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ALTERNATIVE HEALING, NUTRITION, WELLNESS, PERSONAL ENRICHMENT



ADVANCED ENERGY ANATOMY

On this nine-session curriculum, Dr. Myss reviews her results with thousands of people in search of healing, and identifies the one power that can literally change the future: your power of choice. Each choice you make can bring you into partnership with the divine in a sacred process of co-creation. Join Dr. Myss as she explores how to work with these principles, and apply them to the most important areas of your life: money, relationships, career, creativity, and spirituality.

STAW0581D \$69.95

9 CDs, 9 hrs.

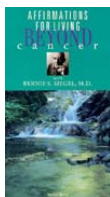


AFFIRMATIONS FOR GETTING WELL AGAIN

In these challenging times, we often become overwhelmed with the complexity and pressures of our existence and we tend to lose sight of our deepest feelings that ultimately influence every aspect of our lives. Yet, we can rediscover what has been lost. Based upon the insights and clinical research of internationally renowned physician and author, O. Carl Simonton, M.D., "Affirmations For Getting Well" is your personal compass for rediscovering your inner guide, or inner wisdom and is a soul illuminating audiovisual odyssey for those seeking happiness, inner peace and wellness

SV2004 \$24.95

Video 38 min. NTSC

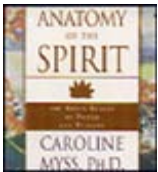


AFFIRMATIONS FOR LIVING BEYOND CANCER

The Healing Journey Within Bernie S. Siegel, M.D., author of Love, Medicine and Miracles, opens this program with a deeply moving introduction. Then, heart-warming affirmations are combined with exquisitely powerful nature images to create an inspiring, uplifting, healing experience you will want to view again and again. An ideal way to turn an advertisement saturated television into an empowering doorway to the naturally balanced world as only God intended. A soothing, beautiful score is provided by international recording artists David Lanz, Jonn Serrie and Paul Speer

SV2006 \$24.95

Video 30 min. NTSC

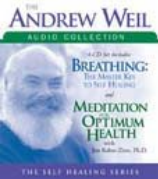


ANATOMY OF THE SPIRIT

Encoded within your body, teaches Dr. Myss, is an energy system linking you directly to the world's great spiritual traditions. Through it you have direct access to the divine energy that seamlessly connects all life. On *Anatomy of the Spirit*, Dr. Myss offers a stunning picture of the human body's hidden energetic structures, while revealing its precise spiritual code and relationship to the sacred energy of creation. Our most revered wisdom traditions, including Judaism, Christianity, and Hinduism, hold in common essential teachings about seven specific levels of spiritual development, the stages of power in life. These seven great truths also grace the human body as an energetic system, a spiritual compass pointing the way to the divine

STAW0502D \$15.95

2 CDs / 2.5 HRS



ANDREW WEIL AUDIO COLLECTION, THE

Join bestselling author Dr. Andrew Weil for these helpful "housecalls" on audio, and get the information you need to improve your health, safely and naturally. The Andrew Weil Audio Collection includes these two insightful sessions: • **Breathing: The Master Key to Self Healing** – A complete course of eight breathing exercises that Dr. Andrew Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. Useful for increasing your energy level, lowering blood pressure, improving circulation, and beating anxiety disorders. • **Meditation for Optimum Health** – with Jon Kabat-Zinn, Ph.D. Dr. Weil and Dr. Jon Kabat-Zinn make it simple to enjoy the life-changing benefits of meditation. By learning to concentrate your power of attention through daily practice, you can harness the full potential of your mind to enrich every dimension of your daily experience. Step-by-step instructions cover four complete meditations.

STAW0590D \$39.95

4 CDs 4.25 Hrs 10 page study guide



ANXIETY RELIEF - GUIDED IMAGERY EXERCISES TO SOOTHE, RELAX, AND RESTORE BALANCE

Martin Rossman, a renowned visualization researcher teaches deep body-mind relaxation, problem solving with your "inner advisor", and "evocative imagery" for converting fear and worry into positive energy.

STAW0825D \$15.95

1 CD 1.25 Hrs

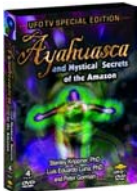


AROMA THERAPY

This program discusses how an aromatherapy massage - using only essential plant oils extracted from tiny oil glands in the roots, wood and leaves of plants - can be used to alleviate numerous emotional, spiritual, mental, and physical ailments effectively and safely. Also includes a sample session with an aromatherapy practitioner, practical demonstrations and case examples

TMC32DVD \$19.95

DVD 70min

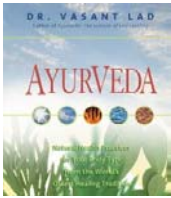


AYAHUASCA & MYSTICAL SECRETS OF THE AMAZON NEW!

One of the greatest mysteries of the Amazon is the shamanic use of sacred plants for inducing mystical and spiritual, visionary experiences. One of the most mysterious and miraculous plants of all is Ayahuasca. Now for the first time in this amazing series of programs you can learn the facts about this legendary plant, its mystery, its use for healing and its unique ability to trigger deeply moving, psychedelic, mystical and spiritual, visionary experiences. Includes four spellbinding full-length programs and presents the facts about Ayahuasca and its use, along with a fascinating series of live presentations with the best known, most credible Ayahuasca researchers in the world today. Packed with bonus features, expert analyses and unforgettable conclusions about this amazing plant. Exhilarating facts and fascinating discussion for both the scientific and spiritually minded. Features acclaimed Professor of Psychology and author, Stanley Krippner, PhD; Anthropologist and author Luis Eduardo Luna, PhD, and Peter Gorman, noted Drug War journalist and a former Editor-in-Chief of High Times magazine.

UFK647 \$89.95

4 DVD 334 min



AYURVEDA

NEW!

For more than 4,000 years, the people of India have looked to ayurveda as a pathway to vibrant health and increased longevity. This ancient healing science is treasured as a gift from the Vedas (the world's oldest sacred texts). Ayurveda offers all people a practical way to achieve self-realization; a way that is based not on constantly changing data, but on the eternal forces of the universe. On Ayurveda, you will learn how to apply this fascinating system for total wellness to your own life. Your personal instructor on this audio study course is Dr. Vasant Lad, founder of the Ayurvedic Institute in Albuquerque, New Mexico. Drawing from his work in both India and America, Dr. Lad leads you to a clear understanding of ayurveda and its life-enhancing powers. You will learn to see your mind, body, and spirit as a microcosm of the universe itself. The five elements present in all matter also exist in each individual. By learning the cosmic laws that govern these elements, you can strengthen and energize yourself—effectively and naturally. From principles of self-healing and proper food combinations to the cosmic laws that unite all consciousness, Ayurveda makes it easy to explore this ancient healing art.

STAW0460D

\$39.95

6 CDs, 5½ hours



BAD SEED: THE TRUTH ABOUT OUR FOOD

NEW!

This documentary exposes a vast conspiracy to contaminate and control the world's food supply through genetic engineering of food crops. Leading scientists, researchers and activists present the facts that you need to know about genetically modified organisms (GMOs). The methods used to genetically engineer plants are imprecise and extremely dangerous. Eighty percent of food sold in North America already has ingredients made of GMOs that have not been adequately tested for safety. This program presents all the facts about this alarming controversy and features the best-known, most credible bio tech / agriculture authorities in the world today.

UFK652

\$24.95

DVD 112 min

BECOMING AN INTUITIVE HEALER

NEW!

For Healthcare Practitioners, an In-Depth Audio Workshop for Integrating Intuition into Your Healthcare Practice

STAF1101D

\$15.95

Doctors, nurses, bodyworkers, and therapists have all felt it at least once—the uncanny “gut instinct” about what’s ailing a patient or client. But what if there were a way to consciously tap this intuitive power and make it a regular part of diagnosis and treatment? For over twenty years, Dr. Judith Orloff has pioneered the use of intuition in healthcare. With *Becoming an Intuitive Healer*, she now presents a full-length audio workshop on the indispensable role of intuition in healing.

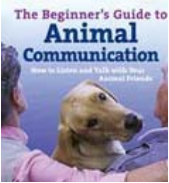
Going Beyond the Limits of Linear Thought

The use of intuition in healing is rooted in the universal ability to receive and process information in both linear and nonlinear ways, begins Dr. Orloff. The linear, or analytic, mind plays an essential role in understanding the didactic knowledge and training specific to the healthcare profession. However, there is an infinite amount of wisdom that we cannot access through logic alone. Instead, we must learn to rely on our nonlinear, or “intuitive,” mind to create a complete picture of the person we’re trying to help. *Becoming an Intuitive Healer* provides you with detailed instruction in every phase of intuitive healing, including how to make a diagnosis, the basics of energy healing, protecting yourself from burnout, working with subtle energy and intuitive empathy, and much more.

The New Wave of Healthcare

The days of going to the doctor to find out “what’s wrong and how to fix it” are thankfully coming to a close, explains Dr. Orloff. Today, an ever-increasing number of healthcare practitioners recognize the vital need for an “us” in the therapeutic relationship. Recorded at an in-depth four-day training, *Becoming an Intuitive Healer* gives you all the skills and insights required to use your intuition in conjunction with conventional knowledge. The result: a wholly balanced practice that considers the physical, emotional, and spiritual aspects central to your patients’ total well-being.

6 CDs, 6½ hours, 34-page study guide

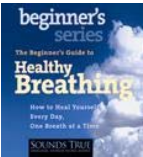


BEGINNER'S GUIDE TO ANIMAL COMMUNICATION, THE – HOW TO LISTEN AND TALK WITH YOUR ANIMAL FRIENDS **STAW0743D** **\$15.95**
 Author and teacher Carol Gurney brings nearly 20 years' experience in interpreting and "intuiting" the language of animals for those seeking a heart-to-heart connection.
 1 CD 1.25 Hr



BEGINNER'S GUIDE TO FINDING YOUR PERFECT JOB (CD)
 Designed to help job seekers align their outer careers with their inner values, The Beginner's Guide to Finding Your Perfect Job offers a radical new approach to career change that reframes how, why, and where we can find work that is not just a job – but a destiny. Drawing from his popular Anti-Career workshops, Rick Jarow teaches seven principles of career transformation to help listeners move beyond self-limiting thoughts and patterns, "... so the work you do in the world reflects your integrity, passion, and sense of purpose."

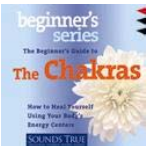
STAW0658D **\$15.95**



BEGINNER'S GUIDE TO HEALTHY BREATHING (CD)
 The secret to better health is something you are doing right now: breathing. But are you breathing effectively? Centuries ago, the qigong masters of China taught that the practice of breathing is the foundation of health and awareness. On The Beginner's Guide to Healthy Breathing, qigong expert Ken Cohen teaches you how to instantly breathe energy and healing qi (life force) into your body every minute of the day. Now, with each breath you take, you can create a state of blissful calm, stimulate your vital organs, and energize every cell in your body – whenever or wherever you need to.

STAW0583D **\$15.95**

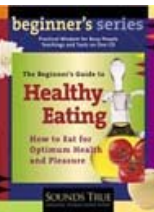
CD, 73 min.



BEGINNER'S GUIDE TO THE CHAKRAS (CD)
 Have you ever felt energetically "out of tune?" Had trouble managing your emotions? Or just wanted to feel more grounded and present? Learn how to balance and energize your body's "chakras" – the seven spinning centers of energy that regulate your physical, mental, and spiritual well - being. Join Anodea Judith as she introduces you to your chakra system and shows you how to start grounding yourself ... overcome inner blocks to pleasure and power ... open your heart ... communicate more openly ... awaken your intuition ... and deepen your spiritual connections. Includes a complete 38-minute guided chakra journey.

STAW0552D **\$15.95**

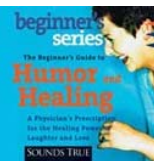
CD, 73 min.



BEGINNER'S GUIDE TO HEALTHY EATING, THE DR. ANDREW WEIL ON EATING FOR OPTIMUM HEALTH AND PLEASURE
 The best-selling author of Eating Well for Optimum Health teaches the essentials of eating for lifelong health and pleasure-distilled into one practical, information-packed audio course.

