



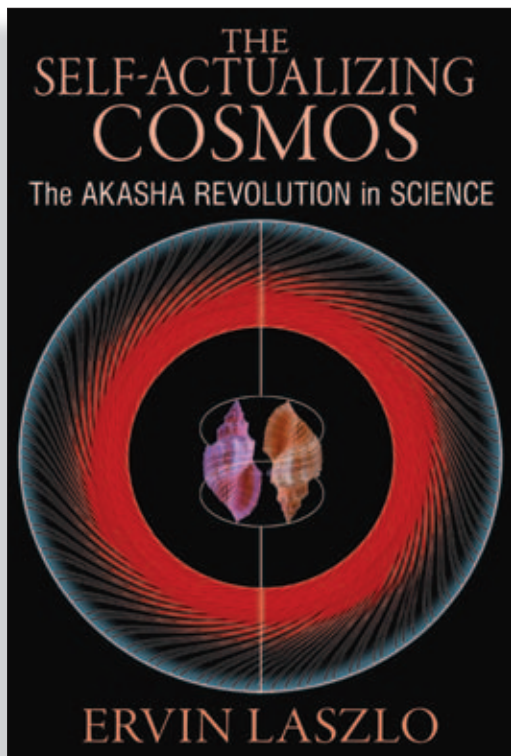
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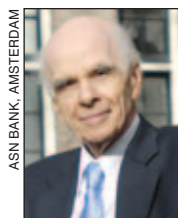
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Author  
 Ervin Laszlo

# The Self-Actualizing Cosmos

The Akasha Revolution in Science

ERVIN LASZLO

An exploration of the current revolution in scientific thought and the newest scientific findings in support of the Akashic field

- Explains how the new Akasha paradigm recognizes the interconnection of all things in space and time through the quantum resonance of the Akashic field
- Reveals the cosmos to be a self-actualizing, self-organizing whole, bringing forth life and consciousness in countless universes
- Explores the latest discoveries in the sciences of life, mind, and cosmos

Science evolves through alternating phases of “normal science” and radical shifts that create scientific revolutions. We saw this at the turn of the 20th century, when science shifted from a Newtonian worldview to Einstein’s relativity paradigm, and again with the shift to the quantum paradigm. Now, as we recognize the nonlocal interconnection of all things in space and time, we find our scientific worldview shifting once again.

With contributions by physicists Paul A. LaViolette and Peter Jakubowski, pioneering systems scientist Ervin Laszlo explores the genesis of the current revolution in scientific thought and the latest findings in support of the Akashic field. He explains how the burgeoning Akasha paradigm returns our way of thinking to an integral consciousness, a nonlinear mode of understanding that enables us to accept the reality of nonlocal interconnection throughout the world. This new inclusive way of understanding reaffirms the age-old instinctive comprehension of deep connections among people, societies, and nature, and it integrates and transcends classical religious and scientific paradigms.

Providing examples from cutting-edge science of quantum-resonance-based interactions among all living systems, Laszlo shows the cosmos of the Akasha to be a self-actualizing, self-organizing whole, where each part is in coherence with all others and all parts together create the conditions for the emergence of life and consciousness. The advent of the Akasha paradigm marks a new stage in science’s understanding of the fundamental nature of the world and offers unique guidance for contemporary efforts to create a peaceful and sustainable world.

Ervin Laszlo is a systems scientist, integral theorist, and classical pianist. Twice nominated for the Nobel Peace Prize, he has authored more than 75 books and published over 400 articles and research papers. A holder of the highest degree of the Sorbonne, he is the founder and president of the international think tank the Club of Budapest as well as of the Ervin Laszlo Center for Advanced Study. He serves as Chancellor of the Giordano Bruno Online World University and is a member of the International Academy of Science, World Academy of Arts and Science, the Hungarian Academy of Science, and the International Academy of Philosophy of Science. He lives in Tuscany.

## Also by Ervin Laszlo



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# The Vatican Heresy

Bernini and the Building of the Hermetic Temple of the Sun

ROBERT BAUVAL and CHIARA HOHENZOLLERN

In collaboration with Sandro Zicari, Ph.D.

Reveals how the largest Sun Temple in the world, built according to Hermetic principles, is located at one of Christianity's holiest sites: the Vatican

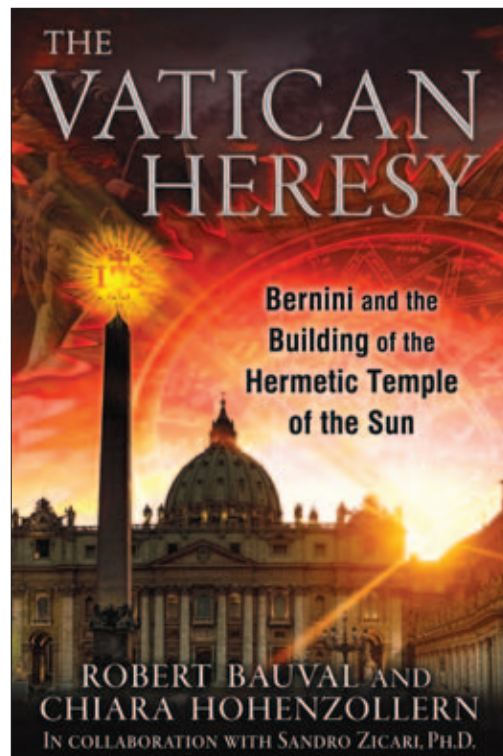
- Shows how famous Renaissance philosophers and scientists called for a Hermetic reformation of Christianity by building a magical Temple of the Sun in Rome
- Explains how the Vatican architect Bernini designed St. Peter's Square to reflect heliocentric and Hermetic principles
- Reveals how the design was masterminded by Bernini, Jesuit scholars, the mystical Queen Christine of Sweden, and several popes

In 16th century Italy, in the midst of the Renaissance, two powerful movements took hold. The first, the Hermetic Movement, was inspired by an ancient set of books housed in the library of Cosimo de' Medici and written by the Egyptian sage Hermes Trismegistus. The movement expounded the return of the "true religion of the world" based on a form of natural magic that could draw down the powers of the heavens and incorporate them into statues and physical structures. The other movement, the Heliocentric Movement launched by Copernicus, was a direct challenge to the Vatican's biblical interpretation of a geocentric world system. Declared a heresy by the Pope, those who promoted it risked the full force of the Inquisition.

Exploring the meeting point of these two movements, authors Robert Bauval and Chiara Hohenzollern reveal how the most outspoken and famous philosophers, alchemists, and scientists of the Renaissance, such as Giordano Bruno and Marsilio Ficino, called for a Hermetic reformation of the Christian religion by building a magical utopic city, an architectural version of the heliocentric system. Using contemporary documents and the latest cutting-edge theses, the authors show that this Temple of the Sun was built in Rome, directly in front of the Vatican's Basilica of St. Peter. They explain how the Vatican architect Bernini designed St. Peter's Square to reflect the esoteric principles of the Hermetica and how the square is a detailed representation of the heliocentric system.

Revealing the magical architectural plan masterminded by the Renaissance's greatest minds, including Bernini, Jesuit scholars, Queen Christine of Sweden, and several popes, the authors expose the ultimate heresy of all time blessed by the Vatican itself.

Egyptian-born Robert Bauval began studying Egyptology in 1983. The author of *The Orion Mystery* and coauthor of *Black Genesis* and *Breaking the Mirror of Heaven*, his theories have been the subject of several major TV documentaries on BBC, ABC, NBC, FOX, Discovery, and the History Channel. He lives in Malaga, Spain. Chiara Hohenzollern is a journalist who specializes in science and history. She lives in Rome, Italy.



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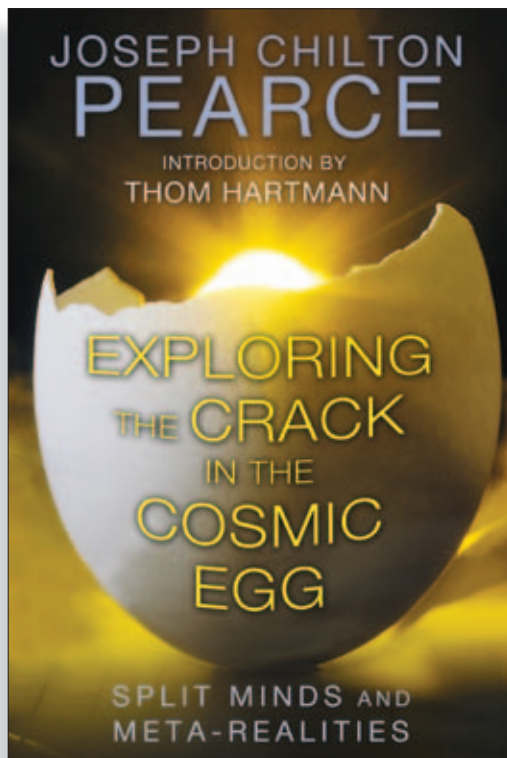


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Author  
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# Exploring the Crack in the Cosmic Egg

Split Minds and Meta-Realities

JOSEPH CHILTON PEARCE  
 Introduction by Thom Hartmann

The classic follow-up to the bestselling *The Crack in the Cosmic Egg*

- Explains the process of acculturation and the mechanisms that create our self-limiting “cosmic egg” of consensus reality
- Reveals how our biological development innately creates a “crack” in our cosmic egg—leaving a way to return to the unencumbered consciousness of childhood
- Explores ways to discover and explore the “crack” to restore wholeness to our minds and reestablish our ability to create our own realities

In this classic follow-up to his bestselling *The Crack in the Cosmic Egg*, Joseph Chilton Pearce explains the process of acculturation and the mechanisms that create our self-limiting “cosmic egg” of consensus reality.

Laying the groundwork for his later classic *Magical Child*, Pearce shows that we go through early childhood connecting with the world through our senses. With the development of language and the process of acculturation not only do our direct experiences of the world become much less vivid but our innate states of nonordinary consciousness become suppressed. Trapped in a specific cultural context—a “cosmic egg”—we are no longer able to have or even recognize mystical experiences not mediated by the limitations of our culture. Motivated primarily by a fear of death, our enculturation literally splits our minds and prevents us from living fully in the present.

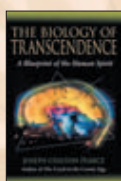
Drawing from Carlos Castaneda’s writings about Don Juan and the sense of “body-knowing,” Pearce explores the varieties of nonordinary consciousness that can help us return to the unencumbered consciousness of our infancy. He shows that just as we each create our own cosmic egg of reality through cultural conditioning, we also innately create a “crack” in that egg. Ultimately certain shifts in our biological development take place to offset acculturation, leaving an avenue of return to our primary state. Pearce examines the creation of the “egg” itself and ways to discover its inherent cracks to restore wholeness to our minds, release us from our fear of death, and reestablish our ability to create our own realities through imagination and biological transcendence.

Joseph Chilton Pearce is the author of several books, including *The Crack in the Cosmic Egg*, *Magical Child*, and *The Biology of Transcendence*. Since the early 1970s, he has been teaching at universities throughout the world about the changing needs of our children and the development of human society. He lives in the Blue Ridge Mountains of Virginia.

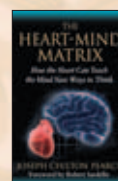
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# Shamanic Awakening

My Journey from Darkness to Daylight

SANDRA CORCORAN

One woman's mystical path through grief into renewal, expanded awareness, and discovery of her own healing capabilities

- Offers a lens into a wide variety of wisdomkeeping traditions and alternative healing paradigms throughout the Americas and Europe
- Shows how the mystical path enables us to find renewal in times of profound loss
- Details the author's awakening to the energies of the cosmos, which can guide us toward our destiny, balanced between our soul's dark and light energies

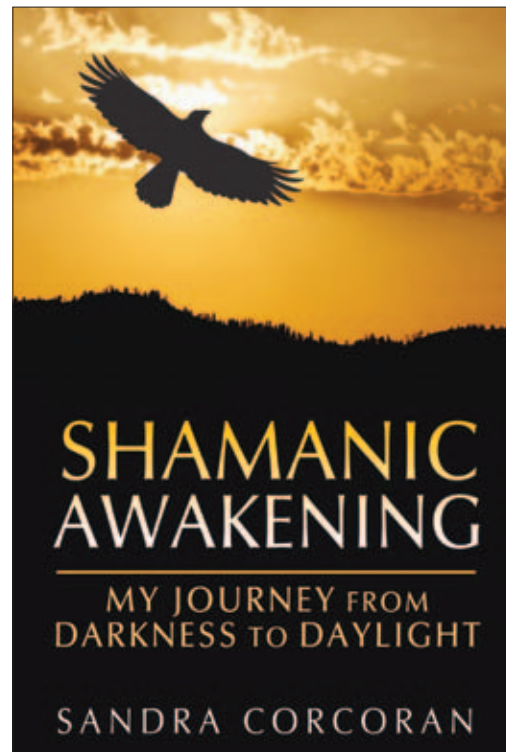
How do you find renewal after loss, especially the loss of a child? How do you find purpose and courage when loss is your constant teacher?

After weeks of profound grief following the loss of her young daughter, Sandra Corcoran found herself inexplicably at a life-changing workshop on indigenous teachings and energy healing. With the first glimpse of the light that called her to the workshop, Corcoran found herself beginning a 30-year metaphysical journey within, initially to heal her grief but eventually leading her from the darkness into the light of her own soul's evolution.

