtle energy. The role, manifestation, utility and healing power of our life force energy is explored in a concise and informative energy. This book bridges across a number of alternative healing modalities to show their similarities and differences.

Paperback 280 pp 990 035 \$17.95
 ISBN 978-0-9149-5546-7

Eye of the Lotus: Psychology of the Chakras

Jelusich, Richard

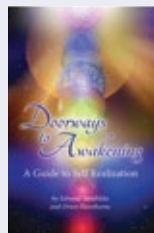


A clear and comprehensive guide to the psychology of the chakras. An extremely practical handbook to take control of your life and energies. This is new and valuable information that bridges the traditional yoga teachings of India on the chakras with powerful modern psychological techniques suitable for our needs in present day world. A spiritual handbook of tremendous scope and power.

Paperback 395 pp 990 892 \$21.95
 ISBN 978-0-9409-8576-6

NEW FROM LOTUS PRESS

**Doorways to Awakening
 A Guide to Self Realization**

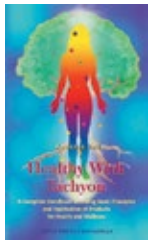


Doorways to Awakening is a practical guide which elucidates the key elements of each of these eight paths, and how best to maximize your progress in your destined expansion of consciousness and spiritual development. How do you Awaken to the Truth of your Being, pure Awareness? The answer lies within.

Edward Tarabilda and Orion Hawthorne Item# 990691 ISBN: 978-0-9406-7642-8 \$19.99

Healthy With Tachyon

Jell, Andreas



Today, you can directly strengthen your powers of self-healing by using tachyonized materials. These powers will then organize perfect healing and development (anti-entropy) through their own dynamic. A brief introduction to the theoretic basis, reports on experiences by users, background knowledge from the fields of medicine and biology, and topics related to the use of tachyon energy provide a comprehensive look at this new, fascinating spiritual/scientific technology.

Paperback 144 pp 990 428 \$12.95
 ISBN 978-0-9149-5558-0 WINDPFERD

Light-Channel Healing

Thali, Trudi

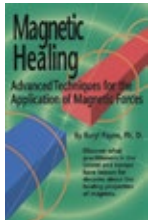


Simple, positive and easy to follow guide with suggestions for Light-Channel healing for yourself and others. Based on the ancient Chinese meridian teachings, Light-Channel healing focuses on a good flow of light and vital energy by dissolving the blockages in the meridians, also called the energy channels.

Paperback 160 pp 990 879 \$12.95
 ISBN 978-0-9149-5578-8 WINDPFERD

Magnetic Healing, Advanced Techniques for the Application of Magnetic Forces

Payne, Buryl

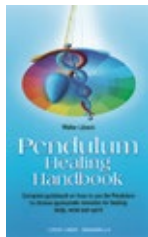


Magnetic Healing shows how magnetic forces help the body to heal itself by stimulating the biochemistry of the body so natural healing can take place.

Paperback 240 pp 990 036 \$15.95
 ISBN 978-0-9149-5542-9 LOTUS

Pendulum Healing Handbook

Luebeck, Walter



Complete guidebook on how to utilize the pendulum to choose appropriate remedies for healing body, mind and spirit. Includes 125 pendulum tables for herbs, essential oils, flower remedies, etc. If you want to learn how to utilize the pendulum, and how to develop extremely practical applications for health and well-being, this book is for you. The author is a well-known Reiki master and best-selling author.

Paperback 208 pp 990 726 \$15.95
 ISBN 978-0-9149-5554-2 WINDPFERD

Powerful Feng Shui Balancing Tools

Gaertner, Brigitte

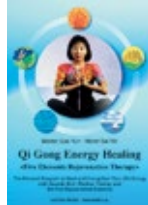


Balance and enhance the Chi powers in your home! Feng Shui Balancing Tools is a standard work, based on the traditional Chinese knowledge, a book that exclusively presents these mysterious accents with powerful effects. A balancing tool consciously placed in the right location of your home exerts concealed positive Chi powers which harmonize the area of its influence, improving the quality of your life, by giving you inner peace, comfort and a long-lasting health.

Paperback 96 pp 990 857 \$14.95
 ISBN 978-0-9102-6120-3 WINDPFERD

Qigong Energy Healing

Yun, Master Gao & Yin, Master Bai



Chi gong energy healing means strengthening the life energy with sounds, the right timing and diet, with certain mudras, and with the five rejuvenation exercises. These five elements are the basis for revitalizing the energetic field of the body and mind. With the help of this book, everybody can find out his own "chi code," the best time of the day, the right sounds, the mudras, and the vitalizing five elements rejuvenation exercises that correspond to their personal type. These exercises are short meditation movements that allow the chi energy to flow into the body.

Paperback 80 pp 990 913 \$14.95
 ISBN 978-0-9149-5569-6

Enzymes

Food Enzymes for Health & Longevity 3rd Ed

Howell, Dr. Edward



This new, enlarged edition of the classic book contains over 400 references to scientific literature that contributed to the formulation of Dr. Howell's revolutionary "Food Enzyme Concept". Minor corrections and modifications have been made for greater clarity, and a new glossary of scientific terms has been incorporated to facilitate understanding of the contents. Included in the book is an interview by Viktoras Kulvinskas with Dr. Edward Howell. An extensive new foreword by Viktoras Kulvinskas has been added to this revised and enlarged 3rd edition, as well as a new research appendix at the end. The Foreword adds a very substantial body of recent and updated research to support the food enzyme concept of Dr. Howell and underline the importance of food enzymes.

Paperback 251 pp 990 671 \$14.95
 ISBN 978-0-9406-7627-5

Food Enzymes: Missing Link to Radiant Health

Santillo, Humbart



This is an excellent introduction to the food enzyme concept. It is written for the educated lay person or practitioner and develops the impact of enzymes on issues such as sports nutrition, weight control, and general digestive health.

Paperback 72 pp 990 126 \$7.95
 ISBN 978-0-9342-5240-9 HOHM PRESS

Feng Shui

Complete Feng Shui Health Handbook

Gerstung, Wilhelm & Mehlhase, Jens



This fascinating Feng Shui handbook provides a wealth of graphics and practical information, which help design every home in such a way that it becomes a source of energy, allowing everybody to relax and re-energize himself.

Paperback 248 pp 990 958 \$16.95
 ISBN 978-0-9149-5560-3 WINDPFERD

Powerful Feng Shui Balancing Tools

Gaertner, Brigitte



Balance and enhance the Chi powers in your home! Powerful Feng Shui Balancing Tools is a standard work, based on the traditional Chinese knowledge, a book that exclusively presents these mysterious accents with powerful effects. A balancing tool consciously placed in the right location of your home exerts concealed positive Chi powers that harmonize the area of its influence, improving the quality of your life by giving you inner peace, comfort and a long-lasting health.

Paperback 96 pp 990 857 \$14.95
 ISBN 978-0-9102-6120-3 WINDPFERD

See our newest titles by visiting

www.LotusPress.com



Health & Healing

We have gathered in this section books from a diverse number of healing modalities and "energy medicine" techniques. You will find some of the primary books on Reiki, which has gained incredible popularity in recent years. In addition, we have titles on Chakras, Reflexology, Polarity Therapy, etc. to provide you the opportunity to explore a wide and diverse field of "energetic health".

**Australian Tea Tree Oil First Aid Handbook:
 101 Plus Ways to Use Tea Tree**

Olsen, Cynthia



Australian Tea Tree Oil First Aid Handbook: 101 Plus Ways to Use Tea Tree Oil For nearly a century, Australian tea tree oil has been proven clinically effective for over 100 various skin conditions. In this second edition, the author has expanded to include more comprehensive skin uses for tea tree oil from head-to-toe for adults, children, animals, camping, household, work places, travel, beauty care and aromatherapy.

Paperback 96 pp 992 990 \$6.95
 ISBN 978-1-8909-4102-4 LOTUS

Australian Tea Tree Oil Guide: First Aid Kit in a Bottle

Olsen, Cynthia

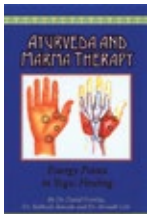


Knowing you want validation for the effectiveness of a natural remedy like Tea Tree oil, Cynthia Olsen shares her extensive knowledge, international research, case studies and testimonials in this book. As a pioneer in Tea Tree oil use and methodology being one of the first to introduce the product to the United States, she includes the history, har or fighting acne and toe nail fungus. Stop wasting money on harsh personal hygiene products with limited results after discovering the ways Tea Tree oil can be used in skin and beauty routines. Discover how to replace toxic chemical cleaners used in the home with simple to prepare formulas based on Tea Tree oil. Take Tea Tree oil outdoors and battle insect bites, sunburn and common physical injuries such as splinters and sprains! Make this guide an essential part of your home pharmacy or healing practice.

Paperback 140 pp 992 991 \$9.95
 ISBN 978-1-8909-4101-7 LOTUS

**Ayurveda and Marma Therapy:
 Energy Points in Yogic Healing**

Frawley, David & Ranade, Dr. Subhash & Lele, Dr. Avinash

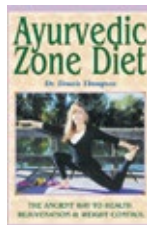


This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

Paperback 272 pp 990 867 \$21.95
 ISBN 978-0-9409-8559-9 LOTUS

Ayurvedic Zone Diet

Thompson, Dr. Dennis

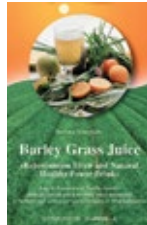


Ayurvedic Zone Diet combines the ancient wisdom of Ayurveda for health and healing with a modern scientific approach to body typing physiology. By focusing on the three basic body types and their corresponding zones of physiological function, this book offers practical solutions for everything from chronic health problems and weight control to the proper exercise and lifestyle management. It is essential reading for all who want to lose weight, stay young, and be healthy.

Paperback 201 pp 990 144 \$15.95
 ISBN 978-0-9149-5585-6 LOTUS

Barley Grass Juice

Simonsohn, Barbara



There's finally a totally healthy "fast food"-as barley grass juice is called by Dr. Yoshihide Hagiwara, the Japanese authority on barley grass juice. Barley grass juice has an excellent nutrient profile and many advantages over wheat grass juice. It is a perfect food with a complete complex of vital substances. Expert Barbara Simonsohn reveals the secrets of this effective green elixir, including the experiences of barley grass pioneers and a large spectrum of recipes.

Paperback 160 pp 990 912 \$14.95
 ISBN 978-0-9149-5568-9 WINDPERRD

Birth of The Blue: Australian Blue Cypress Oil

Olsen, Cynthia



Used for thousands of years by the Australian aboriginal people for personal care and household applications, this rare aqua colored essential oil native to the Northern Territory of Australia was selected as the "essence of the Sydney 2000 Summer Olympics." Blue Cypress Oil's sweet waddy fragrance has soothing and moisturizing skin benefits. The products range from sports to personal body care, cosmetics adn perfumery.

Paperback 88 pp 992 995 \$7.95
 ISBN 978-1-8909-4104-8 LOTUS

Breathe Free

Gagnon, D. & Morningstar, A.



For the first time, a self help book that tells it all! An expose on respiratory diseases and their natural treatment. Learn how you can heal and/or manage common colds/flu, earaches/asthma, allergies/hay fever, pleurisy/pneumonia, coughs/sore throats, bronchitis/emphysema, AIDS and ARC related respiration infection. Covers information you wish your doctor would share with you such as what is happening to your body.

Paperback 179 pp 990 944 \$14.95
 ISBN 978-0-9149-5507-8 LOTUS

Cancer: A Book of Hope

Bourbeau, Lise

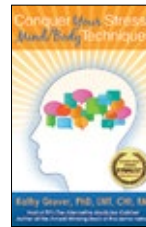


What would you say to having a different view of cancer, that notorious word that has scared - and continues to scare - millions of people every year throughout the world? Why not consider this illness, even with all its devastating effects, as a friend rather than an enemy that one must struggle against?

Paperback 250 pp 990 674 \$24.95
 ISBN 978-2-9209-3270-8 ETC

Conquer Your Stress with Mind/Body Techniques

Gruwer, Kathy



Conquer Your Stress with Mind/Body Techniques discusses the history of the stress response and how it affects us today. Learn practical tips for decreasing the body's reaction to stress and how you can use simple techniques to increase your health by lessening your tension. This book is a treasure trove of easy methods you can do at home and also give a multitude of choices of professional therapies you can incorporate into your life. Learn how reiki, massage, sound and color healing, gemstones, aromatherapy, NET, hypnosis, BEST and so much more can save your life from stress.

Paperback 216 pp 990 688 \$15.95
 ISBN 978-0-9406-7638-1 LOTUS

Don't Drink the Water

Ho'ala, Lono



The author brings you information you need to make intelligent decisions about the safety and treatment of your water. *Don't Drink the Water* also contains a complete resource guide to assist you in becoming active in one of the most important issues of our time.

Paperback 112 pp 992 994 \$11.95
 ISBN 978-0-9628-8829-8 LOTUS

Ego: The Greatest Obstacle to Healing the 5 Wounds

Bourbeau, Lise

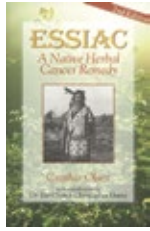


It's finally here: the long-awaited sequel to Lise Bourbeau's popular book, *Heal Your Wounds and Find Your True Self*, published in 2001 and still achieving record-breaking sales with translations in 16 languages. With this book, the author really wants to help you discover the tremendous influence and power that your ego can have on you. She shares her wealth of personal experience to guide those who are looking for concrete ways to heal their suffering. You will learn to recognize the operating mechanisms of the five wounds and be better able to determine when they are preventing you from simply being yourself, i.e. happy. By applying the techniques suggested, you will become aware of the countless occasions when your ego is controlling your thoughts, words and actions: a vital condition for healing and taking control of your life so that you can be your true self.

Paperback 230 pp 990 697 \$24.95
 ISBN 978-2-9209-3275-3 ETC

Essiac: A Native Herbal Cancer Remedy

Olsen, Cynthia



Do you want the same cancer cure John F. Kennedy's personal physician used to completely cure his own cancer? This book is a compilation of research, data and testimonials about Essiac - the herbal based formula who have helped thousands attain relief and regeneration from cancer. You will learn how to safely navigate the preparation, doses and uses of Essiac. Included is the history and development of this ancient healing remedy. The originator of the formula desired that the people who need help would get it without interference from any medical establishment. She treated thousands of people with this formula with an 80% recovery rate.

Paperback 144 pp 992 993 \$12.50
 ISBN 978-1-8909-4100-0 Lotus

Heal Your Wounds & Find Your True Self

Bourbeau, Lise



This new book by Lise Bourbeau demonstrates that all problems, whether physical, emotional or mental, stem from five important wounds: rejection, abandonment, humiliation, betrayal and injustice. This book contains detailed descriptions of these wounds and of the masks we've developed to hide them. With this information, you will learn to identify the real cause of a specific problem in your life. This book will allow you to set off on the path that leads to complete healing, the path that leads to your ultimate goal: your true self.

Paperback 224 pp 990 045 \$24.95
 ISBN 978-2-9209-3221-0 ETC

Healing Flowers A-Z

Stein, Diane

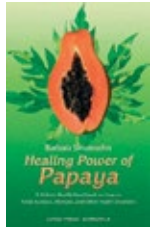


The author has provided simple and easy to apply instructions in the introduction of this book so that you can make your own flower essences if you so choose. She has also provided information on compatible gemstones as well as background in the chakras (which are each a nexus where various energies come together in the subtle body.) Understanding how to utilize a wider range of flower essences is the key aspect of the current book, which reviews the use of 350 different flowers.

Paperback 200 pp 990 593 \$12.95
 ISBN 978-0-9406-7698-5 Lotus

Healing Power of Papaya

Simonsohn, Barbara



In her lively and descriptive health handbook, best-selling German author Barbara Simonsohn shares knowledge that native peoples from all over the world have successfully practiced for centuries. The "power fruit" papaya is virtually a universal remedy with a large spectrum of anti-inflammatory effects against many health disorders and diseases.

Paperback 224 pp 990 098 \$15.95
 ISBN 978-0-9149-5563-4 WINDPFERD

Healing With Flower and Gemstone Essences

Stein, Diane

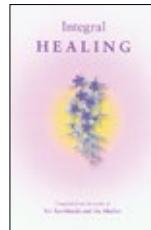


This book is a comprehensive modern guide to the use of flower and gemstone essences, and it provides guidance on how to choose the right essence for your needs. It also provides a background to the meaning of specific flowers and how to enhance their action by the use of gemstones. Flower essences are easy to make and the author describes in detail how to make your own, opening up the use of a variety of flowers not generally available on the commercial market. She also details over 200 of her unique flower and gemstone essence combination formulas.

Paperback 160 pp 990 591 \$10.95
 ISBN 978-0-9406-7699-2 Lotus

Integral Healing

Aurobindo, Sri & Mother, The

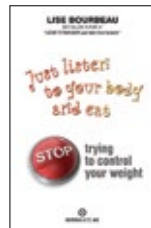


Integral Healing provides the insights of Sri Aurobindo and the Mother on the causes and cure of illness. It is a comprehensive approach including consciousness and its impact on physical health, the use of yoga to transform the health of the body, harmony, weakness and the action of the forces of illness, psychological states and the nervous envelope, the impact of fear on health, the use of the will, faith and mental effort, neutralizing pain, cure by spiritual force, medicine and healing, spiritual healing and much more. Index, glossary and references.

Paperback 264 pp 990 022 \$14.95
 ISBN 978-8-1705-8774-3 SABDA

Just Listen To Your Body and Eat

Bourbeau, Lise



The goals of this book are to help you discover that besides hunger there are six other factors that make you want to eat; help you realize how much you control what you eat, how you are doing this and why it may be harmful for you; teach you to quickly recognize the emotional wounds preventing you from eating a nutritious diet and help you love and accept yourself - both your physical body and especially the person you are - at every moment.

Paperback 224 pp 990 043 \$24.95
 ISBN 978-2-9209-3234-0 ETC

L-Carnitine, The Supernutrient for Fitness

Luebeck, Walter

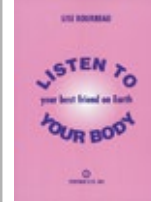


Discovered at the beginning of the 20th century and thoroughly researched for the first time in the 1970s, the sensational effects of L-Carnitine have been welcomed with enthusiasm. This fitness supplement for all types of athletes increases the muscle efficiency of the untrained by more than 30 percent. Figure-conscious people can achieve and maintain their ideal weight with L-Carnitine. In addition to physical well-being, mental capacity also increases since it has a positive influence on stress and fatigue. As a result, the body's natural immune shield is strengthened.

Paperback 80 pp 990 179 \$14.95
 ISBN 978-0-9149-5559-7 WINDPFERD

Listen To Your Body, Your Best Friend on Earth

Bourbeau, Lise



This book was written for those who have made a conscious decision to improve the quality of their lives and have decided to take control. The author provides the tools and the guidelines necessary for step by step personal development in every area of life. Based on the concept of Whole Mind Integration, the book is presented in five parts. Exercises at the end of each chapter provide the opportunity for guided practical application of the concepts presented.

Paperback 216 pp 990 138 \$24.95
 ISBN 978-2-9209-3202-9 ETC

Mind and Vision

Agarwal, Dr. R.S.



Preservation of good eyesight is almost impossible without proper eye education and mental relaxation. The quieter the mind, the better the eyesight is preserved. It is a fact that glasses help many to relieve their discomforts of their head and eyes and enable people to see well near or far, and their use in many cases is imperative. But it is also true that glasses do not check further deterioration and the power of glasses keeps on increasing. By using these simple methods of treatment, thousands of cases of poor eyesight have benefited greatly.

Paperback 269 pp 990 600 \$10.95
 ISBN 978-8-1705-8218-2 SA ASHRAM

Naturally Healthy Traveler

Kramer, Susan

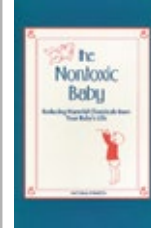


The Naturally Healthy Traveler tells you how to locate and use remedies from health food stores, kitchens, groceries, online sites, the wilderness - and even your own backyard - to relieve common ailments and stresses so often experienced when traveling. It's packed with helpful information you'll use again and again, and is the perfect companion for business, holiday, adventure, and armchair travel.

Paperback 240 pp 990 596 \$10.95
 ISBN 978-0-9409-8504-9 Lotus

Non Toxic Baby

Nancy Sokol Green

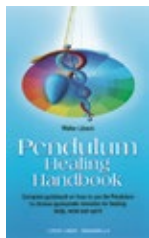


An important work showing the chemicals and toxic substances surrounding us and natural, non-toxic options available with specific concentration on baby care. A "must have" reference book.

Paperback 90 pp 990 170 \$9.95
 ISBN 978-0-9149-5509-2 NATURAL CHOICES

Pendulum Healing Handbook

Luebeck, Walter

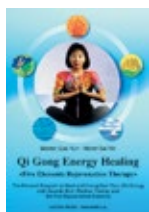


Complete guidebook on how to utilize the pendulum to choose appropriate remedies for healing body, mind and spirit. Includes 125 pendulum tables for herbs, essential oils, flower remedies, etc. If you want to learn how to utilize the pendulum, and how to develop extremely practical applications for health and well-being, this book is for you. The author is a well-known Reiki master and best-selling author.

Paperback 208 pp 990 726 \$15.95
 ISBN 978-0-9149-5554-2 WINDPFRD

Qi Gong Energy Healing

Master Gao Yun and Master Bai Yin

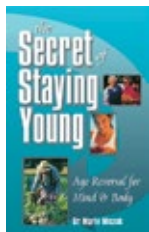


Chi gong energy healing means strengthening the life energy with sounds, the right timing and diet, with certain mudras, and with the rejuvenation exercises. These five elements are the basis for revitalizing the energetic field of the body and mind. With the help of this book, everybody can find out his own "chi code," the best time of the day, the right sounds, the mudras, and the vitalizing five elements.

Paperback 80 pp 990 913 \$14.95
 ISBN 978-0-9149-5569-6

Secret of Staying Young

Miczak, Dr. Marie



The Secret of Staying Young provides the most up-to-date, comprehensive information including vitamin deficiencies in relation to Alzheimer's Disease, coping with menopause, memory nutrients that really work, foods for your mood and mental edge, nutritional supplements to make you look and feel young, secret spa treatments for the home and much more.

Paperback 144 pp 990 916 \$12.95
 ISBN 978-0-9102-6133-3 LOTUS

Taoist Bedroom Secrets

Zettner, Master Chian



This book is about the deep sexual wisdom of love as one of the "eight supporting pillars of Taoism." According to the traditional teaching, the "Taoist Bedroom Secrets" are the root of human happiness. They are based on the foundation of the ancient Chinese procedures of diagnosis, therapy, and treatment. This book focuses on the "jade stem" and the "jade gate," which symbolize the exchange of masculine and feminine energy.

Paperback 191 pp 990 185 \$19.95
 ISBN 978-0-9149-5571-9 WINDPFRD

Treating Cancer with Herbs: An Integrative Approach

Tierra, Dr. Michael



In this book, Dr. Tierra provides a complete, systematic approach to treating cancer from a holistic perspective, while detailing the entire range of herbs and herbal medicines available to the practitioner and the patient alike. He adds his clinical experience and his deep compassion to create perhaps the definitive guidebook on cancer treatment for today's world.

Paperback 528 pp 990 866 \$27.95
 ISBN 978-0-9149-5593-1 LOTUS

Yoga of Perfect Sight

Agarwal, Dr. R.S.



Often it is surprising how quickly the vision begins to improve by Dr. Bates' simple methods of eye education. For example, a female student of Sri Aurobindo International Centre of Education, whose eyesight had failed both for far and near, recovered normal eyesight in about a week's time. And a teacher at the Centre, whose left eye had been blind since childhood, regained normal sight within two months with regular eye exercises for about two hours a day.

Paperback 223 pp 990 605 \$7.95
 ISBN 978-8-1705-8209-0 SA ASHRAM

Your Body's Telling You: Love Yourself!

Bourbeau, Lise



Lise Bourbeau has compiled 20 years of research in the field of metaphysics and its physical manifestations in the body and brought it all to the forefront in this user-friendly reference guide. She is certain that any physical problem is simply the outward manifestation of dis-ease on psychological and/or emotional levels. The physical body is responding to this imbalance and warning of the need to return to the path of love and harmony.

Paperback 560 pp 990 044 \$29.95
 ISBN 978-2-9209-3217-3 ETC

Herbs & Herbalism

Herbs have been used traditionally for healing by mankind for many thousands of years. They represent the ancient way of harmony, wherein nature provides the healing powers to energize, recharge and re-balance. There is increasing interest in herbs today as we become disillusioned with the strong and imbalanced drugs and chemicals of the western medical model. We have brought together some of the finest herbal texts available, including texts from a number of different herbal healing traditions, including Ayurveda and Chinese Herbology.

Ayurvedic Herbology East & West

Dass, Vishnu

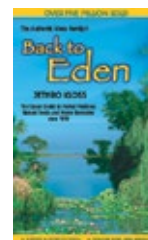


Ayurvedic Herbology East & West is a comprehensive and practical guide to Ayurvedic herbal medicine. Importantly, it is one of the first books to categorize commonly used Western medicinal plants with Ayurvedic energetics. It also focuses on traditional Ayurvedic herbs and formulas that are readily available in the West. Other topics include Ayurvedic theory, the art of herbal formulation, medicine making, and home remedies.

Paperback 352 pp 990 662 \$19.95
 ISBN 978-0-9409-8507-0 LOTUS

Back To Eden Revised Edition

Kloss, Jethro



Now in its expanded, updated revised edition with a new index to make the book easier to use, this is the original classic text (with more than 4 million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and holistic health. This is the authorized Kloss family edition with the family archival photographs and reminiscences included.

Mass Market Paperback 936 pp 990 028 \$9.95
 ISBN 978-0-9409-8510-0 LOTUS

Trade Paperback, Large Print 936 pp 990 027 \$18.95

ISBN 978-0-9409-8509-4 LOTUS

Chinese Herbalist's Handbook 3rd Edition

Ehling, Dagmar with Swart, Steve



The Chinese Herbalist's Handbook is a new tool for prescribing and modifying herbal formulas. This book makes the practice of herbs easily accessible to Chinese medical practitioners and students. For practitioners who rely upon patent herbal formulas, but would like to custom-tailor formulas to each patient's unique needs, this book demystifies the process, with instructions and exhaustive cross-referencing and indexing.

Paperback 792 pp 990 051 \$37.95
 ISBN 978-0-9102-6126-5 LOTUS

Chinese Traditional Herbal Medicine TWO VOLUME SET

Tierra, Michael & Tierra, Lesley



This two volume set includes Vol. I Diagnosis and Treatment as well as Vol. II Materia Medica and Herbal Reference.

Paperback 848 pp 990 208 \$45.95

Chinese Traditional Herbal Medicine Volume I Diagnosis and Treatment

Tierra, Michael & Tierra, Lesley



The first volume focuses on theory, principles, diagnostic methods and treatment modalities that are an essential part of the practice of Traditional Chinese Medicine (TCM). It provides background and theoretical framework for the reader to both understand the viewpoint and apply the principles of TCM.

Paperback 408 pp 990 206 \$22.95
 ISBN 978-0-9149-5531-3 LOTUS

Chinese Traditional Herbal Medicine Volume II Materia Medica Resource

Tierra, Michael & Tierra, Lesley



Volume II provides an extensive materia medica and herbal resource organized and developed for the Western practitioner. The book goes on to indicate the use of Chinese herbal formulae and the treatment of specific disease conditions. There are a number of useful index listings including Latin Name, Chinese Name, Chinese Herbal formulas, as well as a general index.

Paperback 480 pp 990 207 \$24.95
 ISBN 978-0-9149-5532-0 LOTUS

Healing Power of Black Cumin

Luetjohann, Sylvia

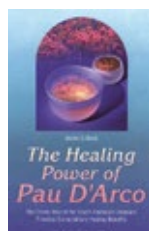


The Medicine of the Prophet. A Handbook on Oriental Black Cumin Oils, their healing components and special recipes. The book provides special attention to the use of this healing substance for treating allergies, enhancing the immune system and other time-tested uses for health and beauty.

Paperback 160 pp 990 724 \$14.95
 ISBN 978-0-9149-5553-5 WINDPFERD

Healing Power of Pau D'Arco

Luebeck, Walter



Pau d'Arco is a traditional South American herb long revered for its extraordinary healing powers. This book explores its many and varied uses, its specific preparation techniques and some background on its long history. The components of the lapacho (pau d'arco) bark have a detoxifying, anti-mycotic and anti-carcinogenic effect. The book includes the best recipes for using the tea effectively.