STAW0682D **\$15.95**

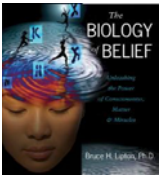
1 CD 1.25 Hrs



BEGINNER'S GUIDE TO HUMOR AND HEALING, THE DR. BERNIE SIEGEL'S PRESCRIPTION FOR THE HEALING POWER OF LAUGHTER AND LOVE
 When Dr. Bernie Siegel tells a joke, it's not only funny – it's good medicine. Now this pioneering physician and author of the New York Times bestseller Love, Medicine, and Miracles uplifts our hearts and tickles our funny bones once more, with The Beginner's Guide to Humor and Healing. From how love helps us lead longer, more productive lives – to fascinating research about laughter's ability to boost the immune system – to true stories of miracles of spontaneous remission in "terminally ill" patients, here is a life-affirming house call with America's favorite "stand-up physician."

STAW0657D **\$15.95**

1 CD 1.25 Hrs \$15.95



THE BIOLOGY OF BELIEF

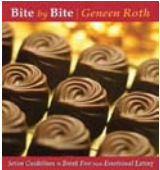
NEW!

The New Biology: How Your Beliefs Shape Your Health and Your Destiny **STAW1077D** **\$24.95**

The next great advance in biology will change more than science textbooks—it will revolutionize the way you live your life. "In the past, we've been taught that living beings are like machines run by biochemicals and DNA," explains Dr. Bruce H. Lipton. "What we now know is that our entire biology is shaped by the intelligence of each of our fifty trillion cells. And the single most important way to influence them is through the energy of our beliefs." On *The Biology of Belief*—an original author adaptation of Dr. Lipton's revolutionary book—this world-renowned cellular biologist explores the mysteries of:

- The science of epigenetics: why biologists must look further than DNA to find out what shapes life—and how that affects you
 - Bridging the gap between quantum mechanics and biology—the key to knowing how your cells "listen" to the energy of your thoughts
 - The chemistry of stress and love—how your body, mind, and immune system change with each emotional state
 - Turning the immense power of your subconscious mind into your most valuable tool for health and wellbeing, and much more
- Since the publication of *The Biology of Belief*, Dr. Bruce H. Lipton has been widely embraced as one of the most accessible and knowledgeable voices of "new biology." Now, join this pioneer of epigenetics as he takes you on a journey into the world under the microscope, through the ages of evolution, and into the miracle that is your own life.

3 CDs, 3 ¼ hours



BITE BY BITE

NEW!

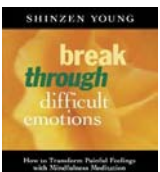
Break Free from Emotional Eating—and Never Diet Again **STAW1042D** **\$19.95**

For almost 20 years, Geneen Roth was either on a diet or on a binge every single day, and in the end there was one thing she completely understood: diets do not work. Today she is a best-selling author who leads workshops around the world for sold-out audiences. Now, she offers *Bite by Bite*—her essential step-by-step program to help you determine what you are truly hungry for, and create a healthier relationship with food. Join her to explore:

- The Seven Eating Guidelines that, when followed, eliminate the need for diets
- Geneen's own guided eating meditation to discover if you're really hungry, what you're hungry for, and to bring complete awareness to what you are eating
- Practices for becoming the director of your inner "choir of voices"
- A 20-minute guided visualization to uncover your automatic response to emotions—and how to steer it away from food
- The Strawberry Story: How to enjoy each bite of food and each moment in life with equaled passion—no matter what "tigers" appear at your doorstep

Through guided meditations, practical techniques, and Geneen Roth's personal trial-by-error lessons, *Bite by Bite* will change the way you relate to food, and allow you to give up diets permanently and accept yourself at any weight.

2 CDs, 2 ¼ hours



BREAK THROUGH DIFFICULT EMOTIONS

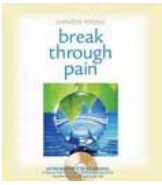
NEW!

When mindfulness meditation was introduced as an aid for patients **STAW0313D** **\$19.95**

suffering from chronic pain, physicians were skeptical. Today, mindfulness meditation is used in hundreds of hospitals and clinics across the country. On *Break Through Difficult Emotions*, meditation mentor Shinzen Young adapts the core principles of mindfulness training to the treatment of emotional suffering. You will learn powerful meditations for overcoming anger, grief, anxiety, shame, and the many other painful emotions we all experience. Four step-by-step exercises cover how to:

- Deconstruct any emotion into its harmless components

2 CDs, 2 ½ hours



BREAK THROUGH PAIN - A STEP-BY-STEP MINDFULNESS MEDITATION PROGRAM FOR TRANSFORMING CHRONIC AND ACUTE PAIN SHINZEN YOUNG STBK0849D \$19.95

The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: meditation. With Break Through Pain, meditation expert Shinzen Young teaches you how to retrain your relationship to pain through traditional meditation practices. Step-by-step techniques taught in plain language show how to overcome internal resistance—the key to transforming physical pain into a flow of pure energy. With regular practice, you can tap into your mind's own power to overcome physical pain.

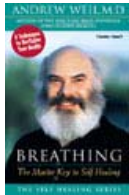
1 CD 1.25 Hrs 80-page hardback book



BREATHING BOX, THE (KIT) STAW0882D \$26.95

The FDA now approves breath-training as a recognized treatment for hypertension and over 1,000 additional studies show its effectiveness in relieving anxiety, depression, chronic fatigue and more. With The Breathing Box, Dr. Gay Hendricks guides listeners through every step of a simple yet remarkably effective four-week course designed to transform the way we breathe. Based on the popular Hendricks Institute course, The Breathing Box allows listeners to master the skills of this healing art at their own pace, in just 10 minutes a day. Comprehensive kit includes: CD containing guided sessions and instruction on how to use breathing techniques to expand consciousness, heal from emotional trauma, increase energy levels, and reduce stress. 90-minute DVD that teaches the Lifestream technique for an immediate sense of ease and flow; the Reset Button technique for clearing fatigue and mental fog; Advanced Lifestream techniques for creating a regular feeling of bliss, and much more. 10 photo-illustrated study cards that show the proper postures involved in each technique, plus a 32-page study guide to direct your daily practice. We breathe 20,000 times a day, says Gay Hendricks. That means we have 20,000 opportunities to feel better every day. Now listeners can take full advantage of nature's gift with the life-changing techniques found in The Breathing Box.

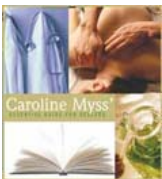
90 min DVD, 80 min CD, 9 Cards and 48 pg. study guide



BREATHING: THE MASTER KEY TO SELF HEALING STAW0445D \$24.95

You will learn a complete course of eight breathing exercises that Dr. Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. In easy-to-follow language, he explains the secret of breath work's power over your health, and its remarkable ability to influence – and even reprogram – the nervous system. From increasing energy – to lowering blood pressure – to improving circulation – to beating anxiety disorders without drugs – here is your guide to the benefits of breath work.

2 CDs, 2 hrs



CAROLINE MYSS' ESSENTIAL GUIDE FOR HEALERS STAW0792D \$29.95

For health care professionals, counselors, therapists, bodyworkers, and anyone serving to heal others, best-selling author and renowned energy healer Caroline Myss shares her most valuable insights.

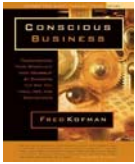
4 CDs 5 Hrs. \$29.95



COLOR OF HEALING TMC06DVD \$24.95

See how color therapy can be used to re-balance physical, emotional and mental deficiencies in our lives based on the principle that colors influence our well-being. This film discusses the art of color therapy where particular colors are introduced to the body to directly affect our moods, emotions and overall health. Includes an actual color therapy session with examples of colors used for different ailments.

DVD 50min



CONSCIOUS BUSINESS: TRANSFORMING YOUR WORKPLACE (AND YOURSELF) BY CHANGING THE WAY YOU THINK, ACT, AND COMMUNICATE

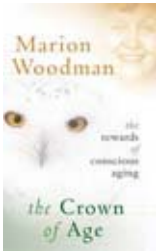
NEW!

STAF0940D

\$69.95

Consciousness, teaches Fred Kofman, is the capacity to observe, choose, and act in accord with your values. And “conscious business” means using that ability at every level of your work: in being aware of the needs of others and expressing your own—in seeing the hidden emotional obstacles that may be holding your team back—in making good decisions under pressure—and even in delving into such “spiritual” questions as “Who am I?” and “What is my real purpose here?” On *Conscious Business*, you will join this visionary teacher and founder of Leading Learning Communities to master these skills.

12 CDs, 9.5 hours



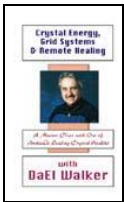
CROWN OF AGE, THE: THE REWARDS OF CONSCIOUS AGING
MARION WOODMAN

STAW0528D

\$19.95

We are each “crowned” twice in this lifetime, teaches the legendary Jungian analyst Marion Woodman. Much is written about the promise of the first crowning, at birth. But what of the second, which comes only after a lifetime of experience? This is the “crown of age,” she says, a symbol for the culmination of our inner and outer development as human beings. On *The Crown of Age*, Woodman examines what it means to pass through life’s many “crossroads and thresholds,” emerging as an elder, the embodiment of wisdom, wholeness, and truth. *The Crown of Age* is a crowning achievement in Marion Woodman’s long and celebrated career as a writer, teacher, analyst, and now, trusted elder.

2 CDs 2.5 Hrs \$19.95



CRYSTAL ENERGY GRID SYSTEMS AND REMOTE HEALING

Create your own personal portable crystal energy device, which can charge your water, food and clothes. Learn to heal from a distance with Dael Walker, founder of The Crystal Awareness Institute and international lecturer on crystal energy, healing, psychic power and consciousness.

WL152

\$19.95

Video 95 min

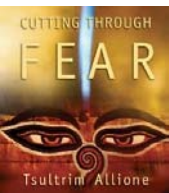


CULINARY HERBS FOR BETTER HEALTH

Learn how to easily integrate herbs into your daily meals, and the use of simple cooking herbs for the treatment of asthma, indigestion, gas, bad breath, diabetes, low- and high-blood pressure, parasites, respiratory infections, coughs, sore throats, colds, depression, nervous tension, headaches, aching muscles, rheumatism, arthritis, inflamed/stiff joints, bites, kidney stones, dandruff, herpes and insomnia.

SV2390

\$19.95



CUTTING THROUGH FEAR

NEW!

STAW0461D

\$24.95

Within the ancient teachings of Tibetan Buddhism lies a meditation tradition for facing—and dissolving—our greatest fears and attachments in life. Now one of contemporary Tibetan Buddhism’s most experienced and respected teachers, Tsultrim Allione, adapts this practice to the challenges unique to our time, on *Cutting through Fear*. Based on the traditional Tibetan practice of chöd (literally “to cut”), this method was developed by the legendary Tibetan yogini, Machig Lapdrön, almost 1,000 years ago and is practiced to this day in Tibet to treat mental and physical illness and as a path to awareness. Drawing from root visualization practices, Tsultrim Allione shares a four-step process that can help you meet and release what the ancient Tibetans called “demons”—fears and other unhelpful emotions and obsessions. Today we all encounter the “demons” of addiction, compulsion, anger, and other difficult emotions, too often as a daily event. Now we have a rare and useful tool to stop struggling against them, and instead liberate them, with *Cutting through Fear*.

3 CDs, 3 hours



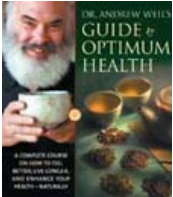
DETOX BOX, THE

This unique kit contains everything you need to complete a comprehensive detoxification program at home. The program can be done in 7, 14, or 21 days. Contents include: 64-page book explaining this detoxification program in detail, background information on why detoxification is so important, how and when this program should be undertaken, and FAQs. Includes a record-keeping section to track progress. 2 compact discs, one featuring a detailed presentation on the medical and scientific reasons we need to detoxify; the other leads you through three 20-minute yoga sequences specifically designed to support you as you detoxify. 70 flash cards laying out every step of the program, before, during, and after. Contains detailed information on diet, supplements, and contemplative activities.