Working with Native elders and indigenous wisdomkeepers throughout North, Central, and South America, Corcoran opened her heart to the immensity of the living energies of the cosmos and discovered her shamanistic gifts as an intuitive counselor, dreamtime decoder, and facilitator for others' self-healing. As she learned to discern these living energies and work with them, she also discovered the middle path between the soul's dark and luminous energies, striking the balance that allows us to fulfill our destiny.

Sharing the core teachings of her many indigenous and esoteric mentors, including lessons in synchronicity, metaphysics, the extraordinary power of the heart, multi-dimensional realms, and energy healing, Corcoran leads readers on an adventure across continents through birth, death, ceremony, and ritual to renewal and the frontiers of expanded consciousness. She shows that no matter how far outside of the familiar we are led, we are guided back to ourselves and offered another opportunity to embrace our world and, ultimately, find our place in it.

Sandra Corcoran, M.Ed., is a shamanistic counselor trained for thirty years in traditional and esoteric healing techniques throughout the Americas and Europe. She is cofounder of the STAR Process soul retrieval method and offers workshops and sacred journeys nationally and internationally. She has a private practice in Natick, Massachusetts.



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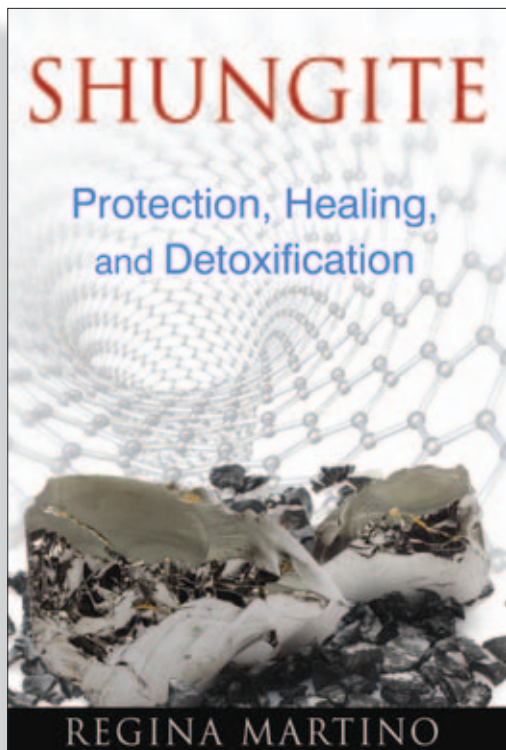
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# Shungite

Protection, Healing, and Detoxification

REGINA MARTINO

A practical guide to the many healing and purifying uses of the mineral known as shungite

- Explains how shungite counteracts the harmful effects of EMF and radiation from computers, cell phones, Wi-Fi, and other electronic devices
- Cites many double-blind scientific and medical studies on shungite
- Explores how shungite acts as a natural antioxidant, immune booster, pain reliever, and allergen suppressant as well as water purifier and revitalizer
- Reveals how shungite contains fullerenes, which recent research shows are able to slow both the growth of cancer cells and the development of AIDS

Found near the small village of Shunga in Russia, the remarkable mineral known as shungite formed naturally more than two billion years ago from living single-cell organisms. Used in Russian healing therapies since the time of Peter the Great, shungite contains almost the entire periodic table of the elements as well as fullerenes, the hollow carbon-based molecules that recent research shows are able to slow both the growth of cancer cells and the development of the AIDS virus.

Citing many double-blind scientific and medical studies on shungite, Regina Martino explains its many protective, healing, and detoxifying properties, including its ability to counteract the harmful effects of electromagnetic fields and radiation from computers, cell phones, Wi-Fi, and other electronic devices and appliances. Acting as a natural antioxidant, immune booster, pain reliever, and allergen suppressant, shungite and “shungite water” can be used to treat skin ailments and musculo-skeletal diseases, accelerate the healing of cuts and wounds, cleanse internal systems, and increase the body’s intake of vital energy. Detailing shungite’s many microelements and biologically active substances, Martino reveals how the stones have been proven to purify and revitalize water. Exploring the energetic properties of shungite, she reveals how it facilitates energetic transfers between the chakras and higher energies outside the body and can be used to harmonize living spaces.

Truly a marvel of the natural world, shungite offers protection against the perils of our modern technological world and healing for both body and spirit.

Regina Martino is a geobiologist and bioenergy expert specializing in stones and crystals. She lives in Paris, France, where she runs La Roche Mère, a crystal, gem, and stone boutique.

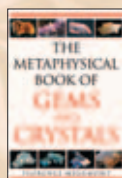
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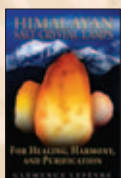
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# Baldr's Magic

The Power of Norse Shamanism and Ecstatic Trance

NICHOLAS E. BRINK, Ph.D.

A guide to using ecstatic trance to connect with your ancestors, rediscover your extrasensory powers, and reclaim the peaceful nature of humanity

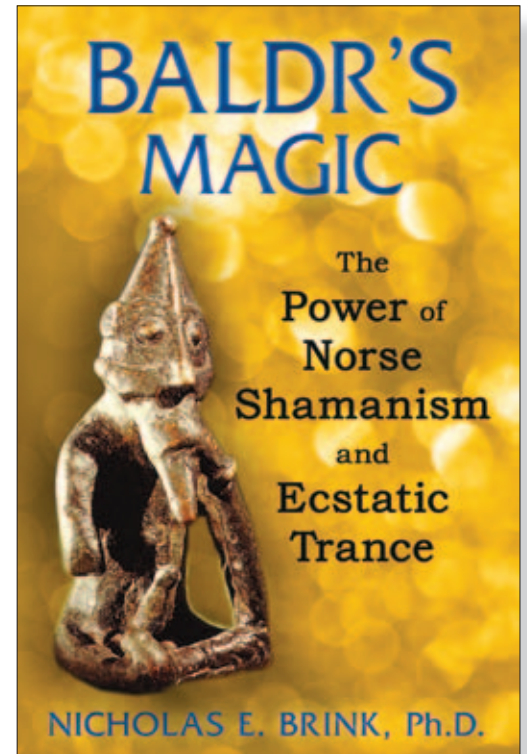
- Illustrates ecstatic trance postures to connect with the ancient Nordic people, to journey to exact points in time, and to access powers such as seeing into our future
- Explains how the coming new age of peace and veneration for Mother Earth was predicted in Norse mythology as the rebirth of the compassionate god Baldr
- Expands on the stories of the early Nordic gods and goddesses from the Prose Edda and the Poetic Edda

Connecting Norse mythology, ecstatic trance, the Universal Mind, and the dawn of a new age of peace and veneration for Mother Earth, Nicholas Brink reveals how we can use ecstatic and hypnotic trance to learn more directly and deeply from our distant ancestors, rediscover our extrasensory powers, and reclaim the original magical nature of humanity. The imminent rebirth of a peaceful, balanced, connected world was predicted in Norse mythology as the return of Baldr, the gentle and compassionate Nordic god of truth, healing, and rune work.

Illustrating ecstatic trance postures to connect with the ancient Nordic people and their beliefs, to journey to exact points in time, and to access specific powers, such as seeing into our future, Brink explores humanity's evolving cycle of consciousness from the era when the Great Mother goddess was the center of life through the transition to the worship of power and physical strength in the Bronze Age and the world of the Vikings. He explores the coming return of Baldr and the imminent new age of peace and respect for the earth. Through hypnotic divination, the author expands the stories of the early Nordic gods and goddesses from the Prose Edda and the Poetic Edda, in particular the fertility deities of the Vanir, such as Freyr, Freyja, and Idunn, who came before the warrior deities of the Æsir, such as Odin, Thor, and Loki. He details the epic battle of Ragnarok and the birth, life, death, and rebirth of Baldr.

Brink shows how these ancient stories happen outside of time, in the past, present, and future, thus Baldr's return is replayed in our death-rebirth experiences of life, in each dawn, with each spring, and now with the birth of a new age that we see happening all around us. Through the power of trance at this time of rebirth, we move full circle to reclaim the magic of the earliest times, the times of the Garden of Idunn.

Nicholas E. Brink, Ph.D., is a psychologist and a certified teacher of ecstatic trance with the Felicitas Goodman Institute. Board certified by the American Board of Professional Psychology, he is the author of *The Power of Ecstatic Trance* and lives in Coburn, Pennsylvania.



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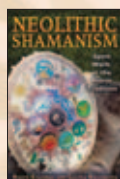
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# The Ayahuasca Experience

A Sourcebook on the Sacred Vine of Spirits

Edited by RALPH METZNER, Ph.D.

An exploration of the chemical, biological, psychological, and experiential dimensions of ayahuasca

- Details the scientific discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body and its potential applications in medicine and psychology
- Includes contributions from Dennis J. McKenna, Ph.D., J. C. Callaway, Ph.D., and Charles S. Grob, M.D., on the ethnopharmacology, psychology, phytochemistry, and neuropharmacology of ayahuasca
- Provides 24 firsthand accounts of ayahuasca experiences and resulting life changes

Widely recognized by anthropologists as the most powerful and widespread shamanic hallucinogen, ayahuasca has been used by native Indian and mestizo shamans in Peru, Colombia, and Ecuador for healing and divination for thousands of years. Made from the Amazonian vine *Banisteriopsis caapi* and the DMT-laden leaf of *Psychotria viridis*, ayahuasca is regarded as the embodiment of intelligent plant beings who can offer spiritual teachings and healing knowledge to those who respectfully engage with them. Many Western-trained physicians and psychologists now acknowledge that ayahuasca allows access to spiritual dimensions of consciousness, otherworldly realms and beings, and visionary experiences indistinguishable from classic religious mysticism.

With contributions from leading psychoactive scholars Dennis J. McKenna, Ph.D., Charles S. Grob, M.D., and J. C. Callaway, Ph.D., on the ethnopharmacology, psychology, phytochemistry, and neuropharmacology of ayahuasca, Ralph Metzner provides a comprehensive exploration of the chemical, biological, psychological, and experiential dimensions of this Amazonian hallucinogen. He includes more than 20 firsthand accounts from people who have participated in ayahuasca rituals and experienced major life changes as a result. He details the scientific discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body as well as the deep psychological impact of this potent entheogen. He concludes with his own findings on ayahuasca, including its applications in medicine and psychology, and compares the worldview revealed by ayahuasca visions to that of modern cultures.

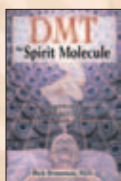
Ralph Metzner, Ph.D., is a psychotherapist and professor at the California Institute of Integral Studies in San Francisco. He studied psychology and psychopharmacology at Harvard University and was part of the Psilocybin Research Project with Timothy Leary and Richard Alpert (later Ram Dass). He is the author of *Green Psychology*, coauthor of *The Psychedelic Experience*, and editor of *Sacred Mushroom of Visions: Teonanácatl*. He lives in Sonoma, California.

## Also by Ralph Metzner, Ph.D.



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Alan Shoemaker  
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# DNA of the Gods

## The Anunnaki Creation of Eve and the Alien Battle for Humanity

CHRIS H. HARDY, Ph.D.

An in-depth study of humanity's Anunnaki origins and the Anunnaki battle for an intelligent versus enslaved humanity

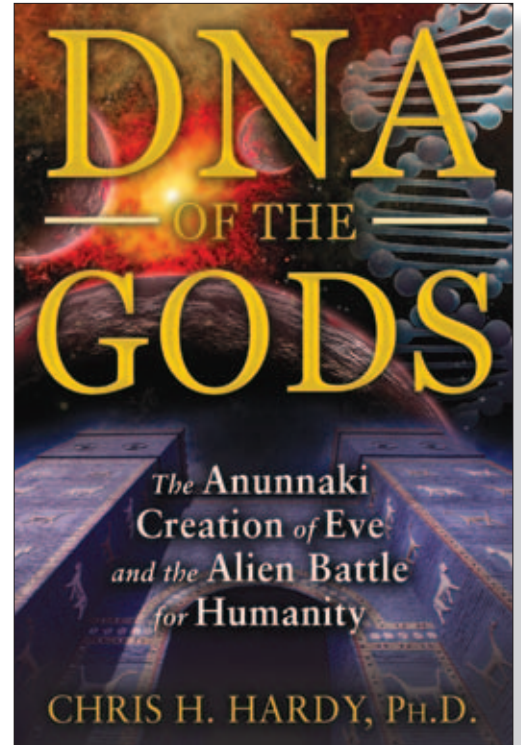
- Explains the genetic engineering of humanity by an Anunnaki scientist Ninmah
- Shows how the concepts of sin and the inferiority of women arose from Enlil's will to keep humanity underdeveloped, clashing with Enki's and Ninmah's plan to make us equal in intelligence
- Reveals how humanity's long history of conflict was shaped by the battle between Enki and his brother Enlil

Further developing the revolutionary work of Zecharia Sitchin, Chris Hardy shows that the "gods" of ancient myth, visitors from the planet Nibiru, created us using their own "divine" DNA—first through DNA extraction from their own ribs' marrow and later by direct relations with early human females. Drawing upon multiple sacred texts, Hardy details the genetic engineering of humanity by Anunnaki scientist Ninmah, with the help of Enki and Hermes. She reveals how Ninmah's first female human creation, Tiamat/Eve, contained more alien DNA than the earlier male one, Adamu, and how the biblical Noah represents the perfection of her work.