Paperback 132 pp 990 723 \$12.95
 ISBN 978-0-9149-5552-8 WINDPFERD

Herbal First Aid & Health Care

Christensen, Dr. Kyle

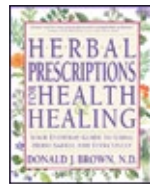


This book includes detailed protocols in treating first aid emergencies as well as protocols for not so urgent care. Detailed instructions are provided on how to make your own potent herbal remedies at home. A chapter on growing and harvesting your own herbs is included.

Paperback 250 pp 990 143 \$19.95
 ISBN 978-0-9149-5590-0 LOTUS

Herbal Prescriptions for Health & Healing

Brown N.D., Donald J.



Herbal Prescriptions for Health & Healing is an indispensable guide that will introduce you to 20 of the most frequently used herbs. The book also provides extensive information on treating all the primary systems of the body with herbal medicine. Whether you're a novice or an experienced herb user, you will find many helpful tips for a wide variety of ailments.

Oversized Paperback 464 pp 990 863 \$24.95
 ISBN 978-0-9409-8558-2 LOTUS

Medicinal Herb Handbook

Jones, Feather



This handbook provides an easy reference guide to the use of herbs as traditional medicines. It reviews single herbs, combinations, syrups, salves, cordials and oils and also cross references by organ system and symptom disorders for ease of look up.

Paperback 40 pp 990 906 \$4.95
 ISBN 978-0-9149-5587-0 LOTUS

Nature's Weeds, Native Medicine: Native American Herbal Secrets

Miczak, Dr. Marie

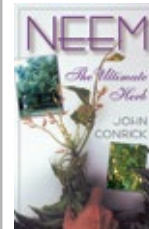


This book offers a unique insight to the secret healing herbs used by the first inhabitants of North America. More than Native American herbology, these time honored remedies represent the heritage of all Americans as it was previously known as frontier medicine. Discover for yourself what the ancient tribes of the United States used for health, nutrition & healing.

Paperback 168 pp 990 898 \$10.95
 ISBN 978-0-9149-5548-1 LOTUS

Neem: The Ultimate Herb

Conrick, John

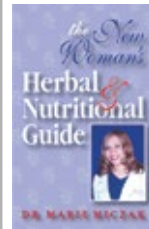


Neem, The Ultimate Herb is the most comprehensive book about neem, the world's most amazing plant. This book provides easy-to-understand instructions for using neem along with credible scientific evidence as to its effectiveness. After finishing this book, you will understand and appreciate the amazing qualities found in neem. You will also be able to more intelligently select quality neem products for your own use.

Paperback 184 pp 107 182 \$12.95
 ISBN 978-0-9102-6132-6 LOTUS

New Woman's Herbal & Nutritional Guide

Miczak, Dr. Marie



Women have special and unique needs. Dr. Marie Miczak, a noted herbalist and author, has focused this book on addressing the needs of women at their varying stages of life. She goes beyond herbs to address issues of diet, dietary supplements, exercise and lifestyle to create a comprehensive approach to the long-term health, wellness and longevity of women. If you read just one book on the subject, this is the book to choose.

Paperback 192 pp 990 197 \$14.95
 ISBN 978-0-9409-8568-1 LOTUS

Planetary Herbology

Tierra, Dr. Michael



A major work integrating the herbal traditions of the East with those of the West by the bestselling author of "The Way of Herbs". This practical handbook and reference guide is a landmark publication in this field. For unprecedented usefulness in practical applications, the author provides a comprehensive listing of the more than 400 medicinal herbs available in the west, classified according to their chemical constituents, properties and actions, indicated uses and suggested dosages.

Paperback 490 pp 990 124 \$19.95
 ISBN 978-0-9415-2427-8 LOTUS

Rainforest Remedies: 100 Healing Herbs of Belize 2nd Enlarged Edition

Arvigo, Rosita & Balick, Michael



The work of Rosita Arvigo and Michael Balick to bring the knowledge of the Mayan healers to the Western reader deserves due credit. This revised and enlarged second edition includes much additional information about the major herbs in the Mayan pharmacopoeia. Their work proves that the rainforest has more value to mankind alive than cut down!

Paperback 336 pp 990 176 \$17.95
 ISBN 978-0-9149-5513-9 LOTUS

BESTSELLER

The Original Reiki Handbook Usui, Dr. Mikao & Petter, Frank Arjava

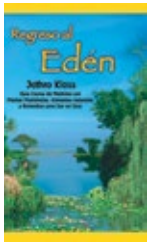
Dr. Mikao Usui developed the Reiki System and founded the original Japanese Usui Reiki Ryoho Gakkai organization. This book shows the original hand positions of Dr. Usui's Reiki Handbook. 100 illustrated photos to make it easier to understand. The hand positions for a great variety of health complaints have been listed in detail, making it a valuable reference work for anyone who practices reiki. Whether you are an initiate or a master, if you practice Reiki you can expand your knowledge dramatically as you follow in the footsteps of a great healer.

Original Reiki Handbook Paperback 80pp ISBN: 978-0-9149-5557-3 ITEM# 990 141 \$14.95



Regreso al Eden

Kloss, Jethro



Traduccion al castellano de la obra Back to Eden en Ingles, que ha sido un exito editorial, con mas de cinco millones de ejemplares en circulacion. Contenido actualizado y de facil comprension. Indice amplio que facilita la ubicacion de los temas. Plantas para tratar las enfermedades. El cuerpo y sus necesidades. La nutricion adecuada. Importancia de las vitaminas y los minerales. Alimentos que proporcionan vitalidad y energia. Alimentos que enferman el organismo. Un libro practico e informativo que debe estar en todos los hogares.

Paperback 882 pp 990 038 \$19.95
 ISBN 978-0-9409-8505-6 Lotus

Three Great Healing Herbs

Junemann, Monika & Luetjohann, Sylvia

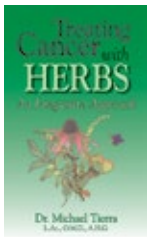


Tea Tree, St. Johns Wort and Black Cumin. These herbs belong in everyone's herbal first aid kit. Between them they have potent anti-bacterial, anti-mycotic and anti-viral properties. They have uses both internal and external. This book describes their benefits, properties and appropriate uses.

Paperback 172 pp 990 727 \$14.95
 ISBN 978-0-9149-5555-9 WINDPFERD

Treating Cancer with Herbs: An Integrative Approach

Tierra, Dr. Michael

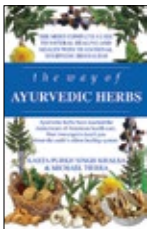


In this book, Dr. Tierra provides a complete, systematic approach to treating cancer from a holistic perspective, while detailing the entire range of herbs and herbal medicines available to the practitioner and the patient alike. He adds his clinical experience and his deep compassion to create perhaps the definitive guidebook on cancer treatment for today's world.

Paperback 524 pp 990 866 \$27.95
 ISBN 978-0-9149-5593-1 Lotus

Way of Ayurvedic Herbs

Khalsa, Karta Purkh Singh, Tierra, Michael



Traditional Ayurveda, using the principles of the three doshas, constitutional body typing and highly individualized therapies, is the oldest continuously practiced healing system on Earth. Now, two of the world's leading Ayurvedic herbalists, both leaders of the holistic health renaissance, and who, together, bring a total of over 75 years of practice to this work, have crafted a manual for making Ayurveda understandable and eminently, practically useful. THE WAY OF AYURVEDIC HERBS is more than an herb manual. It is a life path to well-being.

Paperback 400 pp 990 523 \$24.95
 ISBN 978-0-9409-8598-8 Lotus

Yoga of Herbs: Ayurvedic Guide to Herbal Medicine:2nd Revised & Enlarged Edition

Lad, Dr. Vasant & Frawley, David



For the first time, here is a detailed explanation and classification of herbs, using the ancient system of Ayurveda. More than 270 herbs are listed, with 108 herbs explained in detail. Included are many of the most commonly used western herbs with a profound Ayurvedic perspective. Important Chinese and special Ayurvedic herbs are introduced. Beautiful diagrams and charts, as well as detailed glossaries, appendices and index are included.

Paperback 288 pp 990 096 \$15.95
 ISBN 978-0-9415-2424-7 Lotus

Reflexology

Souls to Soles

Rude, Paul



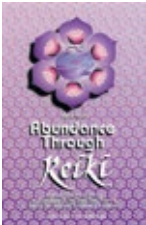
Reflexology is being widely accepted as a safe, powerful means of reducing stresses as well as promoting vitality and well being. Paul Rude masterfully captures the essence of reflexology with beautiful illustrations and clearly presents guides for using your touch effectively on the feet.

Paperback 160 pp 990 949 \$12.95
 ISBN 978-0-9149-5551-1 WINDPFERD

Reiki

Abundance Through Reiki

Horan, Dr. Paula

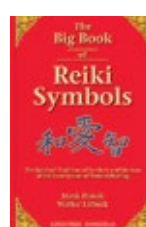


A book that goes right to the core of your abundance issues. At the heart of the book are 42 steps from Core Self to Core Abundance, creating richness within and without. They are presented in detail in the form of two very different, finely tuned 21-day abundance plans, taking you on an exploration of some of your belief patterns, which keep you from experiencing all the things you need or desire in your life.

Paperback 160 pp 990 613 \$14.95
 ISBN 978-0-9149-5525-2 WINDPFERD

Big Book of Reiki Symbols, The

Hosak, Mark and Luebeck, Walter



There are many books now available on Reiki, but this one is unique. It provides a detailed and profound explanation of the traditional Reiki symbols and mantras, with their spiritual traditions, their calligraphically correct spelling, their meanings and functions. The book is a standard guide on Reiki based on years of research and supported by experiences with thousands of students and individual sessions, offering the reader - whether Reiki Masters or practitioners - a careful and well-organized presentation of the material with expert correctness.

Paperback 750 pp 990 982 \$34.95
 ISBN 978-0-9149-5564-1 WINDPFERD

Complete Reiki Handbook

Luebeck, Walter



Reiki is the Japanese word for universal life force energy. With the help of Reiki you will discover how to better harmonize the beauty and wholeness of the Inner Self with your actions in the outer world. The "Reiki Handbook" describes comprehensively the secrets and possible uses of this subtle healing force and how you can receive it. It is an introductory as well as a precise and detailed textbook for the initiated Reiki practitioner.

Paperback 192 pp 990 612 \$14.95
 ISBN 978-0-9415-2487-2 WINDPFERD

Degrees of Reiki

Kelly, Maureen J.



In the current book Maureen Kelly describes the various levels or degrees of reiki and explains what each degree consists of and even provides teaching indications and notes for each degree, all the way up to the Reiki Master level.

Paperback 236 pp 990 961 \$15.95
 ISBN 978-0-9409-8556-8 Lotus

Dissolving Co-Dependency

Horan, Dr. Paula & Ziegler, Brigitte



Co-dependency is one of the most talked about enigmas of our time. It evokes a full spectrum of responses in each of us according to disposition. Dissolving Co-dependency gives a very in-depth background to the real workings of the human mind. Each chapter is followed by a simple exercise to help the reader assimilate each area of understanding. You are also led step by step to a deeper grasp of your own personal idiosyncrasies which are keeping you stuck in robotic behavior patterns.

Paperback 100 pp 990 604 \$9.95
 ISBN 978-0-9415-2486-5 WINDPFERD

Empowerment Through Reiki

Horan, Dr. Paula

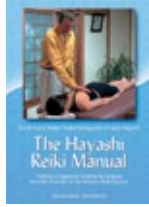


Reiki is a Japanese term which means "universal life energy" - i.e. the energy that lives in all creation, that is inherent to all living beings and that nourishes them and keeps them alive. This book describes exactly how Reiki energy works, the way it can be used and the effects that can be achieved with its help.

Paperback 160 pp 990 603 \$14.95
 ISBN 978-0-9415-2484-1 WINDPFERD

Hayashi Reiki Manual: Traditional Japanese Healing Techniques

Petter, Frank Arjava & Yamaguchi, Tadao & Hayashi, Chujiro



The Hayashi Reiki Manual: Traditional Japanese Healing Techniques from the Founder of the Western Reiki System The manual consists of the story of Dr. Hayashi, newly researched and sensationally illustrated with previously unpublished archive photos, main exercises of the Hayashi Reiki system which also includes techniques never taught in the West before, specific documents such as the original certificates of Dr. Hayashi, the main technique of "circulation" and a colorful sequence of photos.

Paperback 112 pp 990 843 \$19.95
 ISBN 978-0-9149-5575-7 WINDPFERD

Heart of Reiki

Downing, Susan



"The secret method of inviting happiness." That's how Mikao Usui, who developed and taught Reiki in Japan in the 1920s, described the method we call Reiki. By going deeply into her own combined Reiki and Tibetan Buddhist practice, Susan Downing discovered a way to practice Reiki that transforms the mind and heart and invites love - and true happiness - into one's life. In *The Heart of Reiki*, she lays her unique practice framework out for you in easy-to-follow steps. No matter what your level of Reiki training or spiritual orientation, you, too, can learn to use this practice to survive life's turmoil, invite ever-growing happiness into your life, and share your joy with everyone around you.

Paperback 120 pp 990 585 \$10.95
 ISBN 978-0-9406-7696-1 LOTUS

Light on the Origins of Reiki

Yamaguchi, Tadao

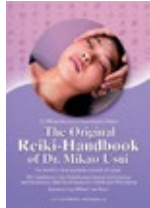


Tadao Yamaguchi relates the fascinating life story of his mother, a great Japanese Reiki Master who had learned Reiki at the age of 17 and kept on practicing in her daily life for more than 65 years, passing on her wealth of insights to her son. A journey towards the origins of Reiki as it evolved showing you how it was traditionally taught and practiced in Japan in the mid-thirties of the last century, including many valuable practical applications: the traditional Master-disciple relationship Dr. Hayashi's lectures in the Reiki seminars natural body cleansing techniques Byosen (energetic empathy)

Paperback 192 pp 990 988 \$14.95
 ISBN 978-0-9149-5565-8 WINDPFERD

Original Reiki Handbook

Usui, Dr. Mikao & Petter, Frank Arjava



Dr. Mikao Usui developed the Reiki System and founded the original Japanese Usui Reiki Ryoho Gakkai organization. This book shows you the original hand positions of Dr. Usui's Reiki Handbook. It has been illustrated with 100 photos to make it easier to understand. The hand positions for a great variety of health complaints have been listed in detail, making it a valuable reference work for anyone who practices reiki. Now that the original handbook has been translated into English, Dr. Usui's hand positions and healing techniques can be studied directly for the first time. Whether you are an initiate or a master, if you practice Reiki you can expand your knowledge dramatically as you follow in the footsteps of a great healer.

Paperback 80 pp 990 141 \$14.95
 ISBN 978-0-9149-5557-3 WINDPFERD

Rainbow Reiki

Luebeck, Walter



Rainbow Reiki is a proven system of complex energy work. The basis of Rainbow Reiki, a successful combination of old and new methods, is the Usui System of Reiki. Rainbow Reiki expands the Usui Reiki system through highly developed techniques of energy work and provides possibilities of working directly with subtle beings as teachers. Therefore, this book offers a wealth of possibilities to achieve completely new and different things with Reiki than taught in the traditional system.

Paperback 184 pp 990 952 \$14.95
 ISBN 978-0-9149-5528-3 WINDPFERD

Reiki A Key to Your Personal Healing Power

Johansson, Lena



Reiki, A Key to Your Personal Healing Power contains vital information about Reiki. You will learn how to use this ancient technique for yourself and others. Learn what Reiki is, what causes problems, pain and diseases, what our subtle anatomy is, and how to grow and unfold spiritually. The book contains information about further degrees and training in Reiki, as well as some of the different Reiki associations.

Paperback 168 pp 990 917 \$12.95
 ISBN 978-0-9102-6134-0 LOTUS

Reiki and the Healing Buddha

Kelly, Maureen



Reiki and the Healing Buddha reconnects Reiki with its Buddhist antecedents and provides both the experienced practitioner and the interested lay person with new insights and viewpoints on Reiki.

Paperback 216 pp 990 180 \$15.95
 ISBN 978-0-9149-5592-4 LOTUS

Reiki Best Practices: Wonderful Tools of Healing

Luebeck, Walter & Petter, Frank Arjava



Reiki Best Practices: Wonderful Tools of Healing for the First, Second, and Third Degree of Reiki. The internationally renowned Reiki Masters Walter Luebeck and Frank Arjava Petter introduce primarily Western Reiki techniques and place a valuable tool in the hands of every Reiki practitioner for applying Reiki in a specific and effective way for protection and healing.

Paperback 304 pp 990 864 \$19.95

Reiki Fire

Petter, Frank Arjava

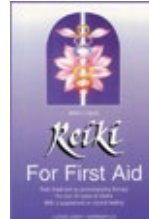


Reiki Fire is an absolutely practical Reiki guide. The heart, the body, the mind, and the esoteric background; it is all here. It is an excellent Reiki textbook, fresh and rousing in its spiritual perspective.

Paperback 128 pp 990 948 \$12.95
 ISBN 978-0-9149-5550-4 WINDPFERD

Reiki For First Aid

Luebeck, Walter



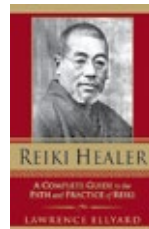
Reiki For First Aid offers much practical advice for applying Reiki in everyday health care. It includes Reiki treatments for over forty types of illness, supplemented with natural healing applications. For the first time, the relationship between Reiki and nutrition is presented in detail.

Paperback 160 pp 990 614 \$14.95
 ISBN 978-0-9149-5526-9 WINDPFERD

Reiki Healer:

A Complete Guide to the Path and Practice of Reiki

Ellyard, Lawrence



Now you can learn the essential teachings of Reiki. This complete manual, in conjunction with traditional training, is an excellent guide to understanding Reiki and its spiritual practices that heal the body and mind. Revealing for the first time many of the original Reiki secrets, this book sheds new light on such topics as the Reiki attainments, Reiki Symbols, the Chakra System and Distance Healing.

Paperback 208 pp 990 198 \$12.95
 ISBN 978-0-9409-8564-3 LOTUS

NEW FROM LOTUS PRESS

Reiki: Transmissions of Light, Volume 1

The History and System of Usui Shiki Reiki Ryoho

"This book by Robert Fueston, with his in-depth research, serves as a useful and important source of information about Usui Sensei, the founder of Usui Reiki Ryoho; Hayashi Sensei, who planted a Reiki Ryoho seed outside Japan; and Mrs. Hawayo Takata, the parent of so-called "Western Reiki" systems."

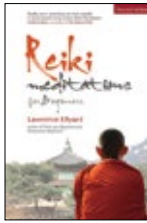
Hyakuten Inamoto, Komyo Reiki Kai, Japan

Robert N. Fueston Item# 990696 ISBN: 978-0-9406-7644-2 \$17.95



Reiki Meditations for Beginners

Ellyard, Lawrence

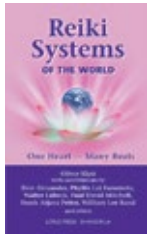


Reiki Meditations for Beginners offers for the first time a practical guide to the practice of Meditation and Reiki. It provides the reader with the practical 'know how' and teaches the basics of meditation practice combined with an Introduction to Reiki. The book is divided into three sections which include: An Introduction to Reiki, an Introduction to Meditation practice and section three Includes a total of 25 Reiki Meditations.

Paperback 152 pp 990 543 \$12.95
 ISBN 978-0-9102-6197-5 LOTUS

Reiki Systems of the World

Klatt, Oliver



The chief forms of Reiki in use. For the first time the reader can obtain fundamental information about internationally known and recognized Reiki schools and lineages and understand their similarities and differences. This book was written in close collaboration with the leading Reiki Masters of the world and features contributions by Don Alexander, Phyllis Lei Furumoto, Walter Luebeck, Paul David Mitchell, Frank Arjava Petter, William Lee Rand and others.

Paperback 352 pp 990 981 \$19.95
 ISBN 978-0-9149-5579-5 WINDPFERD

Reiki The Legacy of Dr. Usui

Petter, Frank Arjava



A great deal has been written and said to date about the history of Reiki and its founder. The author has come across documents that quote Mikao Usui's original words. In a number of essays, he discusses topics related to Reiki and the viewpoints of an independent Reiki teacher. Questions that his students asked and he answered throw light upon Usui's very personal view of the teachings. Materials meant as the basis for his student's studies round off the entire work. A family tree of the Reiki successors is also included.

Paperback 128 pp 990 956 \$12.95
 ISBN 978-0-9149-5556-6 WINDPFERD

Reiki Transmissions of Light Volume 1

Fueston, Robert

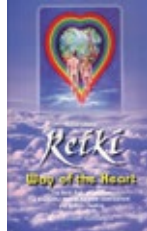


"Robert Fueston's book is a tremendous resource for everyone who loves Reiki enough to want to know its history accurately so they can practice Reiki with deeper appreciation and teach it with greater clarity and understanding. Robert's years of dedicated research and commitment to objectivity have enabled him to achieve a spiritual and practical goal from which his readers will receive the blessings. Reiki: Transmissions of Light belongs in the library of every Reiki practitioner and teacher." -Amy Rowland, Reiki Author

Paperback 336 pp 990 696 \$17.95
 ISBN 978-0-9406-7644-2 LOTUS

Reiki Way of the Heart

Luebeck, Walter



Reiki is among the most popular esoteric paths of perception today. Reiki describes the ability to use the universal life energy to heal oneself and others. This book gives a precise description of which possibilities are open through the direct experience of Reiki power. It describes the path of initiation through the three Reiki degrees, shows what can be experienced, and how life can change through progressive contact with Reiki energy.

Paperback 192 pp 990 928 \$14.95
 ISBN 978-0-9415-2491-9 WINDPFERD

Reiki with Gemstones

Omenka-Klinger, Ursula



The author connects two natural, healing powers for a potent mutual effect. While Reiki, the universal life energy, brings the physical and emotional functions back into their original harmony, gemstones concentrate light-filled powers and color vibrations into the chakras, whose unrestricted functioning is greatly important for vitality and well-being. By connecting Reiki and gemstone therapy, the powers of self-healing are activated in a natural manner.

Paperback 128 pp 990 954 \$12.95
 ISBN 978-0-9149-5529-0 WINDPFERD

Spirit of Reiki

Luebeck, W. & Petter, F.A. & Rand, W.L.



This is a handbook that reports on all of the major aspects of Reiki in a concentrated and extensive manner, including the latest information, developments and traditional knowledge. Beginning with definitions of Reiki associations, traditions, and representatives like Usui, Hayashi, Takata, and many others, and teaching methods, application techniques, and symbols like the Reiki Kanji, it covers a large variety of themes-even the latest rediscovery of Japanese healing techniques.

Paperback 312 pp 990 959 \$19.95
 ISBN 978-0-9149-5567-2 WINDPFERD

This Is Reiki

Petter, Frank Arjava

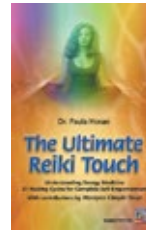


This is the very first title containing all available knowledge about the origins and history of traditional Reiki. Designed as a reference manual for teachers and trainers, it presents at the same time a comprehensive and practical introduction to Reiki.

Paperback 280 pp 990 584 \$19.95
 ISBN 978-0-9409-8501-8 WINDPFERD

Ultimate Reiki Touch

Horan, Paula



The Ultimate Reiki Touch exposes the root cause of stress and all disease and supplies the tools for successful stress management with the help of the Usui System of Natural Healing. This book introduces you to a variety of practices that support a quantum leap in the quality of your life. Once set in motion, such a shift provides far greater satisfaction and ease in everyday living, enabling you to thoroughly enjoy the ride, even when the going gets tough.

Paperback 224 pp 990 055 \$14.95
 ISBN 978-0-9149-5570-2 WINDPFERD

Yoga

8 Limbs of Yoga: Pathway to Liberation

Ram, Bhava



The Eight Limbs of Yoga, known also as "Ashtanga" in Sanskrit, is the centerpiece of The Yoga Sutras, the most poignant and relevant text on Yoga for modern day practitioners. The Sutras offer us a time-tested pathway to self-realization, inner harmony, contentment and peace. In this book, Bhava Ram applies the Eight Limbs to the challenging circumstances of our modern lives and shares how each of us can open our hearts and transform ourselves through this profound wisdom. At the very core of Bhava's message is that each of us possesses a great inner power to unfold our innate creativity, tap into our inner wisdom and manifest our fullest potential.

Paperback 224 pp 990 527 \$20.00
 ISBN 978-1-6072-5907-7 DEEP YOGA

Clearing the Path:

The Yoga Way to a Clear & Pleasant Mind

Parker, Stephen

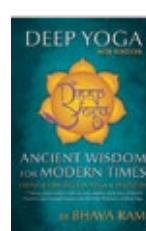


"Stephen Parker has produced a profound explication of the psychological dimension of Yoga from the standpoint of classical Raja-yoga. I would recommend Clearing the Path for all students of Yoga and meditation who truly aspire to a deeper level of practice." - David Frawley

Paperback 368 pp 990 698 \$24.95
 ISBN 978-1-9406-2902-5 AHYMSA

Deep Yoga

Ram, Bhava

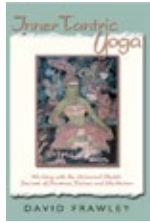


The ancient and sacred Sister Sciences of Yoga and Ayurveda provide a pathway to profound self-healing, physical & mental vibrancy, and ultimately to Self-realization. Deep Yoga: Ancient Wisdom for Modern Times brings the timeless wisdom of Yoga and Ayurveda into our lives in personal and relevant ways, giving us a host of techniques to deal with the stress and anxiety that permeate our modern culture.

Paperback 168 pp 990 522 \$20.00
 ISBN 978-1-6040-2981-9 DEEP YOGA

Inner Tantric Yoga

Frawley, David



Inner Tantric Yoga presents the deeper tradition of Tantra, its multidimensional vision of the Divine and its transformative practices of mantra and meditation that take us far beyond the outer models of how Tantra is usually presented today. The book can expand your horizons about masculine and feminine energies, Self and world, universe and the Absolute into a living experience of the Infinite and Eternal both within and around you.

Paperback 280 pp 990 524 \$19.95
 ISBN 978-0-9406-7650-3 Lotus

Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras

Frawley, David



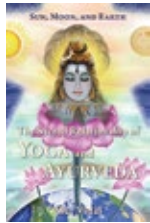
Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. This beautiful, comprehensive and unique work elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

Paperback 200 pp 990 542 \$14.95
 ISBN 978-0-9102-6194-4 Lotus

Sun, Moon and Earth:

The Sacred Relationship of Yoga & Ayurveda

Vidal, Mas



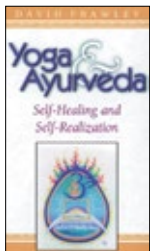
Sun, Moon and Earth tells the story of the "twin sciences" of yoga and Ayurveda. Weaving in the author's long professional and personal experience as a yoga teacher and Ayurveda practitioner, it explores how these traditions can be integrated into our lives as a practical means for balanced living and spiritual evolution. It is written for the growing audience of hatha yogis interested in both asana or postural yoga and a more conscious, Ayurvedic lifestyle.

Paperback 392 pp 990 692 \$22.95
 ISBN 978-0-9406-7640-4 LOTUS

Yoga & Ayurveda:

Self-Healing and Self-Realization

Frawley, David



Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Paperback 360 pp 990 896 \$19.95
 ISBN 978-0-9149-5581-8 Lotus

Yoga and the Sacred Fire

Frawley, David

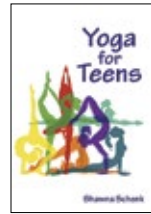


Yoga and the Sacred Fire explores the evolution of life and consciousness according to the cosmology and psychology of Fire, Viewing Fire not only as a material but also as a spiritual principle. It shows how Yoga's deeper fire wisdom can help us move forward to an enlightened planetary age, where humanity and nature can again be one in a higher awareness.

Paperback 312 pp 990 521 \$19.95
 ISBN 978-0-9409-8575-9

Yoga for Teens

Schenk, Shawna



Yoga shows that all beings (regardless of age) desire the same thing: peace. Yoga for Teens teaches how to attain this peace, for intermediate and high school age kids, through using different yoga poses, breathing techniques, meditations, and writing "AUMwork" exercises. Each chapter focus on how using yoga can help teens properly cope with with one emotion that they often face in their daily lives. The book uses honesty to talk about the things that teens go through from depression, drug use, alcohol use, sex, stress, driving, home issues, school, peer pressures, body image issues, social media, cyber bullying, focus and ADD, first loves, friendships, and fights (along with many other topics teenagers face currently today).

Paperback 192 pp 990 687 \$12.95
 ISBN 978-0-9406-7634-3 Lotus

Yoga for Your Type

Frawley, David & Kozak, M.S. Sandra Summerfield



This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. Yoga for Your Type presents a fundamental understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

os 296 pp 990 918 \$29.95
 ISBN 978-0-9102-6130-2 Lotus

Yoga of Sleep and Dreams, The

Aurobindo, Sri and The Mother

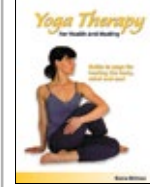


The practice of yoga continues day and night. This book aids the seeker in becoming conscious and turning sleep and dreams into the opportunity for real and substantial progress on the path of yoga.