STAW0826D

\$24.95

2 CDs 2 Hrs 64-page book 70 flash cards 2 questionnaires



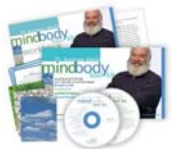
DR. ANDREW WEIL'S GUIDE TO OPTIMUM HEALTH: A COMPLETE COURSE ON HOW TO FEEL BETTER, LIVE LONGER, AND ENHANCE YOUR HEALTH NATURALLY

STAW0615D

\$69.95

The Latin word doctor literally means “teacher”: one who helps patients learn to heal and stay healthy on their own. Now Andrew Weil, M.D. – our most trusted authority on alternative healing approaches – invites you to attend his first comprehensive one-on-one audio learning course with Dr. Andrew Weil’s Guide to Optimum Health. On this complete 8-hour curriculum, Dr. Weil personally helps you take charge of your total well-being with proven, natural solutions for boosting your body’s self-healing function, building energy, and overcoming everyday health challenges. “Now, with this trusted voice at your side, you can learn to enhance your health for a lifetime of better living, with Dr. Andrew Weil’s Guide to Optimum Health.

8 CDs 9 Hrs



DR. ANDREW WEIL'S MIND-BODY TOOL KIT NEW!

STKT0994D

\$24.95

The evidence is overwhelming: you can tap the power of your mind to directly influence your health, using clinically proven tools that anyone can master.

With Dr. Andrew Weil’s Mind-Body Tool Kit, listeners join the best-selling author of Spontaneous Healing (Ballantine, 1996) along with three renowned colleagues and friends — all leading specialists in alternative medicine — to experience a potent prescription of self-healing practices.

This information-packed “integrative medicine chest” includes an in-depth 52-page interactive workbook and 25 Mind-Training Cards designed to support a daily practice.

Step by step, users will learn an empowering four-part series of

- Breathing — Dr. Weil reveals “the master key to self healing”
- Meditation — Dr. Jon Kabat-Zinn introduces listeners to the oldest and most effective system for calming the mind
- Guided Imagery — Dr. Martin Rossman invites us to heal the body with this effective and easy-to-learn skill
- Sound Therapy — Pioneering music therapist Kimba Arem leads a complete sound-healing journey

“Your mind can elicit a healing response when even conventional medicine has proven ineffective,” explains Dr. Weil. Here are the self-healing mindbody tools to start optimizing your health today — and for the rest of your life — with Dr. Andrew Weil’s Mind-Body Tool Kit.

Note: Includes material from Breathing, Meditation for Optimum Health, Self-Healing with Guided Imagery, and Self-Healing with Sound and Music.

2 audio CDs, 52-page workbook, and 25 mind-training cards



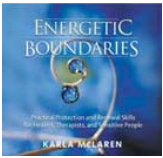
ELEGANT SIMPLICITY OF REFLEXOLOGY

SV2505

\$19.95

A beautiful job of demonstrating reflexology with clarity and simplicity. (Robin's) love and caring comes shining through! - John Robbins, author of Diet For a New America Reflexologist Robin Shoulberg presents a lucid tutorial for anyone wishing to learn the healing techniques of reflexology. Using clear demonstrations, thorough explanations and interviews, this program includes the topography of the feet, their corresponding pressure points and a hands-on routine. This type of healing cannot be accessed by any other means of massage.

Video 101 min. NTSC

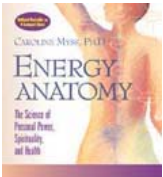


ENERGETIC BOUNDARIES: PRACTICAL PROTECTION AND RENEWAL SKILLS FOR HEALERS, THERAPISTS, AND SENSITIVE PEOPLE KARLA MCLAREN

STAF0689D \$69.95

We all know that the physical surface of our bodies serves as a biological shield to protect us, but many are unaware that we also possess an energetic field of protection. On *Energetic Boundaries*, Karla McLaren – an empath and award-winning author who has spent years helping healers to protect and heal themselves – invites listeners to explore the unseen energy fields that exist between us, and how to diagnose and stabilize imbalances in the energetic dimension. *Energetic Boundaries* gives healers, therapists, and sensitive people a “wellness toolbox” filled with preventative and emergency solutions for protecting their energetic health while providing care to others.

6 CDs 7.5 Hrs \$69.95



ENERGY ANATOMY CD
CAROLINE MYSS

STAW0533D \$55.95

We stand at the threshold of a new era in medicine and healing. Today, instead of looking at the human body as a biological machine, we know it is a vast energetic network, where spirit, matter, and power intersect. On *Energy Anatomy*, you will learn to view your health through a spiritual/biological lens to offer a new picture of how the human body heals. Now Dr. Myss teaches you how to take back control over your life and your health. Over nine Hrs of personal instruction with Dr. Myss. Includes 8-page illustrated study guide.

9 CDs 9 Hrs 8 page study guide



ENERGY MEDICINE KIT, THE:
SIMPLE, EFFECTIVE TECHNIQUES TO HELP YOU BOOST YOUR VITALITY & FEEL BETTER NOW

STAW0858D \$29.95

"Your body is incredibly intelligent," teaches Donna Eden. "If you guide it correctly, it will begin to vitalize and heal itself almost immediately." With *The Energy Medicine Kit*, this acclaimed healer and energy medicine expert invites you to learn the unspoken "language" of your body—to boost your energy levels, address many specific health problems, and foster overall health. You begin by learning a powerful "Daily Energy Practice" that combines simple movements, pressure point massage, and breathwork to create a reservoir of "vital life force" that you can draw upon throughout the day. With guidance on DVD and CD, Eden teaches you over 30 specific "on-the-spot" energy healing exercises to strengthen your immune system, alleviate fatigue and chronic pain, focus and sharpen your mind, stabilize your emotional energies, and much more. *The Energy Medicine Kit* comes complete with: 28-page booklet that teaches you the fundamentals of energy medicine and points you to specific exercises on the DVD and the CD. 43 photo-illustrated *Energy Medicine Cards*—a handy, portable way to remember and use every exercise taught in this kit. A full-length DVD video with Donna that demonstrates the methods of energy medicine and teaches you 15 restorative exercises. An audio CD that guides you clearly through 21 more techniques for specific conditions. A high-quality 1-inch cut glass crystal—a simple yet effective tool for directing healing energy to localized areas of the body.

DVD, CD, 43 cards, guidebook, crystal



**ESSENTIAL QIGONG TRAINING COURSE:
100 DAYS TO INCREASE ENERGY**

NEW!

STAW0883D

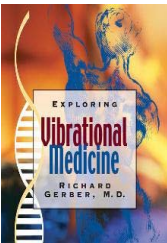
\$99.00

In the qigong tradition, serious students commit to a 100-day training retreat to learn this cornerstone practice of traditional Chinese healing. Now, for the first time, qigong training is available in a comprehensive home-study curriculum taught by renowned China scholar and qigong master Ken Cohen. With The Essential Qigong Training Course, you will learn more than 70 qigong practices—some rarely taught outside of China—for harnessing the massive power of qi (literally, the “vital breath,” or energy of the universe) to create vitality, spiritual balance, and physical health.

Complete kit includes:

- A 100-page, weekly workbook of original material that directs you step-by-step on this classical, life-changing course that will flood your body with qi, and literally change you at the cellular level in as little as 20 minutes a day
- Qigong DVD workout offers you a complete, 90-minute programmable workout you can practice anytime, anywhere. Dozens of demonstrations to learn ancient movements and meditative postures that detoxify, energize, and heal the body
- Five-audio-CD training course covers every phase of qigong theory and practice, including 25 rare meditation exercises that balance emotions, boost immunity, increase sexual vitality, and enhance spiritual well-being
- Qi Healing DVD includes three hours of essential teachings and hands-on exercises to learn how to direct the healing qi energy to others effectively and safely, and more.

5 CDs, 3 DVDs, 59-page guidebook, 9 hours



EXPLORING VIBRATIONAL MEDICINE

NEW!

A New Era in Healing Has Already Started. Learn How Science Proves It.

STAW0322D

\$29.95

Can meditation and prayer affect the healing process? How do acupuncture, homeopathy, and healing touch work? Is it possible that the energy in our bodies is connected to the unlimited energy of the universe itself? Over 20 years ago, when physician Richard Gerber began to investigate the new frontiers of healing, he met with skepticism. Today his groundbreaking views on alternative healing systems have entered the corridors of our major hospitals and research centers. On Exploring Vibrational Medicine, Dr. Gerber builds on his pioneering work with a wealth of new and rare insights into the most promising energetic healing therapies. Through study after fascinating study, you will hear about new findings on unique frequencies emitted by the human body ... compelling evidence that proves we are composed of pure energy ... how chakra points and acupuncture meridians draw energy from outside systems ... and much more. Complete with guided imagery exercises, Exploring Vibrational Medicine is a revolutionary work about the oldest and newest discovery in medical science – the power of the body to heal itself naturally.

4 CDs, 4.75 hours



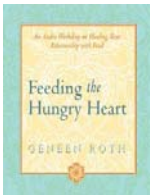
FACE READING: THE ULTIMATE ADVANTAGE

“If you deal with people you need to watch this video. Imagine the advantages of knowing how another person will think, behave and respond just by looking at their face and the way it’s structured. This video gives you that advantage! Face reading has been around for hundreds of years. It has now been refined into a miraculously simple science that can be learned by anyone. These skills will improve your communication with every person in your life, enabling you to understand their behavior without taking that behavior personally.

UFK241

\$24.95

DVD



FEEDING THE HUNGRY HEART

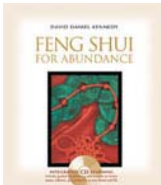
NEW!

STAW0261D

\$29.95

Why do we eat too much? Because we are hungry—but not for more food. On Feeding the Hungry Heart, you will learn how a deep internal hunger for self-respect and fulfillment can translate into compulsive eating. Here is Geneen Roth's pioneering "no more diets" workshop, recorded live as it happened, to bring you face to face with this inspiring teacher and her no-nonsense philosophy for living diet-free. It has helped a generation of women regain their sanity and self-esteem with simple guidelines for replacing over-eating with awareness and compassion. Exercises and visualizations help you restore balance to your life and learn what your body really needs to stay healthy.

4 CDs, 4 hours



FENG SHUI FOR ABUNDANCE

STBK0896D

\$19.95

Of all the possible uses for Feng Shui, abundance remains one of its prime objectives. But what does abundance really mean? In Feng Shui for Abundance, Feng Shui expert David Daniel Kennedy shows you how to open to the multidimensional experience of abundance—from financial wealth to success in personal and professional relationships to a deeper sense of divine connection and purpose. The secret to successful Feng Shui practice, teaches Kennedy, begins with a greater understanding of qi—life force—and how we can harness this flow of vital energy to turn intention into reality. In Feng Shui for Abundance, he teaches you the key methods for working with qi to create whatever form of abundance you desire, through in-depth instruction covering: • Secret cures from the Black Sect Tantric Buddhist (BTB) Feng Shui tradition for improved physical health, increased wisdom, and emotional balance. • How to effectively place the Eight Trigrams and the Ba-Gua on your home floor plan—diagrams included! • The 16 Methods for nourishing your life force, and much more. With Feng Shui for Abundance, never before has it been so easy to access the pinnacle practices of the “living art” of Feng Shui, all in one convenient, information-packed resource.

CD, 60 minutes, 98-page hardcover book



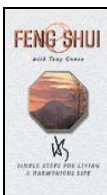
FENG SHUI: CREATING SACRED SPACE: GARDEN/LANDSCAPE

SV2545

\$23.96

Discover how the ancient science of Feng Shui can easily be applied to your outdoor spaces. With colorful graphics and dynamic live footage, the video illuminates the various ways Feng Shui can harmonize and enrich your garden or landscape design. In this tape, you will learn how to use the tools of Feng Shui Cures, the Ba-Gua, the Five Elements and Symbolic Shapes in your outdoor spaces. Design your garden or landscape from the ground up using simple step-by-step Feng Shui techniques. This video also features Helen and James Jay, Feng Shui Consultants and Directors of the Feng Shui Designs Learning Center.

Video 60 min. NTSC



FENG SHUI: SIMPLE STEPS FOR HARMONIOUS LIVING

SV2542

\$19.95

SV2543DVD

\$19.95

Feng Shui, the ancient Chinese art of placement and design, deals with living in harmony with the flow of energy, or chi. Join Feng Shui master Tony Cuneo in beautiful, mystical Sedona, Arizona, as he shows you how to apply these time-honored methods to the complex problems of modern living. Learn to master the 8 Stations of Life—Fame, Relationships, Children, Helpful People, Career, New Knowledge, Health & Family, and Wealth—and improve the flow of energy in your life.