Examining the war between Anunnaki brothers Enki and Enlil, Hardy reveals how the concepts of sin and the inferiority of women were born out of Enlil's attempts to enslave and then wipe out humanity, repeatedly thwarted by Enki and Ninmah. The author further explains how the sacred sexuality taught to humans—still seen in Tantric practice—became suppressed millennia later by the patriarchal concept of original sin and how innocent Eve took the blame for the expulsion from Eden and fall from Grace.

Showing that the god who created us was not the same god who expelled us from Eden, Hardy explains that there will be no apocalypse because the Good/Evil duality has never truly existed—it has been only enemy gods fighting and implicating humanity in the wake of their own competition for power. With a full psychological understanding of how the ancient "gods" have shaped humanity's ongoing history of conflict, we can move beyond the framework of "(my) Good versus (your) Evil" imposed by Enlil and begin to steer our own planetary destiny.

Chris H. Hardy, Ph.D., holds a doctorate in ethno-psychology. A cognitive scientist and former researcher at Princeton's Psychophysical Research Laboratories, she has spent many years investigating nonlocal consciousness through systems theory, chaos theory, and her own Semantic Fields Theory. The author of many research papers and published books, including *The Sacred Network*, she lives in France.



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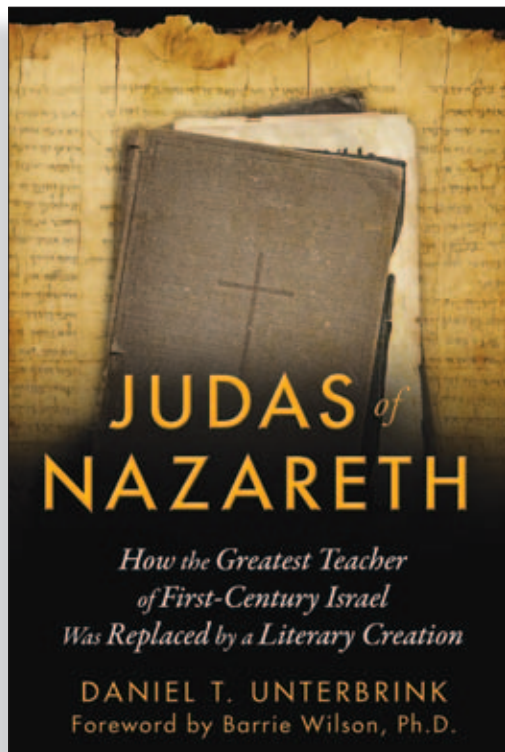
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Author  
 Daniel T. Unterbrink

# Judas of Nazareth

How the Greatest Teacher of First-Century Israel Was Replaced by a Literary Creation

DANIEL T. UNTERBRINK  
 Foreword by Barrie Wilson, Ph.D.

An investigation into the historical Jesus and the veracity of the Gospels

- Reveals the biblical Jesus as a composite figure, a blend of the political revolutionary Judas the Galilean and Paul's divine-human Christ figure
- Matches the events depicted in the New Testament with historically verifiable events in Josephus' history, pushing Jesus' life back more than a decade
- Demonstrates how each New Testament Gospel is dependent upon Paul's mythologized Christ theology, designed to promote Paul's Christianity and serve the interests of the fledgling Gentile Christian communities

Scholars have spent years questioning aspects of the historical Jesus. How can we know what Jesus said and did when Jesus himself wrote nothing? Can we trust the Gospels, written by unknown authors 40 to 70 years after Jesus' death? And why do other sources from the time not speak of this messianic figure known as Christ?

Drawing on the histories of Josephus, Tacitus, Suetonius, and Pliny as well as the Dead Sea Scrolls, Daniel Unterbrink contends that the "Jesus" of the Bible was actually a composite figure, a clever blend of the Jewish freedom-fighter Judas the Galilean and Paul's divine-human Christ figure created in the middle of the first century CE. Revealing why Paul was known as a liar, enemy, and traitor in other Jewish literature, he shows that the New Testament Gospels are not transcripts of actual history but creative works of historical fiction designed to promote Paul's Christianity and serve the interests of the fledgling Gentile Christian communities. He demonstrates how each Gospel is written in light of the success of Paul's religion and dependent upon his later perspective.

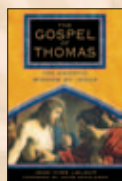
Matching the events depicted in the New Testament with the historically verifiable events in Josephus' history, Unterbrink pushes the dating of Jesus' life back nearly a generation to a revolutionary time in ancient Judea. He shows that the real historical Jesus—the physical man behind the fictional stories in Paul's Gospels—was Judas the Galilean: a messianic pretender and Torah-observant revolutionary bent on overthrowing the Roman government and galvanizing the Jewish people behind his vision of the coming Kingdom of God. In the greatest cover-up of history, this teacher of first-century Israel was replaced by the literary creation known as Jesus of Nazareth.

Daniel T. Unterbrink is the author of *Judas the Galilean*, *New Testament Lies*, and *The Three Messiahs*. A retired forensic auditor, he has turned his analytical prowess to the historical origins of Christianity. He lives in Columbus, Ohio.

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# The Lost City of the Exodus

The Archaeological Evidence behind the Journey Out of Egypt

AHMED OSMAN

Recent archaeological findings confirm Osman's 25-year-old discovery of the location of the city of the Exodus

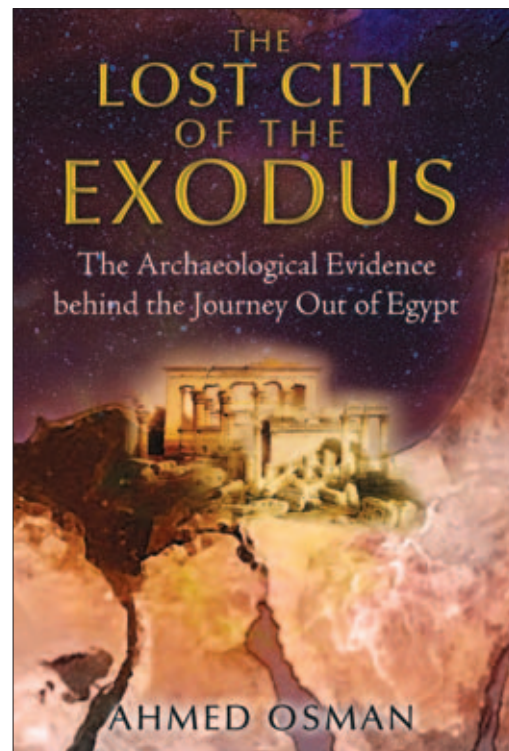
- Explains why modern scholars have been unable to find the city of the Exodus: they are looking in the wrong historical period and thus the wrong region of Egypt
- Details the author's extensive research on Hebrew scriptures and ancient Egyptian texts and records, which allowed him to pinpoint the Exodus site
- Reveals his effort to have his finding confirmed by the Egyptian government, including his debates with Zahi Hawass, Egyptian Minister for Antiquities Affairs

When the first archaeologists visited Egypt in the late 1800s, they arrived in the eastern Nile Delta to verify the events described in the biblical Book of Exodus. Several locations believed to be the city of the Exodus were found but all were later rejected for lack of evidence. This led many scholars to dismiss the Exodus narrative merely as a myth that borrowed from accounts of the Hyksos expulsion from Egypt. But as Ahmed Osman shows, the events of Exodus have a historical basis and the ruins of the ancient city of Zarw, where the Road to Canaan began, have been found.

Drawing on decades of research as well as recent archaeological findings in Egypt, Ahmed Osman reveals the exact location of the lost city of the Exodus as well as his 25-year effort to have this finding confirmed by the Egyptian government, including his heated debates with Zahi Hawass, former Egyptian Minister for Antiquities Affairs. He explains why modern scholars have been unable to find the city of the Exodus: they are looking in the wrong historical period and thus the wrong region of Egypt. He details his extensive research on the Pentateuch of the Hebrew scriptures, the historical scenes recorded in the great hall of Karnak, and other ancient source texts, which allowed him to pinpoint the Exodus site after he discovered that the Exodus happened not during the pharaonic reign of Ramses II but during that of his grandfather Ramses I.

Osman concluded that the biblical city of the Exodus was to be found at Tell Heboua at the ruins of the fortified city of Zarw, the royal city of Ramses I—far from the Exodus locations theorized by previous archaeologists and scholars. In 2012, after 20 years of archaeological work, the location of Zarw was confirmed by Egyptian officials exactly where Osman said it would be 25 years ago. Thus, Osman shows that, time and again, if we take the creators of the source texts at their word, they will prove to be right.

Ahmed Osman was born in Cairo in 1934 and is the author of several books, including *Christianity: An Ancient Egyptian Religion* and *Moses and Akhenaten*. He lives in England.



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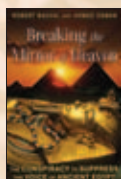
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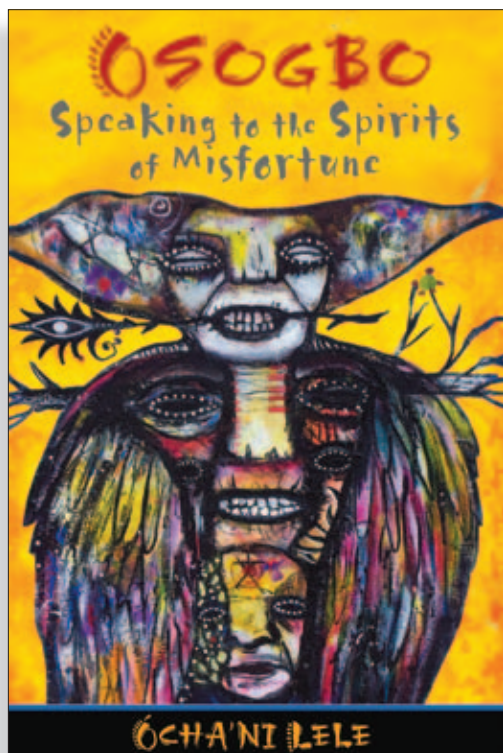
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## Osogbo

Speaking to the Spirits of Misfortune

ÓCHA'NI LELE

By understanding Osogbo, the spirits of misfortune, we can better overcome them and return to health and balance in our lives

- Explains how misfortune works in this world as living spirits that plague humanity but are also a catalyst for self-development and conscious evolution
- Shows that we can overcome Osogbo through ebó, sacrifice, and hard work as prescribed by consulting the Orishas through the casting of the diloggún
- Shares more than 40 ancient African sacred stories about the spirits of Osogbo

Misfortune works in this world as living vibrant spirits—known in the Santería and Lucumí faith as Osogbo—that plague humanity but are also a catalyst for self-development and conscious evolution.

Beginning with the story of his goddaughter’s miraculous recovery from stage IV cancer, Ócha’ni Lele explains how Osogbo tries to bring us down and how if we follow the prescriptions of the Orishas we can overcome misfortune and bring ourselves back to health and balance. Exploring the Lucumí beliefs regarding Osogbo, he shows that the Lucumí faith is neither fatalistic nor defeatist but healing and life affirming. He shares more than 40 patakís—stories stemming from the ancient Yoruba of West Africa—about the different spirits of Osogbo, who like the Orishas once walked the earth in human bodies. He explains the place of these spirits within the 256 odu of the diloggún, the divination system used in Santería to receive guidance from the Orishas.

Lele shows that the spirits of Osogbo are not only concepts but also real deities and that we can, if we understand their nature, fight them through ebó, sacrifice, and hard work. He reveals how Osogbo sees itself as one who stands against life and all that is good in the world, but in truth it is misfortune that strengthens us, misfortune that motivates us, and misfortune that brings great evolution to the world. As the author shows, “Without bitterness, one could not know sweetness.” Likewise, without misfortune in our lives, we would never know blessings or what it means to be blessed.

Ócha’ni Lele has been immersed in the underground culture of orisha worship since 1989. He made Ocha in 2000 and was crowned a priest of Oya. His other books include *Sacrificial Ceremonies of Santería*, *Diloggún Tales of the Natural World*, *Teachings of the Santería Gods*, *The Secrets of Afro-Cuban Divination*, *Obi: Oracle of Cuban Santería*, and *The Diloggún: The Orishas, Proverbs, Sacrifices, and Prohibitions of Cuban Santería*. He lives in Winter Park, Florida.