Paperback 144 pp 990 094 \$7.95
 ISBN 978-0-9409-8574-2

Yoga Therapy for Health and Healing

Rittiner, Remo



This book is based on the fundamental principles of the yoga tradition and on the latest insights in the study of western anatomy. It is written in a way that is clear and easy to understand and is suitable for beginners and advanced yoga practitioners alike.

Oversized Paperback 190 pp 990 660 \$19.95
 ISBN 978-0-9409-8514-8 Lotus

Yoga: The Practice of Myth and Sacred Geometry

Vernon, Rama Jyoti



In Yoga: The Practice of Myth and Sacred Geometry, master teacher Rama Jyoti Vernon shares techniques and knowledge suitable for all levels, from beginners to experienced students and teachers ready to explore the deeper aspects of this ancient system. Discover Ramais unique approach to the breath, a deeply therapeutic method that places the practitioner in a space of being rather doing.

Paperback 255 pp 990 669 \$18.95
 ISBN 978-0-9406-7626-8

NATIVE AMERICAN BOOKS

The teachings of the Native Americans is undergoing a re-invigorating action nowadays as Western civilization grapples with the problems of technology, speed, stress and the dissolution of traditional values. The Native teachings emphasize the oneness and harmony of all beings who share the planet and their teachings are wholistic and balancing. We have tried to bring together some of the finest books available in the field. Of particular note is the bestselling "Sacred Tree" and the incredible stories of the American continent from the native perspective contained in "Sun Horse: Native Visions of the New World".

El Arbol Sagrado

Bopp, Lane et al



El Arbol Sagrado fue creado por el Proyecto de Desarrollo de Four Worlds, un grupo nativo Americano Inter-tribal, como un manual de Espiritualidad Nativa para la gente indigena para toda America y el mundo. A traves de la guia de los ancianos de las tribus, los valores Nativos y las tradiciones estan siendo enseñadas como la clave principal para desatar la fuerza que moviera a los Indigenas en el sendero de su propio desarrollo. Los ancianos han profetizado que al retornar a los valores tradicionales, las sociedades nativas pueden transformarse. Esta transformacion tendra entonces un efecto sanador en el planeta entero. Este manual esta siendo usado por el Proyecto de Desarrollo de Four Worlds para eliminar el abuso de las drogas y el alcohol, propagado considerablemente en las comunidades tribales. Se esta ahora compartiendo por primera ocasion con todos los miembros de la familia humana que desean un crecimiento personal.

Paperback 88 pp 992 082 \$12.95
 ISBN 978-0-9409-8554-4 Lotus

Flight of Feathered Serpent

Balin, Peter



Guide to the Xultun (Mayan) Tarot Deck. Peter Balin, the painter of the Xultun Tarot deck, has written a book about the tarot and the Maya Indians' view of the world. Although the approach is new and deals with American knowledge, it will serve all Tarot decks regardless of their origin. The reader journeys with the Fool towards the impeccability of the sorcerer, with each step along the way clearly defined. The graphics alone are so spellbinding that even if you are not interested in the Mayas or the tarot, there is something in this book for you.

Oversized Paperback 184 pp 990 800 \$15.95
 ISBN 978-0-9102-6101-2 Lotus

Nature's Weeds, Native Medicine: Native American Herbal Secrets

Miczak, Dr. Marie



This book offers a unique insight to the secret healing herbs used by the first inhabitants of North America. More than Native American herbology, these time honored remedies represent the heritage of all Americans as it was previously known as frontier medicine. Discover for yourself what the ancient tribes of the United States used for health, nutrition & healing.

Paperback 168 pp 990 898 \$10.95
 ISBN 978-0-9149-5548-1 Lotus

Sacred Tree

Bopp, Lane, et al



The Sacred Tree was created by the Four Worlds Development Project, a native American inter-tribal group, as a handbook of Native Spirituality for indigenous peoples all over the Americas and the world. This handbook is being used by the Four Worlds Development Project to eliminate widespread drug and alcohol abuse in tribal communities. It is now being shared for the first time with all members of the human family desiring personal growth.

Oversized Paperback 87 pp 993 090 \$10.95
 ISBN 978-0-9415-2458-2 Lotus

Stargazer (Book 1)

Hausman, Gerald



STARGAZER is the story of one man's emergence through Native American ritual into the world of psychic and extraterrestrial experience. Throughout the book there is the rooted wisdom of its central personality, a visionary Navajo whose actual name is Stargazer. The story is timeless, the event is timely. The message is that we are almost out of time. (Also available on audio cassette.)

Paperback 219 pp 990 925 \$9.95
 ISBN 978-0-9149-5503-0 Lotus

Sun Horse: Native Visions of the New World

Collected and Retold by: Hausman, Gerald



This book represents a circle, moving geophysically and mythologically from salt water - the cosmic and microcosmic elemental birthplace - to desert sand, the reposing place of earth matter, or materiality. The visions that make up this volume are taken from experiences, past and present, of Native American storytellers. Gerald Hausman has created this poetic and visionary anthology from years of dedicated research and dialogue with Native American people.

Oversized Paperback 142 pp 990 606 \$14.95
 ISBN 978-0-9149-5508-5 Lotus

Two Feathers: Spiritual Seed Planter

Hawk, Kevin Laughing



For readers of all ages on a spiritual journey to self-awareness, Two Feathers' colorful life and matter-of-fact outlook will entertain your spirit while warming your heart and soul. From his life as a boy who earned ten dollars selling fish to a tourist (more money than he had ever seen before) to his teachings that encourage the downtrodden, this book will help you find your own truth and spiritual path, while it shares segments of Native life, culture, ceremonies and legends.

Paperback 132 pp 990 987 \$15.00
 ISBN 978-0-9409-8594-0 Lotus

Xultun (Mayan) Tarot Deck

Balin, Peter



A Tarot deck based on the imagery of the ancient Maya with card titles in five languages - English, French, German, Italian and Spanish. Full color 78 card Tarot deck with easy to use instruction booklet. 22 Major Arcana cards and 56 minor Arcana cards.

box 78 cards 990 805 \$15.95
 ISBN 978-0-9102-6100-5 Lotus

Many of our titles are now available as e-books. Visit www.LotusPress.com for more information

PHILOSOPHY, YOGA, SPIRITUAL LITERATURE

Assel, Christian

Walking in Your Shoes

Assel, Christian



This book provides a therapeutic method and a tool for transformation. During a walking process it becomes possible to experience a movement, a kind of shift of consciousness and give spontaneous expression to certain aspects of the behavior, the emotional as well as mental condition, and the life issues of the person one walks. People who are being walked feel accepted and understood in unexpected ways, while those who walk themselves experience liberation from restrictive concepts and a sense of enhanced self-esteem. This book combines the most recent findings of psychotherapy with proven systemic concepts of therapeutic self-experience and provides simple solutions for deep-seated conflicts.

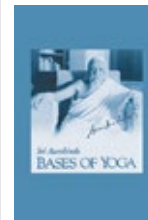
Paperback 180 pp 990 587 \$14.95
 ISBN 978-0-9409-8503-2 WINDPFRD

Sri Aurobindo

Sri Aurobindo represents a synthesis of the teachings of both the West and the East. Not content simply with dissolution into a transcendental, other-worldly God-consciousness, nor with concentration on the outer life and its powers to the exclusion of anything other or higher; Sri Aurobindo has created the teachings of a Divine Life on Earth.

Bases of Yoga (US Edition)

Aurobindo, Sri



Excellent introduction to the practice of Integral Yoga.

Paperback 108 pp 990 200 \$6.95
 ISBN 978-0-9415-2477-3 SA ASHRAM

Bhagavad Gita and Its Message

Aurobindo, Sri



The Bhagavad Gita, literally "The Song of God," is one of the most important spiritual and religious texts of the world, and is to Hindus what the Torah is to Jews, the Bible to Christians, and the Quran to Muslims. With text, translation, and Sri Aurobindo's commentary, this is probably the finest translation and commentary on the Bhagavad Gita that we have seen.

Paperback 325 pp 990 295 \$15.95
 ISBN 978-0-9415-2478-0 SA ASHRAM

Collected Plays & Short Stories (2 Vol.set)

Aurobindo, Sri

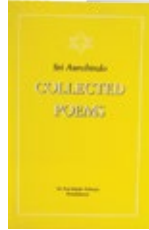


Sri Aurobindo, in his dramas, shows very pointedly, by the labor he has spent on personalities and situations set in a variety of climes and ages that, despite being a yogi and a philosopher, he never shies away from the touch or clutch of man as he is. He refuses nothing, he takes every chance to seize on multi-coloured life and, within matters mundane and along roads of day-to-day history, he renders visible the ideal, the highest motive possible to whatever may be the complex of circumstances, the maze of desire and ambition and vocation.

Hardcover 1089 pp 990 201 \$30.00
 ISBN 978-8-1705-8089-8 SA ASHRAM

Collected Poems

Aurobindo, Sri



A great collection of poems written by Sri Aurobindo from 1890 to 1950. Sri Aurobindo was considered a brilliant Greek and Latin scholar at Cambridge and also wrote on many Western themes including Iliad, Perseus, and others. In particular even his short sonnets have a mantric quality and sink into the consciousness to reverberate within.

Paperback 631 pp 990 202 \$16.95
 ISBN 978-8-1705-8016-4 SA ASHRAM

Correspondence with Sri Aurobindo (2 Vol.set)

Aurobindo, Sri

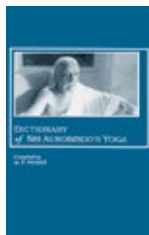


Nirodbaran's correspondence with Sri Aurobindo began in February 1933 and continued until November 1938. This is the entire correspondence just as it had taken place, in its chronological order, showing the gradual development of this unique Guru-Shishya relationship.

Paperback 1221 pp 990 203 \$54.95
 ISBN 978-8-1705-8020-1 SA ASHRAM

Dictionary of Sri Aurobindo's Yoga

Aurobindo, Sri



Sri M.P. Pandit has done a great service in aiding the reader in obtaining a deeper and more complete understanding of the concepts of Sri Aurobindo's Yoga. Sri Aurobindo writes about universal concepts based on the ancient wisdom of the Indian civilization and the path of yoga to establish a Life Divine here on our planet. This dictionary explains the terms used by the master and is an invaluable guide for a clearer understanding of his works.

Paperback 320 pp 990 844 \$13.95
 ISBN 978-0-9415-2474-2 SA ASHRAM

Essays Divine and Human

Aurobindo, Sri



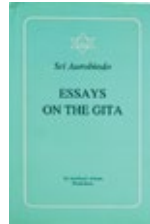
Yoga and philosophical themes.

Hardcover 604 pp 990 401 \$21.95
 ISBN 978-8-1705-8365-3 SA ASHRAM

Paperback 598 pp 990 402 \$14.50
 ISBN 978-8-1705-8364-6 SA ASHRAM

Essays on the Gita

Aurobindo, Sri



A masterly exposition of the pre-eminent Hindu scripture, the Bhagavad Gita. It was after reading these essays, in particular, that in the 1930's President Wilson's daughter went to Sri Aurobindo and devoted her life - receiving the name Nishtha via his vision in the Sri Aurobindo Ashram at Pondicherry.

Hardcover 588 pp 990 210 \$18.95
 ISBN 978-8-1705-8613-5 SA ASHRAM

Essays on the Gita, New U.S. Paperback Ed.

Aurobindo, Sri

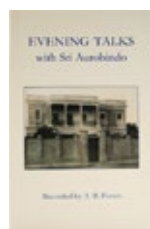


A masterly exposition of the pre-eminent Hindu scripture, the Bhagavad Gita. It was after reading these essays, in particular, that in the 1930's President Wilson's daughter went to Sri Aurobindo and devoted her life - receiving the name Nishtha via his vision in the Sri Aurobindo Ashram at Pondicherry. Index.

Paperback 588 pp 990 205 \$19.95
 ISBN 978-0-9149-5518-4 SA ASHRAM

Evening Talks with Sri Aurobindo

Aurobindo, Sri



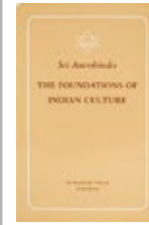
This book covers a twenty year period from 1923 to 1943. It offers us a precious glimpse of Sri Aurobindo's external personality and gives some idea of his richness, many-sidedness and uniqueness. His versatile genius, penetrating intellect, extraordinary power of expression, intense sincerity, sense of realism, and understanding of world events in political, social and cultural spheres are also displayed.

Hardcover 786 pp 990 212 \$27.95
 ISBN 978-8-1706-0093-0 SA ASHRAM

Foundations of Indian Culture

Revised and Enlarged Edition

Aurobindo, Sri



The Foundations of Indian Culture comprises, under a single connecting title, the series of articles which originally appeared in the monthly review Arya from December 1918 to January 1921.

Paperback 462 pp 990 216 \$14.95
 ISBN 978-8-1705-8545-9 SA ASHRAM

Four Aspects of the Mother Audio

Aurobindo, Sri



Sri Aurobindo's powerful "Matri Upanishad" chapter 6 of The Mother, read by The Mother. The mantric force of the writing is accentuated by the power of The Mother's reading.

CD 59 min 990 861 \$24.95
 ISBN MULTIMEDIA FRONTIERS

Future Evolution of Man US Edition

Aurobindo, Sri

Compiled with a Summary and Notes by P.B. Saint-Hilaire



Sri Aurobindo introduces his theme of the evolution of consciousness as the centerpiece of his vision of man's meaning and purpose on earth. This is the best introduction available to the philosophy of Sri Aurobindo.

Paperback 168 pp 990 871 \$8.95
 ISBN 978-0-9409-8555-1 SA ASHRAM

Future Poetry

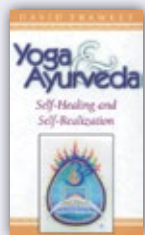
Aurobindo, Sri



The poetry of the future will be unlike that of the past in one very important circumstance, that in whatever languages it may be written, it will be more and more moved by the common mind and motives of all the human peoples.

Paperback 307 pp 990 404 \$10.95
 ISBN 978-8-1705-8583-1 SA ASHRAM

BESTSELLER



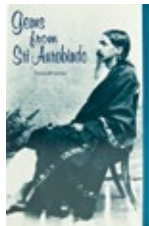
Yoga and Ayurveda Frawley, David

Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. Yoga and Ayurveda reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Yoga and Ayurveda Paperback 360pp ISBN: 978-0-9149-5581-8 ITEM# 990 896 \$19.95

Gems from Sri Aurobindo, 2nd Series

Aurobindo, Sri

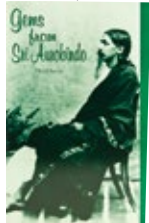


This is the second book of the series.

Paperback 288 pp 990 224 \$12.95
 ISBN 978-0-9415-2473-5 SA ASHRAM

Gems from Sri Aurobindo, 3rd Series

Aurobindo, Sri



"Gems from Sri Aurobindo" has drawn out some of his statements on subjects of interest from his vast writings. Although the sentences chosen were not written with the intent of being aphorisms, they clearly illumine the Truths in an aphoristic style. This is the third book of the series.

Paperback 143 pp 990 377 \$10.95
 ISBN 978-0-9149-5516-0 SA ASHRAM

Gems from Sri Aurobindo, 4th Series

Aurobindo, Sri

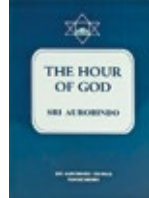


Sri Aurobindo held a unique mastery of exhaustive exposition of his global vision and universal insight. At the same time, he was able to pack each sentence with depth and intensity of meaning. "Gems from Sri Aurobindo" has drawn out some of his statements on subjects of interest from his vast writings. "Gems" can provide inspiration, themes for meditation and ideas for reflection on a wide variety of subjects. This is the fourth book of the series.

Paperback 69 pp 990 378 \$8.95
 ISBN 978-0-9149-5517-7 SA ASHRAM

Hour of God

Aurobindo, Sri

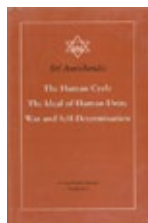


The Hour of God consists of extremely powerful short prose pieces written between 1910 and 1940 by Sri Aurobindo and published posthumously.

Paperback 124 pp 990 222 \$5.95
 ISBN 978-8-1705-8217-5 SA ASHRAM

The Human Cycle, The Ideal of Human Unity, War and Self-Determination

Aurobindo, Sri



Some of the greatest writings of Sri Aurobindo are contained in this book. The essays collected here form the three smaller books titled THE HUMAN CYCLE, THE IDEAL OF HUMAN UNITY, and WAR AND SELF-DETERMINATION and are dated as far back as 1915.

Hardcover 708 pp 990 403 \$27.00
 ISBN 978-8-1705-8281-6 SA ASHRAM

Paperback 689 pp 990 223 \$24.00
 ISBN 978-8-1705-8014-0 SA ASHRAM

Human Cycle: Psychology of Social Development, US Edition

Aurobindo, Sri



Sri Aurobindo explores the cycles of human development with an eye toward showing the underlying trend and impulsion in that development. He shows how humanity moves successively through various stages whereby different powers are developed and highlighted towards an ultimate integration and fulfillment of human destiny in an outflowing of our hidden spiritual nature in the diversity and vibrancy of our physical, vital and mental life.

Paperback 280 pp 990 049 \$14.95
 ISBN 978-0-9149-5544-3 SA ASHRAM

Hymns to the Mystic Fire, 1st US Edition

Aurobindo, Sri



Sri Aurobindo has unlocked the secret of the Rig Veda and in this book he has provided the translations for all hymns to Agni, the mystic fire, from the Rig Veda. Included for reference are the actual Sanskrit texts for each hymn. The "Doctrine of the Mystics" reveals the underlying philosophical, psychological and spiritual truths experienced by the sages. This book is for the seeker, the yogi, and the sage as well as the philosopher or student of comparative religion.

Paperback 502 pp 990 225 \$17.95
 ISBN 978-0-9149-5522-1 SA ASHRAM

Ideal Of Human Unity, US Edition

Aurobindo, Sri



Sri Aurobindo examines the issue of attaining human unity with the concept of "unity without uniformity."

Paperback 460 pp 990 048 \$17.95
 ISBN 978-0-9149-5543-6 SA ASHRAM

Integral Yoga:

Sri Aurobindo's Teaching & Method of Practice US Edition
 Aurobindo, Sri



Integral Yoga brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike. Glossary.

Paperback 416 pp 990 361 \$14.95
 ISBN 978-0-9415-2476-6 SA ASHRAM

Isha Upanishad

Aurobindo, Sri

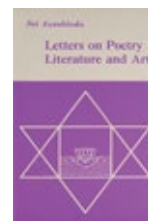


Upanishads are scriptural texts of the ancient wisdom of India and are referred to as the end of Vedas. They constitute the wise discourses of ancient rishis (sages) who expostulated on sublime topics. One of the important ones, Isha Upanishad, is presented here with Sri Aurobindo's translation, commentary and original text.

Paperback 79 pp 990 230 \$5.95
 ISBN 978-8-1705-8847-4 SA ASHRAM

Letters on Poetry, Literature and Art

Aurobindo, Sri

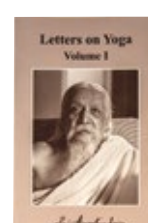


Hardcover 286 pp 990 406 \$6.95
 ISBN 978-8-1705-8351-6 SA ASHRAM

Paperback 286 pp 990 407 \$5.95
 ISBN 978-8-1705-8098-0 SA ASHRAM

Letters on Yoga Volume 1 CWSA

Aurobindo, Sri

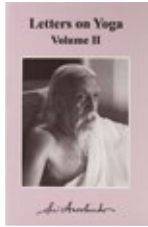


The first of four volumes, contains letters in which Sri Aurobindo speaks about the foundations of his spiritual teaching and method of Yogic practice. The letters in these volumes have been selected from the large body of letters that Sri Aurobindo wrote to disciples and others between 1927 and 1950, but primarily in the 1930s. This first volume is arranged by subject in five parts: the Divine, the Cosmos, and the individual; the parts of the being and the planes of consciousness; the evolutionary process and the supermind; the problems of philosophy, science, religion, and society; and questions of spiritual and occult knowledge.

Paperback 590 pp 990 681 \$17.95
 ISBN 978-8-1705-8953-2 SA ASHRAM

Letters on Yoga Volume 2 CWSA

Aurobindo, Sri

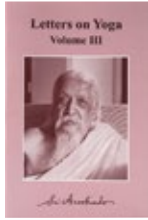


This is the second of four volumes of Letters on Yoga. This second volume is arranged by subject in three parts: the path of the Integral Yoga, the synthetic method of the Integral Yoga, and the Integral Yoga and other spiritual paths. Individual letters deal with many subjects relating to its practice, including the true object of spiritual seeking, the basic requisites of the path, the foundation of the sadhana, the yoga of knowledge, works, devotion, and self-perfection, and the distinction of the Integral Yoga as a yoga of transformation.

Paperback 522 pp 990 675 \$16.50
 ISBN 978-9-3521-0060-6 SA ASHRAM

Letters on Yoga Volume 3 CWSA

Aurobindo, Sri

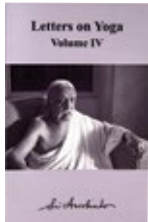


This is the third of four volumes of Letters on Yoga. This third volume is arranged by subject in four parts: the place of experiences in the practice of yoga, the opening of the inner senses, experiences of the inner consciousness and the cosmic consciousness, and the fundamental realisations of the Integral Yoga. Individual letters deal with many subjects relating to these themes, including the development of the inner vision, the nature of symbolic visions, becoming aware of the inner being and the witness attitude, the psychic and spiritual realisations, and the meaning of spiritual transformation.

Paperback 508 pp 990 676 \$16.50
 ISBN 978-9-3521-0061-3 SA ASHRAM

Letters on Yoga Volume 4 CWSA

Aurobindo, Sri



This is the fourth volume arranged by subject in four parts. The first covers sadhana on the level of the mind (mental difficulties, cultivation of the mind, power of expression, and speech), and is followed by sadhana on the level of the vital (the vital nature, vital temperament, and vital defects; human relations and interactions). The third part deals with sadhana on the physical, subconscious, and inconscient levels and the fourth addresses the kinds of difficulties encountered in the practice of Yoga, how to face and overcome such difficulties, and the nature and function of the adverse forces in the sadhana.

Paperback 820 pp 990 683 \$21.95
 ISBN 978-8-1705-8962-4 SA ASHRAM

Letters on Yoga, Vol. I

Aurobindo, Sri



In this volume, Sri Aurobindo exhibits, through his letters, that yoga is not a thing of ideas but of inner spiritual experience. Yoga means a change of consciousness, of life, and a mere mental activity will not bring about this change of consciousness.

Paperback 502 pp 990 255 \$13.00
 ISBN 978-8-1705-8007-2 SA ASHRAM

Letters on Yoga, Vol. II

Aurobindo, Sri



The way of Yoga followed here has a different purpose from others, for its aim is not only to rise out of the ordinary, ignorant world-consciousness into the divine consciousness, but also to descend into the ignorance of mind, life and body, to transform them, to manifest the Divine here and create a divine life in Matter.

Hardcover 587 pp 990 240 \$23.95
 ISBN 978-8-1705-8439-1 SA ASHRAM

Letters on Yoga, Vol. III

Aurobindo, Sri

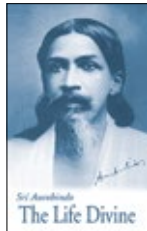


This third volume of the Letters series includes an Index which makes it easier to look up the discussion or advice imparted by the Master for specific situations and topics.

Hardcover 720 pp 990 245 \$29.95
 ISBN 978-8-1705-8440-7 SA ASHRAM

Life Divine - U.S. edition

Aurobindo, Sri



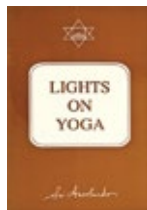
The Life Divine explores for the modern mind the great streams of Indian metaphysical thought, reconciling the truths behind each and from this synthesis extends in terms of consciousness the concept of evolution. The unfolding of Earth's and man's spiritual destiny is illuminated pointing the way to a Divine life on Earth. Index.

Hardcover 1113 pp 990 282 \$39.95
 ISBN 978-0-9415-2462-9 SA ASHRAM

Paperback 1113 pp 990 277 \$29.95
 ISBN 978-0-9415-2461-2 SA ASHRAM

Lights on Yoga

Aurobindo, Sri



Excellent introduction to the practice of yoga of Sri Aurobindo.

Paperback 104 pp 990 285 \$3.95
 ISBN 978-8-1705-8057-7 SA ASHRAM

Mind of Light

Aurobindo, Sri

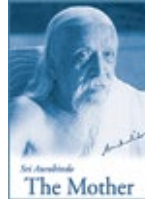


This book is a guide to the future evolution of consciousness and gives all those who aspire for something more luminous and harmonious a clear indication of the value and goal of their efforts. The book includes an enhanced annotated bibliography to guide the reader further into the the writings by and about Sri Aurobindo and the Integral Yoga.

Paperback 112 pp 990 199 \$7.95
 ISBN 978-0-9409-8570-4 SA ASHRAM

Mother - US Edition

Aurobindo, Sri

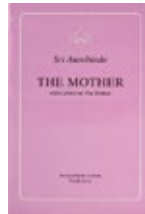


Important small work dealing with the action of the Divine powers in the world and practice of yoga of Sri Aurobindo. Revelatory, inspired writing, frequently called the "Matri Upanishad".

Paperback 62 pp 990 300 \$3.95
 ISBN 978-0-9415-2479-7 SA ASHRAM

Mother with Letters on the Mother

Aurobindo, Sri



Contains Sri Aurobindo's writing "The Mother" plus his answers on numerous aspects of the Mother's work and powers. The Mother and the working of the Ashram. Also Aspects and powers along with Lights and Visions of the Mother.

Paperback 495 pp 990 305 \$18.95
 ISBN 978-8-1705-8010-2 SA ASHRAM

Rebirth & Karma - U.S. Edition

Aurobindo, Sri



In-depth study of the concepts of rebirth, karma and the higher lines of karma. One of the best introductions to this area we have ever found. Index.

Paperback 190 pp 990 117 \$9.95
 ISBN 978-0-9415-2463-6 SA ASHRAM

Record of Yoga, 2 Volume Set

Aurobindo, Sri

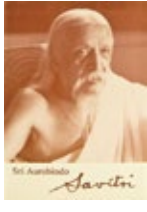


Sri Aurobindo practiced an intensive yoga for which he kept detailed day to day notes. This is a fascinating record of a persistent and focused effort to understand the psychological forces at work in the practice of yoga and to monitor and report the changes that were occurred as they actually occurred.

Paperback 151 pp 990 877 \$39.99
 ISBN 978-0-9409-8586-5 SA ASHRAM

Savitri (pocket edition)

Aurobindo, Sri



One of the largest epics in English, Savitri is an account of Sri Aurobindo's own Yoga allegorically narrated through an actual story from the great Indian epic Mahabharata. It actually began as an experiment in writing mantric poetry in English, and is the only book that he devoted so much time to over a span of 40 years.

Hardcover 816pp 990 333 \$16.95
 ISBN 978-8-1705-8018-8 SA ASHRAM

Savitri: A Legend & A Symbol - New U.S. Edition

Aurobindo, Sri



In this epic spiritual poem, Sri Aurobindo reveals his vision of mankind's destiny within the universal evolution. He sets forth the optimistic view that life on earth has a purpose, and he places our travail within the context of this purpose: to participate in the evolution of consciousness that represents the secret thread behind life on Earth.

Paperback 816pp 990 325 \$24.95
 ISBN 978-0-9415-2480-3 SA ASHRAM

Secret of the Veda, New U.S. Edition

Aurobindo, Sri



Sri Aurobindo breaks new ground in interpreting the ancient Vedas. His deeper insight into this came from his own spiritual practices for which he found vivid allegorical descriptions in the Vedas. Sri Aurobindo was able to uncover the mystery of the double meanings, the inner psychological and yogic significance and practices and the consistent, clear sense brought by this psychological view of the Vedic hymns. Finally, the true inner meaning of the Veda and its relevance to the seeking after self-realization and enlightenment is revealed.

Paperback 581pp 990 340 \$19.95
 ISBN 978-0-9149-5519-1 SA ASHRAM

Sri Aurobindo's "Primary Works" Set, US Edition 12 Vols.

Aurobindo, Sri



Contains: 1 ea Life Divine, Synthesis of Yoga, Essays on the Gita, Secret of the Veda, Savitri, The Mother, Rebirth & Karma, Bases of Yoga, Integral Yoga: Sri Aurobindo's Teaching & Method of Practice, Dictionary of Sri Aurobindo's Yoga, Hymns to the Mystic Fire, and Upanishads.