Video 50 min. NTSC



FENG SHUI: THE CHINESE ART OF DESIGN AND PLACEMENT

SV2544

\$22.50

This critically acclaimed video features internationally known Feng Shui consultants Helen and James Jay who are schooled in Black Feng Shui. It highlights feng shui's fascinating history, appropriate uses of the Ba-Gua, different categories of feng shui cures and numerous solutions to common interior design problems. The video also includes an insightful diagnostic Feng Shui Quiz. “The leisurely paced tape demonstrates how furniture arrangement, water fountains, mirrors, wind chimes and cut glass crystals can lead to balance.”- LA Times

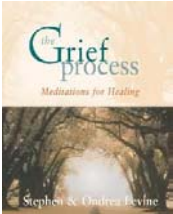
Video 60 min. NTSC



FLY WITHOUT FEAR: GAY HENDRICKS' PROVEN BREATHING TECHNIQUES FOR IN-FLIGHT RELAXATION STAW0773D \$15.95

For millions of people, the thought of air travel can provoke enormous anxiety. But what can we do about it? With Fly without Fear: Proven Breathing Techniques for In-Flight Relaxation, psychologist Gay Hendricks offers a complete guided session on CD for overcoming airborne anxiety and fear. By heightening our awareness of the body's response to a threatening situation, Dr. Hendricks teaches listeners to use breathing and visualization techniques to calm the nerves, unlock the diaphragm, and loosen tense muscles. Travelers now have a portable remedy for use on any trip to enjoy a more relaxing flight.

1 CD 1.25 Hrs



THE GRIEF PROCESS NEW! STAW0437D \$24.95

Who grieves? According to Stephen and Ondrea Levine, we all do. "Whether it manifests as self-judgment, as fear, as guilt, as anger and blame," they teach, "everyone has grief." The Grief Process is an in-depth workshop with Stephen and Ondrea Levine that explores how anyone can resolve grief through meditation. Working with a group of people caught in the wake of physical and emotional loss, the Levines explain how grief can lead to an "armoring of the heart," and demonstrate a series of deeply felt exercises they developed over many years of work with meditation groups, hospice residents, and others.

Based on classic principles of awareness training, these techniques – including a special forgiveness meditation – offer an opportunity for true healing, even if you have been quietly grieving alone for years. For those who are hurting from this injury of our age that leaves no scars, The Grief Process offers a rare gem from Stephen and Ondrea Levine's long career as meditation instructors, caregivers, and healers. Includes a 23-page study guide.

Stephen and Ondrea Levine are caregivers, teachers, and authors. Stephen Levine is the author of the bestselling spiritual classics, Healing into Life and Death; and Who Dies? Together they are the authors of Embracing the Beloved: Relationship as a Path of Awakening.

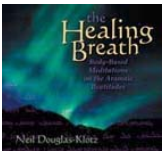
3 CDs, 3 hours, 23 page study guide



HEADACHE RELIEF: GUIDED IMAGERY EXERCISES TO SOOTHE, RELAX, AND HEAL STAW0824D \$15.95

On one convenient CD from Martin Rossman, guided imagery exercises proven to work with both simple tension headaches and severe migraines to provide safe, effective relief without drugs or other costly treatment.

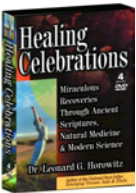
1 CD 1.25 Hrs



HEALING BREATH, THE: BODY-BASED MEDITATIONS ON THE ARAMAIC BEATITUDES - NEIL DOUGLAS KLOTZ STAF0706D \$69.95

Perhaps the most recognized passage from the Sermon on the Mount, the Beatitudes (or "Blessed are ..." sayings) are among Jesus' most beloved—and most misunderstood—teachings. On The Healing Breath, acclaimed teacher and author Neil Douglas-Klotz leads listeners through the Beatitudes as spoken in Jesus' native Aramaic to show how this seemingly simple set of statements reveals a profound source of divine connection. With 12 in-depth sessions including 24 "body prayers"—authentic meditations of the ancient Middle East that use body awareness, breath, sound, and gentle movement — Douglas-Klotz helps listeners open fully to the transformative power of The Healing Breath.

6 CDs 6.5 Hrs 6 page study guide



HEALING CELEBRATIONS 4 DVD SET
DR. LEONARD HOROWITZ

NEW!

UFK621

\$99.95

Based on Dr. Leonard Horowitz's two best-selling books, *Emerging Viruses* and *Healing Celebrations*, this amazing six hour series reveals the hidden truths regarding your health, your well-being and you're miraculous healing abilities in contrast to medical practices and drug-company induced addictions that continue to enslave humanity. Drawing on ancient scriptures, natural medicine and modern science, these truths, when applied in your life, can help you turn illnesses into blessings and life threatening diseases into supernatural recoveries. The information contained in this series of programs will change your life in miraculous ways.

4 DVDs 359 min

THE HEALING DIDJERIDO

NEW!

STAW0977D

\$19.95

Its sound is unmistakable: soothing, mysterious, primal. In fact, teaches music therapist and recording artist Kimba Arem, the Australian Aborigines believe the didjeridu "re-creates creation" through its all-enveloping tone, insuring the cycles of life on earth will continue. With *The Healing Didjeridu*, Kimba Arem invites you to experience for yourself the remarkable gifts of this 40,000-year-old tool for wellness.

Kimba has played the didjeridu for nearly a decade in conjunction with her unique sound healing practice. On *The Healing Didjeridu*, she teaches you everything needed to start enjoying its restorative power firsthand, including: the basics of playing; the vital role of intention; how to heighten your awareness of the sacred and healing potential of sound; tips on circular breathing; didjeridu "experiments" and exercises, and much more.

"The healing power of the didjeridu comes from playing it yourself," says Kimba Arem. If you've been drawn to the alluring call of one of humanity's oldest instruments, here's your chance to tap its remarkable potency.

CD, 62 minutes

THE HEALING DRUM KIT

NEW!

STKT0930D

\$49.95

"Christine Stevens has put together a terrific kit that can introduce you to the magic, fun, and healing power of drumming. I recommend it." — Andrew Weil, M.D.



With a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive immune system changes following one-hour drumming sessions. With *The Healing Drum Kit*, internationally acclaimed music therapist Christine Stevens shows you how to use the art of drumming to ignite your creativity, release tension and anxiety, exercise the body, and communicate with a power beyond words. The *Healing Drum Kit* includes:

- A quality 10" REMO™ frame drum
- 24 Rhythm Cards featuring World Rhythms from Africa to Japan; Life Rhythms for whole-body healing; and Spirit Rhythms that liberate creative energy
- 2 CDs of music for solo play or "drum circle jams"
- Spiral-bound study guide with scientific evidence on drumming for wellness, drum blessings from various traditions, playing tips, resources for starting a drum circle, and more

Whether relaxing to the gentle lub-dub of a heartbeat, exploring sacred rhythms from around the globe, or simply drumming away stress, people of all ages will experience and enjoy the full spectrum of this ancient art, with *The Healing Drum Kit*.

2 CDs, 2.5 hours, 78-page guidebook, frame drum, 24 cards



**HEALING EXERCISES FOR
BODY, MIND & SPIRIT- PART 1 & 2**

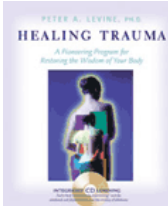
NEW!

PPMA2

\$29.95

With renowned experts, this “how-to” program presents practices from shamanistic and holistic traditions, as well as physical exercises. Learn to activate your healing energy, attain health, vitality, flexibility, release stress, and increase your sense of wellbeing. Easy to follow, for any level of experience. Tai Chi -Al Huang; Body-Mind Exercise - Ilana Rubenfeld; Chakra Healing - Dr. Alberto Villoldo; Healing Meditation - Shakti Gawain; Color Healing - Jacob Liberman; Healing Movement- Emilie Conrad; Sound Healing & Visualization - Ron Lavin; Healing Guided Imagery - Belleruth Naparstek. *** Stars Video - Librarian “Fascinating, incredibly uplifting.”- Awareness Magazine “ A relaxing and rejuvenating experience.”- NAPRA Review.

DVD Disk 106 min



HEALING TRAUMA: (BOOK & CD)

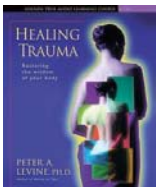
**A PIONEERING PROGRAM TO RESTORE THE WISDOM OF
YOUR BODY**

STBK0895D

\$19.95

"His evocative ideas, so simple one wonders why they have never been grasped before, show how traumas should be addressed and healed."—International Journal of Alternative & Complementary Medicine. Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful “acting out” behaviors reflecting these painful events. Today, millions in both the bodywork and the psychotherapeutic fields are turning to Peter A. Levine’s breakthrough Somatic Experiencing™ methods to effectively overcome these challenges.

CD, 80 minutes, 91-page hardcover book



**HEALING TRAUMA:
RESTORING THE WISDOM OF THE BODY**

NEW!

STAB0130D

\$69.95

Are you experiencing physical or emotional symptoms that no one is able to explain? If so, you may be suffering a traumatic reaction to a past event, teaches Dr. Peter A. Levine. Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful "acting out" behaviors. As a young stress researcher at the University of California at Berkeley, Levine found that all animals, including humans, are born with a natural ability to rebound from these distressing situations.

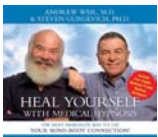
On Healing Trauma, this respected therapist and teacher brings you face to face with his effective new treatment – not a "talking" cure, but a deep physiological process for releasing your past traumas and instilling a harmonious awareness of your body. Drawing on nature’s lessons, Dr. Levine teaches you each of the essential principles of his four-phase process. You will learn how and where you are storing unresolved distress; how to become more aware of your body’s physiological responses to danger; and specific methods to free yourself from trauma.

According to the National Institute of Mental Health, over 23 million Americans suffer from anxiety disorders – many as a direct result of trauma. Now, you can learn how to address these and other symptoms at their source – your body – and return to the natural trauma-free state that you were meant to live in. Over nine hours of instruction to free yourself from trauma through your body’s built-in healing process. This program includes a 24-page study guide.

LEARN MORE ABOUT:

- # A revolutionary method for releasing trauma, taught step by step
- # Nature's lessons – the physiological roots of your emotions
- # How to determine if you are suffering the effects of trauma
- # Where trauma hides in your body and how to release it
- # Specific exercises to "thaw" frozen physiological energies
- # Coping with surgeries, accidents, illnesses, and other stressful events
- # Emergency "first-aid" measures for emotional distress.

6 CDs in slipcase, 6.75 hours, 24-page study guide

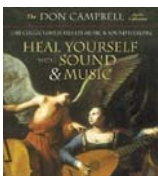


**HEAL YOURSELF WITH MEDICAL HYPNOSIS: NEW!
 HOW TO USE THE MIND-BODY CONNECTION TO PROMOTE HEALTH AND WELL BEING** STAW0963D \$19.95

Major medical journals are finally beginning to recognize hypnosis as a legitimate clinical tool, citing proof positive that it can help ease chronic pain, lessen the side effects of chemotherapy, counteract anxiety and sleep disorders, and more. On *Heal Yourself with Medical Hypnosis*, Dr. Andrew Weil joins Dr. Steven Gurgevich, a leading expert in mind-body medicine, to offer listeners a 2-CD session on how to use this amazing tool for personal healing.

On Part One, Dr. Weil discusses the physiological mechanisms behind the mind-body connection, while Dr. Gurgevich demystifies the practice of hypnosis through a concise account of its history and important case studies. On Part Two, Dr. Gurgevich introduces listeners to four trance induction methods, including trance deepening and a full session of self-healing with hypnosis. "No condition is out of bounds when it comes to the effective use of hypnotherapy," says Dr. Weil. With *Heal Yourself with Medical Hypnosis*, now listeners can discover this highly effective way to use the power of the mind for optimum health and well-being.

2 CDs, 2.25 hours



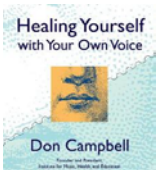
**HEAL YOURSELF WITH SOUND AND MUSIC: NEW!
 THE COLLECTOR'S SERIES ON MUSIC AND SOUND HEALING** STAW0477D \$39.95

"Don Campbell provides step-by-step exercises demonstrating how different sounds affect the brain and body, empowering you to create a balanced, healthy life." —Body Mind Spirit Magazine

Learn how sound and music can help you orchestrate a healthier and more harmonious life with *Heal Yourself with Sound and Music*. Taught by Don Campbell, author of the national bestseller *The Mozart Effect*,[®] *Heal Yourself with Sound and Music* gathers together Campbell's most useful sessions on the power of sound to spark creativity, soothe our emotions, jump start learning, and even heal our bodies. Complete with many exercises you can try yourself, here is the definitive Don Campbell collection on the phenomenal effects of sound and music on human physiology. Three best-selling titles include:

- **Healing Yourself with Your Own Voice**—The original audio classic by Don Campbell on the transformative power of the human voice. With self-healing exercises.
- **Healing with Great Music**—Hear how the greatest music from many world traditions can profoundly influence health, learning, creativity, and more.
- **Mozart as Healer**—Don Campbell reveals the full story of Wolfgang Amadeus Mozart, not only as a musician and composer, but as a mystic and healer.