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# Seiki Jutsu

The Practice of Non-Subtle Energy Medicine

BRADFORD and HILLARY KEENEY

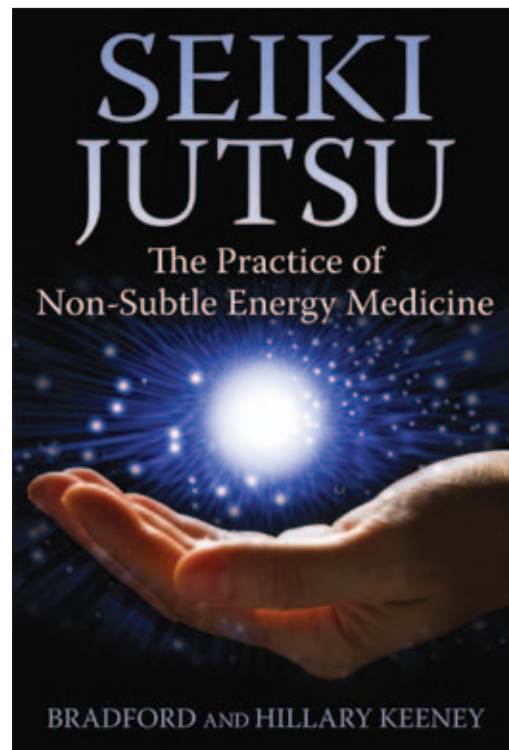
A guide to the ancient Japanese art of working with concentrated life-force energy, seiki, for self-healing, revitalization, and creativity

- Explains how to awaken seiki, guiding you through the stages of seiki development
- Details how to develop your own daily practice for self-healing and renewal as well as providing exercises to infuse your everyday activities with seiki
- Includes many inspiring stories from the authors' decades of healing work

Seiki jutsu is the ancient Japanese shamanic art of working with seiki, concentrated life-force energy, for self-healing, revitalization, creativity, and inspiration. Known in Tantra as *kundalini* and to the Kalahari Bushmen as *n/om*, seiki has been called “activated and strengthened chi” and is often described as a “non-subtle” energy because it is strongly felt when awakened. Centering on spontaneity of movement to gather and transmit seiki, the practice of seiki jutsu does not require years of training or endless memorization of forms. Once you have received seiki, your daily practice will teach you to activate the flow of this powerful energy to recharge your body, mind, and spirit and empower you to find your unique destiny.

Renowned seiki jutsu masters Bradford and Hillary Keeney detail the history and lineage of seiki jutsu beginning in 8th-century Japan and reveal how this ancient practice was used by the samurai. The authors show how seiki underlies the “flow experience” sought after by artists, musicians, athletes, and performers of all types. They explain how to recognize the awakening of seiki, guiding you through the stages of seiki development with stories of healings they have participated in or witnessed. They reveal how to develop your own daily practice for self-healing and renewal as well as provide active exercises to discover your life’s purpose, infuse your everyday activities with seiki, and motivate yourself to create a fulfilling life. They show that no method of performance, spiritual practice, or philosophy of life can fully awaken unless you are instilled with sufficient seiki. Regarded in Japan as “the fountain of youth,” seiki jutsu provides a way to bring maximum vitality into every aspect of life.

Bradford Keeney, Ph.D., is a renowned traditional healer, teacher, therapist, and professor at the University of Louisiana. Chosen as the authorized successor to Ikuko Osumi, the foremost practitioner of seiki jutsu in the 20th century, he has spent more than 40 years studying seiki in diverse healing cultures. He is the author of many books, including *Bushman Shaman* and *Shaking Medicine*. Hillary Keeney, Ph.D., is a traditional healer, senior research fellow at the University of Louisiana, and distinguished visiting professor at Benemérita Universidad Autónoma de Puebla in Mexico. Together the authors cofounded the Keeney Institute for Healing in New Orleans.



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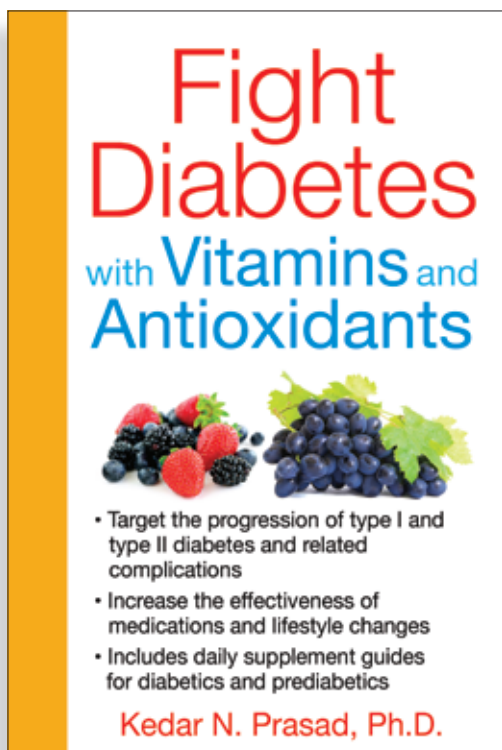
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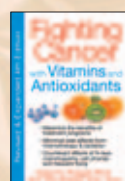
In this practical yet scientific guide, leading researcher in cancer, heart disease, and diabetes prevention Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to treat diabetes. He details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments to halt and even reverse the progression of both type I and type II diabetes and prevent onset in those who are diagnosed as prediabetic.

Prasad shows how chronic inflammation, oxidative stress, and free radical damage are the chief culprits for the progression of diabetes and its complications and that merely changing your diet and activity level and regulating blood glucose levels cannot fully counteract this unhealthy internal state. He provides an easy-to-follow daily supplement regime for both diabetics and prediabetics in multiple age groups to target free radical damage and cell injury and stop the progression of diabetes complications. Reviewing much of the scientific research on diabetes treatment, he debunks the flawed conclusions of the medical community that vitamins and antioxidants are ineffective, revealing how the studies focused on specific micronutrients rather than synergistic combinations.

Offering the missing complement to the standard care of diet, exercise, and lifestyle changes promoted by mainstream medicine, this guide provides a truly holistic approach to diabetes prevention, treatment, and care.

Kedar N. Prasad, Ph.D., is the chief scientific officer of the Premier Micronutrient Corporation, the former director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine, and the former president of the International Society of Nutrition and Cancer. The coauthor of *Fighting Cancer with Vitamins and Antioxidants*, he lives in the San Francisco Bay area.

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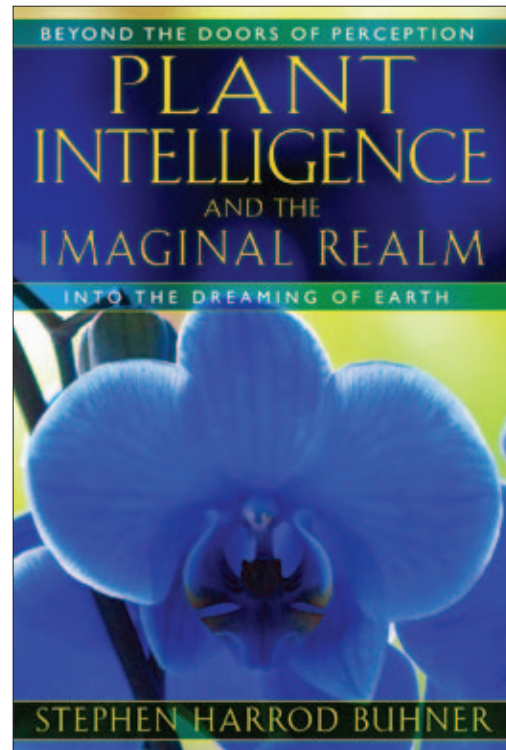
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In *Plant Intelligence and the Imaginal Realm*, Stephen Harrod Buhner reveals that all life forms on Earth possess intelligence, language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings, become again wild scientists, nondomesticated explorers of a Gaian world just as Goethe, Barbara McClintock, James Lovelock, and others have done. For as Einstein commented, “We cannot solve the problems facing us by using the same kind of thinking that created them.”

Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and, most importantly, the human species itself. He shows that human beings are not a plague on the planet, they have a specific ecological function as important to Gaia as that of plants and bacteria.

Buhner shows that the capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in so doing begin to address the difficulties of our times.

Stephen Harrod Buhner is the senior researcher for the Foundation for Gaian Studies. Described as both an Earth Poet and a Bardic Naturalist, he is the award-winning author of 19 books, including *The Lost Language of Plants*, *The Secret Teachings of Plants*, and *Sacred Plant Medicine*. Before retiring from the road in 2013, he taught for over 30 years throughout North America and Europe. He lives in Silver City, New Mexico.



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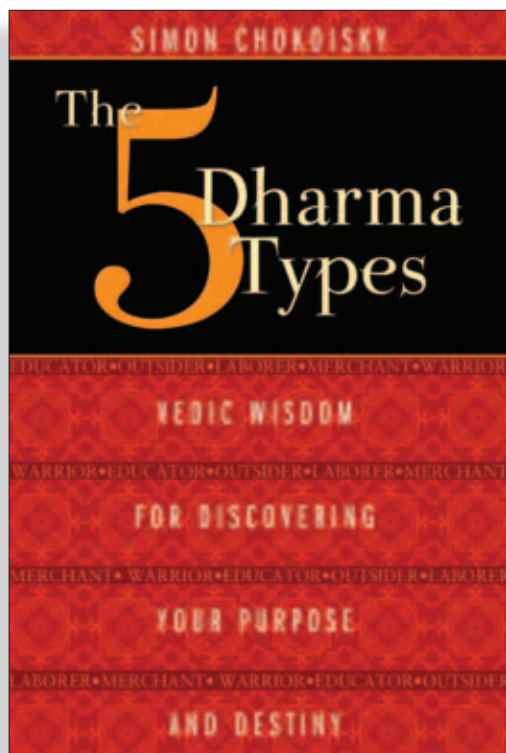
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SIMON CHOKOISKY

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- Reinterprets the traditional Dharma system of ancient India as a map for revealing one's true purpose
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Have you ever wondered why, despite great obstacles, some people achieve success, while others, though given everything, seem to squander it away? Or why some people, despite having very little, radiate joy, while others appear miserable though surrounded by opulence? The answer is Dharma: knowing your soul's purpose and living it is the key to creating a fulfilling life.

Built on a deep body of Vedic knowledge, the ancient system of social structure and spiritual duty known as Dharma has modern applications for people seeking their life's purpose. Author Simon Chokoisky explains the five Dharma archetypes—Warrior, Educator, Merchant, Laborer, and Outsider—and how your life's purpose goes hand-in-hand with your Dharma type. Providing tests to determine your type, he outlines the benefits, challenges, emotional and learning styles, and social, interpersonal, and health dynamics associated with each type.

Chokoisky reveals how the Dharma types function as an operating system for your identity, helping you map your life and play to your innate strengths, whether in choosing a prosperous career or field of study or in facing health challenges and meeting fitness goals. By accepting and understanding the nature of your type, you begin to align with your true purpose and, regardless of fate, find joy and meaning in life.

Simon Chokoisky teaches Sanskrit and Medical Astrology at the Ayurvedic Institute in Albuquerque, New Mexico. He also runs a private consulting business based on his trainings in Vedic life mapping and Vedic astrology. The creator of the *Decoding Your Life Map with Vedic Astrology* DVD series, he travels widely giving seminars. He lives in Albuquerque, New Mexico.

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# Sacred Number and the Lords of Time

The Stone Age Invention of Science and Religion

RICHARD HEATH

An exploration of sacred geometry, space, and time encoded in stone structures during four successive ages of megalithic building

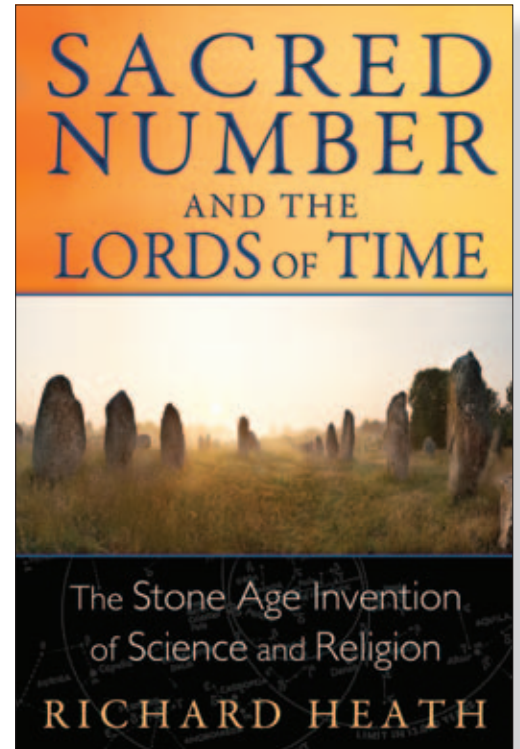
- Examines the sacred knowledge carefully preserved in the Stone Age structures of Carnac, Stonehenge, Giza, and Teotihuacan
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- Reveals how the Earth's shape and proportions mirror the time cycles of the heavens above

Our Stone Age ancestors discovered that the geometry of the Earth provided a sacred connection between human experience and the spiritual worlds. Exploring the numerical patterns of time and then the size and shape of the Earth, they created an exact science of measures and preserved their discoveries within sacred structures, spiritualized landscapes, and mythologies, which interpreted the religious ideas associated with their science. In this way, the ancient measures of space and time reached our present age and still embody the direct but forgotten truths of our sacred planet.

By recovering the megalithic secrets of space and time, carefully preserved in megalithic stone structures, Richard Heath tells an untold story of four megalithic ages. He identifies a first age of astronomical discovery in the French sites around Carnac, where, using only counted lengths and simple geometries, the ancients created a sophisticated cosmic clockwork. A second age centered in Britain, and including Stonehenge, successfully measured the Earth and revealed a simple pattern held within the Earth's shape, using metrological ratios. A third age, centered in Egypt and Greece, saw a perfecting of the monumental arts, associated metrology, and religious ideas, revealing the Earth and the heavens as the work of a numerical genius. The fourth age saw pyramids and other metrological buildings spread to the New World, at Teotihuacan in Mexico, and also to the Far East.

Examining Earth's harmonic relevance to the Universe as a whole, Heath shows how we can recognize the long-forgotten foundations of our own civilization and revive the sacred teaching preserved by the four great megalithic ages.