Paperback 5731pp 990 050 \$180.00
 ISBN 978-0-9415-2493-3 SA ASHRAM

Supramental Manifestation Upon Earth

Aurobindo, Sri



This volume comprises all of Sri Aurobindo's shorter prose writings on Yoga and philosophy written after 1910 and published during his lifetime. The present edition differs from the first (Centenary) edition in several respects. The contents have been ordered to follow strictly the arrangement of the material as it was issued by Sri Aurobindo in his lifetime.

Paperback 108pp 990 347 \$6.95
 ISBN 978-8-1705-8311-0 SA ASHRAM

Synthesis of Yoga, US Edition

Aurobindo, Sri



In The Synthesis of Yoga Sri Aurobindo unfolds his vision of an integral yoga embracing all the powers and activities of man. First, he reviews the three great yogic paths of Knowledge, Works and Love, along with Hatha Yoga, Raja Yoga and Tantra, and then integrates them all into a great symphony. Index.

Hardcover 899pp 990 359 \$34.95
 ISBN 978-0-9415-2466-7 SA ASHRAM

Paperback 889pp 990 358 \$29.95
 ISBN 978-0-9415-2465-0 SA ASHRAM

Thoughts and Aphorisms

Aurobindo, Sri



Profound Thoughts and Aphorisms on the paths of Knowledge, Works and Devotion. Truths expressed in succinct sentences for contemplation and meditation.

Paperback 98pp 990 357 \$4.50
 ISBN 978-8-1705-8108-6 SA ASHRAM

Upanishads, 1st US Edition

Aurobindo, Sri

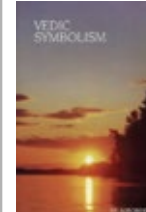


The Upanishads is a collection of Sri Aurobindo's final translations of and commentaries on every Upanishad or other Vedantic text he worked on. Upanishads are the ancient treatises on spiritual truths as envisioned by the seers, sages and rishis of the civilization of India. Index.

Paperback 466pp 990 360 \$17.95
 ISBN 978-0-9149-5523-8 SA ASHRAM

Vedic Symbolism

Aurobindo, Sri

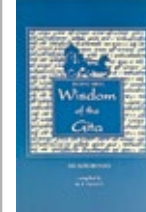


The value of the Rig Veda as a guidebook to spiritual practice has been obscured due to the heavy veil of symbols used by the Rishis to hide their meaning from the uninitiated. "Vedic Symbolism" introduces the major vedic concepts and reveals their esoteric sense.

Paperback 122pp 990 365 \$9.95
 ISBN 978-0-9415-2430-8 SA ASHRAM

Wisdom of the Gita, 2nd Series

Aurobindo, Sri



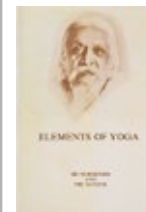
This book explores key words and concepts that appear in the Bhagavad Gita and provides a brief explanation and definition in Sri Aurobindo's own words. This is an indispensable guide to understanding the Gita and getting the meaning out of it in a very clear and succinct manner.

Paperback 208pp 990 373 \$10.95
 ISBN 978-0-9415-2475-9 SA ASHRAM

Sri Aurobindo and The Mother

Elements of Yoga

Aurobindo, Sri & Mother, The



Sri Aurobindo's answers to basic questions about the practice of yoga, along with Mother's commentary. Questions about Yoga put to him during the years 1933-36. It is compiled from her talks in the "Wednesday Classes" during 21 April 1954-30 June 1954.

Paperback 145pp 990 734 \$4.95
 ISBN UPC 0-79565-09000-9 SA ASHRAM

Growing Within: Psychology of Inner Development

Aurobindo, Sri & Mother, The



In essence, evolution is the progressive emergence of higher levels of consciousness. With the appearance of man, evolution has become an increasingly more conscious and accelerated process, in contrast to the pre-human stages. Inner growth is the rapid process of conscious evolution.

Paperback 192pp 990 397 \$9.95
 ISBN 978-0-9415-2471-1 SA ASHRAM

BESTSELLER



Integral Yoga:

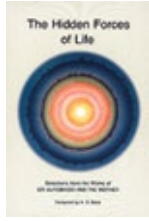
Sri Aurobindo's Teaching & Method of Practice US Edition Aurobindo, Sri

Integral Yoga brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike.

Integral Yoga: Sri Aurobindo's Teaching & Method of Practice Paperback 416pp ISBN: 978-0-9415-2476-6 ITEM# 990361 \$14.95

Hidden Forces of Life

Aurobindo, Sri & Mother, The

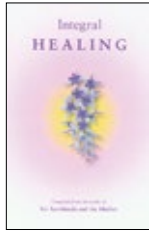


Dealt with herein are the diverse forces which act on us, determining the course of events, influencing our thoughts, feelings and actions, affecting our moods, health and level of energy, pulling the human being to nether depths or beckoning him towards lofty heights. Also shown are the hidden forces behind evolution and the universal action.

Paperback 203 pp 990 380 \$9.95
ISBN 978-0-9415-2460-5 SA ASHRAM

Integral Healing

Aurobindo, Sri & Mother, The



Integral Healing provides the insights of Sri Aurobindo and the Mother on the causes and cure of illness. It is a comprehensive approach including consciousness and its impact on physical health, the use of yoga to transform the health of the body, harmony, weakness and the action of the forces of illness, psychological states and the nervous envelope, the impact of fear on health, the use of the will, faith and mental effort, neutralizing pain, cure by spiritual force, medicine and healing, spiritual healing and much more. Index, glossary and references.

Paperback 264 pp 990 022 \$14.95
ISBN 978-8-1705-8774-3 SABDA

Living Within:

Yoga Approach to Psychological Health & Growth

Aurobindo, Sri & Mother, The

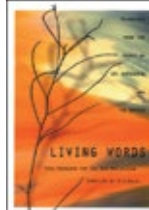


Western psychotherapy and the personal growth process has gained considerably from the experience acquired within Eastern traditions. Living Within makes it apparent that there is a great deal more to learn that is of both practical and theoretical value.

Paperback 179 pp 990 395 \$8.95
ISBN 978-0-9415-2422-3 SA ASHRAM

Living Words

Aurobindo, Sri & Mother, The



Inspiring selections from the works of Sri Aurobindo and the Mother dealing with spiritual growth towards a new consciousness beyond mind which has now manifested itself upon the earth, heralding the birth of a New World.

Paperback 198 pp 990 364 \$5.95
ISBN 978-0-9102-6142-5 SA ASHRAM

Looking from Within

Aurobindo, Sri & Mother, The

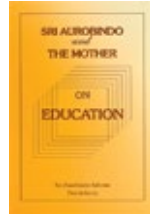


Three chief categories of seekers have been kept in view in selecting passages for this compilation: those who wish to obtain a greater life-mastery; those who, while pursuing the common goals of life, also aim at something beyond the ordinary life and seek to grow towards a higher or spiritual state of being; and those for whom spiritual growth is the primary purpose and occupation of life.....

Paperback 185 pp 990 362 \$6.95
ISBN 978-0-9415-2481-0 SA ASHRAM

On Education

Aurobindo, Sri & Mother, The

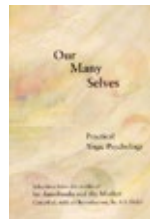


Education does not mean that learning is just for the sake of earning money through one's life, although that too is a necessary objective, but the education should indeed involve all parts of our being, physical, vital, mental, psychic and spiritual.

Paperback 168 pp 990 400 \$4.95
ISBN 978-8-1705-8028-7 SA ASHRAM

Our Many Selves: Practical Yogic Psychology

Aurobindo, Sri & Mother, The



Many of us face the difficulty of trying to change something in our nature, only to find that it is either difficult or virtually impossible. The key to solving this problem actually lies in a deeper understanding of the true nature of our psychological being. We are actually composed of various different "parts" or "planes" of action that combine together, interact with one another and impinge upon one another. This understanding allows us to differentiate between a mental idea, a force of will, an emotional movement, a vital energy, or a physical structure, and thereby more clearly understand the results of our psychological efforts and growth activities.

Paperback 285 pp 990 058 \$9.95
ISBN 978-0-9409-8534-6 SA ASHRAM

Powers Within

Aurobindo, Sri & Mother, The

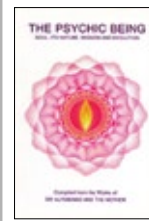


The book throws light on the nature of various inner powers which we already possess and use more or less unconsciously, as well as with latent powers within, which are as yet undeveloped. The book is of interest to the general reader as well as to the spiritual seeker.

Paperback 196 pp 990 047 \$5.95
ISBN 978-0-9415-2496-4 SA ASHRAM

Psychic Being (Soul: Its Nature, Mission, Evolution)

Aurobindo, Sri & Mother, The



The present compilation is an attempt to bring together in one volume the manifold teachings pertaining to the psychic being which are to be found in the numerous works of Sri Aurobindo and The Mother. The selections deal with the nature of the psychic being, shedding the light of Sri Aurobindo and The Mother on the inner constitution of the human being and on various related questions such as the process of inner growth, the afterlife, and rebirth.

Paperback 223 pp 990 390 \$8.95
ISBN 978-0-9415-2456-8 SA ASHRAM

Yoga of Sleep and Dreams, The

Aurobindo, Sri & Mother, The



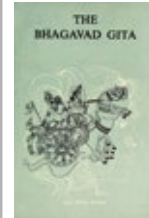
The Yoga of Sleep and Dreams: The Night-School of Sadhana The practice of yoga continues day and night. This book aids the seeker in becoming conscious and turning sleep and dreams into the opportunity for real and substantial progress on the path of yoga. Introduced and compiled by Dr. A.S. Dalal.

Paperback 144 pp 990 094 \$7.95
ISBN 978-0-9409-8574-2 SA ASHRAM

CLASSICAL SPIRITUAL TEXTS OF INDIA

Bhagavad Gita, Text & Translation

Roy, Anilbaran



The language of the Gita, the structure of thought, the combination and balancing of ideas belong neither to the temper of a sectarian teacher nor to the spirit of a rigorous analytical dialectics cutting off one angle of the truth to exclude all the others; but rather there is a wide, undulating, encircling movement of ideas which is the manifestation of a vast synthetic mind and a rich synthetic experience.

Paperback 187 pp 990 712 \$8.95
ISBN UPC 0-79565-09002-3 SA ASHRAM

Bhikshugita: The Mendicant's Son

Translated by Abbott, Justin E.

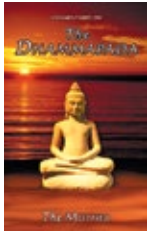


It is a story of a Converted Miser; the 23rd chapter of the Eknathi Bhagavata, the well known Marathi saint's composition of the Bhagavata. Reverend Abbott, an American missionary lived for decades in India and became an admirer of Marathi saints amongst whom Eknath is counted as one of the pre-eminent.

Hardcover 170 pp 990 156 \$9.95
ISBN 978-0-9102-6110-4 SAMATA BOOKS

Commentaries on the Dhammapada, US Edition

Mother, The



One of the ancient texts of the Pali Canon of Buddhism, the Dhammapada has a revered place among the noted scriptures of the world. It is quite special in its focus on the practical implementation of the Buddha's teachings in daily life, through the examination and self-control of one's thoughts, words and deeds. "Dhamma" is sometimes translated as "virtue," but in the deeper sense it is the innate law of life. "Pada" means "footstep" or path. The Dhammapada is not so much a religious text as a text of practical psychology for those wishing to undertake an inner, spiritual discipline to change their lives. The present edition is especially valuable as it contains an English translation that is at once clean and concise, while also filled with a spiritual sense and meaning in the reader a sense of the reverence and spiritual aspiration that truly resides in the text.

Paperback 118 pp 990 889 \$7.95
 ISBN 978-0-9409-8525-4 SA ASHRAM

Glory of Vasistha Ganapati Biography

Leela, S.R.

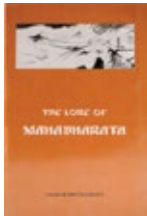


Sri Vasistha Ganapati, whose life is beautifully portrayed here, was a unique personality, an intellectual colossus, a man of light and learning, a poet and an author, an orator and a patriot, a social reformer, a saint and a savant. This beautiful English rendering of T.V. Kapali Sastry's original Sanskrit biography of this seer communicates the inspiration of viewing the life and work of a great soul.

Paperback 313 pp 990 508 \$15.00
 ISBN 978-0-9102-6141-8 KASHYAP

Lore of Mahabharata by Bhattacharya, Amalash

Translated from Bengali by Chaudhuri, K.K.



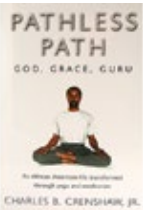
Perhaps the largest extant epic, the Mahabharata consists of 100,000 Sanskrit couplets and is at the base of the civilization of India. Numerous books, commentaries and interpretations of the events have been written by scholars and Pandits throughout the ages. The author discusses some of the main events and advances some novel interpretations.

Paperback 436 pp 990 893 \$27.95
 ISBN SA ASHRAM

Charles B. Crenshaw, JR

Pathless Path

Crenshaw, Charles B. Jr.



Charles Crenshaw's unique perspective and lifelong dedication to the study of yoga and spirituality shine through in this book. Readers will benefit from the depth of expertise gained in a quest that has spanned decades. His path also integrates extensive personal exploration - a component often neglected by spiritual seekers.

Paperback 208 pp 990 665 \$19.95
 ISBN 978-1-9406-2901-8 AHYMSA

Dalai Lama

**Heart of Compassion:
 A Practical Approach to a Meaningful Life**

Dalai Lama, His Holiness The XIV



This book carefully balances philosophical concepts with a very practical, day-by-day approach to living a spiritual life. Of special note is his clear integration of the teachings of Jesus into his overall world view, showing how all teachings can find their harmony in the ultimate spiritual oneness and truth that underlies them all.

Hardcover 168 pp 990 065 \$19.95
 ISBN 978-0-9409-8538-4 FUR

Paperback 168 pp 990 064 \$12.95
 ISBN 978-0-9409-8536-0 FUR

Dalal, Dr. A. S.

Psychology, Mental Health & Yoga

Dalal, Dr. A. S.



Essays on Sri Aurobindo's psychological thought. The implications of yoga for mental health.

Paperback 166 pp 990 391 \$9.95
 ISBN 978-0-9415-2464-3 INSTITUTE OF INTEGRAL PSYCHOLOGY

Das, Manoj

Submerged Valley & Other Stories

Das, Manoj



Premier modern short story writer of India - world-acclaimed author. Seventeen Stories from one of modern India's best-loved writers, recipient of the Sahitya Akademi Award.

Paperback 159 pp 990 905 \$6.95
 ISBN 978-0-9415-2426-1 BAYSTONE BOOKS

Deshpande, R.Y.

Birth of Savitri

Deshpande, R.Y.



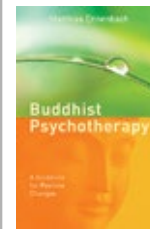
This book contains 3 major sections. The first is a poetic rendering of the sense of each of the cantos in Sri Aurobindo's epic poem Savitri. The second is a resume of the story of Savitri as told in Sri Aurobindo's epic. The third explores the nature of the legend and the symbol as described by Sri Aurobindo. The resume is an excellent short introduction to the canto by canto sense of the epic. And the discussion of the legend and the symbol picks up on the explicit statement in the subtitle provided to his epic work by Sri Aurobindo himself.

Paperback 128 pp 990 536 \$7.00
 ISBN 978-0-9307-3604-0 EAST WEST CENTER

Ennenbach, Matthias

Buddhist Psychotherapy: A Guide for Beneficial Changes

Ennenbach, Matthias



The very first systematic work on Buddhist Psychotherapy integrating psychological, medical and psychosomatic knowledge of Western culture, including largely unknown Buddhist practices. This practical work offers instructions, inspiration and help for professionals in the fields of psychotherapy and counseling, as well as for a broad readership interested in psychotherapy, Buddhism, or human functioning and personal development in general.

Paperback 464 pp 990 670 \$24.95
 ISBN 978-0-9406-7622-0

**David Frawley
 and Suhas Kshirsagar**

Art and Science of Vedic Counseling

Kshirsagar, Suhas & Frawley, David

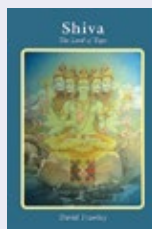


"The Art and Science of Vedic Counseling" is the best counseling guide available for students, teachers, and practitioners of Ayurveda, Yoga, and related healing arts. The book is an ever-cherished collection of knowledge, wisdom and a practical, clinical reference. I highly recommend the book to all those who love Yoga & Ayurveda." -Vasant Lad, B.A.M.&S., M.A.Sc - Ayurvedic Physician

Paperback 336 pp 990 686 \$19.95
 ISBN 978-0-9406-7635-0 LOTUS PRESS

NEW FROM LOTUS PRESS

Shiva The Lord of Yoga



Lord Shiva is the personification of all the main practices of Yoga, as the origin and ruling power over asana, prana, mantra, inner seeing and meditation. He is the ultimate Yoga guru reflecting the highest Self-awareness. Yet this centrality of Shiva in Yoga is rarely understood and utilized. The current book unfolds the presence, light, energy and consciousness of the Supreme Shiva to take us beyond all death and duality.

David Frawley Item# 990677 ISBN: 978-0-9406-7629-9 \$19.95

Frawley, David

Gods, Sages and Kings - Revised and Enlarged

Frawley, David

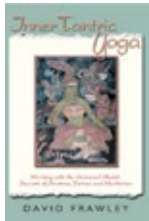


Gods, Sages and Kings presents a remarkable accumulation of evidence pointing to the existence of a common spiritual culture in the ancient world from which present civilization may be more of a decline than an advance. The book is based upon new interpretation of the ancient Vedic teachings of India, and brings out many new insights from this unique source often neglected and misinterpreted in the West. In addition, it discusses recent archaeological discoveries in India whose implications are now only beginning to emerge.

Paperback 416 pp 990 039 \$22.95
ISBN 978-0-9102-6137-1 Lotus

Inner Tantric Yoga

Frawley, David

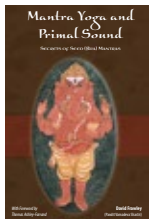


Inner Tantric Yoga presents the deeper tradition of Tantra, its multidimensional vision of the Divine and its transformative practices of mantra and meditation that take us far beyond the outer models of how Tantra is usually presented today. The book can expand your horizons about masculine and feminine energies, Self and world, universe and the Absolute into a living experience of the Infinite and Eternal both within and around you.

Paperback 280 pp 990 524 \$19.95
ISBN 978-0-9406-7650-3

Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras

Frawley, David

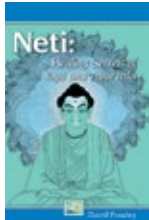


Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. This beautiful, comprehensive and unique work elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

Paperback 200 pp 990 542 \$14.95
ISBN 978-0-9102-6194-4

Neti: Healing Secrets of Yoga and Ayurveda

Frawley, David

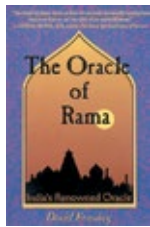


The most thorough and practical presentation of how to use the neti pot yet available. Notably, the book shows the place of such 'nasal therapies' in India's great healing traditions and their broader relevance for treating common diseases.

Paperback 112 pp 990 969 \$9.95
ISBN 978-0-9409-8585-8

Oracle of Rama

Frawley, David

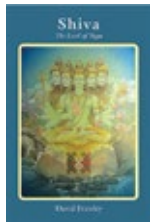


"The Oracle of Rama shows us how we can make karmically appropriate choices so that we can live a life of joy and fulfillment" states Deepak Chopra. The Oracle Of Rama is perhaps the greatest oracle of India, as well as one of the simplest and easiest to use. "The Oracle of Rama uses the insights of Tulsidas, one of the greatest seers of the Vedic traditions, to unlock the secrets of the realm of unmanifest intelligence and open up for us all the creative potentials of the universe." Deepak Chopra

Paperback 204 pp 990 851 \$12.95
ISBN 978-0-9102-6135-7 Lotus

Shiva: The Lord of Yoga

Frawley, David

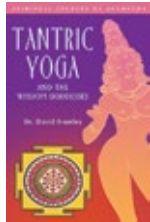


Lord Shiva is the personification of all the main practices of Yoga, as the origin and ruling power over asana, prana, mantra, inner seeing and meditation. He is the ultimate Yoga guru reflecting the highest Self-awareness. Yet this centrality of Shiva in Yoga is rarely understood and utilized. The current book unfolds the presence, light, energy and consciousness of the Supreme Shiva to take us all beyond all death and duality.

Paperback 296 pp 990 677 \$19.95
ISBN 978-0-9406-7629-9 Lotus

Tantric Yoga and the Wisdom Goddesses

Frawley, David



"Tantric Yoga and the Wisdom Goddesses is an excellent introduction to the essence of Hindu Tantrism. The author discusses all the major concepts and offers valuable corrections for many existing misconceptions. He also introduces the reader to the core Tantric practices of meditation and mantra recitation, focusing on the ten Wisdom Goddesses" states Georg Feuerstein.

Paperback 260 pp 990 852 \$16.95
ISBN 978-0-9102-6139-5 Lotus

Vedic Yoga

The Path of the Rishi

Frawley, David



The Path of the Rishi is one of the first and most detailed books published in the West on the ancient Vedic origins of Yoga, including all aspects of its philosophy and practice. The book reveals secrets of the Vedic Yoga from the teachings of Sri Aurobindo, Ganapati Muni, Brahmashri Daivarat, and Swami Veda Bharati as well as Vamadeva's own insights. It challenges popular ideas of the meaning of Yoga and brings Yoga back to the vision of the ancient Himalayan Rishis.

Paperback 360 pp 990 668 \$18.95
ISBN 978-0-9406-7625-1

Wisdom of the Ancient Seers

Frawley, David

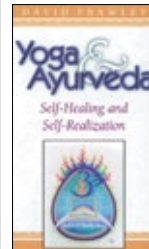


"The Rig Veda is not only one of the oldest sacred scriptures of the world, but also one of the most misunderstood. Past scholarship has dismissed the hymns of the Rig Veda as being expressions of a primitive animistic mentality that only rarely rose to true spiritual and philosophical heights. David Frawley's book demonstrates that this judgmental view is ill-founded. This is an important and riveting book, ushering in a new and sounder tradition of Vedic interpretation and scholarship." Georg Feuerstein

Paperback 280 pp 990 854 \$14.95
ISBN 978-0-9102-6136-4 Lotus

Yoga & Ayurveda: Self-Healing and Self-Realization

Frawley, David



Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. Yoga and Ayurveda reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Paperback 360 pp 990 896 \$19.95
ISBN 978-0-9149-5581-8 Lotus

Yoga and the Sacred Fire

Frawley, David

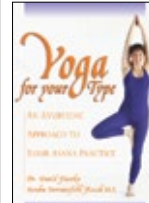


Yoga and the Sacred Fire explores the evolution of life and consciousness according to the cosmology and psychology of Fire, viewing Fire not only as a material but also as a spiritual principle. It shows how Yoga's deeper fire wisdom can help us move forward to an enlightened planetary age, where humanity and nature can again be one in a higher awareness.

Paperback 312 pp 990 521 \$19.95
ISBN 978-0-9409-8575-9 Lotus

Yoga For Your Type

Frawley, David and Kozak, Sandra Summerfield M.S.

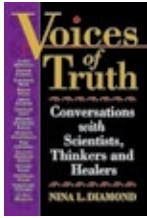


This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for our unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. Yoga for Your Type presents a fundamental understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

Paperback 296 pp 990 918 \$29.95
ISBN 978-0-9102-6130-2 Lotus

INSPIRATIONAL

Voices of Truth
 Diamond, Nina L.

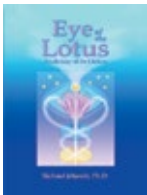


The longest, most in-depth conversations ever published with 14 scientists, thinkers and healers including best-selling authors James Redfield, Deepak Chopra, Brian Weiss, Caroline Myss, and physicist Michio Kaku, as well as award-winning former CNN correspondent and novelist Charles Jaco, NASA's JoAnn Morgan, and Arun Gandhi, grandson of Mahatma Gandhi and director of the Gandhi Institute.

Paperback 488 pp 990 173 \$24.95
 ISBN 978-0-9149-5582-5 Lotus

Jelusich, Richard

Eye of the Lotus: Psychology of the Chakras
 Jelusich, Ph.D. Richard



A clear and comprehensive guide to the psychology of the chakras. An extremely practical handbook to take control of your life and energies. This is new and valuable information that bridges the traditional yoga teachings of India on the chakras with powerful modern psychological techniques suitable for our needs in the present day world. A spiritual handbook of tremendous scope and power.

Paperback 416 pp 990 892 \$21.95
 ISBN 978-0-9409-8576-6 Lotus

Kleinman, Robert

**Four Faces of the Universe:
 An Integrated View of the Cosmos**
 Kleinman, Robert



Four Faces of the Universe is an adventurous survey of a universe that is deeper than science can measure. It explores key perspectives by which we can gain insight into the cosmos - mythical, scientific, traditional and evolutionary - affirming what is valid in each. Along the way we meet great figures like Madame Blavatsky, Albert Einstein, Plato, Dante, and Sri Aurobindo, and we embrace the cosmos in works of art and imagination. A journey through the Four Faces suggests how we can find our place in the world and arrive at a soul-deep harmony in it.

Paperback 352 pp 990 986 \$19.95
 ISBN 978-0-9409-8591-9 Lotus

Krinsky, Santosh

Readings in The Mother by Sri Aurobindo
 Krinsky, Santosh



Sri Aurobindo's book *The Mother* is a highly concentrated and powerful guide to spirituality and yoga. Consisting of just six chapters, it provides inspiration and direction of the highest order and for many it acts as a lifelong companion on the journey. The sixth chapter, which describes the *Four Powers of the Mother* is frequently called the *Matri Upanishad* and can rightfully take its place with those more ancient inspired texts. In Indian philosophy, the *Mother* represents shakti, the power and energy of creation. Santosh Krinsky has been studying the work of Sri Aurobindo for over 40 years. He brings his experience and insights to bear on the significance of this short, but significant book.

Paperback 80 pp 990 653 \$7.95
 ISBN 978-1-6086-9150-0 Lotus

Readings in Sri Aurobindo's The Life Divine Volume 1
 Krinsky, Santosh



There is probably no other book [Sri Aurobindo's *The Life Divine*] that I know of which so well, completely, rationally and intuitively addresses the questions of our existence and the meaning of life, and provides a cogent answer rooted in the highest spiritual realization and yogic experience that can be adapted by all, regardless of their particular background or inclinations. Santosh Krinsky, a life long student of Sri Aurobindo, with great devotion, dedication and attention has served this crucial role of providing a bridge to help us enter more deeply into the vast universe of consciousness that Aurobindo holds open for humanity today. He leads the reader through each page of *The Life Divine* by extracting its essence. In this way, he makes the the book easier to access, with no loss of its broader meaning. - from the Foreword by Dr. David Frawley, author of *Yoga and Ayurveda*

Paperback 232 pp 990 597 \$12.95
 ISBN 978-1-6086-9140-1 Lotus

Readings in Sri Aurobindo's The Life Divine Volume 2
 Krinsky, Santosh



There is probably no other book [Sri Aurobindo's *The Life Divine*] that I know of which so well, completely, rationally and intuitively addresses the questions of our existence and the meaning of life, and provides a cogent answer rooted in the highest spiritual realization and yogic experience that can be adapted by all, regardless of their particular background or inclinations. Santosh Krinsky, a life long student of Sri Aurobindo, with great devotion, dedication and attention has served this crucial role of providing a bridge to help us enter more deeply into the vast universe of consciousness that Aurobindo holds open for humanity today. He leads the reader through each page of *The Life Divine* by extracting its essence. In this way, he makes the book easier to access, with no loss of its broader meaning. - from the Foreword by Dr. David Frawley, author of *Yoga and Ayurveda*

Paperback 352 pp 990 598 \$17.95
 ISBN 978-1-6086-9145-6 Lotus

Readings in Sri Aurobindo's The Life Divine Volume 3
 Krinsky, Santosh



There is probably no other book [Sri Aurobindo's *The Life Divine*] that I know of which so well, completely, rationally and intuitively addresses the questions of our existence and the meaning of life, and provides a cogent answer rooted in the highest spiritual realization and yogic experience that can be adapted by all, regardless of their particular background or inclinations. Santosh Krinsky, a life long student of Sri Aurobindo, with great devotion, dedication and attention has served this crucial role of providing a bridge to help us enter more deeply into the vast universe of consciousness that Aurobindo holds open for humanity today. He leads the reader through each page of *The Life Divine* by extracting its essence. In this way, he makes the book easier to access, with no loss of its broader meaning." - from the Foreword by Dr. David Frawley, author of *Yoga and Ayurveda*

Paperback 568 pp 990 599 \$22.95
 ISBN 978-1-6086-9146-3 Lotus

Readings in Sri Aurobindo's Essays on the Gita Volume 1
 Krinsky, Santosh



The Gita, which is older than the New Testament, is one of the most widely read books in the world, honored by a number of great thinkers in all countries, and the subject of much renewed interest in modern times. The Gita is a treasure house of spiritual knowledge, yogic insight, meditational vision, and profound guidance on life as a whole. It summarizes the deep wisdom of the older and more arcane Vedas and Upanishads and makes it practical and accessible to the modern reader and to daily life. "Santosh highlights key relevant points of Aurobindo's Essays on the Gita, explains them and reveals their depth and implications today". From the introduction by David Frawley.