6 CDs, 6¼ hours



HEALING YOURSELF WITH YOUR OWN VOICE NEW! STAW0105D \$14.95

Ancient cultures looked at the human voice as the link between the inner and outer psyches. The voice was viewed not only as an instrument of self-expression, but also as a powerful means of self-alignment. *Healing Yourself with Your Own Voice* is about rediscovering the natural power of the human voice, and its role in establishing a balanced, healthful life. Don Campbell, founder of the Institute for Music, Health, and Education, and author of the national bestseller *The Mozart Effect*,[®] leads you through step-by-step exercises to demonstrate how different sounds affect the brain and the body. Exercises focus on the alignment of mind, body, and voice; an "inner massage"; much more.

CD, 1 hour



HERBAL HEALTH SERIES (HHS) 3 VOL SET SV2827S \$49.95

Since time immemorial mankind has used herbal remedies. Today many people prefer the gentle effects of herbs to harsh over-the-counter drugs. They see the use of herbs as a step towards self-sufficiency and a more natural, simple and spiritual lifestyle. Kay Moon Dreamer, holistic health educator, provides an in-depth look into the natural world of plants.

Video 160 min. NTSC



HHS #1: NATIVE AMERICAN HERBOLOGY

An informative and instructive video for beginners on the gathering and traditional use of herbs. Learn: The nine most commonly used herbs for treating a variety of ailments, including ulcers, high blood pressure, colds, flu, rheumatism, immune system deficiencies, kidney problems, skin problems, asthmas, hemorrhoids, P.M.S., coughs, gas and more. * The Native American spiritual approach to herbolgy. * Internal and external applications of herbs. * Herbs in their natural environment shown close-up for easy identification.

SV3424 \$19.95

Video 55 min. NTSC



HHS #2: PREPARING HERBS FOR HOME REMEDIES

Kay Moon Dreamer demonstrates how to use herbs effectively in preparing folk remedies for a multitude of common ailments. She focuses on wild crafting, drying and storage, and the preparation of infusions, decoction, tinctures, oils, ointments, salves, syrups, liniments, powders, electuaries, poultices fomentations, steams, baths, and much more.

SV3612 \$19.95

Video 55 min. NTSC



HHS #3: CULINARY HERBS FOR BETTER HEALTH

Discover kitchen herbs and their healing properties; how to easily integrate herbs into your daily meals, and the use of simple cooking herbs for the treatment of asthma, indigestion, gas, bad breath, diabetes, low- and high-blood pressure, parasites, respiratory infections, coughs, sore throats, colds, depression, nervous tension, headaches, aching muscles, rheumatism, arthritis, inflamed/stiff joints, bites, kidney stones, dandruff, herpes and insomnia.

SV2390 \$19.95

Video 60 min. NTSC



HOME ENLIGHTENMENT MADE EASY

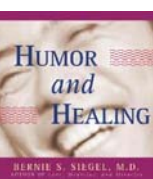
NEW!

Learn specific step-by step instructions for non-toxic home formulas with Annie B. Bond, a best-selling author, and renowned expert. It includes: GENERAL CLEANING --Appliances, tiles, bathroom spaces, pots, washing produce; BODY-CARE - Facials, toners, moisturizers; FABRIC CARE-- Detergents, fabric softeners, natural fabrics; ENHANCING OUR FIVE SENSES - Natural product benefits; SAFE PEST CONTROL - Ants, moths, ticks, fleas; NONTOXIC GARDEN PRODUCTS- Weeds, pests, plant fungus. Annie is the author of: Home Enlightenment; Better Basics for the Home; Clean & Green; and The Green Kitchen Handbook. "Annie brings science down to earth, showing ways to create personal and planetary health. Her work is indispensable." - Healthy Living Magazine.

PPMA5 \$24.95

"I have followed Annie's sound advice for years."- Jeffrey Hollender, Pres. of Seventh Generation, Inc.

DVD Disk 57 min



HUMOR AND HEALING

NEW!

Humor and Healing is Dr. Bernie Siegel's sparkling conversation about the healing power of love and laughter. From how positive thinking helps us lead longer, more productive lives ... to new findings about the healing power of laughter ... to miracles of spontaneous remission in "terminally ill" patients ... you will find Humor and Healing to be a life-affirming house call from this respected surgeon and speaker.

STAW0113D \$14.95

As Dr. Siegel says: "If you live in your heart, magic happens." This is the essence of his powerful approach to living your life in the present. Each insight about the psychology of illness shared by Dr. Siegel is supported by a real-life example drawn from his work as a surgeon and teacher. Humor and Healing also includes many stories, told with love and joy as only Dr. Siegel can, about exceptional patients who have opened to the heart of healing, with unforgettable results.

CD, 1¼ hours



IMPROVE YOUR MEMORY NOW:

MAXIMIZE YOUR BRAIN POWER WITH THE AUTHOR OF, "THE MEMORY BIBLE"

STAW0714D \$24.95

From Gary Small, the director of the UCLA Memory and Aging Research Center, a practical course to dramatically improve memory and brain power in just one session.

2 CDs 2 Hrs



INCREASE VITALITY

NEW!

STMM1100D

\$17.98

Inspired composers like Bach, Beethoven, and Chopin instinctively understood the revitalizing effect that music can have on your emotions and physical body. Now, best-selling physician and author Dr. Andrew Weil has joined with producer and sound researcher Joshua Leeds to bring you Dr. Andrew Weil's Music for Self-Healing—a series of classical music recordings for promoting good health. Performed by the award-winning players of The Apollo Chamber Ensemble, every arrangement is delivered with an emphasis on the underlying psychoacoustic components. The result: you experience the maximum healing potential of each timeless composition.

Increase Vitality presents 18 invigorating selections in 3 uplifting sequences that naturally stimulate body, mind, and spirit. Orchestration includes piano, flute, oboe, English horn, and cello. "Easy Does It" offers gentle auditory arousal for recuperation or those sensitive to sensory stimulation. "Get Up & Go" provides "aerobics for the ears" with enlivening pieces by Mozart, Rachmaninoff, and Eastern European Gypsy-style compositions. "Have Mercy!" is the highest octane, powered by musical surprises, propelling tempos, and the intriguing arrangements of Beethoven, Chopin, Monti, and others. Increase Vitality is fun, endorphin-boosting, harmonic-rich cerebral fuel for all ages and environments.

CD, 1 hour



INCREASE VITALITY ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE

STAW0718D

\$15.95

Michael Reed Gach shows you how to give yourself a natural energy boost in just minutes with these proven techniques. Includes special methods for alleviating chronic fatigue.
1 CD 1.25 Hrs



THE INTEGRAL OPERATING SYSTEM

NEW!

STKT0948D

\$39.95

Upgrade the Way You Think—and Live

Are you ready to ramp up the performance of your human hardware? If so, then welcome to the launch of Version 1.0 of Ken Wilber's The Integral Operating System. No, it's not computer software. It's a course that crystallizes Ken's lifelong investigation into the truths of Eastern and Western thought into a cutting-edge tool for sparking a revolution of your mind and spirit.

Ken Wilber has spent over three decades creating an all-embracing vision that incorporates the best elements from all of humanity's spiritual and scientific traditions into a model that reveals even deeper levels of truth—the Integral Map. Now, this profoundly versatile tool has been formatted into a multimodal "platform for the soul"—one that you can self-install to accelerate the growth of your spiritual evolution, intellect, relationships with others, and even your physical health.

As one of the most influential figures of human spiritual development, Ken Wilber has been called "the Einstein of consciousness." Here is an unprecedented chance for you to "download" this remarkable thinker's teachings as he illuminates the intricacies of The Integral Operating System.

SYSTEM REQUIREMENTS: The Integral Operating System is guaranteed to enhance the performance of any human mind, from interested novices to the most advanced spiritual seekers.

2 CDs, DVD, 3½ hours, 70-page workbook, poster



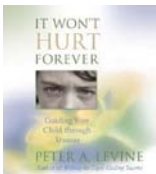
IRIDOLOGY

Find out about the intriguing art of iridology, which aims to diagnose constitutional strengths and weaknesses of each organ in the body by studying markings on the eyes. Learn just how accurate iridology can be for diagnosing clinical symptoms, long before they begin to appear. Includes the origins of iridology and the different styles of this therapy that are now available. Also includes excerpts from an actual session with an iridology practitioner.

TMC22DVD

\$19.95

DVD 50min



IT WON'T HURT FOREVER: NEW! STAW0490D \$19.95
GUIDING YOUR CHILD THROUGH TRAUMA

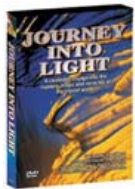
How Do You Help Your Child Recover and Grow from Life's Painful Experiences?

Your child has just experienced a distressing event – a bicycle fall, a medical procedure, a frightening encounter with a dog. What do you do? Most of us would try to comfort the child, and then hope for the best. “There is more you can do than just hope,” teaches Peter Levine. On It Won’t Hurt Forever, Dr. Levine offers his 35 years of expertise in healing emotional trauma to show you a better way to help your child.

Stress researchers now know that after a painful or fearful experience, children may endure such symptoms as unexplainable stomach aches, pains, nightmares, bedwetting, nervousness, aggression, distractibility, and other problems. Why? “Because all animals, including humans, possess a natural physiological process for discharging the energy of such experiences,” explains Dr. Levine. “When that process is thwarted, a child may suffer long after the event.” Now, with this groundbreaking audio-learning program for parents and caretakers, you can gain the skills you need to help a child recover from frightening events in a healthier, more natural way – using the body’s own healing mechanisms.

Children possess the innate ability to respond and recover from potentially traumatic circumstances. With It Won’t Hurt Forever, you will learn how to activate this priceless resource within any child in need. Includes 18-page study guide and ten full-color illustrations.

2 CDs, 2 hours



JOURNEY TO LIGHT NEW! UFK547 \$19.95

Award winning photographer and film maker Gene Falk takes you on a visual voyage into the heart of the crystal world. Utilizing advances in optical technology, a special set of lenses once used for viewing outer space have been configured to explore the Inner space of crystals with radiant beams, gleaming façades, fractured fissures and expansive auroras of a primitive world encapsulated for eons.

DVD Disk 40 min



JOURNEY TO WILD DIVINE: HEALING RHYTHMS NEW! WD3000 \$295.00

Introducing Healing Rhythms, the first biofeedback training program that brings together the most prominent leaders in the field of health and wellness and combines their guidance with beautiful on-screen graphics for a happy mind and a healthy body. Healing Rhythms artfully combines effective biofeedback training with guided meditation and breathing techniques, allowing you to witness and transform the rhythms of your mind and body as they play together on-screen.

Featuring Deepak Chopra, M.D., Dean Ornish, M.D., and Andrew Weil, M.D., Healing Rhythms delivers the expert advice never before offered in one package! Optimize sleep patterns, reduce stress, increase well-being, and achieve optimal health as you rediscover your body’s natural healing rhythms.



JOURNEY TO THE WILD DIVINE: THE PASSAGE NEW! WD1001 \$159.95

The Journey to Wild Divine is a unique program for mind & body that links biofeedback hardware with your computer to create an enlightening experience of wellness.

- Wild Divine Contents:**
 Magic Rings" Biofeedback Sensors
 Light Stone" Energy translator
 Works with PC or MAC

CD-Rom Game featuring spectacular 3-D Graphics & Video "Soul Flight "
 Music CD
 Companion Guidebook



THE JOURNEY TO WILD DIVINE: WISDOM QUEST NEW!

Now Available! Announcing the launch of *Wisdom Quest*, Part II in *The Journey to Wild Divine* series. *Wisdom Quest* builds upon the skills you acquired in Part I, *The Passage*, by teaching new meditation and breathing techniques for advanced training. Featuring insight and guidance from best-selling authors Deepak Chopra, M.D. and Dean Ornish, M.D. you will learn many new and valuable lessons to integrate this wisdom into your daily life. Choose varying levels of difficulty and tailor your experience to fit your most effective learning style. Experiment with advanced biofeedback techniques as you are enveloped in breath-taking three-dimensional landscapes, soothing music, and inspiring visuals.