Richard Heath has degrees in systems science and is the author of *Matrix of Creation*, *Sacred Number and the Origins of Civilization*, and *Precessional Time and the Evolution of Consciousness*. He lives in Perthshire, Scotland.



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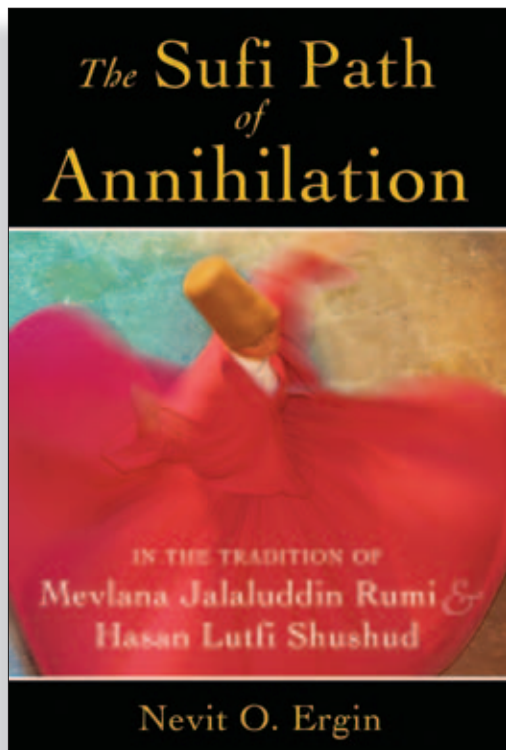


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## The Sufi Path of Annihilation

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An exploration of the profound Sufi practice of Itlak Yolu

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In this exploration of the profound spiritual practice of Itlak Yolu, the Sufi path of annihilation, Nevit Ergin examines the three main facets of this path: zikr or breathing exercises, fasting, and mental suffering. Sharing experiences and discussions with Hasan Lutfi Shushud, renowned Sufi saint and final guide of Gurdjieff's disciple J. G. Bennett, the author illustrates how suffering—"the searing fire of contrition"—is the most effective instrument of spiritual progress, for it is suffering that burns the Self. He explains how faithful practice of zikr and fasting will bring on this kind of suffering when the student is ready and will make the suffering tolerable. He shows how once the Self is annihilated higher levels of perception take hold and one finds oneself on the path to sainthood and immortality.

Interwoven throughout with sayings by Shushud, Sufi parables, and poems by Rumi, Ergin shares the unique Itlak perspective on the major questions of every seeker: the true nature of love and religion, life and death, and other major spiritual questions. The book also includes an essay on annihilation and absence in Rumi's philosophy and biographical portraits of Hasan Lutfi Shushud by other aspirants who met with him.

Nevit O. Ergin is the English translator of the complete *Divan-i Kebir*—all 44,829 verses of Rumi's opus. He is the author of *Tales of a Modern Sufi* and coauthor, with Will Johnson, of *The Forbidden Rumi* and *The Rubais of Rumi*. A Turkish-born surgeon, Ergin has been an initiate in the Itlak path of Sufism under the tutelage of Sufi master Hasan Lutfi Shushud since 1955. He lives in California.

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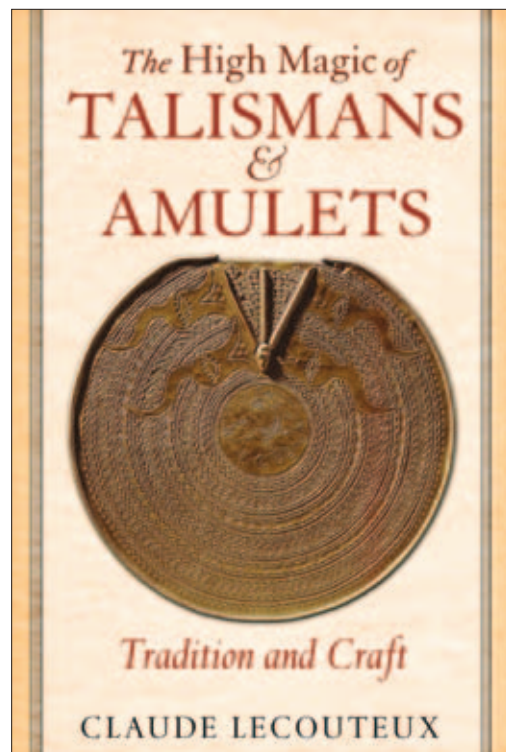
The use of talismans and amulets stretches back nearly to the dawn of man, from everyday items magically prepared, such as horns or coins, to intricate and beautiful jewelry imbued with protective powers.

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Lecouteux explains the high magic behind the hermetic art of crafting amulets and talismans: the chains of sympathy, astrological geography, and the invocations required to activate their powers. He explores the work of adepts such as Agrippa, Albertus Magnus, and Athanasius Kircher, including an in-depth look at Kircher's work on planetary seals in his *Oedipus Aegyptiacus*.

Illustrated throughout with period art depicting magical symbols, seals, and a wide array of talismans and amulets, this comprehensive study provides a practical guide to the historical development and step-by-step creation of magical objects.

Claude Lecouteux is a former professor of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval and pagan beliefs and magic, including *The Book of Grimoires*, *The Tradition of Household Spirits*, *A Lapidary of Sacred Stones*, and *The Secret History of Poltergeists and Haunted Houses*. He lives in Paris.



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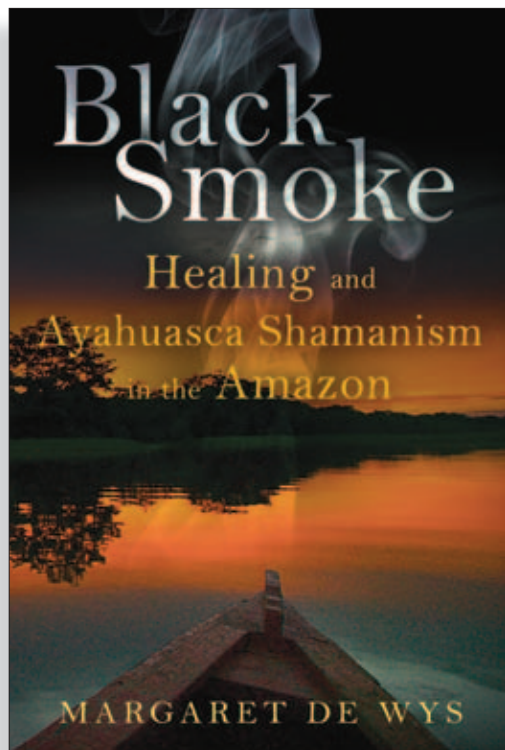
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## Black Smoke

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MARGARET DE WYS

A diagnosis of cancer leads to healing and transformation  
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- Describes her apprenticeship and relationship with the shaman who cured her
- Explores the ways this spiritual medicine can heal the emotional origins of disease now plaguing our modern technological culture

When composer and Bard College music professor Margaret De Wys learned she had breast cancer, the diagnosis shattered her comfortable life. Seized by fear, crushed by existential loneliness, she couldn't respond when her loved ones reached out to her. To everyone's concern, the illness propelled her away from her family and deep into the Amazon to work with Carlos, a charismatic Shuar shaman and master of *medicina milenaria*, an ancient mystical tradition with a highly sophisticated and precise technology of healing. In *Black Smoke*, De Wys writes of her amazing encounter with Carlos as he guided her into a world of potent visionary plants, harrowing initiations, ritual purification, and miraculous healings, including the complete disappearance of her cancer. It was, as Carlos called it, "the path of the warrior."

Sharing a journey not only through cancer but also through self-transformation, De Wys provides an intimate inside look at the shamanic ceremonies of ayahuasca and the ways this spiritual medicine can heal the emotional origins of disease now plaguing our modern technological culture. Capturing her physical, emotional, and "holy voyage" through a world that differs vastly from our own in its perception of healing and wholeness, she offers a revealing chronicle of spiritual insight and a trenchant exploration of the limits of idealism. She not only provides a probing look at how our society can learn and benefit from indigenous wisdom but also weaves a cautionary tale about how potentially dangerous it is—on both sides—to try to cross those frontiers.

Margaret De Wys is a composer and sound installation artist whose musical works have premiered with dance groups and orchestras across the country and been performed at venues including the Museum of Modern Art and the Whitney Museum. Since her initial experience with ayahuasca, she has traveled extensively and worked closely with many traditional healers throughout the world. Currently working with João de Deus in Brazil, where they see more than 1,200 people a day, she also takes groups to the Amazon in Ecuador to work with Carlos, the shaman who healed her of breast cancer. The author of *Ecstatic Healing*, she lives in upstate New York.

### Also by Margaret De Wys



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# Return to the Brain of Eden

Restoring the Connection between Neurochemistry and Consciousness

TONY WRIGHT and GRAHAM GYNN

Foreword by Dennis J. McKenna, Ph.D.

An exploration of our fall from the pinnacle of human evolution 200,000 years ago and how we can begin our return

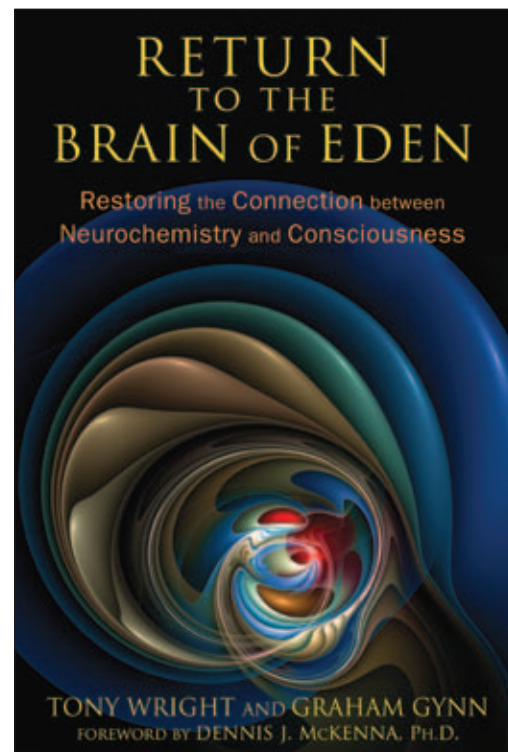
- Explores recent neurological and psychological research on the brain and the role of plant biochemistry in human brain expansion
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Over a period of a million years the human brain expanded at an increasingly rapid rate, and then, 200,000 years ago, the expansion abruptly stopped. Modern science has overlooked this in order to maintain that we are at the pinnacle of our evolution. However, the halt in brain expansion explains not only recently uncovered anomalies within the human brain but also the global traditions of an earthly paradise lost and of humanity's degeneration from our original state of perpetual wonder and joy.

Drawing on more than 20 years of research, authors Tony Wright and Graham Gynn explore how our modern brains are performing far below their potential and how we can unlock our higher abilities and return to the euphoria of Eden. They explain how for millions of years early forest-dwelling humans were primarily consuming the hormone-rich sex organs of plants—fruit—each containing a highly complex biochemical cocktail evolved to influence DNA transcription, rapid brain development, and elevated neural and pineal gland activity. Citing recent neurological and psychological studies, the authors explain how the loss of our symbiotic fruit-based diet led to a progressive neurodegenerative condition characterized by aggressive behaviors, a fearful perception of the world, and the suppression of higher artistic, mathematical, and spiritual abilities.

The authors show how many shamanic and spiritual traditions were developed to counteract our decline. They outline a strategy of raw foods, tantric sexuality, shamanic practices, and entheogen use to reverse our degeneration, restore our connection with the plant world, and regain the bliss and peace of the brain of Eden.

Tony Wright is a consciousness researcher who studied horticulture and plant biochemistry at the Royal Botanic Garden in Edinburgh. Graham Gynn is an agricultural zoologist, educator, and researcher who has appeared on the BBC. Both authors live in Cornwall, England.



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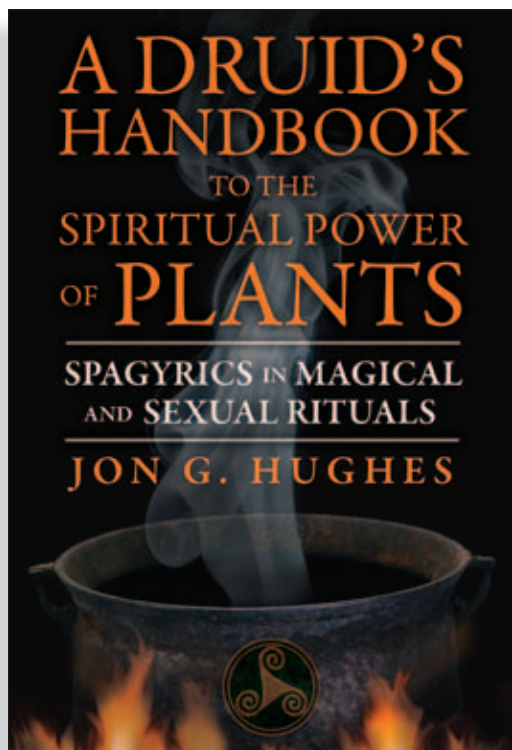
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# A Druid's Handbook to the Spiritual Power of Plants

## Spagyrics in Magical and Sexual Rituals

JON G. HUGHES

A practical guide to creating plant extracts, essences, and complexes for use in Druidic sex magic rituals

- Explores the identification, harvesting, and magical properties of more than 70 flowers and trees
- Details the careful and meticulous spagyric preparation of plant extracts and complexes
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In this practical guide to Druidic plant magic, Jon G. Hughes reveals the gentle alchemy of converting plant essences into potent compounds for working sex magic rituals. Examining the identification, harvesting, and magical properties of more than 70 flowers and trees, he details the careful and meticulous spagyric preparation of plant extracts and complexes as well as the process of obtaining or creating suitable alcoholic spirits for the base of these preparations. He includes instructions to make all necessary tools and explores how to prepare yourself to work with plant essences and properly use the magical compounds you create.