Paperback 384 pp 990 666 \$17.95
 ISBN 978-0-9406-7623-7

Readings in Sri Aurobindo's Essays on the Gita Volume 2
 Krinsky, Santosh



The Gita, which is older than the New Testament, is one of the most widely read books in the world, honored by a number of great thinkers in all countries, and the subject of much renewed interest in modern times. The Gita is a treasure house of spiritual knowledge, yogic insight, meditational vision, and profound guidance on life as a whole. It summarizes the deep wisdom of the older and more arcane Vedas and Upanishads and makes it practical and accessible to the modern reader and to daily life. "Santosh highlights key relevant points of Aurobindo's Essays on the Gita, explains them and reveals their depth and implications today". From the introduction by David Frawley.

Paperback 536 pp 990 673 \$22.95
 ISBN 978-0-9406-7628-2 Lotus

Readings In Sri Aurobindo's Rebirth and Karma

Krinsky, Santosh



Santosh Krinsky has taken the primary points of Sri Aurobindo's understanding, explained and highlighted them for the modern reader to more easily understand. The breadth of Aurobindo's thought is difficult for those of us today with limited attention spans and limited time. Krinsky shows the essence of Aurobindo's transformative message so that we can benefit from it's core truth.

Paperback 232 pp 990 658 \$11.95
 ISBN 978-0-9409-8508-7

Readings in Sri Aurobindo's Synthesis of Yoga Volume 1

Krinsky, Santosh



The Synthesis of Yoga is probably the most extensive, comprehensive and innovative examination of Yoga in modern times, and by one of the greatest Yogis and seers of all time, Mahayogi Sri Aurobindo. For Aurobindo, Yoga is not merely a particular discipline or philosophy, part of culture, science or religion as we know it. "All life is Yoga," as he boldly proclaims, meaning not just human life but the cosmic life. Santosh Krinsky has endeavored to make Sri Aurobindo's teachings relevant and readable to the very different audience today, without compromising the essence of his teachings. He clearly explains Aurobindo's vision of Yoga in the world today and the many-sided approach that is needed to make it work in our daily lives.

Paperback 520 pp 990 684 \$22.95
 ISBN 978-0-9406-7632-9 LOTUS PRESS

Readings in Sri Aurobindo's Synthesis of Yoga Volume 2

Krinsky, Santosh



Santosh Krinsky has endeavored to make Sri Aurobindo's teachings relevant and readable to the very different audience today, without compromising the essence of his teaching. I do not think that any other writer in America has better represented Aurobindo's teachings today than Santosh. This is a difficult task to be sure but one that he has been able to do consistently and with depth of thought. The reader is guided through short episodes that constitute a simple yet direct immersion into the heart of Aurobindo's teachings. Krinsky has approached The Synthesis of Yoga in four volumes of which this current book is the second, focusing on The Yoga of Knowledge. He clearly explains Aurobindo's vision of Yoga in the world today and the many-sided approach that is needed to make it work in our daily lives. This helps the reader understand the depths of Yoga and how it can be used to make fundamental changes in our being and chracter that are more important and enduring than mere outer changes in our body.

Paperback 496 pp 990 689 \$22.95
 ISBN 978-0-9406-7641-1 LOTUS

Readings in Sri Aurobindo's Synthesis of Yoga Volume 3

Krinsky, Santosh



Santosh Krinsky has endeavored to make Sri Aurobindo's teachings relevant and readable to the very different audience today, without compromising the essence of his teachings. I do not think that any other writer in American has better represented Aurobindo's teachings today than Santosh. This is a difficult task to be sure but one that he has been able to do consistently and with depth of thought. The reader is guided through short episodes that can constitute a simple yet direct immersion into the heart of Aurobindo's teachings. Krinsky has approached The Synthesis of Yoga in four volumes of which this current book is the third, focusing on The Yoga of Divine Love. He clearly explains Aurobindo's vision of Yoga in the world today and the many-sided approach that is needed to make it work in our daily lives. This helps the reader understand the depths of Yoga and how it can be used to make fundamental changes in our being and character that are more important and enduring than mere outer changes in our body.

Paperback 120 pp 990 690 \$9.95
 ISBN 978-0-9406-7643-5 LOTUS

The Mother

The Mother, Sri Aurobindo's co-worker and collaborator, developed a significant body of writings, concerned with putting the teachings into practice at all levels.

Collected Works of The Mother, 17 Vol. Set

Mother, The



This 2nd edition of the Collected Works of the Mother in 17 volumes has been released to coincide with the 125th Birth Anniversary of the Mother. The Mother's writings contain a powerful force of yogic action that can transform the seeker's practice.

17 Volume Set

Paperback 710 pp 990 502 \$450.00
 ISBN 978-0-9409-8578-0 SA ASHRAM

Commentaries on the Dhammapada, US Edition

Mother, The



One of the ancient texts of the Pali Canon of Buddhism, the Dhammapada has a revered place among the noted scriptures of the world. It is quite special in its focus on the practical implementation of the Buddha's teachings in daily life, through the examination and self-control of one's thoughts, words and deeds. The Dhammapada is not so much a religious text as a text of practical psychology for those wishing to undertake an inner, spiritual discipline to change their lives. Includes translation of the Dhammapada with commentaries by The Mother.

Paperback 120 pp 990 889 \$7.95
 ISBN 978-0-9409-8525-4 SA ASHRAM

Conversations 1929-30-31

Mother, The



This book contains two collections of the Mother's early conversations - those of 1929-31. In both she was speaking in English to members of the Sri Aurobindo Ashram. The conversations of 1929 are undoubtedly the most widely read of the Mother's works with deep insights into the practice of Yoga.

Paperback 180 pp 990 501 \$5.95
 ISBN 978-8-1705-8131-4 SA ASHRAM

Dhammapada with Translation and Mother's Commentary

Mother, The



This book comprises extracts from the Mother's diary written during years of intensive yogic discipline, and selected by her for publication. The text, in a revised translation by Mme. Suzanne Karpeles (Bharatidi), and the Mother's commentaries, were first published in 1960 under the title Commentaries sur le Dhammapada.

Paperback 116 pp 990 709 \$9.95
 ISBN UPC 0-79565-09008-5 SA ASHRAM

Education: Part I

Mother, The



This book contains the Mother's major essays on education and her oral commentaries on them. The essays were written between 1950 and 1953 for the quarterly Bulletin of Sri Aurobindo International Centre of Education; in them the Mother outlines an educational discipline aimed at developing all the principal faculties of the individual.

Paperback 205 pp 990 512 \$6.95
 ISBN 978-8-1705-8132-1 SA ASHRAM

Flowers & Their Messages, US Edition

Mother, The

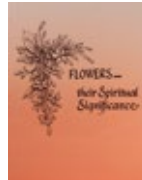


By entering into contact with the nature of a flower, its inner truth...one knows what it represents...if you are in contact with it, if you feel it, you can get an impression which may be translated as a thought. There is a kind of identification with the vibration, a perception of the quality that it represents...little by little there occurs a close approach between these vibrations, that are of the vital-emotional order, and the vibration of mental thought.

Paperback 309 pp 990 505 \$29.95
 ISBN 978-0-9415-2468-1 SA ASHRAM

Flowers: Their Spiritual Significance

Mother, The



Flowers teach us the charm of silence and thus the self-giving which demands nothing in return. Be like a flower. One must try to become like a flower: open, frank, equal, generous and kind.

Paperback 96 pp 990 507 \$9.95
 ISBN 978-8-1706-0028-2 SA ASHRAM

Health & Healing in Yoga

Mother, The



The extracts from this book have been selected from the writings and talks of the mother. Most of the chapters begin with a series of short written statements arranged under the first title. The titles which follow are generally longer passages taken from talks; a few are from essays and messages.

Paperback 300 pp 990 510 \$10.95
 ISBN 978-8-1705-8023-2 SA ASHRAM

Mother's Agenda Volume 1 1951-1960

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 542 pp 991 701 \$17.95
 ISBN 978-2-9027-7604-7 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda Volume 2 1961

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 468 pp 991 702 \$17.95
 ISBN 978-0-9387-1001-1 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda Volume 3 1962

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is an account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 562 pp 991 703 \$17.95
 ISBN 978-0-9387-1002-8 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda volume 4 1963

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 492 pp 991 704 \$17.95
 ISBN 978-0-9387-1009-7 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda Volume 5 1964

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 348 pp 991 705 \$17.95
 ISBN 978-0-9387-1010-3 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda Volume 6 1965

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 384 pp 991 706 \$17.95
 ISBN 978-0-9387-1012-7 INSTITUTE FOR EVOLUTIONARY RESEARCH

Mother's Agenda Volume 7 1966

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 348 pp 991 707 \$17.95
 ISBN 978-0-9387-1013-4 INSTITUTE FOR EVOLUTIONARY RIGHTS

Mother's Agenda Volume 8 1967

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 372 pp 991 708 \$17.95
 ISBN 978-0-9387-1014-1 INSTITUTE FOR EVOLUTIONARY RIGHTS

Mother's Agenda Volume 12 1971

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 430 pp 991 712 \$17.95
 ISBN 978-0-9387-1005-9 INSTITUTE FOR EVOLUTIONARY RIGHTS

Mother's Agenda Volume 13 1972-1973

The Mother



This prodigious document, tape-recorded by Satprem twice a week for more than fifteen years, is the account of Mother's exploration in the body consciousness and of her discovery of a "cellular mind" capable of refashioning the nature of our bodies and the laws of the species as drastically as, one day, an infant "thinking mind" transformed the nature of the ape.

Paperback 492 pp 991 713 \$17.95
 ISBN 978-0-9387-1007-3 INSTITUTE FOR EVOLUTIONARY RIGHTS

On Women

Mother, The

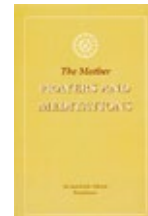


This booklet attempts to bring together some of the more significant writings of Sri Aurobindo and the Mother on "Women". Especially in the present times when the question of a woman's role in the world is assuming an increasing urgency, we feel that the light shed by Sri Aurobindo and the Mother can be most useful in helping readers to a truer and deeper insight into this subject.

Paperback 124 pp 990 520 \$5.95
 ISBN 978-8-1706-0158-6 SA ASHRAM

Prayers & Meditations

Mother, The



This volume contains the prayers and meditations selected for publication by the Mother from her diaries of 1912 to 1919, and five prayers of a later period.

Paperback 380 pp 990 525 \$14.50
 ISBN 978-8-1705-8052-2 SA ASHRAM

Sunlit Path

Mother, The



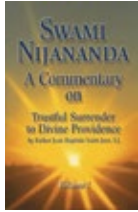
The passages of this compilation have been selected from the Collected Works of The Mother. Almost all the passages have been taken from her conversations, a few from her writings. Details about the texts are given at the end of the book, as well as a glossary and a brief sketch of The Mother's life.

Paperback 194 pp 990 535 \$7.95
 ISBN 978-8-1705-8025-6 SA ASHRAM

Swami Nijananda

Commentary on Trustful Surrender 1

Nijananda, Swami

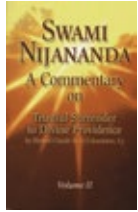


This is a kind of "how to" book. It deals with how to handle our ego. The only thing that is inalienably yours is your attitude. Everything else is in the hands of others and can be taken from you at a moment's notice. What your attitude is determines your happiness. Doing with the right attitude brings freedom. Doing with the wrong attitude brings bondage.

Paperback 264 pp 990 589 \$19.99
 ISBN 978-0-9849-3440-9 AHYMSA PUBLISHERS

Commentary on Trustful Surrender 2

Nijananda, Swami



This volume, the second of two commentaries on Trustful Surrender to Divine Providence, continues the discussion of the belief that "nothing happens to us in life unless God wills it so." Swami Nijananda leads an illustrious discussion of a process that turns stumbling blocks into stepping stones.

Paperback 280 pp 990 590 \$19.99
 ISBN 978-0-9849-3441-6 AHYMSA PUBLISHERS

Nunnally, Anie

Golden Path

Nunnally, Anie



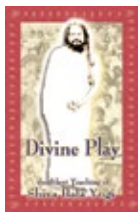
Spiritual world-teachers Sri Aurobindo and the Mother offered, through their wisdom, hope and also paved the way for the possibility of a total transformation and change of consciousness for mankind that would ultimately lead to a Divine Life on earth. Today the Masters are no longer in the physical but increasing numbers worldwide are being drawn to their yoga. of their teachings. The author has selected twelve such disciples and, in their interviews, has drawn out the threat of the spiritual life that has grown in them through their contact with the Masters. Their sharing opens up multiple windows into a world of beauty, delight and joy kindled by the practice of integral Yoga and graced by Sri Aurobindo and the Mother.

Paperback 282 pp 990 528 \$11.95
 ISBN 978-0-9307-3605-7 EAST WEST CENTER

Palotas, Thomas

Divine Play

Palotas, Thomas



Divine Play is the story of a great yogi and how he evokes spiritual awareness through direct experience, and it is about how a yogi blesses and serves all people. Divine Play provides a rare, detailed account of a yogi's tapas, a great yogi's insights into spirituality, meditation, yogis, divine beings, religion and world conditions and miracles of Shivabalayogi's healing presence.

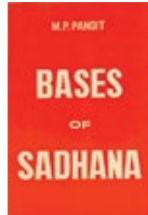
Paperback 296 pp 990 023 \$16.00
 ISBN 978-0-9760-7830-2 LOTUS

Pandit, Sri M. P.

Disciple of Sri Aurobindo and the Mother who wrote more than 100 books on the subject of yoga, classical spiritual teachings, and the work of Sri Aurobindo and the Mother. A world-recognized authority in the field whose writings penetrate to the core of the teachings.

Bases of Sadhana

Pandit, Sri M.P.



These are talks of the author bearing on the foundations and early phases of the Integral Yoga. The talks in Section One, given in the sat-sang sessions at the author's residence (1981 March-April) are largely based upon Sri Aurobindo's Bases of Yoga.

Paperback 100 pp 990 842 \$7.95
 ISBN 978-0-9415-2440-7 LOTUS

Commentaries on Sri Aurobindo's Thought Vol. I

Pandit, Sri M.P.



Sri Aurobindo's universal message of spiritual evolution is the subject in this interesting collection of essays on a wide variety of themes. The articles touch on yoga, philosophy, practice and spiritual evolution.

Paperback 170 pp 990 286 \$8.95
 ISBN 978-8-1750-9011-8 LOTUS

Commentaries on the Mother's Ministry Volume 1

Pandit, Sri M. P.



The Mother was the spiritual co-worker of Sri Aurobindo who provided direct spiritual guidance to the disciples at the Ashram. Her practical insights energize the action of the yoga. M. P. Pandit had a unique perspective as The Mother's secretary to see and hear and learn. He shares his experience with us in this volume.

Paperback 157 pp 990 836 \$6.95
 ISBN 978-0-9409-8540-7 LOTUS

Deathless Rose

Pandit, Sri M.P.



A dynamic meditation needs a dynamic theme. This book features lines chosen from Sri Aurobindo's sonnets, each one representing a theme that centers the mind for meditation into an appropriate mood. Each has the mantric power to induce the experience it embodies. The commentary is written meditation to aid the process.

Paperback 100 pp 990 292 \$5.95
 ISBN 978-0-9409-8544-5 LOTUS

Dhyana (meditation)

Pandit, Sri M.P.

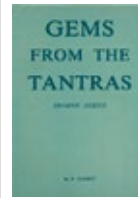


Dhyana is the Sanskrit word for meditation and contemplation. A good introduction.

Paperback 60 pp 990 840 \$2.95
 ISBN 978-8-1750-9015-6 LOTUS

Gems from the Tantras Vol. 2

Pandit, Sri M.P.

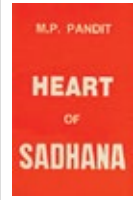


Excerpts and commentary from a variety of tantric texts with special emphasis on the Consciousness aspect of the Divine Reality and the significance of that Consciousness-Force for the spiritual evolution of man. The Divine power is at work on all levels of Existence and the art of life consists in tuning oneself to its wavelength.

Hardcover 114 pp 990 294 \$5.95
 ISBN 978-0-9409-8546-9 LOTUS

Heart of Sadhana

Pandit, Sri M.P.

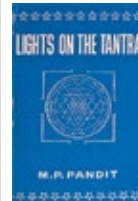


This volume contains illuminating talks by Sri Pandit on Sri Aurobindo's The Mother.

Paperback 122 pp 990 841 \$7.95
 ISBN 978-0-9415-2439-1 LOTUS

Lights on the Tantra

Pandit, Sri M.P.

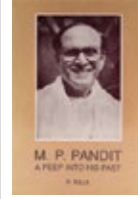


It is not generally realized that what extent the Tantras have contributed to the spiritual and religious culture of India. The present study presents the principles of the tantra in the light of Sri Aurobindo following the guidance of Sri T.V. Kapaly Sastriar.

Paperback 107 pp 990 296 \$6.95
 ISBN 978-0-9409-8547-6 LOTUS

M.P. Pandit: A Peep into His Past

Pandit, Sri M.P.

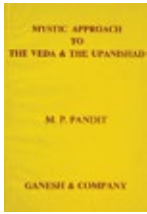


This writing includes the biographies of eminent writers of Pondicherry and a peep into M. P. Pandit's life. A diary of his findings and life's experiences.

Paperback 93 pp 990 899 \$6.95
 ISBN 978-0-9415-2452-0 LOTUS

Mystic Approach to the Veda & the Upanishad

Pandit, Sri M.P.



The Veda, while revered, has generally not been understood. The Upanishads, likewise, have been seen as a philosophical rejection of the rituals of the Veda. In fact, both the Veda and the Upanishads are meant to be powerful spiritual guidebooks, charged with a force of realization. This book opens the mystical truths hidden in these ancient texts.

Paperback 125 pp 990 297 \$6.95
 ISBN 978-0-9409-8548-3 Lotus

Occult Lines Behind Life

Pandit, Sri M.P.



Many things in life are inexplicable as long as one fails to see behind the surface. This world is a Cosmos, with Order and Laws maintaining that Order. Physical science is acquainted with only the external processes. There is a larger, deeper science of the Occult which gives the key to the understanding of life's mysteries.

Paperback 100 pp 990 870 \$7.95
 ISBN 978-0-9415-2435-3 Lotus

Pandit in America

Pandit, Sri M.P.



This book provides detailed information from Sri Aurobindo Ashram and M.P. Pandit's interviews in 1979-80 with "Become", in Seattle, Washington, in the north-west and additionally from The Pensacola Journal in Florida.

Paperback 57 pp 990 872 \$3.50
 ISBN 978-0-9415-2453-7 Lotus

Pitfalls in Sadhana

Pandit, Sri M.P.



Pitfalls in Sadhana addresses the fairly common pitfalls of the sadhanas and awakens a sense of vigilance against these possibilities.

Paperback 27 pp 990 298 \$1.50
 ISBN 978-8-1750-9036-1 Lotus

Selected Works of M.P. Pandit Vol. 1

Pandit, Sri M.P.



Sri Pandit introduces Sri Aurobindo's teaching and yoga including his detailed commentary on the life divine.

Hardcover 514 pp 990 652 \$25.00
 ISBN 978-0-9415-2451-3 Lotus

Selected Works of M.P. Pandit Vol. 2: The Mother

Pandit, Sri M.P.



Panditji's writings on The Mother, her spiritual mission and teaching are collected here. A fascinating, insightful and enormously practical book for anyone desiring to practice yoga in life.

Hardcover 520 pp 990 301 \$25.00
 ISBN 978-0-9409-8549-0 Lotus

Selected Works of M.P. Pandit Vol. 3: Yoga

Pandit, Sri M.P.



Panditji has written extensively on the practice of yoga. This collection of his writings on the subject include introductory insights as well as extensive systematic explications on the various methods of yoga.

Hardcover 640 pp 990 302 \$30.00
 ISBN 978-8-1750-9003-3 Lotus

Selected Works of M.P. Pandit Vol. 4: Traditions

Pandit, Sri M.P.



This volume collects in one place Sri Pandit's writings on the Veda, Upanishad, Gita, Tantra and the spiritual culture of India.

Hardcover 640 pp 990 303 \$36.00
 ISBN 978-8-1750-9004-0 Lotus

Selected Works of M.P. Pandit Vol. 5: The World

Pandit, Sri M.P.

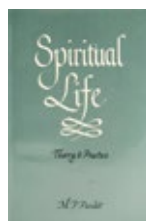


Yoga is not divorced from the destiny and life of the world. Issues of world unity, peace, and the evolution of life and society are covered in this volume.

Hardcover 522 pp 990 304 \$36.00
 ISBN 978-8-1750-9005-7 Lotus

Spiritual Life: Theory and Practice

Pandit, Sri M.P.

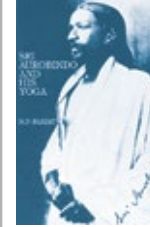


After a review of the traditional paths of knowledge, devotion, hatha yoga and raja yoga, Panditji explores the integral approach of Sri Aurobindo and his evolutionary approach toward human life. He explores the specific methods and their working in the consciousness.

Paperback 252 pp 990 880 \$9.95
 ISBN 978-0-9409-8539-1 Lotus

Sri Aurobindo and His Yoga

Pandit, Sri M.P.

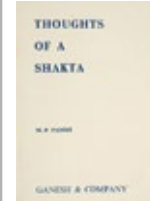


Sri Pandit gives us an overview of Sri Aurobindo's life, his writings and his Integral Yoga. In doing so, he takes time to introduce the major principles of yoga and relates in a simple yet dynamic form the path open to the seekers of spiritual perfection.

Paperback 200 pp 990 882 \$9.95
 ISBN 978-0-9415-2425-4 Lotus

Thoughts of a Shakta: Yogishananda Natha

Pandit, Sri M.P.



An insightful small book outlining the life and teachings of a tantric practitioner and illuminating the major issues of the practice.

Paperback 45 pp 990 289 \$1.95
 ISBN 978-0-9409-8542-1 GANESH & Co.

Upanishads: Gateways of Knowledge

Pandit, Sri M.P.



After a general overview of the Upanishads and the role they play in Indian philosophical development, Panditji provides detailed commentaries on some of the major Upanishads, such as the Isha, Kena, Taithtiriya, and Brihadaranyaka, following the lead of Sri Aurobindo and Sri T.V. Kapaly Sastry. One of the finest introductions to the Upanishads anywhere.

Paperback 259 pp 990 884 \$9.95
 ISBN 978-0-9415-2444-5 Lotus

Vedic Deities

Pandit, Sri M.P.

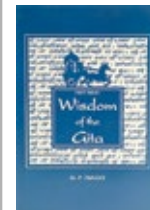


This text brings out the spiritual character of the Veda applying Sri Aurobindo's method of esoteric interpretation and following the lead of Sri T.V. Kapaly Sastry. The question arises of whether the gods of the Veda are simply nature elements deified by a primitive society, or are they essential divine powers and personalities of a Supreme Godhead in manifestation.

Paperback 129 pp 990 363 \$7.95
 ISBN 978-0-9415-2445-2 Lotus

Wisdom of the Gita, 1st Series

Pandit, Sri M.P.

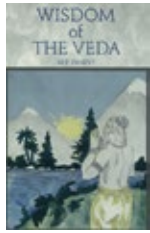


Key concepts in the Gita are set forth with a brief Sanskrit text, translation and a short commentary suitable as a subject for contemplation or meditation. This helps make the Gita "live" for the reader in a way that simple reading or commentary cannot do.

Paperback 128 pp 990 372 \$9.95
 ISBN 978-0-9415-2472-8 Lotus

Wisdom of the Veda

Pandit, Sri M.P.



There are many possible approaches to the Veda. Anyone who has struggled with the issues of spiritual development will appreciate the insight provided by the brief commentaries following each mantra. The Mantras, or sacred words, found in this volume have been selected from this spiritual angle. They show the way in which the Gods of the Veda participated in the life of man, the nature of the interchange and the law of their operations.

Paperback 102 pp 990 890 \$7.95
ISBN 978-0-9415-2455-1 Lotus

Yoga of Knowledge

Pandit, Sri M.P.



Western Civilization and culture have developed the analytical power of the mind to the extent that man can now dissect his universe and re-assemble it in various miraculous ways. In spite of this tremendous analytical power, man still feels separate and isolated from the inner secrets of the universe. We have knowledge of countless facts, but we do not have KNOWLEDGE.

Paperback 280 pp 990 135 \$7.95
ISBN 978-0-9415-2423-0 Lotus

Yoga of Love

Pandit, Sri M.P.

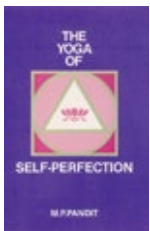


The Yoga of Love concerns itself with the union of the human soul with the Divine through emotion, the heart's movements of aspiration, longing and seeking, and the fulfillment of the divine relationship with the soul. This yoga is the fount from which the great saints have drawn their inspiration and strength.

Paperback 104 pp 990 110 \$3.95
ISBN 978-0-9415-2416-2 Lotus

Yoga of Self Perfection

Pandit, Sri M.P.

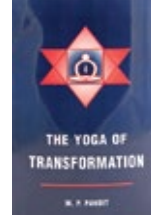


The Yoga of Self-Perfection brings to completion Panditji's systematic series of talks on Sri Aurobindo's *The Synthesis of Yoga*. The Yoga of Self-Perfection recognizes a Divine purpose in life and starts from the premise that the ultimate aim of life is not simply escape, but rather, to work out the divine perfection in manifestation.

Paperback 308 pp 990 115 \$7.95
ISBN 978-0-9415-2420-9 Lotus

Yoga of Transformation

Pandit, Sri M.P.



Based on Sri Aurobindo's letters on the subject, this book presents a detailed description of three broad movements of transformation, - the psychic, the spiritual and the supramental. The steps on the way, the practical difficulties and their resolution are elucidated in a simple and direct manner so characteristic of the author.

Paperback 134 pp 990 886 \$9.95
ISBN 978-8-1750-9010-1 Lotus

Yoga of Works

Pandit, Sri M.P.



The Yoga of Works is perhaps the first and most important aspect of yoga for seekers in the West to take up. It deals with the problem of life-- energy, action and direction, which confronts us all whenever we try to integrate our spiritual aspirations with the daily life around us and the need to "work" in the society and play a role in the vast undertakings of the Western world.

Paperback 186 pp 990 130 \$7.95
ISBN Lotus

Yoga set of 4 Volumes

Pandit, Sri M.P.



Contains: 1 ea of Yoga of Knowledge, Yoga of Love, Yoga of Self Perfection, Yoga of Works.

Paperback 877 pp 990 054 \$24.00
ISBN 978-0-9415-2495-7 Lotus

Price, Joan

Climbing The Spiritual Ladder

Price, Joan



Once we make the decision to follow the spiritual path, we may at first wander uncertainly and even lose sight of the way. Whatever doubts and misgivings we may have can't triumph over the inner power that has turned the current of our life. The aliveness that has been born can't be stifled. Yes, we will slip, make mistakes, fall away from the path, but these are only temporary sidesteps. The spiritual path has called and eventually we will find it again.

Paperback 208 pp 990 979 \$17.95
ISBN 978-0-9409-8589-6 Lotus

Purani, Sri A.B.

Life of Sri Aurobindo

Purani, Sri A.B.



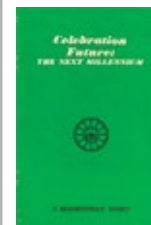
The Life of Sri Aurobindo from his family, childhood and education thru Pondicherry 1910-1950, and his relevance to human endeavor and evolution. And much more!