WD1002 \$59.95

JOURNEY TO THE WILD DIVINE: COMBO PACK NEW!

WILD DIVINE COMBO 2 PACK includes the original starter kit for **THE JOURNEY TO THE WILD DIVINE** (\$159.95) plus the add-on software for the second series of journeys entitled **WISDOM QUEST** (\$59.95) for a special combo price of \$199.95 when ordered together.

WD2002 \$199.95

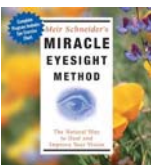


MACROBIOTIC CUISINE

Today, macrobiotic cuisine is enjoying a newly found popularity with anyone who wishes to eat better. Presented with a distinctive Southern flair, host Trena Barnes demonstrates how macrobiotic foods can help you enhance your health and enrich your life. Her recipes include such favorites as grits with corn, black-eyed peas, boiled salad, cornbread and a scrumptious apple crunch dessert.

SV3300 \$19.95

Video 53 min. NTSC



MIRACLE EYESIGHT METHOD

NEW!

Meir Schneider can see—and that's a miracle. Born without sight, he refused to give into his blindness and instead began an intensive exploration of sight and self-healing systems. *Miracle Eyesight Method* is Meir Schneider's original bestselling audio program for better eye health. Covers the full theoretical foundations of natural eyesight improvement plus Schneider's complete set of techniques for exercising your eyes back to health.

STAW312D \$24.95

3 CDs, 2.75 hours, eye exercise chart, eye patch



MIRACLE HEALERS

Western science and medicine have discovered a mysterious life force energy responsible for spontaneous healing. Modern technology is now enabling a few pioneering scientists to measure and verify extremely subtle life force energies which may be responsible for this phenomenon. Many people who have lost hope through traditional medicine have turned to healers for unexplainable, deeply moving, and apparently genuine cures. This program will allow you to explore these new or rediscovered alternatives in healing and experience the extraordinarily mysterious healing methods that exist beyond orthodox medicine. Includes amazing demonstrations of healing that defy scientific explanation along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible alternative healing authorities in the world today.

UFK579 \$19.95

DVD 52 Min

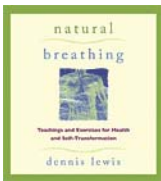


MOONTIME- MENARCHE TO MENOPAUSE

Medicine Eagle says, 'Follow your Grandmother Moon and you will begin a process of learning about the feminine mystery teachings.' The moon's illuminating cycles will transform your spirit as you awaken them within your body. Now this lost wisdom has returned to contemporary consciousness through the dedication of women like Brooke and the elders who carry the tradition, as well as the inner questing, for a new generation of women reclaiming their power.

SV3377 \$29.95

Video 60 minutes



NATURAL BREATHING (CD)

When Dennis Lewis sold his successful business, he was thoroughly exhausted and in chronic pain. So he began searching for the foundation of health: the "breath of life" itself. On Natural Breathing, Lewis distills his remarkable journey to the source of all miracles: the simple act of breathing. From dispelling myths about your diaphragm (the "spiritual muscle"), to exploring the intimate relationship between breathing and your emotions, to guiding a meditation on "unconditioned breath," Natural Breathing will teach you, not only how to breathe fully, but how to embody your deepest connection with the energy of all life beginning with your next breath.

STAW0400D

\$24.95

3 CDs, 3 hours



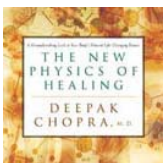
NATURAL VISION IMPROVEMENT KIT THE: (KIT)

You have the power to improve your eyesight naturally. Building on techniques pioneered by ophthalmologist William Bates, Meir Schneider created an effective approach for self-healing and used it to reverse his own blindness. Schneider teaches his innovative methods for exercising your eyes back to health. Use these proven techniques to see your world with less strain, greater acuity, and a more spacious visual field. Learn more about the principles of natural eyesight improvement; dozens of exercises to increase your visual acuity and ocular health; Tibetan yoga practices to refresh your eyes and mind; on-the-spot techniques to ease reading, driving, and computer eyestrain; how eyesight influences your overall well-being, and more. The Natural Vision Improvement Kit offers everything you need for vision improvement that you can do at home, including: A series of daily exercises on CD to help correct near- and far-sightedness, cataracts, and eye fatigue, including yogic techniques to increase your sense of eye movement and balance the muscles around your eyes Especially for computer users who suffer from eye strain, an additional CD offers relaxation and restorative exercises you can do at your desk 25 portable, photo-illustrated cards offering instruction on fundamental eye exercises that you can do anytime, anywhere 2 standard eye charts to test your vision and monitor your improvement An illustrated study guide to take you step-by-step to better vision, and much more Born without sight, Schneider refused to surrender to his blindness and instead began an intensive exploration of sight and self-healing systems. Now you can restore and enhance your eyesight, one of the most precious aspects of your well-being.

STAW0905D

\$26.95

2 audio CD learning sessions,
90-page illustrated guidebook,
13 photo-illustrated practice cards, 2 eye charts



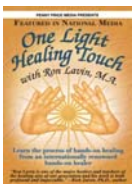
NEW PHYSICS OF HEALING, THE: A GROUNDBREAKING LOOK AT YOUR BODY'S NATURAL LIFE-CHANGING POWERS DEEPAK CHOPRA

STAW0548D

\$24.95

"On the molecular and cellular level, the body that you had four years ago no longer exists," teaches Dr. Deepak Chopra. "It has been entirely replaced, atom by atom." Given this fact, could it be that the core of who you are – and your health – lies beyond the material body. On this updated edition of The New Physics of Healing, Dr. Chopra offers a fascinating exploration of these and many other questions. Includes an all-new interview with this visionary pioneer of mind-body medicine available nowhere else.

2 CDs 2.5 Hrs



ONE LIGHT - HEALING TOUCH, EXPLORING

"One Light Healing Touch and Ron Lavin's teachings have been seen on national television including MTV, The Reporter's and Geraldo. In the process of viewing the tape one can experience first hand a dynamic force for transformation, balancing and spiritual harmony and healing. You will learn: * To access, strengthen and apply healing light from the Source * The process of Hands-on Healing * How auras and energy centers connect us to life * Exercises and practices including movement, soundings and visualizations for balancing, harmonizing and healing."

PPMF5

\$24.95

DVD 60 min



OPTIMAL HEALTH SERIES

***** Stars."Highly Recommended. Good choice for Public Libraries and offers patrons a taste of new wellness techniques." - Video Librarian.** Learn how to attain optimum health, vitality & flexibility, activate your own healing energy & release stress, increase your sense of well being & rejuvenation. Featuring best-selling authors and renowned teachers, this program presents healing exercises and holistic practices from ancient and shamanic traditions, to cutting-edge, complementary medicine. This "how to" program is designed for viewers of any age and level of experience in an easy-to-follow manner. Each segment presents a different exercise or practice with the benefits of each clearly explained & demonstrated. **TAI CHI with Chungliang Al Huang:** A renowned teacher of Tai Chi and contemporary Taoism, he is the author of many best-selling books including the classic, *The Beginners Book of Tai Chi*. Learn a Tai Chi exercise to help harness your healing energy & increase vitality. **HEALING THE BODY-MIND with Ilana Rubenfeld, Ph.D.:** A pioneer in the field of mind-body healing, she is founder of the Rubenfeld Synergy Method and creator of the audio series, *Rubenfeld on the Road*. In this program she teaches an exercise for self-renewal & flexibility. **CHAKRA HEALING with Dr. Alberto Villoldo:** A psychologist, medical anthropologist and shaman, he is known the world over for his work in Shamanistic Healing. He is the author of many best-selling books including, *Dance Of The 4 Winds*. Join him for a daily Chakra healing practice for self-healing. **HEALING MEDITATION with Shaki Gawain:** An acclaimed leader in the world consciousness movement, she has helped thousands of people learn to develop their intuition and creativity and is the author of numerous best-sellers including, *Creative Visualization*. Learn a guided meditation to balance all four levels of your life. **COLOR HEALING with Jacob Liberman O.D., Ph.D, D.Sc.:** Is a pioneer in holistic vision care and the use of light and color for healing. He is the author of the best selling books, *Light: Medicine of the Future* and *Take Off Your Glasses and See*. Join Dr. Liberman as he guides you through a color healing exercise, which helps heal and energize the whole body. **CONTINUUM HEALING MOVEMENT with Emilie Conrad:** Studies have shown that Continuum is a revolutionary form of movement education, which helps alleviate disease and counteract the aging process. Join Emilie as she does several extraordinary healing exercises. **SOUND HEALING & VISUALIZATION with Ron Lavin M.A.:** A renowned spiritual leader who has been in four NIH studies and head international healing schools. Join Ron and his students for a healing chant and healing visualization, which are great for bringing healing energy to the whole body. **HEALING GUIDED IMAGERY with Belleruth Naparstek L.I.S.W.:** The author of best-selling books, *Your Sixth Sense* and is a nationally recognized expert in guided imagery and intuition. Join Belleruth for an exceptional guided-imagery, healing exercise.

TMA7004DVD \$29.95

DVD 117 min \$29.95

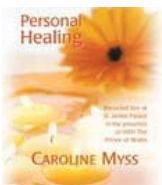


PAIN RELIEF SHINZEN YOUNG

Drawing from 20 years of results in the field, this widely respected meditation expert offers a practical 60-minute program to address both chronic and short-term pain, possibly reducing the need for drugs or surgery. Step-by-step techniques taught in plain language show how to overcome internal resistance—the key to transforming physical pain into a flow of pure energy. Includes four guided practices that listeners can use anywhere

STAW0815D \$15.95

1 CD 1 hr

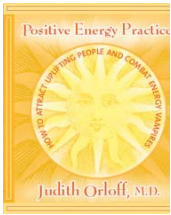


PERSONAL HEALING: CAROLINE MYSS

Each of us, at some point in our lives, will experience a crisis in our physical well-being. When that time comes, how will you prepare—spiritually and energetically—to heal yourself? On *Personal Healing*, Caroline Myss answers questions crucial to anyone in the midst of such a challenge: How do you gather the spiritual power necessary to recover from an illness? Why do some people respond well to medical treatments and alternative therapies, while others do not? What specific energetic practices can you begin to use immediately to support healing? In this fascinating and briskly paced distillation of her core insights, Caroline Myss offers a sweeping paradigm for reclaiming that power, with *Personal Healing*.

STAW0693D \$15.95

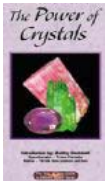
1 CD 1.25 Hrs



POSITIVE ENERGY PRACTICES: HOW TO ATTRACT UPLIFTING PEOPLE AND COMBAT ENERGY VAMPIRES **NEW!** STAW0989D \$19.95

Your personal energy is a precious commodity, and to live fully, you must vigilantly nurture and protect that energy. Now, with Positive Energy Practices, renowned psychiatrist and intuitive Judith Orloff teaches you a series of techniques, guided meditations, and tools to harness the power of positive energy and combat the influences that drain and deplete us. "We can't stop the negative circumstances from happening in our lives, but we can learn ways to protect our energy so that we can stay centered in dealing with the stresses that arise," teaches Dr. Judith Orloff. On Positive Energy Practices, she offers many life-saving prescriptions for transforming fatigue, stress, and fear into vibrance, strength, and love.

2 CDs, 2.5 hours



POWER OF CRYSTALS TMC01 \$19.95

Uncover the hidden healing secrets of the ancient Atlantean civilization with the mysterious practice of crystal therapy. See rarely seen footage of "crystal healings" and learn the therapeutic effects of crystals such as quartz and amethyst. Discusses the origins and philosophy of crystal therapy and its techniques such as programming and clearing crystals. Presented by Jo Buchanan and Mary McCarthy, two prominent Australian spiritual healers, from the "Extraordinary" TV program.



PREGNANCY MASSAGE SV3610 \$19.95

Hosted by actress Tracy Nelson and taught by certified massage therapist Lori Stewart, this video guides you and your partner step by step through a full body pregnancy massage. Lori has been teaching massage at the Institute of Psycho-Structural Balancing in Los Angeles for over 8 years. Her emphasis is on partners helping pregnant women through this often-uncomfortable time, bringing them to a closer understanding of what she is experiencing. The techniques taught in this video are safe and can dramatically improve how you feel.