Hughes explains how to release the energies, healing attributes, and magical capacities of flowers and trees through the respectful seduction of a plant's virtue and the 3-step spagyric process of separation, purification, and reunification. He shows how the spagyric process maximizes the power of the acquired essence in preparation for its use in magical ritual. Detailing Druidic sex rituals for both a couple and a group, Hughes demonstrates how plant compounds are used in specific magical rituals and practices as well as the role of the plant complex in sexual potency. Exploring the underlying accord between alchemy and Druidic practices, Hughes provides a valuable manual for anyone wishing to harness the magical potential of plant energy.

Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. He is now teaching the tradition at his home in western Ireland and gives workshops and seminars throughout Europe under his Welsh name of Cynon. He is the director of the Irish Centre for Druidic Practices and the author of *Sexual Practices of the Druids*.

### Also by Jon G. Hughes



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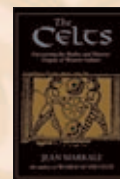
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# Aleister Crowley: The Beast in Berlin

Art, Sex, and Magick in the Weimar Republic

TOBIAS CHURTON

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

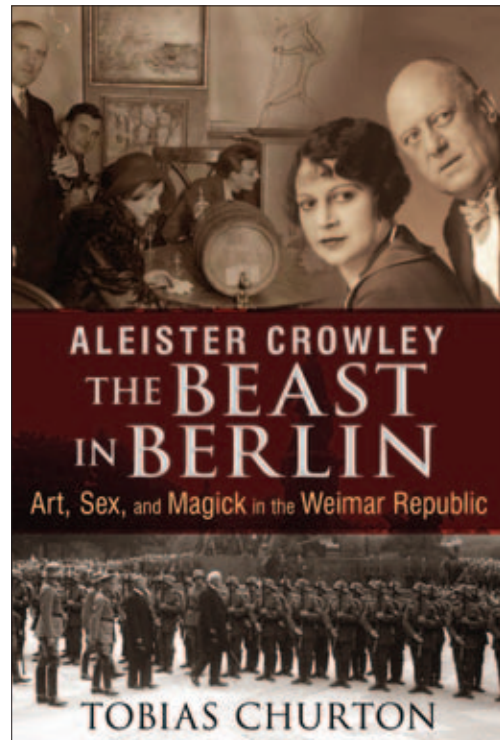
- Examines Crowley's focus on his art, his work as a spy for British Intelligence, his colorful love life and sex magick exploits, and his contacts with magical orders
- Explores Crowley's relationships with Berlin's artists, filmmakers, writers, and performers such as Christopher Isherwood, Jean Ross, and Aldous Huxley
- Recounts the fates of Crowley's friends and colleagues under the Nazis as well as what happened to Crowley's lost art exhibition

Gnostic poet, painter, writer, and magician Aleister Crowley arrived in Berlin on April 18, 1930. As prophet of his syncretic religion "Thelema," he wanted to be among the leaders of art and thought, and Berlin, the liberated future-gazing metropolis, wanted him. There he would live, until his hurried departure on June 22, 1932, as Hitler was rapidly rising to power and the black curtain of intolerance came down upon the city.

Known to his friends affectionately as "The Beast," Crowley saw the closing lights of Berlin's artistic renaissance of the Weimar period when Berlin played host to many of the world's most outstanding artists, writers, filmmakers, performers, composers, architects, philosophers, and scientists, including Albert Einstein, Bertolt Brecht, Ethel Mannin, Otto Dix, Aldous Huxley, Jean Ross, Christopher Isherwood, and many other luminaries of a glittering world soon to be trampled into the mud by the global blood-bath of World War II.

Drawing on previously unpublished letters and diary material by Crowley, Tobias Churton examines Crowley's years in Berlin and his intense focus on his art, his work as a spy for British Intelligence, his colorful love life and sex magick exploits, and his contacts with German Theosophy, Freemasonry, and magical orders. He recounts the fates of Crowley's colleagues under the Nazis as well as what happened to Crowley's lost art exhibition—six crates of paintings left behind in Germany as the Gestapo was closing in. Revealing the real Crowley long hidden from the historical record, Churton presents "the Beast" anew in all his ambiguous and, for some, terrifying glory, at a blazing, seminal moment in the history of the world.

Tobias Churton is Honorary Fellow of Exeter University, where he is faculty lecturer in Rosicrucianism and Freemasonry. He holds a master's degree in Theology from Brasenose College, Oxford, and is the author of many books, including *Gnostic Philosophy* and *Aleister Crowley: The Biography*. He lives in England.



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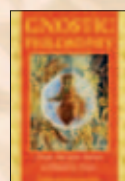
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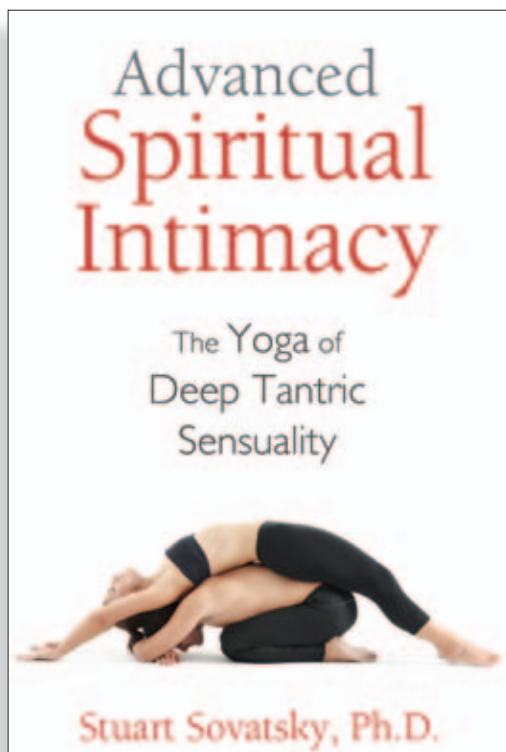
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STUART SOVATSKY, Ph.D.

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Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India, we can harness the divine energy—glimpsed for only an instant by most people—at the heart of all erotic yearning.

Stuart Sovatsky, Ph.D., has degrees in religion and psychology from Princeton University and the California Institute of Integral Studies. A kundalini tantra practitioner since 1972, he was the producer of the World Congress on Psychology and Spirituality in India in 2008, which featured more than 400 delegates from 40 countries, including B. K. S. Iyengar, Robert Thurman, and S. S. Ravi Shankar. A kundalini chant-master with Axis Mundi, he has counseled thousands of people worldwide on yoga and relationships. He lives in Richmond, California.

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Diana Richardson and  
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# Chi Kung for Women's Health and Sexual Vitality

A Handbook of Simple Exercises and Techniques

MANTAK CHIA and WILLIAM U. WEI

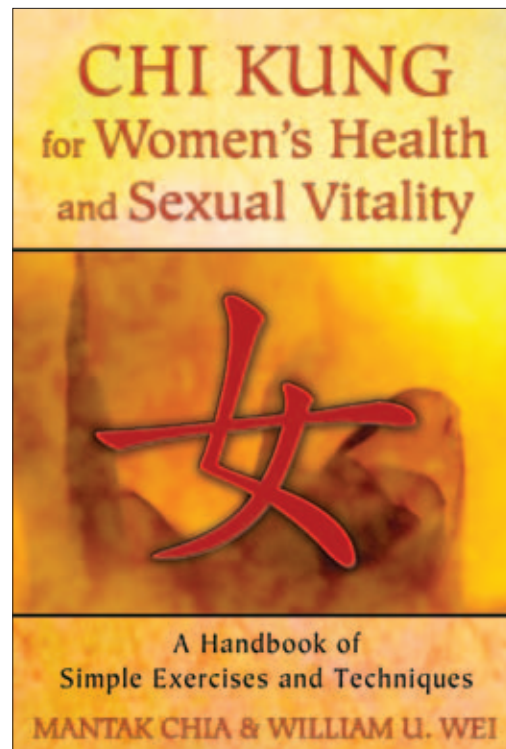
A guide to restoring women's reproductive health and maintaining sexual desire

- Includes fully illustrated instructions for Chi Kung exercises to clear energetic blockages, tone the female reproductive organs, prevent uterine cancer, and restore sexual vitality
- Explains how to strengthen the pelvic floor with chi weight lifting and how to perform breast and female genital massage
- Offers guidance on supporting your practice with dietary advice, restorative cleanses, and herbal remedies

In this fully illustrated guide, Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to balance hormones, offset abnormal cell growth, prevent uterine cancer, and restore sexual vigor to the female reproductive system. With step-by-step instructions, they provide exercises to open the energetic pathways connected to the female reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform breast and female genital massage to circulate chi and sexual energy. They detail the practice of chi weight lifting—advanced Kegel-type exercises using a jade egg—to stimulate age-delaying hormones and strengthen the pelvic floor.

To maximize the benefits of the exercises, the authors offer dietary guidance, restorative cleanses, and herbal remedies to further support female reproductive healing and maintenance of sexual desire.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors all over the world. The director of the Tao Garden Health Spa and Resort in northern Thailand, he is the author of more than 50 books, including *Chi Self-Massage* and *Sexual Reflexology*. William U. Wei is a senior instructor of the Universal Healing Tao and has taught with Master Chia in more than 30 countries. The coauthor of several books with Mantak Chia including *Chi Kung for Prostate Health and Sexual Vigor*, he lives in Milwaukie, Oregon.



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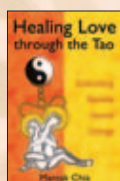


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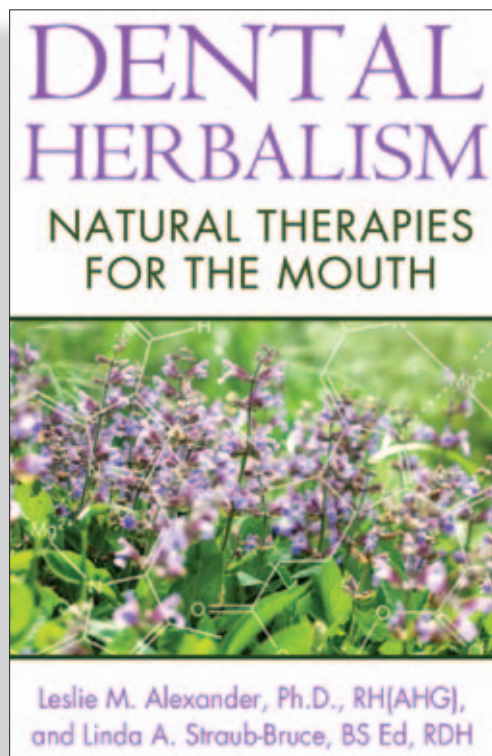
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## Dental Herbalism

Natural Therapies for the Mouth

LESLIE M. ALEXANDER, Ph.D., RH(AHG),  
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A comprehensive practical reference to herbal dental care for all ages

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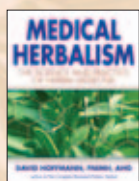
Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort.

The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including flouride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush.

Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.

Leslie M. Alexander, Ph.D., RH(AHG), is a practicing medical herbalist and former research scientist. A professional member of the American Herbalists Guild, she is co-owner of Restoration Herbs. Linda A. Straub-Bruce, BS Ed, RDH, is a practicing registered dental hygienist and member of the American Dental Hygienists Association. Both authors are members of the American Academy for Oral Systemic Health and live in western Pennsylvania.

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# Göbekli Tepe: Genesis of the Gods

The Temple of the Watchers and the Discovery of Eden

ANDREW COLLINS

Introduction by Graham Hancock

An exploration of the megalithic complex at Göbekli Tepe, who built it, and how it gave rise to legends regarding the foundations of civilization

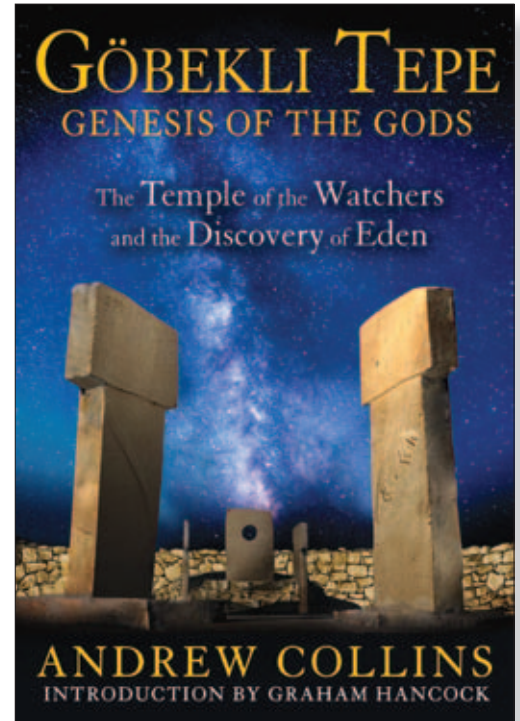
- Details the layout, architecture, and exquisite carvings at Göbekli Tepe
- Explores how it was built as a reaction to a global cataclysm
- Explains that it was the Watchers of the Book of Enoch and the Anunnaki gods of Sumerian tradition who created it
- Reveals the location of the remains of the Garden of Eden in the same region

Built at the end of the last ice age, the mysterious stone temple complex of Göbekli Tepe in Turkey is one of the greatest challenges to 21st century archaeology. As much as 7,000 years older than the Great Pyramid and Stonehenge, its strange buildings and rings of T-shaped monoliths—built with stones weighing from 10 to 15 tons—show a level of sophistication and artistic achievement unmatched until the rise of the great civilizations of the ancient world, Sumer, Egypt, and Babylon.