Paperback 440 pp 990 601 \$16.50
ISBN 978-8-1705-8080-5 SA ASHRAM

Reddy, Dr. V. Madhusudan

Celebration Future: The Next Millennium

Reddy, Dr. V. Madhusudan



A collection of essays and lectures including Celebration Future, A Shared Faith, The Next Millennium - India's Answer to History, and On The Frontiers of The Infinite

Paperback 81 pp 990 151 \$7.95
ISBN 978-0-9415-2497-1 AURODARSHAN

Meta-History

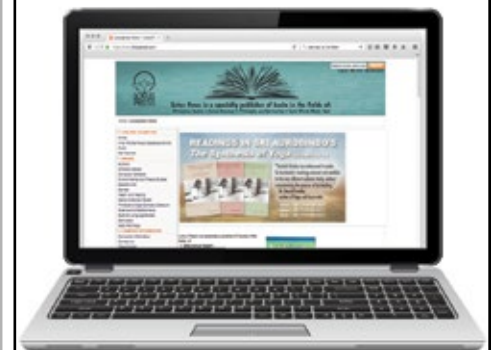
Reddy, Dr. V. Madhusudan



Unfoldment and Fulfillment of Human Destiny. For all those who are dedicated to Sri Aurobindo's Vision of the Future. These papers were submitted at seminars organized in India during the Birth Centenary Year of Sri Aurobindo.

Paperback 176 pp 990 152 \$8.95
ISBN 978-0-9415-2498-8 AURODARSHAN

See our newest titles by visiting
www.LotusPress.com



NEW FROM LOTUS PRESS

At the Feet of A Himalayan Master Volume 6

Future generations of disciples of the Himalayan Tradition will surely be captivated by the inspiring tales narrated by disciples of diverse backgrounds, education, profession and nationality, with the common thread of reverence and admiration for a loving, compassionate and accomplished Guru. By capturing the inspiring tales of direct experience in these volumes, we hope to eliminate the distortion and exaggeration that invariably creeps in over time in recounting the lives of great spiritual adepts. - From the Preface by Prakash Keshaviah

Prakash Keshaviah Item# 990680 ISBN: 978-8-1881-5785-3 \$21.95

Vedic Epiphany, Vol. 1: The Vedic Vision

Reddy, Dr. V. Madhusudan



In this exhaustive survey of the Vedic Experience the entire gamut of the journey of man in his ascension to the highest realm of Light in a seed cycle of human evolution is examined with the searchlight of reason. An exposition and celebration of the Inaugural Dawn in the light of Sri Aurobindo.

Paperback 414 pp 990 149 \$29.95
 ISBN 978-0-9415-2454-4 INSTITUTE OF HUMAN STUDY

Vedic Epiphany, Vol. 2: Vedic Action

Reddy, Dr. V. Madhusudan



"The Veda is the oldest scripture known to the world, and has been held in awesome reverence in India for several millennia... Sri Aurobindo is a modern Vidyaranya, a veritable master of those who know with a more-than-Aristotelian- range and comprehensiveness of intellectual gifts and achievements. His approach to the Veda has a self-certifying authenticity about it...It is in the light of Sri Aurobindo's intuitive interpretation of the content of the Veda that Sri Reddy sets forth the Vedic Epiphany." The Hindu

Paperback 572 pp 990 148 \$39.50
 ISBN 978-0-9415-2499-5 INSTITUTE OF HUMAN STUDY

Vedic Epiphany, Vol. 3: Vedic Fulfillment

Reddy, Dr. V. Madhusudan



The Vedas not only represent the foundations of Indian culture but are probably the oldest living scriptures in human history. Their power and magnificence can hardly be described in words, because they represent the inspired utterances of self-realized sages down through the centuries. This third volume in the series completes the commentary and leads to the climactic fulfillment of the Vedic seeking, the evolution of the awakened, spiritualized consciousness in man. Glossary.

Paperback 311 pp 990 147 \$29.95
 ISBN 978-0-9415-2431-5 INSTITUTE OF HUMAN STUDY

Sastry, Sri T. V. Kapaly

Devi Puja

Sastry, T.V. Kapali

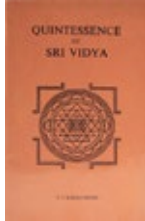


The worship of the Divine Goddess from a tantric perspective.

Paperback 30 pp 990 299 \$2.50
 ISBN 978-0-9409-8550-6 LOTUS

Quintessence of Sri Vidya

Sastry, T.V. Kapali



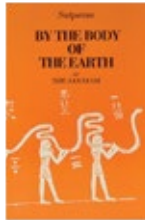
The Mahamanustava of Sri T.V. Sastry, with introduction, translation and notes by Shankaranarayanan. The deity adored through Sri Vidya is the Divine Mother. The practice is illuminated through the translation and commentary of this poem by someone who experienced the power of sadhana first-hand.

Paperback 59 pp 990 291 \$5.95
 ISBN 978-0-9409-8543-8 LOTUS

Satprem

By The Body Of The Earth

Satprem



The Sannyasi chronicles the voyages of the soul, which others call "reincarnations," a "perpetual story" unfolding in three cycles or three lives - three "islands" situated in "this country or another," seemingly in India, but Egypt, and Norway's frozen lakes, are also present. The protagonist, Nil, ever in search of "something else" - a new human condition on earth, free of the "Machine" and of the laus of the mind - has burned all the bridges to find it. He has given up all worldly pursuits to become mendicant sannyasi, emerging into a vaster, cosmic consciousness and new perceptions, ultimately to realize that he may have gained the freedom of the summits but has lost the earth.

Paperback 396 pp 991 718 \$15.95
 ISBN 978-0-9387-1008-0 INSTITUTE FOR EVOLUTIONARY RIGHTS

Life Without Death

Satprem



Change is already accomplished. There only remains to implement it fully, in broad daylight. The goal of this short book is to try to explain the specific condition of this change, how it can take place and is already taking place - and in what way it concerns every human being. Satprem, who continues their work, tells us that the roots of that new being are alive and well on this earth, and that they are steadily, inexorably growing, while the world goes about its usual business.. But in order for that new way of living life to develop fully, it must first confront and overcome the Eternal Enemy: death. For that new terrestrial life has this peculiarity that it is WITHOUT DEATH.

Paperback 192 pp 991 721 \$14.95
 ISBN 978-0-9387-1023-3 INSTITUTE FOR EVOLUTIONARY RIGHTS

Mother: Mutation of Death

Satprem



We are not at the end of a civilization but at the end of a cycle in the geological or paleontological sense. "Man is a transitional being," said Sri Aurobindo. This transition from the human species to another species is the question of our time. How does one make the transition to a new species? How does one build a new species? What is the nature of such a physiological transformation, and hence what is the nature of matter itself, on which and in which we appear to move in an inexorable round.

Paperback 312 pp 991 720 \$15.95
 ISBN 978-0-9387-1017-2 INSTITUTE FOR EVOLUTIONARY RIGHTS

Mother: The Divine Materialism

Satprem



Why did Sri Aurobindo leave his body? Why did Mother leave? Where are they, and what is happening? Is there perhaps already another "environment" here, on earth, trying to dig through our layers of mud and propel us by force into a new world?

Paperback 394 pp 991 722 \$15.95
 ISBN 978-0-9387-1022-6 INSTITUTE FOR EVOLUTIONARY RIGHTS

My Burning Heart

Satprem



In a series of conversations, Satprem relates his own life of adventure and search, his meeting with Sri Aurobindo and Mother and their profound, spiritual impact on his life's purpose. Includes Mother's transformational quest and the deeply relevant meaning of her discoveries for humanity.

Paperback 216 pp 991 723 \$14.95
 ISBN 978-0-9387-1015-8 INSTITUTE FOR EVOLUTIONARY RIGHTS

On the Way to Supermanhood

Satprem, Translator Luc Venet



What if man is a "transitional being," as Sri Aurobindo said long ago, only preparing the way for what is to come next? And perhaps we don't need any computers or mental acrobatics to prepare the next man. Perhaps we don't need any spiritual exercises or religions either. Perhaps BEING is enough. But being with a fire of truth in the heart, with a cry of need calling out to the truth of the earth, a cry of suffocation amid the senseless chaos of the present earth - a call for what we ARE behind the game of looks and the mental machinery which shackles us so cleverly. Perhaps a simple cry is enough.

Paperback 216 pp 991 719 \$15.95
 ISBN 978-0-9387-1011-0 INSTITUTE FOR EVOLUTIONARY RIGHTS

On the Way to Supermanhood

Satprem, Translator Marie Pontacq



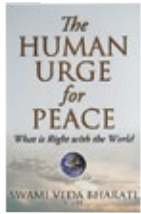
What if man is a "transitional being," as Sri Aurobindo said long ago, only preparing the way for what is to come next? And perhaps we don't need any computers or mental acrobatics to prepare the next man. Perhaps we don't need any spiritual exercises or religions either. Perhaps BEING is enough. But being with a fire of truth in the heart, with a cry of need callin gout to the truth of the earth, a cry of suffocation amid the senseless chaos of the present earth - a call for what we ARE behind the game of looks and the mental machinery which shackles us so cleverly. Perhaps a simple cry is enough.

Paperback 200 pp 991 724 \$15.95
 ISBN 978-8-1851-3786-5 INSTITUTE FOR EVOLUTIONARY RIGHTS

Swami Veda Bharati

The Human Urge for Peace

Bharati, Swami Veda



In this book Swami Veda Bharati has integrated inner peace with world peace and universal peace - a rare combination. This is one of those rare life changing books, simple, clear, inspiring and profound. - Satish Kumar, Editor of Resurgence

Paperback 200 pp 990 659 \$19.95
 ISBN 978-0-9835-9928-9 AHYMSA

Learn to Meditate: First Steps Towards Peace

Bharati, Swami Veda



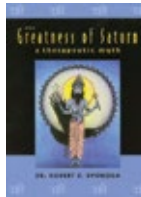
The practice of Yoga is a life long journey. Having begun the process with asanas, as practitioners you may wish to deepen your knowledge on this path. This meditation CD package is specially designed to take you within to give an insight into the subtler aspects of Yoga. The guided meditation instructions by Swami Veda Bharati, disciple of Swami Rama of the Himalayas, will lead the listener to experience an inner state of stillness, silence and serenity. This contains a 20 page booklet and 30 minute cd.

Hardcover 20 pp 990 551 \$14.95
 ISBN 978-0-9835-9920-3 AHYMSA

Svoboda, Dr. Robert

Greatness of Saturn: A Therapeutic Myth

Svoboda, Dr. Robert



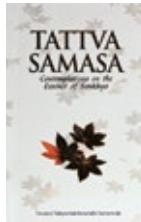
The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity.

Paperback 304 pp 990 907 \$14.95
 ISBN 978-0-9409-8562-9 LOTUS

Swami Nityamuktananda Saraswati

Tattva Samasa

Saraswati, Swami Nityamuktananda



Today, Yoga is practiced on many levels and has, in many respects, become disconnected from its basic philosophical roots. This commentary by Swami Nityamuktananda is meant to raise awareness and allow the growth of a deeper wisdom in all who are serious students of Yoga and Sankhya.

Paperback 256 pp 990 594 \$16.95
 ISBN 978-0-9835-9925-8 AHYMSA

Swami Rama

At the Feet of a Himalayan Master Volume 1 Remembering Swami Rama

Editor: Keshaviah, Prakash

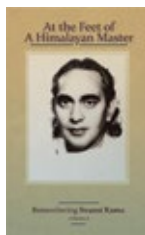


Swami Rama of the Himalayas was one of the most influential spiritual teachers of the 20th century, helping launch the holistic health movement and spurring a surge of interest in yoga and meditation. Here two of Swami Rama's closest students describe their experiences with this legendary master. Inspiring, entertaining, and often genuinely astonishing, this marvelous account offers a glimpse of a modern sage at work and at play.

Paperback 344 pp 990 539 \$16.98
 ISBN 978-8-1881-5762-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

At the Feet of a Himalayan Master Volume 2 Remembering Swami Rama

Editor: Keshaviah, Prakash

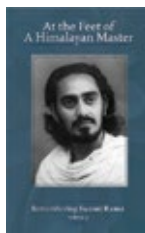


At the feet of a Himalayan Master unfolds the secrets of personal sadhana and direct contact with a great guru that are rare to find in any published literature, and with contemporary and western disciples facing the modern world and all of its limitations. The book helps us understand the many facets and the real nature of genuine spiritual practice in the Himalayan tradition and how it can transform the mind and heart.

Paperback 304 pp 990 544 \$18.98
 ISBN 978-8-1881-5766-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

At the Feet of a Himalayan Master Volume 3 Remembering Swami Rama

Editor: Keshaviah, Prakash

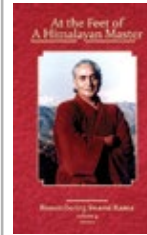


This volume has five contributors, of diverse nationalities and backgrounds, but who share a common bond of great reverence and love for the Himalayan master, Swami Rama. They approached him at different times, for different reasons and with different aspirations. Despite these differences in age, background, temperament and nationality, they found in Swami Rama a true friend, profound philosopher and compassionate guide. The differences in the narrators and their narratives serve an important purpose - the opportunity to view Swami Rama from many different perspectives from which one can try to construct for oneself a composite portrait of Swami Rama, the multi-faceted phenomenon who graced our lives. - From the Preface by Dr. Prakash Keshaviah, Editor of the series

Paperback 208 pp 990 595 \$18.98
 ISBN 978-8-1881-5769-3 HIMALAYAN INSTITUTE HOSPITAL TRUST

At the Feet of a Himalayan Master Volume 4 Remembering Swami Rama

Editor: Keshaviah, Prakash



The narrators in this volume include a Navy veteran turned computer programmer analyst, a dutiful housewife bored by her humdrum life, a young schoolboy eager to learn yoga and a purposeless college graduate with an unhealthy lifestyle.

Paperback 376 pp 990 661 \$24.95
 ISBN 978-8-1881-5772-3 HIMALAYAN INSTITUTE HOSPITAL TRUST

At the Feet of a Himalayan Master Volume 5 Remembering Swami Rama

Editor: Keshaviah, Prakash

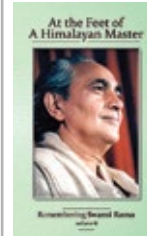


"In these short narratives my fellow seekers write eloquently about their personal relationships and experiences with Swami Rama, generously sharing stories about their lives and aspirations, their struggles and inspirations. Through these memoirs we learn not only how Swami Rama individually guided these students but also how we all can live better lives. We learn that yoga meditation is not just a physical practice or an abstract philosophical tradition but a living, breathing, practical path that influences everything we do." - Excerpted from the Foreword by Wesley Van Linda

Paperback 224 pp 990 672 \$19.95
 ISBN 978-8-1881-5779-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

At the Feet of a Himalayan Master Volume 6 Remembering Swami Rama

Editor: Keshaviah, Prakash

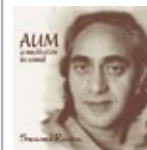


Truth has been Truth since the beginning of times, and Gurudev Swami Rama is timeless. His persona and physical presence during my lifetime and all of those lives he touched was a gift beyond any treasure. Each person's experience with Gurudev was unique, fitting perfectly to that individual's spiritual, psychological and physical growth. Each story in this volume testifies to the brilliance of Gurudev's insight into human nature and the selflessness of his service to each individual. Gurudev was the embodiment of Truth. What is that Truth? In Gurudev's own words "The most ancient traveler in the world is love, which travels from eternity to eternity." He showed us that we are truly that Love. Could there be any greater lesson than that? - From the Foreword by Phil Nuernberger

Paperback 288 pp 990 680 \$21.95
 ISBN 978-8-1881-5785-3 HIMALAYAN INSTITUTE HOSPITAL TRUST

AUM: a Meditation in Sound

Swami Rama

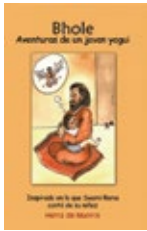


Recorded in an ancient shiva temple on the banks of the Ganges in Northern India, Swami Rama chants AUM as the temple bells sympathetically resonate and the entire temple vibrates and reverberates with this cosmic sound, radiating peace and harmony throughout the universe.

CD 37 min 990 071 \$14.95
 ISBN 978-8-1881-5708-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

Bhole Aventuras de un Joven Yogui

Munnik, Hema de



Esta es la historia de un niño llamado Bhole que nació en una aldea remota en las montañas del Himalaya en el norte de la India. Bhole fue adoptado por un gran santo y desde los 3 años se crió en una cueva monasterio. Le encantaba hacer travesuras a los monjes cuando estaban meditando y su conducta rebelde a menudo alteraba el pacífico y silencioso ambiente de la cueva. Unos años después le enviaron al colegio de su aldea donde compartió aventuras con su perro Bhaiya y con su amigo Arjun. Durante las vacaciones escolares conoció a diversos yoghis, santones y sabios que le dejaban asombrado con sus poderes sobrenaturales. Él quería convertirse en un yoghi, pero para que eso pudiese ocurrir antes tenía que eliminar diversos obstáculos y superar muchas dificultades.

Paperback 352 pp 992 088 \$18.95
 ISBN 978-8-1881-5744-0 HIMALAYAN INSTITUTE HOSPITAL TRUST

Bhole Prabhu Sings

Swami Rama

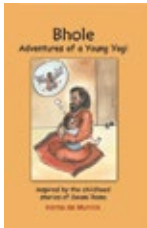


Swami Rama was known as Bhole Prabhu. He was an accomplished musician who loved to sing. The first song on this recording, Guru Vandana, is the piece Swamiji sang on All India Radio. All of India wept when they heard it. We are pleased to release these very rare early recordings of Bhole Prabhu and the later pieces of Swami Rama in this edition.

AUDIO CD 62 min 990 072 \$14.95
 ISBN 978-8-1881-5710-5 HIMALAYAN INSTITUTE HOSPITAL TRUST

Bhole/Adventures Of A Young Yogi

Munnik, Hema de



This is the story of a boy named Bhole who was born in a remote village in the Himalayan Mountains of Northern India. Bhole was adopted by a great saint and raised in a cave monastery from the age of three. After a few years he was sent to school in his village, where he shared adventures with his dog Bhaiya, and with his friend Arjun. During his holidays he met with many yogis, saints and sages who amazed him with their supernatural powers. He wanted to become a yogi, but before this could happen he needed to remove many obstacles and had to overcome many difficulties.

Paperback 352 pp 990 977 \$18.95
 ISBN 978-8-1881-5737-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

Conscious Living 5-CD Audiobook

Swami Rama



Swami Rama succinctly sums up the method of conscious living that leads to personal transformation. He deftly addresses the many problems of modern life and offers solutions in simple and practical terms. These lectures were recorded live in Singapore, 1991-1992. 5-CD Audiobook.

AUDIO CD 264 min 990 070 \$29.95
 ISBN 978-8-1881-5718-1 HIMALAYAN INSTITUTE HOSPITAL TRUST

Conscious Living: A Guidebook for Spiritual Transformation

Swami Rama

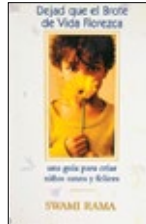


This is a practical book for people living in the world. The word "practical" implies that the teaching can be practiced in the world, in the midst of family, career and social obligations. No prior preparation is required for reading this book, and after reading this book, no further teaching is required. If one were to sincerely practice the teachings presented by Sri Swami Rama in this book, one will surely achieve the goal of self-realization, a state described by Swamiji as the summum bonum of life, a state of bliss, a state of perfection.

Paperback 162 pp 990 061 \$12.95
 ISBN 978-8-1881-5703-7 HIMALAYAN INSTITUTE HOSPITAL TRUST

Dejad que el Brote de Vida Florezca

Swami Rama



Dejad que el Brote de Vida Florezca: Una guía para criar niños sanos y felices "Si los padres dieran total atención a sus hijos en su primera infancia, les cuidasen con amor y les dejasen crecer según sus tendencias innatas, en nuestra sociedad habría muchos seres geniales y creativos, seres con capacidad para amar, compartir y dars cuenta de la realidad de la coexistencia - la filosofía de "vive y deja vivir" --. Si transmitimos esta filosofía a nuestros hijos, oiran el sonido de la paz y Habra paz de verdad, aquí, allí y en todas partes."

Paperback 104 pp 992 085 \$12.95
 ISBN 978-8-1881-5720-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

Essence of Spiritual Life: A Companion Guide for the Seeker

Swami Rama

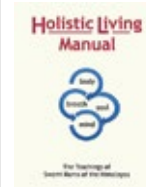


This concise collection of Swami Rama's teachings serves as a practical guide for the spiritual seeker. Spiritual practice leads the seeker towards inner experiences of divinity that further one towards attaining the goal of life. Swami Rama, yogi, scientist, philosopher and humanitarian, was deeply steeped in the spiritual traditions of the Himalayan sages. He was a free thinker, guided by direct experience and inner wisdom. His teachings are universal and nonsectarian, providing a bridge between the East and the West.

Paperback 136 pp 990 063 \$12.95
 ISBN 978-8-1901-0049-6 HIMALAYAN INSTITUTE HOSPITAL TRUST

Holistic Living Manual: The Teachings of Swami Rama of the Himalayas

Keshaviah, Prakash



The word "holistic" comes from the Greek root "holos," which means whole, total, entire. Holistic means to understand the entire human being. In holistic health, the entire human being is considered, paying attention to the interaction and integration of the biological and physiological (body and breath), psychological (conscious and unconscious mind) and philosophical (soul) dimensions. The emphasis is on treating the whole patient and not just the symptoms of disease. Man has to realize that he is not a body alone. He is a breathing being and a thinking being with complex emotions, appetites and desires. To maintain good health, the following guidelines must be considered: Nourish and exercise the physical body Make the breath deep, smooth, even and continuous Discipline the senses Quieten the mind Calm the emotions Cultivate contentment Discover the inner being, the soul or center of consciousness The purpose of life is to be happy and free from pains, fears and miseries. This can be achieved by practicing a self-training program as set forth in this manual.

Spiral 128 pp 990 694 \$18.95
 ISBN 978-8-1881-5771-6 HIMALAYAN INSTITUTE HOSPITAL TRUST

La Esencia De La Vida Espiritual

Swami Rama



"El camino de la meditacion y de la espiritualidad no significa retirarse del mundo por frustracion o por miedo, sino que es un proceso habil para aprender a estar en el mundo pero por encima del mundo. Se puede vivir en el mundo y sin embargo ser espiritual. No necesitas renunciar al mundo." La coleccion concisa de las enseñanzas de Swami Rama sirve de guia practica para el que busca la espiritualidad. La practica espiritual lleva al aspirante hacia experiencias interiores de divinidad que le permiten alcanzar la meta de la vida.

Paperback 152 pp 992 080 \$12.95
 ISBN 978-8-1881-5707-5 HIMALAYAN INSTITUTE HOSPITAL TRUST

Let the Bud of Life Bloom: A Guide to Raising Happy and Healthy Children

Swami Rama



In Let the Bud of Life Bloom, Swami Rama provides relevant, practical insights into forming the basis of a happy life through a happy childhood. Through blending the best of our ancient values with new inventions, children can be raised to grow into healthy, creative adults.

Paperback 102 pp 990 062 \$12.95
 ISBN 978-8-1881-5704-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

Master Speaks: Inspired Sayings of Sri Swami Rama

Swami Rama

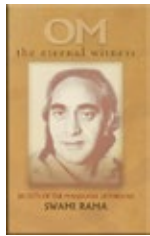


A daily guide and reminder of who we are, where we have come from and what our purpose in life is. The calendar includes 366 exquisite full color photographs that echo the divine nature of Swamiji's inspiring sayings gathered from his many books and lectures. Convenient, portable size and self standing spiral frame to fit easily on your desktop or table.

Paperback 370 pp 990 538 \$19.95
ISBN 978-8-1881-5746-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

Om the Eternal Witness: Secrets of the Mandukya Upanishad

Swami Rama

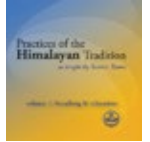


The Upanishads are called shruti, revelations. Mandukya Upanishad, though the shortest of all Upanishads, is a revered, profound Upanishad that teaches us about four states of consciousness: the waking, dreaming and sleeping states and Turiya, the fourth state, beyond the first three. In this Upanishad, there is a unique combination of psychology and profound philosophy, a clear exposition of the four states of consciousness.

Paperback 224 pp 990 506 \$14.95
ISBN 978-8-1881-5743-3 HIMALAYAN INSTITUTE HOSPITAL TRUST

Practices of Himalayan Tradition CD

Swami Rama

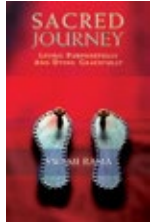


This is volume 1 of an audio CD series which will guide you through some of the basic practices of the Himalayan tradition as taught by H.H. Swami Rama of the Himalayas.

CD 57 min 990 085 \$9.98
ISBN 978-8-1881-5770-9 HIMALAYAN INSTITUTE HOSPITAL TRUST

Sacred Journey: Living Purposefully and Dying Gracefully

Swami Rama

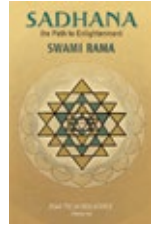


"To understand death, a person must try to understand the purpose of life and the relationship between life and death. When life and death are accepted as having real meaning and purpose, and death is understood and accepted as part of the human journey, then the fear of death disappears and life can be lived fully. This book is about the relationship between life and death, and the 'how and why' of organizing one's life in a way that leads to expansion and growth, and that is helpful in preparing for the transition we call death."

Paperback 136 pp 990 060 \$12.95
ISBN 978-8-1881-5700-6 HIMALAYAN INSTITUTE HOSPITAL TRUST

Sadhana: The Path to Enlightenment, Yoga and the Sacred Science Vol 2

Swami Rama



The focus of the second volume of Yoga the Sacred Science is sadhana, spiritual practice. In this volume Swami Rama reminds us that we are here in this world because we have a purpose to fulfill. That purpose is enlightenment, a state of awareness of the Self, the one Absolute beneath all forms and names. The height of enlightenment is the realization that God is within. The path to enlightenment is sadhana. Based on personal experience, Swami Rama leads us through a systematic step-by-step description of how to tread the path to enlightenment. True sadhana is a silent experience.

Paperback 300 pp 990 552 \$18.98
ISBN 978-8-1881-5768-6 HIMALAYAN INSTITUTE HOSPITAL TRUST

Samadhi/Estado Mas Elevado Sabuduria

Swami Rama



"El dia en que alcanceis el estado de Samadhi no dejareis tan solo de identificaros con los objetos del mundo, sino que ademas os establecereis en vuestra Naturaleza Esencial. Os convertireis en yoguis. Vuestros pensamientos, palabras y obras estaran bajo la guia de la Consciencia pura y dejareis de cometer errores. No danareis ni perjudicareis a nadie de ninguna forma. Os volvereis mas creativos dinamicos, desprendidos y entendereis el sentido de la vida. Una vez que hayais alcanzado el estado mas elevado de quietud, ya no os podra afectar ninguna perturbacion ni circunstancia del mundo." Yoga la Ciencia Sagrada aporta vida a los Yoga Sutras de Patanjali de una forma muy particular y muy util. La descripcion que Swami Rama hace de la totalidad de la mente, sus funciones y emociones, va mucho mas alla de los conceptos de la psicologia moderna y hace de este libro algo muy valioso, desde el punto de vista terapeutico y tambien como guia practica para vivir con salud y equilibrio.

Paperback 241 pp 992 087 \$16.95
ISBN 978-8-1881-5740-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

Samadhi: The Highest State of Wisdom: Yoga the Sacred Science

Swami Rama



The contents of this book have been taken from Swami Rama's lecture courses on Yoga Sutras. Swamiji's description of the totality of the mind, the functions of the mind, and the emotions, goes far beyond the concepts of modern psychology, and provides insight into the intricacies of yoga psychology, making this an invaluable edition from the therapeutic viewpoint as well as its practicality as a guide for living a healthy, balanced life.

Paperback 256 pp 990 059 \$14.95
ISBN 978-8-1881-5701-3 HIMALAYAN INSTITUTE HOSPITAL TRUST

Swami Rama Himalayan Master 25-Minute DVD

Swami Rama



"Swami Rama Himalayan Master" is the extraordinary story of a man who could control the uncontrollable, a man of many facets and roles, but above all, a man of indomitable faith in the divine nature of humanity.

dvd 25 min 992 796 \$12.95
ISBN 978-8-1881-5732-7 HIMALAYAN INSTITUTE HOSPITAL TRUST

Viaje Sagrado: Vivir Con Proposito Y Morir Sin Miedo

Swami Rama



"Para entender la muerte, un ser humano ha de intentar entender el proposito de la vida y la relacion entre la vida y la muerte. Ambas son afines, cada una le proporciona un contexto a la otra. La muerte no es un periodo sino tan solo una pausa en un largo viaje. Cuando se acepta que la vida y la muerte tienen un verdadero sentido y un proposito, y cuando se entiende y se acepta la muerte como parte del viaje humano, entonces el miedo a la muerte desaparece y se puede vivir la vida plenamente." Este libro trata de la relacion entre la vida y la muerte, del "como y porque" organizar la propia vida de una manera que conduzca a la expansion, al crecimiento, y que sea util para prepararse hacia la transicion que se llama muerte.