PREPARING FOR CHILDBIRTH: MARTIN ROSSMAN'S GUIDED IMAGERY EXERCISES TO EASE LABOR & DELIVERY STAW0772D \$15.95

Three guided imagery exercises to help women experience shorter labors, less discomfort, and fewer complications during childbirth.

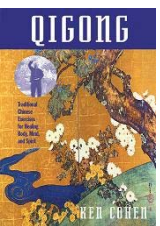
1 CD 1.25 Hrs



PREPARING FOR SURGERY: GUIDED IMAGERY EXERCISES FOR RELAXATION & ACCELERATED HEALING STAW0771D \$15.95

Martin L. Rossman, M.D. demonstrates simple yet effective mind-body techniques designed to support a successful surgery with fewer complications, less pain, and less bleeding.

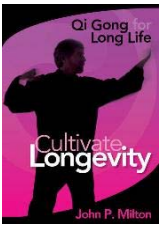
1 CD 1.25 Hrs



QIGONG TRADITIONAL CHINESE EXERCISES FOR HEALING BODY, MIND, AND SPIRIT **NEW!** STVT0002D \$19.95

In China, the way to vibrant health does not lead to the doctor's office; it is as close as the air we breathe. In Qigong: Traditional Chinese Exercises for Healing Body, Mind, and Spirit, you will learn ancient techniques for harnessing the massive power of qi – literally, the "vital breath" or energy of the universe. Thousands of years before the establishment of Western medicine, Chinese masters perfected a system of gentle movements and meditative postures that can channel qi into the body for detoxifying, energizing, and healing. Ken Cohen, preeminent qigong master in the West, presents authentic practices on Qigong. Using easy-to-follow language and dozens of demonstrations, Cohen shares a complete four-part workout you can practice any time you have a few minutes and enough room to stand and stretch.

DVD, booklet



QIGONG FOR LONG LIFE:

NEW!

CULTIVATE LONGEVITY FOUNDATIONAL PRACTICES

STVT0931D

\$17.95

“The purpose of qigong practice is not just to add years to your life, it is to add life to your years,” teaches John P. Milton. Cultivate Longevity teaches you the fundamentals of Chinese longevity practice. The exercises on this DVD focus on clearing your body's energy channels of blockages, developing your connection to the world around you, and learning how to use your natural "batteries" to store the vast energy of qi.

The Qi Gong for Long Life series condenses the most essential lessons from qi gong and t'ai chi expert John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Cultivate Longevity includes 14 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Perfect for beginners seeking to establish a foundation in qi gong.

Cultivate Longevity Includes:

Smiling Energy practice for infusing positive, affirming emotions into every cell of your body

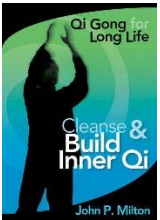
Crane Massages—ideal for clearing stagnant energy from your abdominal organs

Four Bears Practice—an easy-to-learn exercise related to t'ai chi, which provides the same benefits of physical fitness, prevention of illness, and a deep connection with the earth

Posture of the Tao—combining classic meditation and qi gong energy practice for mental clarity and presence

14 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 92 minutes, 14 reference cards



QIGONG FOR LONG LIFE:

NEW!

CLEANSE AND BUILD INNER QI

STVT0932D

\$17.95

John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Cleanse & Build Inner Qi includes 12 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Perfect for use as a self-healing practice, or for enhancing any medical and fitness regimen.

Cleanse & Build Inner Qi Includes:

Taoist principles that explain the way elements of nature flow in the body, and how to clear the energy pathways

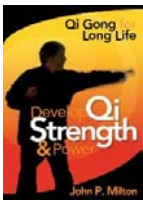
How harmful emotions are stored in individual organs, and specific qi gong exercises to release them

Sighting a Distant Eagle—an exercise for increasing vigor and sexual energy

The art of Bone Marrow Washing to enhance your immune system, strengthen your bones, and store qi reserves

12 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 84 minutes, 12 reference cards



**QIGONG FOR LONG LIFE:
DEVELOP QI STRENGTH AND POWER**

NEW!

"The energy we need for longevity is all around us," teaches qi gong master John P. Milton. "It is in the earth, the heavens, and all the elements of nature." Develop Qi Strength & Power features Milton's most advanced and powerful qi gong techniques for absorbing qi from your environment, safely storing energy in the body's natural power centers, and using that energy to propel your health and vitality to incredible heights.

STVT0933

\$17.95

The Qi Gong for Long Life series condenses the most essential lessons from qi gong and t'ai chi expert John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Develop Qi Strength & Power includes 6 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Ideal for experienced qi gong practitioners to deepen your ability to harness natural qi.

Develop Qi Strength & Power Includes:

Exercises for harvesting the energy of qi from earth, heaven, and water around you—and directing it to your body's natural "storage reservoirs"

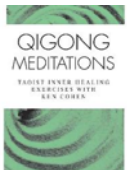
Breathing techniques to amplify the effectiveness of qi gong

How to use your qi gong training to enhance any spiritual practice, healing modality, or exercise regimen

Qi gong strategies to reach your ideal weight, promote healthy skin, enhance physical endurance, and much more

6 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 93 minutes, 6 reference cards



QIGONG MEDITATIONS

NEW!

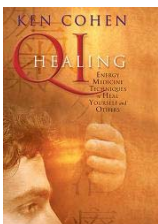
Qigong meditation is the art of using your mind to direct the flow of energy within your body. This energy—or qi—is the bioelectricity carried by your nervous system. Current physiological research has verified that these currents control your immune system, the regeneration of organ tissues, and the growth of muscle and bone. Controlling this energy flow is one key to good health. On Qigong Meditations, master instructor Ken Cohen presents three authentic qigong exercises in intense and exacting detail and teaches correct posture, awareness control, and cleansing the organs inside the body, with special attention given to proper breathing methods.

STAW0088D

\$14.95

Additional Contents: Three forms of exercises include meditations to heal the body, the mind, and the spirit. Detailed instructions for ancient Taoist chant "She Who Hears the Sounds of The World," concludes the program.

CD, 1 hour



QI HEALING

NEW!

Energy Medicine Techniques to Heal Yourself and Others

STVT0025D

\$39.95

Indigenous healers have known for centuries how to direct vital life energy through their hands and into those in need. Perhaps in no other part of the world is this skill more refined than in China's 3,000-year-old tradition of therapeutic qigong. Now, with Qi Healing, you can learn how to use these authentic techniques yourself to heal and energize others. Therapeutic qigong is so effective—yet so simple to learn—that it is now being used by hospitals and clinics throughout China to accelerate wound healing, alleviate chronic pain, and reduce the symptoms of many other disorders. On Qi Healing, you will learn to release stagnant qi (or "life force") in others, detoxify their internal energy systems, and restore a healthy balance of qi flow throughout all the tissues of the body. Taught by Ken Cohen, one of the most respected qigong authorities in the world, this complete video instructional course demonstrates every step for administering healing qi energy to others safely and effectively. Two detailed sessions include exercises for mental and physical clarity; methods for organ cleansing; specific external qigong practices to direct qi precisely for maximum healing effect, and much more.

2 DVDs, 2.75 hours, 27-page study guide



THE REIKI TOUCH NEW!

If you've felt the power of Reiki and want to broaden your experience, you **STKT0973 \$39.95** now have the most extensive resource available for strengthening your practice of this extraordinary healing art. With The Reiki Touch, Reiki master William Lee Rand combines the advantages of video, audio, reference cards, and written instruction to provide a comprehensive set of tools for uncovering Reiki's most potent secrets. From mastering the fundamental hand positions for healing to using the advanced techniques of Byosen scanning and Gyoshi ho (sending Reiki through the eyes), Rand provides the essential keys to Reiki for beginners and advanced practitioners alike.

As one of the premier authorities on Reiki in the West, William Lee Rand has guided many thousands of students through every level of Reiki training. Now, this renowned teacher invites you to discover your ability to harness Reiki in ways beyond what has traditionally been taught to many advanced students. Whether you're a long-time Reiki practitioner or you've just received your first attunement, The Reiki Touch will provide the training and understanding you need to excel at this increasingly popular healing art.

The First Comprehensive Training Program for Reiki—with DVD, Audio, Music, and Written Instruction

- 60 minute DVD, featuring instruction on hand positions, conducting healing sessions, scanning techniques, and advanced use of Reiki to see auras and past lives
- 3 guided meditations on CD to strengthen your Reiki energy, deepen your healing experience, and invite a spiritual guide
- 30 illustrated Reiki cards that can be used as a divination tool to discover which hand positions, symbols, or techniques to use for healing specific conditions
- 100-page workbook, including advanced practices for creating energetic boundaries for your spiritual protection, enhancing your creativity and problem solving skills, and much more
- 79 minutes of heartfelt music on CD ideally suited for treatments

2 CDs, 1 DVD, spiral bound 100+ page workbook, 30 cards

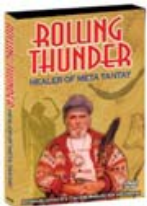


RELEASE BACK PAIN: ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE.

STAW0720D \$15.95

Specific pain relief techniques from Michael Reed Gach that can be used individually (for quick relief) or in sequence for full benefit.

1 CD 1.25 Hrs \$15.95

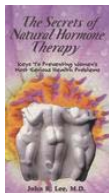


ROLLING THUNDER: HEALER OF META TANTAY NEW!

UFK464 \$24.95

Visit with Cherokee medicine man and Shaman – Rolling Thunder in this intimate portrait of a teacher and sage who has a powerful effect on everyone he meets. Rolling Thunder is well known for his ability to draw spiritual power from animal nature, his prophecies for the future, including a warning about World War III, his knowledge of UFOs and aliens and his knowledge of the healing properties of plants which include invaluable healing alternatives for cancer and AIDS. If you're hungry for insight into age-old mysteries, natural healing and the Native American way of life, this is one film you won't want to miss.

DVD Disk • 60 min

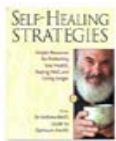


SECRETS OF NATURAL HORMONE THERAPY

Learn the secrets of natural hormone replacement therapy that **(VHS) SV3777 \$19.95** medical doctors don't tell you. Discover empowering, life-changing, **(CASS) A5720 \$16.95** natural alternatives to synthetic pharmacology that offer genuine

options for wresting control of women's bodies back from the big drug companies and the doctors who prescribe for them. John R. Lee, M.D., author of "What your doctor may not tell you about menopause and Hormone Balancing", presents keys to understanding women's hormonal and reproductive cycles.

Video 120 min. NTSC



SELF HEALING STRATEGIES

With Self-Healing Strategies, Dr. Andrew Weil returns to teach the sequel **STAW0638D** **\$34.95** to his first complete learn-at-home audio course for optimum health. On volume one, Taking Care of Yourself, listeners learned the foundations for lifelong wellness: eating for maximum health and pleasure, creating a "whole person" fitness program, and accessing the mind's proven ability to heal the body. Now, with Self-Healing Strategies, Dr. Weil introduces us to the specific arts of self-healing. These six practical one-on-one sessions cover: Keeping Your Immune System Strong – Dozens of specific ways to activate and support the body's own defenses against infections and illness. Homeopathy, traditional Chinese medicine, ayurveda, bodywork, energy medicine, and other alternative therapies – how they work and how to choose among them. Living Well in the 21st Century – The future of integrative medicine and (until it arrives) how to get the most out of conventional and alternative medicine today.



SELF-HEALING WITH GUIDED IMAGERY:

HOW TO USE THE POWER OF YOUR MIND TO HEAL YOUR BODY **STAW0767D** **\$19.95**

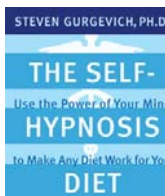
Andrew Weil and Martin L. Rossman, M.D. show you how to relieve chronic pain, ease stress and anxiety, and more with simple mind-body tools. Includes three imagery sessions.
2 CDs 2.75 Hrs



SELF-HEALING WITH SOUND AND MUSIC

Dr. Andrew Weil and Kimba Arem present teachings and a complete "sound journey" into expanded states of consciousness optimized for healing. **STAW0842D** **\$19.95**

2 CDs 2.25 Hrs



THE SELF HYPNOSIS DIET **NEW!**

What's missing from the hundreds of diets on the market to help us achieve healthier bodies? "The most important element," teaches Dr. Steven Gurgevich, "is not in the body—but in your mind." As a key member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. With The Self-Hypnosis Diet, he shows that anyone can use medical hypnosis to achieve long-term success in shifting our appetites to healthier foods and reaching our desired weight. With 3 CDs of instruction for using hypnosis to reduce your appetite, increase your metabolism, remove emotional barriers, and more—plus an "emergency" session to instantly deal with cravings. **STBK1056D** **\$21.95**

3CDs, 6-page study guide, 3.5 hours



SELF HYPNOSIS HOME STUDY COURSE

NEW!