Chronicling his travels to Göbekli Tepe and surrounding sites, Andrew Collins details the layout, architecture, and exquisite relief carvings of ice age animals and human forms found at this 12,000-year-old megalithic complex, now recognized as the oldest stone architecture in the world. He explores how it was built as a reaction to a global cataclysm—the Great Flood in the Bible—and explains how it served as a gateway and map to the sky-world, the place of first creation, reached via a bright star in the constellation of Cygnus. He reveals those behind its construction as the Watchers of the Book of Enoch and the Anunnaki gods of Sumerian tradition.

Unveiling Göbekli Tepe’s foundational role in the rise of civilization, Collins shows how it is connected to humanity’s creation in the Garden of Eden and the secrets Adam passed to his son Seth, the founder of an angelic race called the Sethites. In his search for Adam’s legendary Cave of Treasures, the author discovers the Garden of Eden and the remains of the Tree of Life—in the same sacred region where Göbekli Tepe is being uncovered today.

Andrew Collins has been investigating the idea of an advanced civilization existing before recorded history since 1979, focusing on southeast Turkey since the early 1990s. He is the co-discoverer of a massive cave complex beneath the Giza plateau, now known as “Collins’ Caves.” The author of *From the Ashes of Angels*, *Gods of Eden*, *The Cygnus Mystery*, and *Gateway to Atlantis*, he lives in Essex, England.



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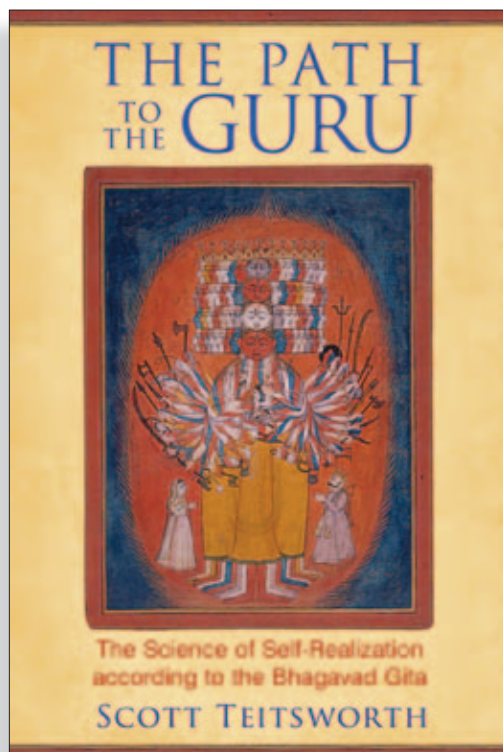
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## The Path to the Guru

The Science of Self-Realization according to the Bhagavad Gita

SCOTT TEITSWORTH

A verse-by-verse examination of the guide to self-transformation presented in the Bhagavad Gita

- Reveals the scientific approach to personal development and spiritual enlightenment laid out in Krishna's advice to Arjuna
- Shows how the Gita prepares you to work with a guru, advocating authenticity and skepticism rather than blind devotion and obedience
- Explores Krishna's advice on which societal limitations to reject to overcome your fears and reconnect with the suppressed parts of your inner being

Drawing on his more than 40 years of in-depth study of the Bhagavad Gita under the tutelage of his guru, Nitya Chaitanya Yati, author Scott Teitsworth explores the scientific approach to self-transformation and spiritual enlightenment encoded within Krishna's advice to Arjuna in the Bhagavad Gita. Providing a verse-by-verse examination of the first two chapters, he reveals the Gita's lessons to prepare the seeker to meet and successfully work with a guru—whether an outside teacher or the intuitive knowledge that arises from overcoming the psyche's limitations.

The author shows that the Gita advocates not blind devotion to a guru or god but rather personal development, victory over your fears, and liberation of the psyche. He demonstrates how Krishna's advice provides tools to guide us out of our fear-based experiences to reconnect with the suppressed parts of our inner being. He explains how Arjuna's doubts and confusions represent the plight of every person—we are born free but gradually become enslaved by the demands of our society, continuously dependent on outside authority for answers and disconnected from our true inner nature. He reveals how Krishna's advice offers guidance for dealing with life's conflicts, which societal limitations to reject, and how to see through the polarizing notion of good versus evil to form a balanced state of mind superior to both.

Restoring the fearless vision of the ancient rishis, who, like today's scientists, prized skepticism as an important technique for accessing truth, Teitsworth reveals the Gita as a guide to an authentic guru-disciple relationship as well as to constructing a life of significance, freedom, and true sovereign adulthood.

Scott Teitsworth is a lifelong student of Indian philosophy and modern science under the guidance of Nitya Chaitanya Yati, himself a disciple of Nataraja Guru. He hosts the Portland branch of the Narayana Gurukula along with his wife, where they have taught classes on the Bhagavad Gita and Indian philosophy since the 1970s. The author of *Krishna in the Sky with Diamonds*, he lives in Portland, Oregon.

### Also by Scott Teitsworth



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# The Book of Primal Signs

The High Magic of Symbols

NIGEL PENNICK

An in-depth study of the sacred meanings behind ancient and enduring symbols

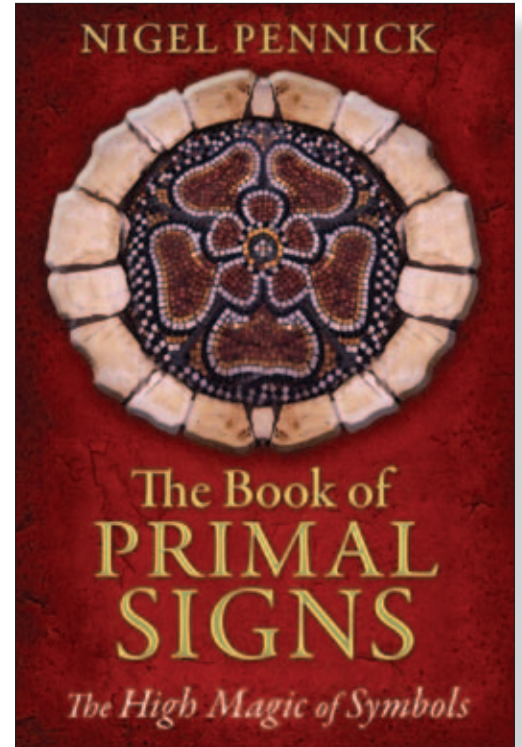
- Explains the multiple forms and uses of symbols from ancient times to the present day, reflecting their roots in folk magic and the Western Mystery tradition
- Examines more than 40 glyphs, such as the cross, fleur de lis, and pentagram, as well as several families of symbols, such as craftsmen's marks and runes
- Includes more than 300 unique woodcuts, drawings, calligraphy, and photographs—many never before reproduced

From ancient rock and cave art to the contemporary brand logos of politics and business, human beings have always created symbols to denote specific ideas, groups, or important objects as well as to convey deeper information than can be communicated in words. Many glyphs have retained their meanings over millennia whereas some have modern meanings vastly different from the original connotation. In this study of symbols, Nigel Pennick explores glyphs as agents of higher consciousness and ports of access to the collective unconscious, acknowledging the continuity of tradition, both deliberate and not, as well as how interpretations of some symbols, such as the swastika, have changed dramatically.

With more than 300 unique woodcuts, drawings, calligraphy, and photographs—many never before reproduced—Pennick examines ancient and enduring glyphs in detail, such as the circle, cross, eye, pentagram, fleur de lis, tree of life, and horseshoe, as well as several families of symbols, such as craftsmen's marks, runes, symbolic beasts, human heads and skulls, and the sigils of Mammon. The author explains the multiple forms and uses of each from ancient times to the present day, reflecting their roots in the Western Mystery tradition. He explores the symbols of high magic such as the glyph of John Dee's monad, those of folk magic such as the traditional cock on the weather vane, and the creation of modern glyphs such as the peace sign and the anarchy symbol.

Contrasting the hi-jacked use of power symbols in modern advertising with the vital role of symbols in traditional arts and crafts, Pennick reveals how symbols link the cosmic with the terrestrial and allow us to infuse the mundane with the numinous.

Nigel Pennick, trained as a biologist, has traveled and lectured extensively in Europe and the United States on sacred geometry, the spirit of place, spiritual arts and crafts, and labyrinths. He is the author and illustrator of more than 50 books, including *The Pagan Book of Days*, as well as numerous pamphlets, scientific papers, and articles. A musician with the Traditional Music of Cambridgeshire Collective, he lives in Cambridge, England.

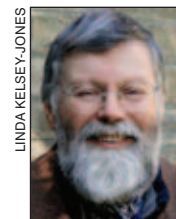


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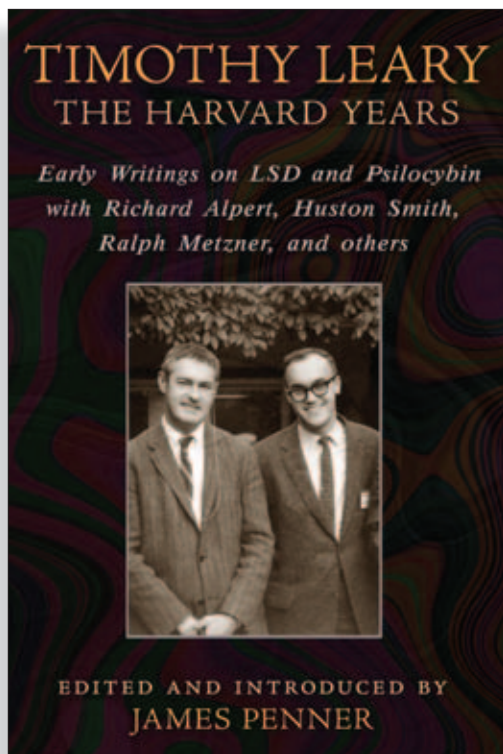
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## Timothy Leary: The Harvard Years

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The first collection of Leary's writings devoted entirely to the research phase of his career, 1960 to 1965

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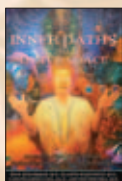
On May 27, 1963, Dr. Timothy Leary and Dr. Richard Alpert were dismissed from Harvard University's Psychology Department—a watershed event marking the moment when psychedelic drugs were publicly demonized and driven underground. Today, little is known about the period in the early 1960s when LSD and psilocybin were not only legal but also actively researched at universities.

Presenting the first collection of Leary's writings devoted entirely to the research phase of his career, 1960 to 1965, this book offers rare articles from Leary's time as a professor in Harvard's Psychology Department, including writings from the Harvard Psilocybin Project, the Concord Prison Project, and the Good Friday Experiment. These essays—coauthored with Richard Alpert, Huston Smith, Ralph Metzner, and other psychedelic research visionaries—explore the nature of creativity and the therapeutic, spiritual, and religious aspects of psilocybin and LSD. Featuring Leary's scientific articles and a rare account of his therapeutic approach, "On Existential Transaction Theory," the book also includes Leary's final essay from his time at Harvard, "The Politics of Consciousness," as well as controversial articles published shortly after his dismissal.

With an editor's introduction examining the Harvard Drug Scandal and a critical preface to each essay, this book of seminal early writings by Leary—appearing in unabridged form—shows why he quickly became an articulate spokesperson for consciousness expansion and an iconic figure for the generation that came of age in the 1960s.

James Penner, Ph.D., is an assistant professor of English at the University of Puerto Rico, Rio Piedras. A graduate of Brown University and the University of Southern California, he is the author of *Pinks, Pansies, and Punks: The Rhetoric of Masculinity in American Literary Culture*. He lives in San Juan, Puerto Rico.