Paperback 144 pp 992 081 \$12.95
ISBN 978-8-1881-5706-8 HIMALAYAN INSTITUTE HOSPITAL TRUST

Vivir Consciente: Una Guia para la Transformacion Espiritual

Swami Rama



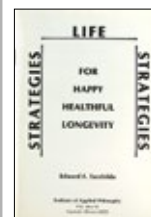
Este es un libro practico, para la gente que vive en el mundo. La palabra "practico" implica que la Ensenanza puede ser puesta en practica en la vida diaria, en medio de las obligaciones familiares, laborales y sociales. Su lectura no requiere ninguna preparacion previa y despues de leerlo no se requiere mas ensenanza. Si se practica con sinceridad lo que Swami Rama dice, se puede llegar a la auto-Realizacion, un estado que Swamiji describe como el summum bonum de la vida, un estado de bienaventuranza y de perfeccion.

Paperback 164 pp 992 084 \$12.95
ISBN 978-8-1881-5733-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

Tarabilda, Edward

Life Strategies I - For Happy Healthful Longevity

Tarabilda, Edward



Longevity is a priceless gift which, at least in part, must be earned. If you want a longer, happier life, you must devote sufficient time to this goal. The wise will invest in this knowledge now. Carry this little booklet with you. Glance at it during free moments for inspiration and guidance; or take it on retreat in the woods. It's designed for those brief spare moments in the life of the busy working-person.

Paperback 157 pp 990 910 \$6.95
ISBN INSTITUTE OF APPLIED PHILOSOPHY

Life Strategies II - How to Interact with Society

Tarabilda, Edward



This book is a reference work based on the author's educational experience. The information contained herein is in no way to be considered a substitute for consultation with a duly licensed physician.

Paperback 160 pp 990 915 \$6.95
 ISBN INSTITUTE OF APPLIED PHILOSOPHY

Life Strategies IV - Vedic Astrology & Creative Play

Tarabilda, Edward

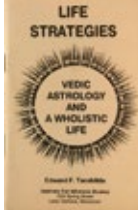


Book four, *Life Strategies: Vedic Astrology and Creative play*, shows the basic, fundamental significance of signs and houses as processes of energy and form which are aspects of the light of consciousness itself.

Paperback 126 pp 990 921 \$6.95
 ISBN 978-0-4934-7022-1 INSTITUTE OF APPLIED PHILOSOPHY

Life Strategies V - Vedic Astrology & Wholistic Life

Tarabilda, Edward



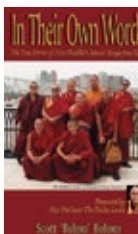
Those who read my third book, *Life Strategies: Spiritual Developments Through Vedic Astrology* have encouraged publication of another book which gives comprehensive and clear insights into the nature of the zodiacal signs, houses, and constellations. Here it is!

Paperback 139 pp 990 922 \$6.95
 ISBN 978-9-9936-3272-6 INSTITUTE FOR WHOLISTIC STUDIES

Tibetan

In Their Own Words

Belmer, Scott 'Belmo'

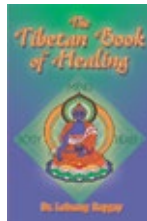


These are the true stories of nine Buddhist monks - of life in Tibet under Communist rule, their amazing and often miraculous journey across the vast mountain range of the Himalayas to freedom and exile in India, of the day-to-day work and study at the Drepung Gomang Monastery, and their eye opening views of American culture. Most importantly, this book illustrates the resilience of the human spirit under the most trying circumstances powered by faith, compassion, hope and love. Features an 8 page color photo insert.

Paperback 152 pp 990 978 \$17.95
 ISBN 978-0-9409-8590-2 LOTUS

Tibetan Book of Healing

Rapgay, Lopsang Dr.

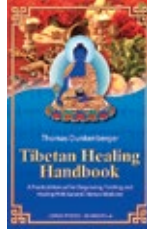


Dr. Lopsang Rapgay is one of the foremost Tibetan doctors in the world today and is also a psychologist. "The Tibetan Book of Healing contains many helpful practices, going into diet, herbs and meditation and providing a number of methods and techniques to follow for self-healing purposes. It contains a wealth of information that will make the book a constant companion for those really seeking to improve their state of well-being." Dr. David Frawley, author of *Ayurvedic Healing: A Comprehensive Guide*.

Paperback 201 pp 990 856 \$12.95
 ISBN 978-0-9102-6140-1

Tibetan Healing Handbook

Dunkenberger, Thomas



This book will inform you about the essential correlations and approaches taken by the Tibetan science of healing. It describes the entire spectrum of application possibilities for those who want to study Tibetan medicine and use it for treatment purposes. At the same time, it provides information about holistic remedies so that interested readers can take action to restore their inner harmony and health.

Paperback 240 pp 990 957 \$15.95
 ISBN 978-0-9149-5566-5 WINDPFEED

Tiwari, Maya

Love! A Daily Oracle for Healing

Tiwari, Maya



This is an invaluable handbook for nourishing the heart. It is a poetic reminder of the healing power of love and a beautiful response to the heart looking for guidance. When in doubt of your innate ability to love, or when in need of some comfort or a gentle reminder, open these divine leaves and let them speak to you. Allow the powerful energy of divination and prayer to guide you, help you shift your thinking, ease your pain, wipe your tears, and serve as a gentle balm to the spirit.

Paperback 236 pp 990 588 \$45.00
 ISBN 978-0-9793-2793-3 MOTHER OM MEDIA

Tyberg, Judith M.

First Lessons in Sanskrit Grammar and Reading

Tyberg, Judith M.



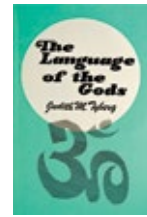
An excellent and thorough introduction to Sanskrit grammar, with the western student in mind and using readings from the principal spiritual texts of India. This book is offered to all lovers of Sanskrit who wish to delve into the richness and spiritual profundity of the ancient scriptures of India, without being too lost in the grammatical difficulties of the language.

Hardcover 262 hb 990 534 \$18.95
 ISBN 978-0-9307-3602-6 EAST WEST CENTER

Paperback 262 pp 990 533 \$13.95
 ISBN 978-0-9307-3601-9 EAST WEST CENTER

Language of the Gods, The

Tyberg, Judith M.



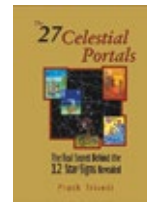
The latest book of Dr. Judith M. Tyberg, Founder-President of the East-West Cultural Center of Los Angeles, noted Sanskrit scholar and teacher, graduate of Benares Hindu University, and one of the West's leading authorities on Sanskrit and Eastern Philosophy and its interpretation. This beautifully printed 300 page book contains the explanation of some 2000 Sanskrit spiritual, philosophical and religious terms of the wisdom scriptures of ancient and modern India.

Paperback 328 pp 990 529 \$18.95
 ISBN 978-0-9307-3600-2 EAST WEST CENTER

Vedic Astrology

27 Celestial Portals

Trivedi, Prash



It is common knowledge that the 12 star-signs map the sky and set the stage for the drama of life. This book expands this awareness manifold by revealing that it is the 27 constellations, and not the 12 signs, which truly map the ecliptic and provide the celestial backdrop for affairs on earth. Instead of taking away from the widely recognized meanings and significations of the 12 signs, they enrich them with a whole new depth of perspective and interpretation.

Paperback 471 pp 990 878 \$27.99
 ISBN 978-0-9409-8584-1 LOTUS

Astrology of the Seers

Frawley, David

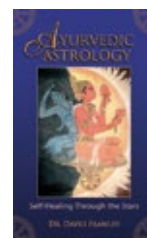


Vedic Astrology, also called Jyotish, is the traditional astrology of India and its profound spiritual culture. It possesses a precise predictive value as well as a deep interpretation of the movement of life, unfolding the secrets of karma and destiny. *Astrology of the Seers*, first published in 1990, is regarded as one of the classic modern books on Vedic astrology, covering all the main aspects of its philosophy, background and practice. The present edition has been thoroughly revised and updated.

Paperback 304 pp 990 142 \$17.95
 ISBN 978-0-9149-5589-4 LOTUS

Ayurvedic Astrology: Self-Healing Through the Stars

Frawley, David

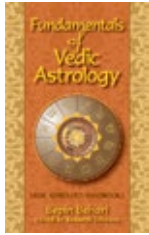


Ayurvedic Medicine represents the healing branch of yogic science, while Vedic astrology provides its understanding of time and karma. Ayurvedic astrology teaches the interface of these two extraordinary systems in the Vedic astrology of healing. The book explains how the different mind-body and planetary types of the two systems interrelate. It examines disease factors from an astrological perspective and goes in depth into astrological remedial measures, particularly gem therapy. It also contains many notable example charts.

Paperback 288 pp 990 976 \$19.95
 ISBN 978-0-9409-8588-9 LOTUS

Fundamentals of Vedic Astrology: Vedic Astrologer's Handbook Vol. I

Behari, Bepin

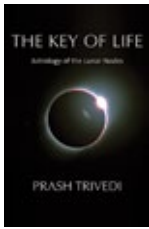


This book introduces the concepts and operations of Vedic Astrology. It presents the component's of the astrologer's art- the planets, signs, houses and lunar mansions. The author goes into the rules that determine planetary strength, the construction of the divisional charts and the principal combinations, and much more.

Paperback 280 pp 990 963 \$14.95
 ISBN 978-0-9409-8552-0 LOTUS

Key of Life: Astrology of the Lunar Nodes

Trivedi, Prash



Dr. David Frawley, the well known Vedic scholar, writes of Mr. Trivedi - "India's most insightful young astrologer offers what is probably the longest, most researched and most original book on the Lunar Nodes published in modern times. This book is worthy of serious examination by all students of Astrology and all those interested in the great mysteries of life, death, karma and transformation."

Paperback 415 pp 990 057 \$23.95
 ISBN 978-0-9409-8533-9 LOTUS

Light on Life: An Introduction to the Astrology of India

de Fouw, Hart & Svoboda, Dr. Robert

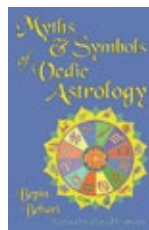


Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. Formerly a closed book to the West, the subject has now been clarified and explained by Hart de Fouw and Dr. Robert Svoboda, two experts and long-term practitioners. In Light on Life they have created a complete and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology.

Paperback 464 pp 990 876 \$19.95
 ISBN 978-0-9409-8569-8 LOTUS

Myths & Symbols of Vedic Astrology

Behari, Bepin

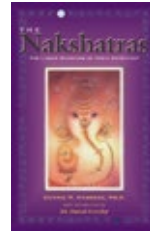


Vedic Astrology has a wealth of myths and symbols, some in common with Western Astrology. Many of the secrets of life and consciousness can be discovered through them. Students of mythology will also find it helpful in unlocking the astrological keys to the great archetypes of the psyche. This book also explores the Nakshatras, the 27 lunar mansions, a unique aspect of the Vedic system of astrology.

Paperback 280 pp 990 962 \$14.95
 ISBN 978-0-9409-8551-3 LOTUS

Nakshatras

Harness Ph.D., Dennis

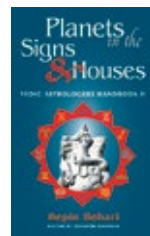


This book shows you how to access the wisdom of the Nakshatras in your personal life and for society. Through it the modern reader can understand the energies of their stars and learn how to utilize these to bring their lives into harmony with the great forces of the universe. This book is must reading not only for any students of astrology but for anyone interested in self-development or spiritual growth.

Paperback 216 pp 990 174 \$15.95
 ISBN 978-0-9149-5583-2 LOTUS

Planets in the Signs and Houses: Vedic Astrologer's Handbook Vol. II

Behari, Bepin



This book follows up on the foundation provided in Fundamentals of Vedic Astrology and delves into questions such as impulses likely to be generated by the planets in different signs and houses of the natal chart. The author makes this subject eminently readable and cuts through the obscurity of the centuries to present a clear and effective science with a deep psychological background and underpinning.

Paperback 256 pp 990 964 \$14.95
 ISBN 978-0-9409-8553-7 LOTUS

Vedic and Western Astrology - An Integrated Framework

Gujral, Ashish



Vedic and Western Astrology - An Integrated Framework is an endeavor to synthesize the collective Astrological wisdom of the East and the West. It is intriguing to discover how these two seemingly different systems are essentially interrelated on many levels. The book is a first of its kind that demonstrates and builds on this synergy by integrating the key Astrological principles laid out by the East and the West.

Paperback 520 pp 990 654 \$24.95
 ISBN 978-1-6086-9152-4 GUJRAL

Huchzermeyer, Wilfried

Mother: A Short Biography

Wilfried



The Mother's life, from her birth and childhood. Diary notes and her meeting with Sri Aurobindo. The four aspects of the Mother. A look into The International Centre of Education. A Short Biography of the Mother.

Paperback 104 pp 990 625 \$3.95
 ISBN 978-8-1706-0015-2 SRI AUROBINDO SOCIETY

Windows 95+/mac os Software

Sri Aurobindo Selected Writings Software

Aurobindo, Sri



Software for Windows 9x or higher or Macintosh system 7.1 or higher. Software includes extensive searching, bookmarking and compilation capacities. Included titles are: The Life Divine, The Synthesis of Yoga, Essays on the Gita, Savitri: A Legend and A Symbol, Essays Divine and Human, Essays in Philosophy and Yoga, The Secret of the Veda, The Upanishads, Letters on Yoga, The Human Cycle, The Ideal of Human Unity, War and Self-Determination, The Renaissance in India (formerly Foundations of Indian Culture), Sri Aurobindo: A Life-Sketch.

CD 990 097 \$29.95
 ISBN 978-0-9149-5588-7 SA ASHRAM

Yoga

Doorways to Awakening

Tarabilda, Edward & Hawthorne, Orion



What is your unique path to Self Realization, to Awakening? Each path is related to a planetary archetype. Is your primary Doorway to Awakening related to: the Moon - the path of Devotion, Bhakti Venus - the path of the Senses, Raj Yoga Saturn - the path of the Body, Hatha Yoga Mars - the path of the Will, Shakti Kundalini Mercury - the path of the Intellect, Gyan Yoga Jupiter - the path of Selfless Service, Karma Yoga Rahu / Ketu - the path of the Iconoclastic Rebel, Tantra the Sun - some of each of the above, Surya Yoga Doorways to Awakening is a practical guide which elucidates the key elements of each of these eight paths, and how best to maximize your progress in your destined expansion of consciousness and spiritual development.

Paperback 190 pp 990 691 \$19.99
 ISBN 978-0-9406-7642-8 LOTUS

Yoga Nidra: The Art of Transformational Sleep

Desai, Kamini

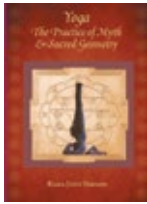


Yoga Nidra is the master key to initiating shifts in conscious sleep states where change happens outside of doing. In Yoga Nidra you enter a state of non-doing in which transformation happens from beyond the mind rather than through the mind. In this highly regenerative meditative state you can restore and rejuvenate your body, heal and recover from illness and re-wire your brain for greater mental and emotional balance and resiliency. This comprehensive guidebook explores the core of Yogic philosophy and modern applications of Yoga Nidra backed by scientific research - affirming what Yogis have known for thousands of years. You will receive instruction on the practice of Yoga Nidra and the use of intention. You will discover how unconscious thinking patterns and resulting biochemical states contribute to ill health, stress, insomnia, depression, anxiety, bad habits, trauma and addictions and most importantly, how to neutralize them with the Six Tools of Yoga Nidra.

Paperback 408 pp 990 693 \$22.95
 ISBN 978-0-9406-7639-8 LOTUS

Yoga: The Practice of Myth and Sacred Geometry

Vernon, Rama Jyoti



In Yoga: The Practice of Myth and Sacred Geometry, master teacher Rama Jyoti Vernon shares techniques and knowledge suitable for all levels, from beginners to experienced students and teachers ready to explore the deeper aspects of this ancient system. Discover Rama's unique approach to the breath, a deeply therapeutic method that places the practitioner in a space of being rather than doing. Explore the hidden meanings behind yoga postures, along with their physiological, psychological, and spiritual effects. Learn how the fruits of this deep practice can inform personal choices and relationships.

Paperback 255 pp 990 669 \$18.95
 ISBN 978-0-9406-7626-8

SCIENCE AND MATHEMATICS

Talbott, Dr. George Robert

A Twelfth Dynasty Egyptian Papyrus

Talbott, Dr. George Robert



Illustrated by Phillip Heath Wood and Milt Adam. This is a paper on ancient Egyptian mathematics. The geometry of pyramids is thoroughly discussed, an original translation of a section of the Moscow Papyrus is given, and the structure of the earlier Pyramid of Khufu (The "Great Pyramid") is shown. In particular, it is conclusively demonstrated that the ancient Egyptians had a more than elementary understanding of quantitative science. This paper was given to Sigma Xi of Orange County in May, 2001.

Stapled 37 pp 992 066 \$20.00
 ISBN 978-0-9409-8527-8

Derivatives in Cardinal Arithmetic

Talbott, Dr. George Robert



Lively interest was generated by Talbott's book, FERMAT'S LAST THEOREM, since he provided substantial evidence that Fermat could indeed have had a good proof before he died in 1665. Readers have suggested that a more formal statement of the proof be given, and this suggestion has been followed in DERIVATIVES IN CARDINAL ARITHMETIC. Talbott's book is sound, but this new paper makes the logic specially clear, and is a suitable conclusion to a long standing mathematical mystery.

Stapled 17 pp 992 071 \$10.00
 ISBN 978-0-9409-8532-2

Electronic Thermodynamics

Talbott, Dr. George Robert

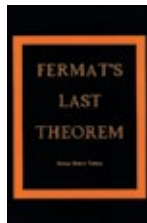


This is a text for training students of electronic engineering in thermodynamical laws and heat transfer principles crucial to modern electronic design. The work is complete both for engineering thermodynamics, including chemical thermodynamics, and for heat transfer analysis. The book discloses, for the first time, several important discoveries made by Dr. Talbott, including equations for finding the radius of the hydrogen atom by classical methods, and a new wave model.

Paperback 514 pp 990 181 \$22.00
 ISBN 978-0-9149-5596-2

Fermat's Last Theorem

Talbott, Dr. George Robert



Fermat's Last Theorem has baffled mathematicians since the 17th century and until now, no one has been able to recreate a proof of Fermat's work. This has been considered to be one of the "unconquerable heights" of mathematics. Dr. Talbott, author of the critically acclaimed "Philosophy and Unified Science," has provided the long-missing "proof" by recreating the mathematical techniques of Fermat's time. His proof has been evaluated by competent mathematicians and has stood up to the most intense scrutiny. Here it is, set forth in meticulous detail and clarity.

Paperback 90 pp 990 816 \$14.95
 ISBN 978-0-9415-2470-4

Finding Molecular Weight by Light Scatter

Talbott, Dr. George Robert



Peter Debye won the Nobel Prize of 1936 for his research on the electrical properties of matter, as found in the polarity of molecules. His work has importance in modern physics, by indicating the fundamental status of charge in nature. This paper is the first to show a detailed derivation of Debye's formula for finding molecular weight from the patterns of light scattered by solutions of molecules. The paper was given to Sigma Xi of Orange County in July, 2001

Stapled 18 pp 992 067 \$15.00
 ISBN 978-0-9409-8528-5

Gravity Research Project Report

Talbott, Dr. George Robert



This paper represents the first announcement of the success of Talbott's gravitational theory in accurately computing the mean orbital velocities of all planets in the Solar System, and the Moon about the Earth. Full quantitative results are given, together with a BASIC program which automates applications of the orbital velocity equation. The work is not reducible to, or derivable from Classical Physics, from the earlier work of Kepler and Newton. It is new and it is correct.

Stapled 10 pp 992 070 \$8.00
 ISBN 978-0-9409-8531-5

Lecomte Du Nouy and the Beauty of Precision

Talbott, Dr. George Robert



Illustrated by Phillip Wood. Pierre Lecomte Du Nouy (1883-1947), the inventor of the elegant Du Nouy Tensiometer for measuring liquid surface tension, and of the Du Nouy Micro-Viscosimeter for studying serum, was a dependable, practical and highly productive biophysicist who is all but unknown today due to his having written a book, "HUMAN DESTINY," which was critical of modern evolutionary biology. This paper recovers and explains his major work, describes his instruments and their applications to an understanding of basic living processes, and discloses the manner in which his reputation was ruined. The discussion of the sociology of science shows that even the greatest talent can be buried by politics in the scientific community.

Stapled 57 pp 992 069 \$25.00
 ISBN 978-0-9409-8530-8

Mostowski's Theorem in Digital Signal Processing

Talbott, Dr. George Robert



This paper explains clearly, and for the general scientific reader, all of the basic ideas and techniques of digital signal processing. Previously, this information was not available outside of electronic communication specialties. Studies of our universe require a processing of signals, those from atoms and molecules, from the organs of living creatures out to the energies analyzed in radio astronomy. The paper is mathematical but not obscure. It is oriented around numerical methods and computer applications. Mostowski's exciting work in mathematical logic is given its first physical application in the convolution discussion.

Stapled 44 pp 992 068 \$20.00
 ISBN 978-0-9409-8529-2

Philosophy & Unified Science 2 Volume Set

Talbott, Dr. George Robert



In his work "Philosophy and Unified Science," Dr. Talbott has shown that there is a coherent structure within both classical and modern physics, as well as coherent relationships between physics and physical chemistry. Students of physics and chemistry are often confronted with a huge array of seemingly disconnected facts. Applying the "laws of physics" therefore becomes a puzzle of selecting all the relevant and correct facts from this huge array. Dr. Talbott has provided the framework to accomplish this task. It is an invaluable text for the student and the professional alike, as it provides new and unique insight into the interconnected structure of these branches of science, and their relation to the world and universe within which we live.

Hardcover 1472 pp 990 895 \$36.50
 ISBN 978-0-9415-2418-6

Sir Arthur & Gravity

Talbott, Dr. George Robert



Sir Arthur & Gravity is a book in two parts with an Addendum. Part One makes the physics of Sir Arthur Stanley Eddington available to the general scientific reader. Part Two develops and describes new research into field theory, using Eddington as a foundation. There is a treatment of gravitation in relation to electricity which is both original and useful. The Addendum, titled "Understanding Gravitational Forces," is a powerful, readable and detailed account of gravitation in classical physics, and of modern research into the problem of gravitational field control.

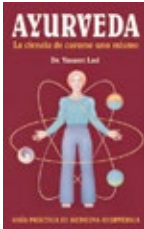
Stapled 155 pp 992 072 \$50.00
 ISBN 978-0-9409-8535-3 Lotus

SPANISH LANGUAGE BOOKS

Health & Healing

Ayurveda: La Ciencia de Curarse Uno Mismo

Lad, Dr. Vasant



Este es el primer libro que explica con claridad los principios y aplicaciones practicas de la Ayurveda, el sistema curativo mas antiguo del mundo. El texto, bellamente ilustrado, trata, entre otros temas, lo siguiente: historia y filosofia, principios basicos, tecnicas de diagnostico, tratamientos, uso medicinal de hierbas y especies, y primeros auxilios. Se incluyen numerosas tablas y diagramas, que ayudan a comprender y aplicar mejor esta maravillosa ciencia de curar.

Paperback 176 pp 992 083 \$12.95
 ISBN 978-0-9409-8557-5 Lotus

Herbs & Herbalism

Guia Del Aceite Del Arbol De Te Aust

Cynthia Olsen



El aceite del arbol de te Australiano ha probado su efectividad en el tratamiento de: Acne, candida, caspa, picaduras de insectos, hongas, pie de atleta, resfriados, irritacion por panales, dolores musculares, culebrilla, encias sangrantes, heridas, dolores de oidos, psoriasis, orzuelos, quemaduras, cortaduras, ampollas por herpes, salpullidos, pelo quebradizo.

Paperback 144 pp 992 086 \$11.95
 ISBN 978-0-9409-8579-7 Lotus

Regreso al Eden

Kloss, Jethro



Traduccion al castellano de la obra Back to Eden en Ingles, que ha sido un exito editorial, con mas de cinco millones de ejemplares en circulacion. Contenido actualizado y de facil comprension. Indice amplio que facilita la ubicacion de los temas. Plantas para tratar las enfermedades. El cuerpo y sus necesidades. La nutricion adecuada. Importancia de las vitaminas y los minerales. Alimentos que proporcionan vitalidad y energia. Alimentos que enferman el organismo. Un libro practico e informativo que debe estar en todos los hogares.

Paperback 882 pp 990 038 \$19.95
 ISBN 978-0-9409-8505-6 Lotus

Remedios de la Selva Tropical

Rosita Aruigo and Michael Balick



The diversity and mystery of the worlds tropical rainforest - and the danger facing them - have captured the attention of people throughout the world. The traditional peoples and cultures who inhabit these ecosystems are disappearing ever more rapidly than the flor and fauna of the forests. Rosita Aruigo and Michael Balick have dedicated themselves to the preservation and continued use of this traditional knowledge and the rainforest from which it arises. This is the Spanish version of the book.

Paperback 376 pp 990 042 \$17.95
 ISBN 978-0-9409-8500-1 Lotus

Native American

El Arbol Sagrado

Bopp, Lane, et al



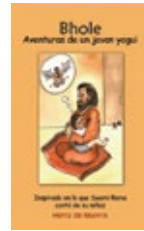
El Arbol Sagrado fue creado por el Proyecto de Desarrollo de Four Worlds, un grupo nativo Americano Inter-tribal, como un manual de Espiritualidad Nativa para la gente indigena para toda America y el mundo. A traves de la guia de los ancianos de las tribus, los valores Nativos y las tradiciones estan siendo enseñadas como la clave principal para desatar la fuerza que movera a los Indigenas en el sendero de su propio desarrollo. Los ancianos han profetizado que al retornar a los valores tradicionales, las sociedades nativas pueden transformarse. Esta transformacion tendra entonces un efecto sanador en el planeta entero. Este manual esta siendo usado por el Proyecto de Desarrollo de Four Worlds para eliminar el abuso de las drogas y el alcohol, propagado considerablemente en las comunidades tribales. Se esta ahora compartiendo por primera ocasion con todos los miembros de la familia humana que deseen un crecimiento personal.

OS 88 pp 992 082 \$12.95
 ISBN 978-0-9409-8554-4 Lotus

Swami Rama

Bhole Aventuras de un Joven Yogui

Munnik, Hema de



Esta es la historia de un nino llamado Bhole que nacio en una aldea remota en las montanas del Himalaya en el norte de la India. Bhole fue adoptado por un gran santo y desde los 3 años se crio en una cueva monasterio. Le encantaba hacer travesuras a los monjes cuando estaban meditando y su conducta rebelde a menudo alteraba el pacifico y silencioso ambiente de la cueva. Unos años despues le enviaron al colegio de su aldea donde compartio aventuras con su perro Bhaiya y con su amigo Arjun. Durante las vacaciones escolares conocio a diversos yoghis, santones y sabios que le dejaban asombrado con sus podares sobrenaturales. El queria convertirse en un yoghi, pero para que eso pudiese ocurrir antes tenia que eliminar diversos obstaculos y superar muchas dificultades.

Paperback 352 pp 992 088 \$18.95
 ISBN 978-8-1881-5744-0 HIMALAYAN INSTITUTE HOSPITAL TRUST

Dejad que el Brote de Vida Florezca

Swami Rama



Dejad que el Brote de Vida Florezca: Una guia para criar ninos sanos y felices "Si los padres dieran total atencion a sus hijos en su primera infancia, les cuidasen con amor y les dejasen crecer segun sus tendencias innatas, en nuestra sociedad habria muchos seres geniales y creativos, seres con capacidad para amar, compartir y dars cuenta de la realidad de la coexistencia - la filosofia de "vive y deja vivir" -. Si transmitimos esta filosofia a nuestros hijos, oiran el sonido de la paz y habra paz de verdad, aqui, alli y en todas partes."

Paperback 104 pp 992 085 \$12.95
 ISBN 978-8-1881-5720-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

La Esencia De La Vida Espiritual

Swami Rama

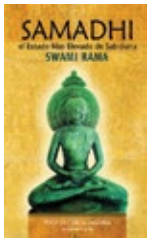


"El camino de la meditacion y de la espiritualidad no significa retirarse del mundo por frustracion o por miedo, sino que es un proceso habil para aprender a estar en el mundo pero por encima del mundo. Se puede vivir en el mundo y sin embargo ser espiritual. No necesitas renunciar al mundo." La coleccion concisa de las enseñanzas de Swami Rama sirve de guia practica para el que busca la espiritualidad. La practica espiritual lleva al aspirante hacia experiencias interiores de divinidad que le permiten alcanzar la meta de la vida.