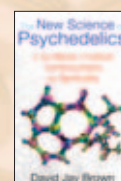
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# Metagenealogy

Self-Discovery through Psychomagic and the Family Tree

ALEJANDRO JODOROWSKY and MARIANNE COSTA

A practical guide to recognizing and overcoming the patterns and influences of the four generations before you

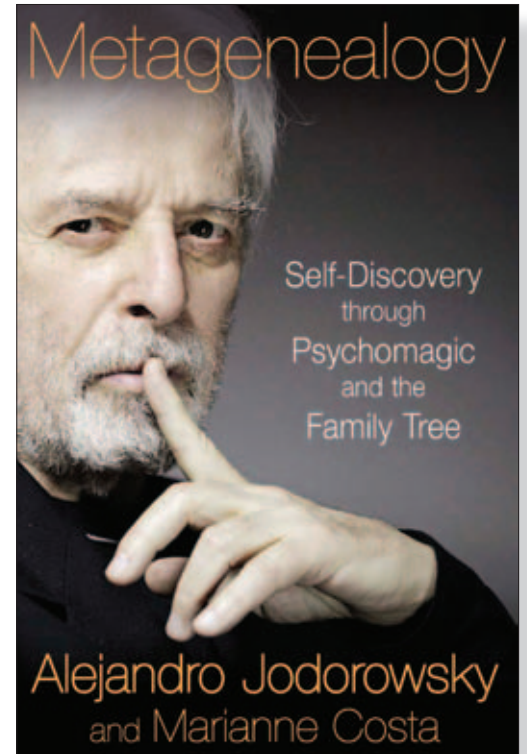
- Provides exercises to uncover your family's psychological heritage, heal negative patterns of behavior and illness in your family tree, and discover your true self
- Explains how we are the product of two forces: repetition of familial patterns from the past and creation of new ideas from the Universal Consciousness of the future
- Interwoven with examples from Jodorowsky's own life and his work with the tarot, psychoanalysis, and psychomagic

The family tree is not merely vital statistics about your ancestors. It is an embodied sense of self that we inherit from at least four prior generations, constituting both a life-giving treasure and a deadly trap. Each of us is both an heir of our lineage and a necessary variation that brings the family into new territory. Are you doomed to repeat the patterns of your parents and grandparents? Or can you harness your familial and individual talents to create your own destiny?

In *Metagenealogy*, Alejandro Jodorowsky and Marianne Costa show how every individual is the product of two forces: the imitating force, directed by the family group acting from the past, and the creative force, driven by the Universal Consciousness from the future. Interweaving examples from Jodorowsky's own life and his work with the tarot, psychoanalysis, and psychomagic, the authors provide exercises, visualizations, and meditations to discover your family's psychological heritage and open yourself to the growth and creativity of Universal Consciousness. They reveal how identifying the patterns, emotional programming, and successes and failures of the four generations that influence you—your siblings, parents, aunts, uncles, grandparents, and great-grandparents—allows you to see beyond the stable identity formed by family lineage. It frees you to overcome your inherited subconscious patterns of behavior and illness, stop the transmission of these patterns to future generations, and reconnect with your true self and unique creative purpose in life.

By understanding your family tree and your place in it, you open your ability to heal the ancient struggle between the repetitive forces of the past and the creative forces of the future.

Alejandro Jodorowsky is the filmmaker of the legendary *El Topo* and *The Holy Mountain*. The creator of metagenealogy, he is a psychotherapist and author of many books on tarot and spirituality, including *Psychomagic* and *The Way of Tarot*. Marianne Costa has worked with Jodorowsky since 1997, coteaching workshops on tarot and metagenealogy. She is the author of *No Woman's Land* and the coauthor of *The Way of Tarot*. Both authors live in Paris.



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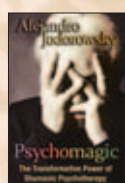
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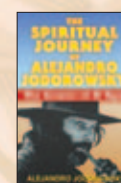
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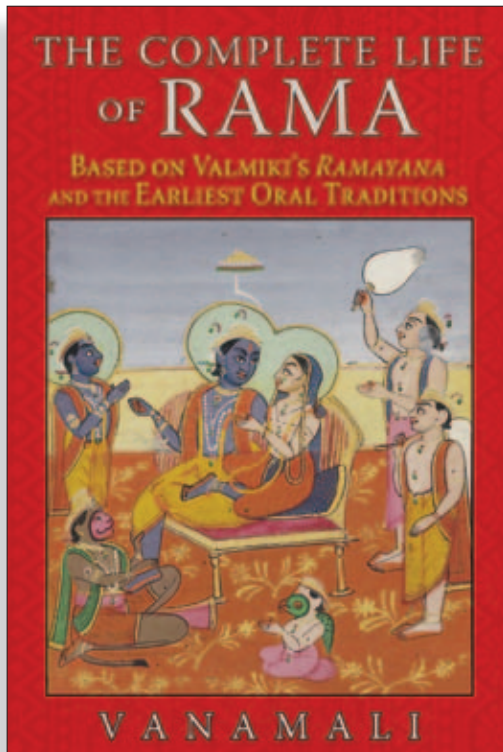
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- Reveals the deepest spiritual lesson of the *Ramayana*: that however weak we may be, each of us is capable of amazing feats through devotion, loyalty, perseverance, and love

Drawing on the original Sanskrit words of the great poet Valmiki, enhanced with tales from the oral tradition, Vanamali retells the complete *Ramayana*, the ancient Indian tale of love, duty, and sacrifice, for a modern audience. Detailing the life and dharma of the seventh incarnation of Vishnu, Lord Ramachandra, she explains how Rama became divine through strict adherence to dharma, the law of cosmic righteousness. Considered one of the greatest love stories of all time, the *Ramayana* most famously recounts Rama's heroic journey, with the help of his loyal friend the monkey god Hanuman and his devoted brother Lakshmana, to rescue his beloved wife Sita from the demon king Ravana. Rama's battle with the forces of evil provides powerful examples of heroic strength and loyalty, the dangers of spiritual delusion and false attachment, and the power of love, both human and divine.

Capturing the mystical spirit and transcendental wisdom of this immortal story, Vanamali explains how the character of Rama has captivated devotees through the millennia because his story depicts eternal truths that appeal to the best in human nature. She reveals how even though Rama is an avatar of Vishnu, he still possesses many human weaknesses, such as attachments, desires, and anger. His greatness lies in the fact that he rose above these traits, put his spiritual duty above all personal considerations, and perfected himself to become a super human capable of saving those he loved most. Rama's life shows that however weak we may be, each of us is capable of amazing feats through devotion, loyalty, perseverance, and love.

Mataji Devi Vanamali has written 7 books on the gods of the Hindu pantheon, including *Shakti*, *Hanuman*, *Shiva*, and *The Complete Life of Krishna*, as well as translating the Bhagavad Gita. She is the founder and president of Vanamali Gita Yoga Ashram Trust, dedicated to sharing the wisdom of Sanatana Dharma and charitable service to children. She lives at the Vanamali ashram in Rishikesh, northern India.

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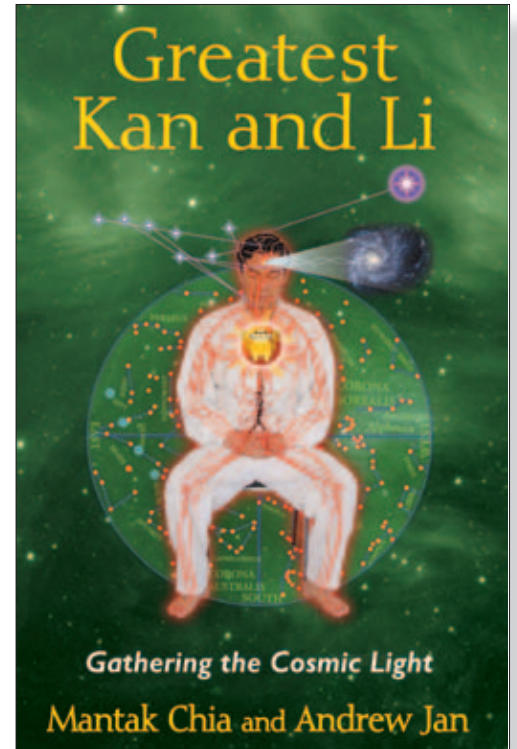
- Details how to merge energy at the Heart Center to birth the immortal spirit body, allowing you to draw limitless energy from the Cosmos
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The authors explain the proper Pi Gu diet and herbs to use in conjunction with Kan and Li practice and provide warm-up exercises, such as meditations to expel the three Worms, or “Death Bringers,” that can imbalance the three Tan Tiens, leading to misdirection in your sexual, material, and spiritual goals.

Revealing the ancient path of Inner Alchemy used for millennia by Taoist masters to create the “Pill of Immortality,” the authors show that the unitive state of oneness with the Tao made possible through Kan and Li practice represents true immortality by allowing past and future, Heaven and Earth, to become one.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world and is the author of more than 50 books, including *The Taoist Soul Body* and *Chi Self-Massage*. Andrew Jan is a senior instructor for the Universal Healing Tao and former Australian National Tai Chi Champion. The coauthor with Master Chia of *Tai Chi Fa Jin*, *Tai Chi Wu Style*, and *The Practice of Greater Kan and Li*, he lives near Perth, Australia.



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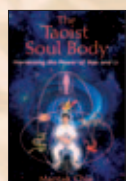


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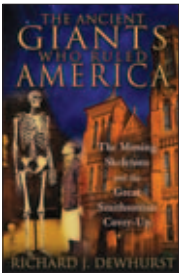
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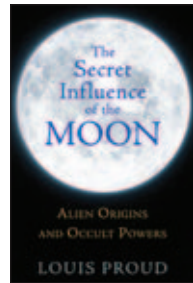
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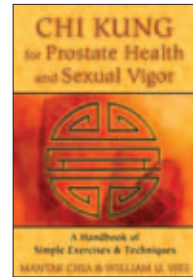
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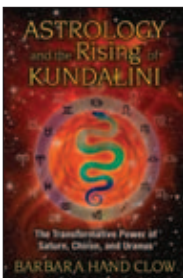
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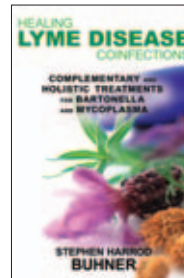
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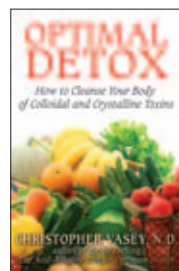
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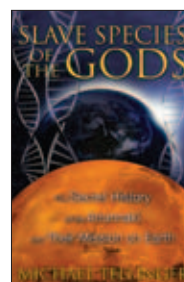
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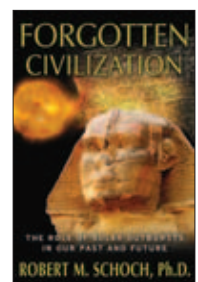
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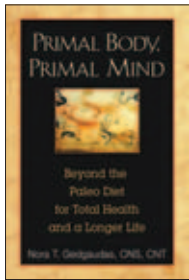
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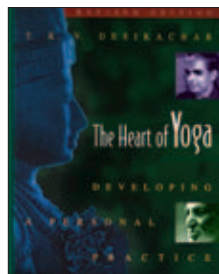
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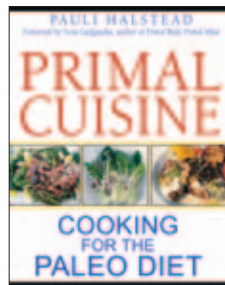
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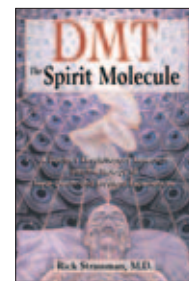
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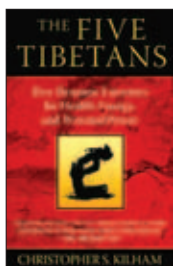
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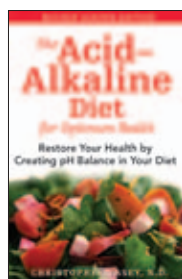
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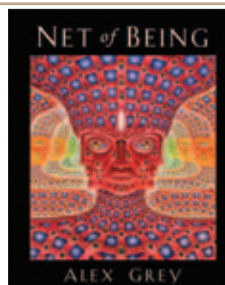
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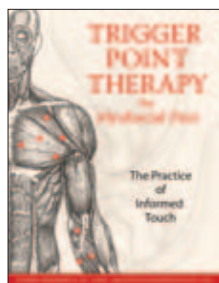
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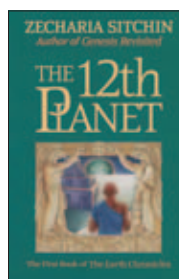
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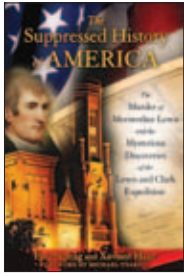
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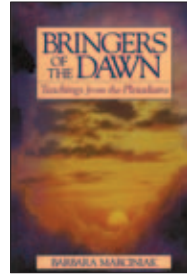
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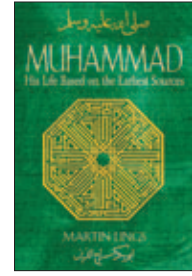
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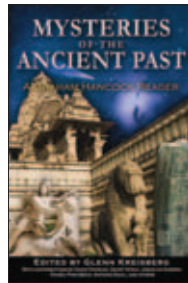
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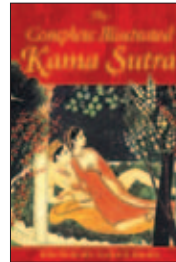
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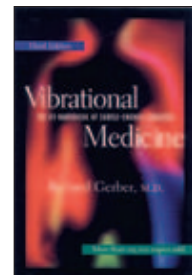
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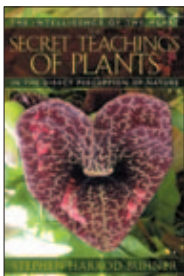
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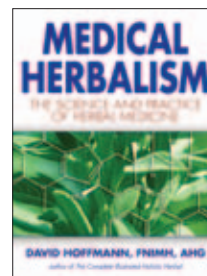
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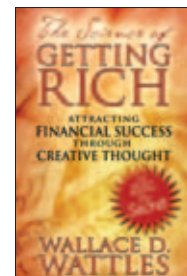
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