Paperback 152 pp 992 080 \$12.95
 ISBN 978-8-1881-5707-5 HIMALAYAN INSTITUTE HOSPITAL TRUST

Samadhi/Estado Mas Elevado Sabuduria

Swami Rama

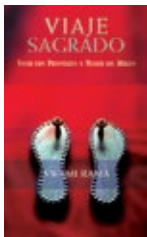


"El dia en que alcanceis el estado de Samadhi no dejareis tan solo de identificaros con los objetos del mundo, sino que ademas os establecereis en vuestra Naturaleza Esencial. Os convertireis en yoguis. Vuestros pensamientos, palabras y obras estaran bajo la guia de la Consciencia pura y dejareis de cometer errores. No danareis ni perjudicareis a nadie de ninguna forma. Os volvereis mas creativos dinamicos, desprendidos y entenderéis el sentido de la vida. Una vez que hayais alcanzado el estado mas elevado de quietud, ya no os podra afectar ninguna perturbacion ni circunstancia del mundo." Yoga la Ciencia Sagrada aporta vida a los Yoga Sutras de Patanjali de una forma muy particular y muy util. La descripcion que Swami Rama hace de la totalidad de la mente, sus funciones y emociones, va mucho mas alla de los conceptos de la psicologia moderna y hace de este libro algo muy valioso, desde el punto de vista terapeutico y tambien como guia practica para vivir con salud y equilibrio.

Paperback 241 pp 992 087 \$16.95
 ISBN 978-8-1881-5740-2 HIMALAYAN INSTITUTE HOSPITAL TRUST

Viaje Sagrado: Vivir con Proposito y Morir Sin Miedo

Swami Rama

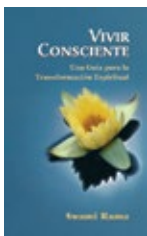


"Para entender la muerte, un ser humano ha de intentar entender el proposito de la vida y la relacion entre la vida y la muerte. Ambas son afines, cada una le proporciona un contexto a la otra. La muerte no es un periodo sino tan solo una pausa en un largo viaje. Cuando se acepta que la vida y la muerte tienen un verdadero sentido y un proposito, y cuando se entiende y se acepta la muerte como parte del viaje humano, entonces el miedo a la muerte desaparece y se puede vivir la vida plenamente." Este libro trata de la relacion entre la vida y la muerte, del "como y porque" organizar la propia vida de una manera que conduzca a la expansion, al crecimiento, y que sea util para prepararse hacia la transicion que se llama muerte.

Paperback 144 pp 992 081 \$12.95
 ISBN 978-8-1881-5706-8 HIMALAYAN INSTITUTE HOSPITAL TRUST

Vivir Consciente: Una Guia para la Transformacion Espiritual

Swami Rama



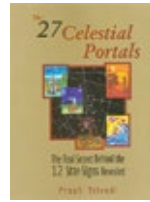
Este es un libro practico, para la gente que vive en el mundo. La palabra "practico" implica que la Ensenanza puede ser puesta en practica en la vida diaria, en medio de las obligaciones familiares, laborales y sociales. Su lectura no requiere ninguna preparacion previa y despues de leerlo no se requiere mas ensenanza. Si se practica con sinceridad lo que Swami Rama dice, se puede llegar a la auto-Realizacion, un estado que Swamiji describe como el summum bonum de la vida, un estado de bienaventuranza y de perfeccion.

Paperback 164 pp 992 084 \$12.95
 ISBN 978-8-1881-5733-4 HIMALAYAN INSTITUTE HOSPITAL TRUST

VEDIC ASTROLOGY

27 Celestial Portals

Trivedi, Prash

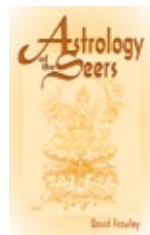


It is common knowledge that the 12 star-signs map the sky and set the stage for the drama of life. This book expands this awareness manifold by revealing that it is the 27 constellations, and not the 12 signs, which truly map the ecliptic and provide the celestial backdrop for affairs on earth. Instead of taking away from the widely recognized meanings and significations of the 12 signs, they enrich them with a whole new depth of perspective and interpretation.

Paperback 471 pp 990 878 \$27.99
 ISBN 978-0-9409-8584-1 LOTUS

Astrology of the Seers

Frawley, David

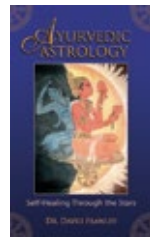


Vedic Astrology, also called Jyotish, is the traditional astrology of India and its profound spiritual culture. It possesses a precise predictive value as well as a deep interpretation of the movement of life, unfolding the secrets of karma and destiny. Astrology of the Seers, first published in 1990, is regarded as one of the classic modern books on Vedic astrology, covering all the main aspects of its philosophy, background and practice. The present edition has been thoroughly revised and updated.

Paperback 250 pp 990 142 \$17.95
 ISBN 978-0-9149-5589-4

Ayurvedic Astrology, Self-Healing Through the Stars

Frawley, David



Ayurvedic Medicine represents the healing branch of yogic science, while Vedic astrology provides its understanding of time and karma. Ayurvedic astrology teaches the interface of these two extraordinary systems in the Vedic astrology of healing. This book explains how the different mind-body and planetary types of the two systems interrelate. It examines disease factors from an astrological perspective and goes into depth into astrological remedial measures, particularly gem therapy. It also contains many notable example charts.

Paperback 288 pp 990 976 \$19.95
 ISBN 978-0-9409-8588-9

Fundamentals of Vedic Astrology: Vedic Astrologer's Handbook Vol. I

Behari, Bepin

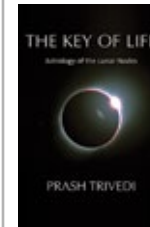


This book introduces the concepts and operation of Vedic Astrology. It presents the component's of the astrologer's art- the planets, signs, houses and lunar mansions. The author goes into the rules that determine planetary strength, the construction of the divisional charts and the principal combinations, and much more.

Paperback 280 pp 990 963 \$14.95
 ISBN 978-0-9409-8552-0

Key of Life: Astrology of the Luner Nodes

Trivedi, Prash

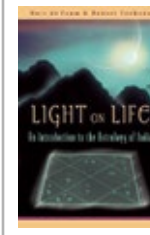


David Frawley, the well known Vedic scholar, writes of Mr. Trivedi - "India's most insightful young astrologer, offers what is probably the longest, most researched and most original book on the Lunar Nodes published in modern times. This book is worthy of serious examination by all students of Astrology and al those interested in the great mysteries of life, death, karma and transformation." Prash is the first astrologer to put together an exhaustive, historical, numerological as well as esoteric account of the Lunar Nodes, including a masterful perspective on their relevance in the present day and age.

Paperback 415 pp 990 057 \$23.95
 ISBN 978-0-9409-8533-9

Light on Life: An Introduction to the Astrology of India

de Fouu, Hart and Svoboda, Robert

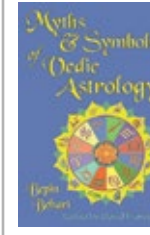


Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. In Light on Life they have created a complete and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology. Jyotish states that by considering the state of the cosmos when an event occurs, we can begin to understand its nature-and to prepare an appropriate response. This comprehensive and enlightening book on the subject will prove a necessity to every astrologer or student of Indian thought.

Paperback 464 pp 990 876 \$19.95
 ISBN 978-0-9409-8569-8

Myths & Symbols of Vedic Astrology

Behari, Bepin



Vedic Astrology has a wealth of myths and symbols, some in common with Western Astrology. Many of the secrets of life and consciousness can be in unlocking the astrological keys to the great archetypes of the psyche. This book also explores the Nakshatras, the 27 lunar mansions, a unique aspect of the Vedic system of astrology.

Paperback 280 pp 990 962 \$14.95
 ISBN 978-0-9409-8551-3

Planets in the Signs and Houses: Vedic Astrologer's Handbook Vol. II

Behari, Bepin



This book follows up on the foundation provided in Fundamentals of Vedic Astrology and delves into questions such as impulses likely to be generated by the planets in different signs and houses of the natal chart. The author makes this subject eminently readable and cuts through the obscurity of the centuries to present a clear and effective science with a deep psychological background and underpinning.

Paperback 256 pp 990 964 \$14.95
 ISBN 978-0-9409-8553-7

Vedic and Western Astrology - An Integrated Framework

Gujral, Ashish



Vedic and Western Astrology - An Integrated Framework is an endeavor to synthesize the collective Astrological wisdom of the East and the West. It is intriguing to discover how these two seemingly different systems are essentially interrelated on many levels. The book is a first of its kind that demonstrates and builds on this synergy by integrating the key Astrological principles laid out by the East and the West.

Paperback 520 pp 990 654 \$24.95
ISBN 978-1-6086-9152-4 GURJAL

DVDs

Tai Chi Workout Tape

Robert Cook



Take part in the ancient Chinese full-body workout system combining meditation, the spirituality of nature, and low impact aerobics. Structured in Warm-up, Program and Cool down phases, the Tai Chi Workout is easy to follow. Reduces stress and provides internal philosophy which aligns with nature. Robert Cook has been teaching the ancient forms of Tai Chi Chuan for more than 30 years. Acclaimed master of the Chinese martial arts, Cook is a former American Champ of Kung Fu.

DVD 910 238 \$29.95
ISBN UPC 0-49347-02136-1

Tai Chi Chuan with Nancy Kwan

Nancy Kwan



Nancy Kwan teaches Tai Chi Chuan - a total exercise for mind and body. Tai Chi Chuan involves full body movements which will help you achieve more flexibility, health and relaxation in just minutes a day. Its graceful movements are combined with slow breathing and a relaxed posture. These elements tend to relieve stress and improve your mental capabilities. Nancy Kwan is known internationally for her starring roles in "The Flower Drum Song", "The World of Susie Wong", and many other films and TV shows. She was originally trained by her master teacher in Hong Kong and has been practicing Tai Chi Chuan for over 18 years.

DVD 911 163 \$29.95
ISBN UPC 0-49347-02137-8

GAMES

India's Epic Mahabharata Game

Agarwal Ph.D., Nirankar



India's Epic Mahabharata Game will take you on an unforgettable journey of adventure and intrigue. Play the Game, and live the great legends which have shaped the hearts and minds of India for over 5,000 years! Endure the hardships of Exile, battle demons and titans, and win the fabulous Flag! Conch. Receive the favors and Blessings of the gods and goddesses but avoid their wrath. Follow the Pursuit for Celestial Weapons into the high Himalayas. Avoid the perils of the Abode of Death and the Nether Regions. Be on your guard, for sometimes adverse Destiny may strike through Karma and Prowess cards. Compete and gain Virtues and Coins to defeat your opponents and win the Game. Learn the wisdom of the Ancients while you experience the timeless tales which have thrilled and inspired a great civilization down through the ages.

game 990 025 \$29.95
ISBN UPC 0-49347-00099-1 LOTUS

LOTUS PRESS BESTSELLERS

Best Sellers

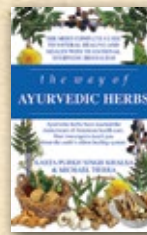


Ayurvedic Healing: A Comprehensive Guide

Frawley, David

Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. The present edition is an expanded version of the original 1989 edition, covering additional diseases and adding new treatments.

Paperback • 468 pp • 990182 • \$22.95
ISBN 978-0-9149-5597-9 • LOTUS



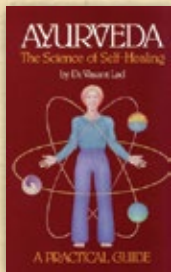
Way of Ayurvedic Herbs

Khalsa, Karta Purkh Singh, Tierra, Michael

Traditional Ayurveda, using the principles of the three doshas, constitutional body typing and highly individualized therapies, is the oldest continuously practiced healing system on Earth. Now, two of the world's leading Ayurvedic herbalists, both leaders of the holistic health renaissance, and who, together, bring a total of over 75 years of practice to this work, have crafted a manual for making Ayurveda understandable and eminently, practically useful. THE WAY OF AYURVEDIC HERBS is more than an herb manual. It is a life path to well-being.

Paperback • 400 pp • 990523 • \$24.95
ISBN 978-0-9409-8598-8 • LOTUS

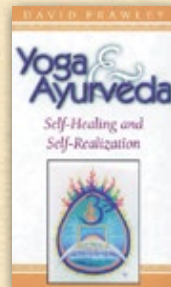
Best Sellers



Ayurveda: The Science of Self-Healing
 Lad, Dr. Vasant

For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

Paperback • 175 pp • 990120 • \$10.95
 ISBN 978-0-9149-5500-9 • LOTUS



Yoga and Ayurveda
 Frawley, David

Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. *Yoga and Ayurveda* reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

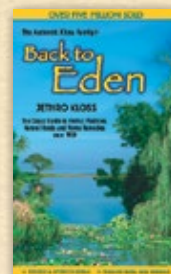
Paperback • 360 pp • 990896 • \$19.95
 ISBN 978-0-9149-5581-8 • LOTUS



Original Reiki Handbook
 Usui, Dr. Mikao & Petter, Frank Arjava

Dr. Mikao Usui developed the Reiki System and founded the original Japanese Usui Reiki Ryoho Gakkai organization. This book shows you the original hand positions of Dr. Usui's Reiki Handbook. It has been illustrated with 100 photos to make it easier to understand. The hand positions for a great variety of health complaints have been listed in detail, making it a valuable reference work for anyone who practices reiki. Now that the original handbook has been translated into English, Dr. Usui's hand positions and healing techniques can be studied directly for the first time. Whether you are an initiate or a master, if you practice Reiki you can expand your knowledge dramatically as you follow in the footsteps of a great healer.

Paperback • 80 pp • 990141 • \$14.95
 ISBN 978-0-9149-5557-3 • WINDPFERD

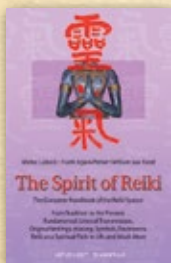


Back To Eden Revised Edition
 Kloss, Jethro

Now in its expanded, updated revised edition with a new index to make the book easier to use, this is the original classic text (with more than 4 million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and wholistic health. This is the authorized Kloss family edition with the family archival photographs and reminiscences included.

Mass Market Paperback
 936 pp • 990028 • \$9.95
 ISBN 978-0-9409-8510-0 • LOTUS

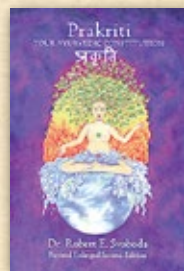
Trade Paperback, Large Print
 936 pp • 990027 • \$18.95
 ISBN 978-0-9409-8509-4 • LOTUS



Spirit of Reiki
 Luebeck, W. & Petter, F.A. & Rand, W.L.

This is a handbook that reports on all of the major aspects of Reiki in a concentrated and extensive manner, including the latest information, developments and traditional knowledge. Beginning with definitions of Reiki associations, traditions, and representatives like Usui, Hayashi, Takata, and many others, and teaching methods, application techniques, and symbols like the Reiki Kanji, it covers a large variety of themes-even the latest rediscovery of Japanese healing techniques.

Paperback • 312 pp • 990959 • \$19.95
 ISBN 978-0-9149-5567-2 • WINDPFERD

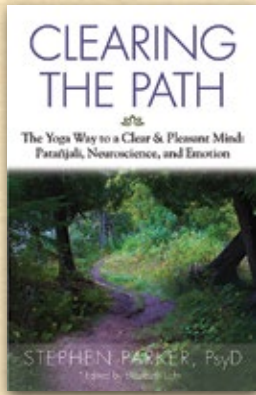


Prakriti: Your Ayurvedic Constitution
 Svoboda, Dr. Robert

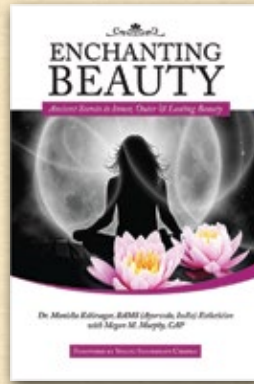
Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti", the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

Paperback • 224 pp • 990139 • \$15.00
 ISBN 978-0-9656-2083-3 • LOTUS

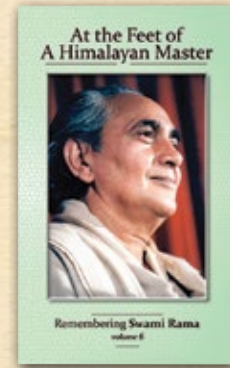
TITLE	AUTHOR	PAGE	BINDING	EDITION	ISBN	YEAR	MO	RETAIL PRICE	ITEM #
CENTRAL SECRET OF THE SADHANA (AIM)	SRI AUROBINDO	32	PAPER	1		97	4.00	1.95	990564
EDUCATION PART 2	THE MOTHER	245	PAPER	1	81-7058-198-2	94	7.00	4.95	990571
EDUCATION PART 3	THE MOTHER	151	PAPER	1	81-7058-199-0	97	8.00	4.95	990572
ESSAYS ON THE GITA, INDIAN EDITION (PAPER)	SRI AUROBINDO	588	PAPER	8	81-7058-000-5	93	0	21.95	990574
FOOD (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	27	PAPER	4	81-7060-088-X	97	8.00	1.95	990576
FUTURE POETRY	SRI AUROBINDO	307	HB		81-7058-253-9			9.95	990220
GLOS. OF TERMS IN SRI AUROBINDO'S WRITINGS	SRI AUROBINDO	300	PAPER	1	81-7058-032-3	94	12.00	8.95	990577
HELPING HUMANITY (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-114-2	96	8.00	1.95	990579
HOW TO CULTIVATE CONCENTRATION (AIM)	SRI AUROBINDO & THE MOTHER	40	PAPER	1		98	2.00	1.95	990580
HUMAN CYCLE	SRI AUROBINDO	280	PAPER	1	81-7058-541-4			18.95	990408
IDEAL CHILD	THE MOTHER	16	PAPER	6	81-7058-494-9	97	2.00	0.50	990514
IDEAL OF HUMAN UNITY	SRI AUROBINDO	460	PAPER	1	81-7058-542-2			14.95	990409
ILLNESS - CAUSES AND CURE (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-111-8	98	9.00	1.95	990582
INTRODUCTION TO TRUE SPIRITUALITY (AIM)	SRI AUROBINDO & THE MOTHER	48	PAPER	1		97	11.00	1.95	990780
LESSON OF LIFE, THE	THE MOTHER	182	PAPER	1	81-7058-474-4	97	6.00	6.95	990781
LIFE DIVINE, THE (HB) INDIAN EDITION	SRI AUROBINDO	1113	HB	5	81-7058-188-5	96	11	34.95	990275
LIFE DIVINE, THE (PAPER) INDIAN EDITION	SRI AUROBINDO	1113	PAPER	5	81-7058-187-7	98	2	24.95	990280
MANTRAS OF THE MOTHER (HB)	THE MOTHER	276	HB	2	81-7058-179-6	94	8.00	4.95	990782
MEDITATION (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	27	PAPER	1	81-7060-026-X	96	6.00	1.95	990783
MESSAGE OF THE GITA, THE	ANILBARAN ROY (EDITOR)	306	PAPER	5	81-7058-305-5	93	5.00	8.95	990290
MONEY (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-090-1	97	8.00	1.95	990784
MORE LIGHTS ON YOGA	SRI AUROBINDO	86	PAPER	4	81-7058-277-6	95	5.00	2.50	990785
MOTHER ON HERSELF, THE	THE MOTHER	46	PAPER	2	81-7058-172-9	98	6.00	2.50	990786
NOTES ON THE WAY	THE MOTHER	347	PAPER	1	81-7058-376-4	95	5.00	9.95	990788
OCCULTISM (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-108-8	97	6.00	1.95	990789
ON LOVE	SRI AUROBINDO & THE MOTHER	49	PAPER	3	81-7058-104-4	93	8.00	2.95	990790
ON MEDITATION AND DISCIPLINE	PAVITRA	14	PAPER	3	81-7058-282-2	96	11.00	0.50	990791
ON PHYSICAL EDUCATION	SRI AUROBINDO & THE MOTHER	248	PAPER	2	81-7058-441-8	96	10.00	14.95	990792
ON THE MOTHER	IYENGAR, DR. K.R. SRINIVASA	924	PAPER	3	81-7058-036-6	95	1.00	29.95	990450
ON THOUGHTS AND APHORISMS	THE MOTHER	362	PAPER	2	81-7058-528-7	98	7.00	15.00	990794
PHILOSOPHY OF THE UPANISHADS	THE SRI AUROBINDO	73	PAPER	1	81-7058-362-4	98	4.00	2.95	990795
PRAYER AND JAPA (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-027-8	98	9.00	1.00	990797
PRAYERS AND MANTRAS (HB)	SRI AUROBINDO & THE MOTHER	120	HB	1	81-7060-022-7	96	11.00	4.95	990798
QUESTIONS AND ANSWERS 1953	THE MOTHER	417	PAPER	2	81-7058-519-8	98	4.00	24.95	990807
REBIRTH (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	32	PAPER	4	81-7060-117-7	97	6.00	1.95	990808
REMAIN YOUNG (AIM)	THE MOTHER	40	PAPER	1		96	10.00	1.95	990809
SLEEP AND DREAMS (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	27	PAPER	4	81-7060-097-9	97	8.00	1.95	990813
SRI AUROBINDO - AN INTRODUCTION (AIM)	SRI AUROBINDO	40	PAPER	1		96	12.00	1.95	990814
SUPERMAN, THE	SRI AUROBINDO	20	PAPER	6	81-7058-270-9	98	5.00	0.75	990346
SUPREME DISCOVERY, THE	THE MOTHER	18	PAPER	9	81-7058-287-3	96	6.00	0.75	990537
SURRENDER AND GRACE (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-019-7	93	3.00	1.95	990818
SYNTHESIS OF YOGA, THE INDIAN EDITION (HB)	SRI AUROBINDO	899	HB	4	81-7058-257-1	96	12.00	25.95	990355
THOUGHTS AND GLIMPSSES	SRI AUROBINDO	30	PAPER	8	81-7058-150-8	96	8.00	1.95	990822
TRUTH (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	28	PAPER	4	81-7060-109-6	98	2.00	1.95	990823
UNION WITH THE DIVINE (AIM)	SRI AUROBINDO & THE MOTHER	48	PAPER	1		98	6.00	1.95	990826
UPANISHADS, THE (HB)	SRI AUROBINDO	466	HB	2	81-7058-280-6	97	3.00	17.95	990827
WORK (YOGA SERIES)	SRI AUROBINDO & THE MOTHER	27	PAPER	4	81-7060-089-8	97	8.00	1.95	990829
YOGA AND ITS OBJECTS, THE	SRI AUROBINDO	39	PAPER	10	81-7058-151-6	94	9.00	1.50	990369



ISBN: 978-1-9406-2902-5



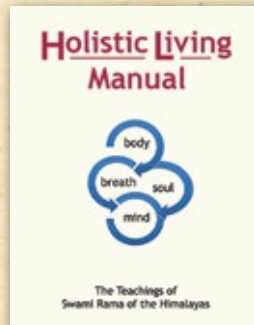
ISBN: 978-0-9406-7633-6



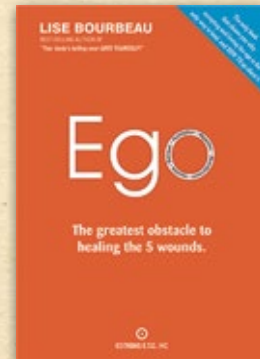
ISBN: 978-8-1881-5785-3



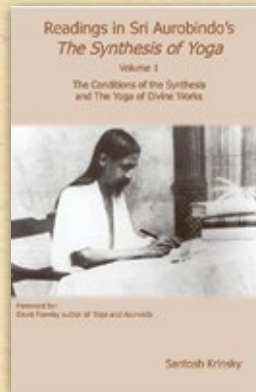
ISBN: 978-2-9209-3270-8



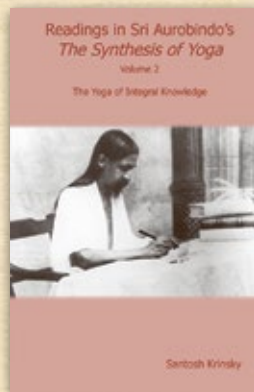
ISBN: 978-8-1881-5771-6



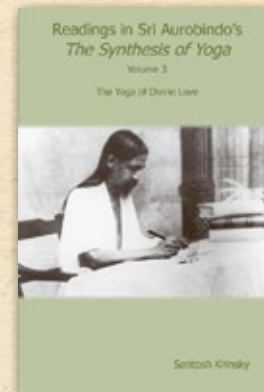
ISBN: 978-2-9209-3275-3



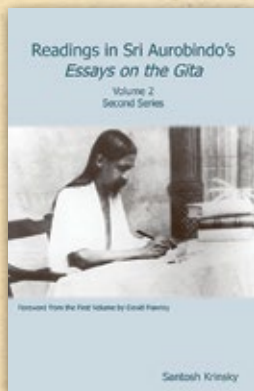
ISBN: 978-0-9406-7632-9



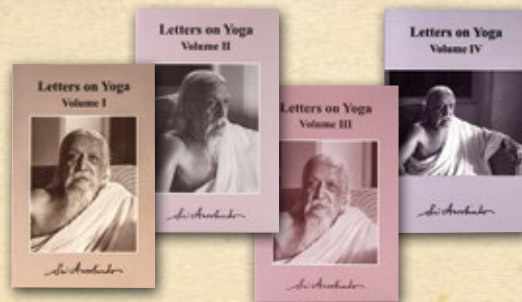
ISBN: 978-0-9406-7641-1



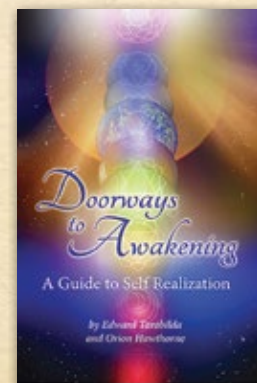
ISBN: 978-0-9406-7643-5



ISBN: 978-0-9406-7628-2



Volume 1 CWSA ISBN 978-8-1705-8953-2
 Volume 2 CWSA ISBN 978-9-3521-0060-6
 Volume 3 CWSA ISBN 978-9-3521-0061-3
 Volume 4 CWSA ISBN 978-8-1705-8962-4



ISBN: 978-0-9406-7642-8



Lotus Press

P.O. Box 325

Twin Lakes, WI 53181 USA

800-824-6396 (toll free order phone)

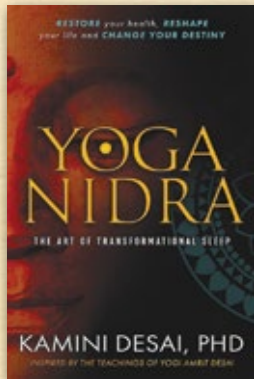
262-889-8561 (office phone)

262-889-2461 (office fax)

www.LotusPress.com (website)

lotuspress@lotuspress.com (email)

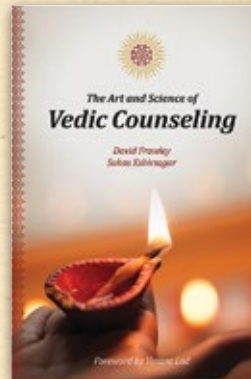
NEW FROM LOTUS PRESS



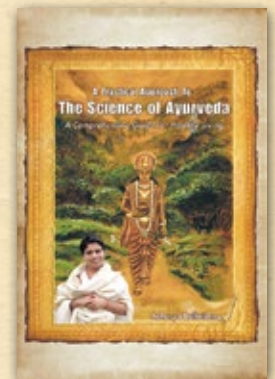
ISBN: 978-0-9406-7639-8



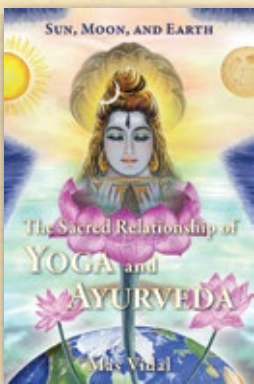
ISBN: 978-0-9406-7629-9



ISBN: 978-0-9406-7635-0



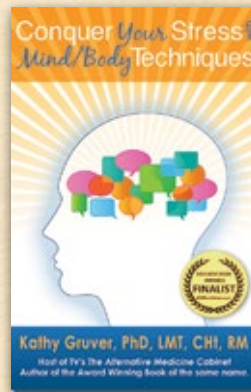
ISBN: 978-0-9406-7631-2



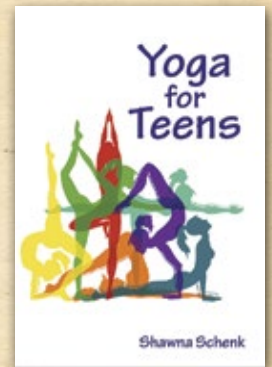
ISBN: 978-0-9406-7640-4



ISBN: 978-0-9406-7644-2



ISBN: 978-0-9406-7638-1



ISBN: 978-0-9406-7634-3

SEE MORE NEW TITLES INSIDE BACK COVER