STHH0947D

\$199.99

Major medical journals now recognize hypnosis as a legitimate and powerful clinical tool, citing proof positive that it can help ease chronic pain, lessen the side effects of chemotherapy, counteract anxiety and sleep disorders, and much more. With the Self-Hypnosis Home Study Course, Dr. Steven Gurgevich presents the first comprehensive curriculum of its kind that helps you unlock the mind-body connection to optimize physical health, break unwanted habits, improve concentration and mental agility—whatever you set your mind to achieve. In this unprecedented program based on over three decades of medical research, you will join Dr. Steven Gurgevich—one of the world’s leading experts in mind-body medicine—for a results-oriented course on this often misunderstood tool for health and well-being. The course includes:

Clinically tested, guided sessions designed to help anyone begin self-healing in 20 minutes—even if you’ve never experienced hypnosis before

A “Hypnotic Apothecary” on audio—over 20 specialized applications on 10 CDs to direct your mind-body system to assist in weight loss, ease stress, heal skin conditions, boost immunity, improve performance, and more

107-page workbook covering hypnotherapy principles, trance induction methods, and dozens of exercises and practical self-hypnosis activities

High-quality pendulum to assist in accessing information shared between the body and the mind

Comparable hypnotherapy sessions with a private practitioner would cost thousands of dollars. Now, anyone interested in opening this doorway to healing has everything needed to get started at a fraction of the cost, with the Self-Hypnosis Home Study Course.

Highlights:

How to use hypnosis for physical and emotional healing and achieving personal goals

The antidote to anxiety: trancework session to restore and enhance your mind-body skills of mental and physical relaxation

11 hypnosis induction methods, from progressive body relaxation to breath induction to reverse arm levitation, and many more

“Love to Exercise” session to improve performance, mental focus, and physical endurance while working out or competing

Guided session for working with phobias

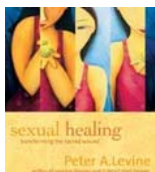
Six trance-deepening methods for intensifying your training for maximum results

Mood enhancement trancework session

The five types of hypnotic suggestion, and how to find the style best for you

“Stress and fear inoculation” session that empowers you to respond—in any situation—with relaxation, confidence, and clarity of mind, and much more

18 CDs, 22.5 hours, 107-page workbook, pendulum



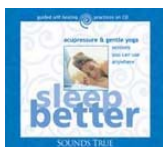
SEXUAL HEALING: TRANSFORMING THE SACRED WOUND

Peter A. Levine, Ph.D. shows a powerful new way to reclaim the sacred inner space of the body using gentle, physiologically-based techniques.

STAW0671D

\$24.95

2 CDs 2.5 Hrs



SLEEP BETTER:

ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE BY MICHAEL REED GACH

STAW0717D

\$15.95

A take-anywhere session that guides you through acupressure and yoga to release tension and induce restful sleep.

1 CD 1.25 Hrs



SONIC APOTHECARY

Sound as medicine has been a principle of Shamanic healers over the ages. Now science merges with ancient wisdom through the work of Sharry Edwards. Using her unusual capacities for hearing and toning, Sharry has pioneered an amazing technology that transfers her abilities to anyone who wants to work with sound and the healing arts. Sharry Edwards teaches students to use audio analysis techniques and sophisticated tone generators to provoke healing responses. Learn how the emerging science of Bioacoustics is creating a new vision for the future of medicine.

SV37798

\$19.95

Video 40 min. NTSC



STRESS RELIEF: ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE BY MICHAEL REED GACH

Listeners can release stress and relax with proven self-acupressure, breathing exercises, and gentle stretches. Includes 5-minute "mini-sessions" and a longer sequence.

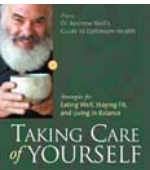
STAW0630D

\$34.95

STAW0719D

\$15.95

1 CD 1.25 Hrs



TAKING CARE OF YOURSELF: STRATEGIES FOR EATING WELL, STAYING FIT, AND LIVING IN BALANCE

Dr. Weil teaches the foundations for eating well, using vitamins and supplements wisely, staying fit, and much more.

STAW0630D

\$34.95

4 CDs 4.5 Hrs



TAOIST HEALING IMAGERY

NEW!

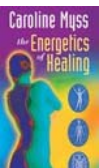
Seven advanced visualizations utilize ancient Taoist imagery to build self-awareness, unity of mind and body, and ultimately: enlightenment. While healing with imagery is relatively new to the West, its use in China dates back to Taoist texts from the 3rd century BCE. We learn that these healing techniques induce what modern brain researchers call an "alpha-theta" state, where the unconscious comes to consciousness, and the mind reaches a blissful clarity. They are rarely taught outside of China today.

STAW0206D

\$14.95

Ken Cohen (author of Chi Kung Meditations) gives exact instructions on correct postures, breathing, attunement to nature, mental states, and flow of internal energy.

CD 60 minutes



THE ENERGETICS OF HEALING

Caroline Myss, medical intuitive and author of the New York Times bestseller Anatomy of the Spirit leads a fascinating guided tour of the human body's energy system and chakras.

STVT004

\$39.95

2 DVDs 3 Hrs



THE KITCHEN

Behind the Scenes at One of America's Finest Restaurants in Pursuit of the Dream. L.A.'s Hottest Young Chefs "Heat it Up" at Michael McCarty's Wildly Successful Five Star Restaurant, Michael's Santa Monica.

SV3132DVD

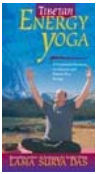
\$29.95

From award-winning director Nir Bashan comes an intimate look at the inner workings of one of America's most acclaimed restaurants.

The Kitchen is a film about the trials and tribulations that chefs must go through in a fine dining establishment in order to realize their dream of turning out culinary works of art -- not just once, but night after night -- with epicurian excellence.

Experience the world inside the renowned Michael's Santa Monica restaurant. Go "behind the curtain" and delve into the real lives of an all-star team as they pull together every evening's five-star performance. Starring celebrity chefs, including Michael McCarty, and some wonderful, fast-paced cooking, this mouth-watering film is for food lovers everywhere!

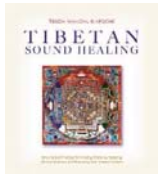
1 DVD 74 min



**TIBETAN ENERGY YOGA: A TRADITIONAL WORKOUT
TO LIBERATE AND ELEVATE YOUR ENERGY**

STVT018D \$19.95

Lama Surya Das shows you authentic, easy-to-learn, Tibetan sitting yoga techniques to improve health, elevate the spirit, and sharpen mental awareness in just minutes a day.
1 DVD 40 min



TIBETAN SOUND HEALING

NEW!

STBK1011D \$19.95

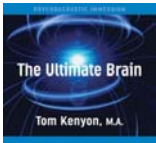
“It is my sincere desire that this simple and elegant practice of the Five Warrior Syllables, which is based on the highest teachings of the Tibetan Bön Buddhist tradition of which I am a lineage holder, will benefit many beings in the West. Please receive it with my blessing, and bring it into your life. Let it support you to become kind and strong and clear and awake.” —Tenzin Wangyal Rinpoche

One of the world’s oldest unbroken spiritual traditions is the Bön Buddhist tradition of Tibet. This wisdom path has survived, thanks to the efforts of a handful of dedicated lamas such as Bön lineage holder Tenzin Wangyal Rinpoche. Now, with Tibetan Sound Healing, you can connect to the ancient sacred sounds of the Bön practice—and through them, activate the healing potential of your natural mind.

The Bön healing tradition invokes the Five Warrior Syllables—“seed” sounds that bring us to the essential nature of mind and release the boundless creativity and positive qualities that are fundamental to it. Through the medicine of sound, you can clear obstacles of your body, your energy and emotions, and the subtle sacred dimensions of your being. In this integrated book-and-CD learning program, Tenzin Wangyal Rinpoche gives you the tools to access wisdom and compassion and use the vibration of sacred sound to cultivate the healing power within your body’s subtle channels.

The spiritual heritage of the Bön is rich with methods to guide all beings on the path to liberation. With Tibetan Sound Healing, you are invited to learn from a master of this ancient lineage—and discover the power of sacred sound to purify your body, connect with your inherent perfection and completeness, and awaken spiritual virtue.

Hardcover book, 104 pages, CD, 1 ¼ hours



THE ULTIMATE BRAIN

NEW!

STMM1027D

\$99.00

Is it possible to use sound to improve your brain capacity, intelligence, and creativity? An ever-increasing body of scientific evidence suggests that it is. Tom Kenyon, founder of the Acoustic Brain Research group and one of the foremost figures in the field of psychoacoustics, now brings together eight tested and verified sound programs from over two decades of research to let you develop The Ultimate Brain.

The underlying foundation of The Ultimate Brain is Tom Kenyon's "BioPulse™" technology—a subtle frequency that leads the brain naturally into different states to promote learning, creative visualization, and cognitive growth. By applying this innovative acoustic frequency in a wide array of programs, Kenyon has created a complete "gymnasium" for the brain that includes:

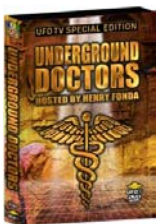
- Eight programs to transport you immediately from the everyday beta state to the relaxed focused alpha, the rejuvenating delta, or the dream state of theta
- Active exercises that build new neurological connections—physical pathways between the two hemispheres of the brain
- Guided visualization sessions to help you break free from the "perceptual boxes" that limit learning and innovative thinking
- Deep entrainment journeys through the "magic window" of alpha and theta to help you access powerful altered states for healing and insight

Since he began recording in 1983, thousands of Tom Kenyon's listeners have used these programs to create positive and lasting change in their brain capacity, mental acuity, and creative power. Collected together for the first time in The Ultimate Brain, you now have eight of this psychoacoustic pioneer's most potent and successful tools for helping you unlock the limitless potential of your own mind.

THE ULTIMATE BRAIN FEATURES:

- **The Ultimate Brain User's Guide:** How to best use each of these programs for both immediate impact and long-term results
- **Enhance Creative Problem Solving:** Working in the mid-alpha, this program has been documented to significantly improve analytical abilities, problem solving, learning, and visualization skills
- **Mind Gymnastiks:** Guided sessions along multiple brainwave frequencies for actively exercising specific areas of the brain.
- **Freedom to Change:** A theta brainwave program for breaking free from psychological limitations, including overcoming substance abuse, boosting self-esteem, and finding inner grounding
- **Ambient Support for Working, Learning, and Creating:** Background music to lower stress and induce an ideal mid-alpha state of focused alertness
- **Deep Rest:** Take a quick trip through the eminently refreshing low delta to mid-alpha cycles with "The 24-Minute Nap," "The 22-Minute Vacation," and "Sweet Delta" for extended relaxation
- **Deep Relaxation and Healing:** A gentle "brain massage" in the Theta range to help you dissolve tensions and drift into profound relaxation
- **Opening the Heart:** Based on an ancient mantra believed to be the "sound of the inner heart," a moving, calming experience in the relaxing theta range
- **Activate the Holographic Mind:** A potent aid to psycho-navigation through altered states, taking you into the deep Theta range of vivid dreams and visions

9 CDs, 8¾ hours



UNDERGROUND DOCTORS

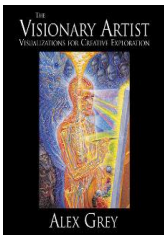
Why is there any illness at all? Why can't we get well and stay healthy? The answer to these very questions may well be the key to our own healing

UFK580

\$19.95

ability. Once disease was blamed on evil spirits and the cure was to frighten the demons away. We have been told that what we call healing miracles are really natural events, misinterpreted by superstitious, primitive people. Today with all the knowledge of modern medicine, many still look to unorthodox means for achieving and maintaining physical and spiritual health. Some of these methods, often shocking, bizarre, and just downright amazing, are explored here as we meet the "Underground Doctors." Includes amazing demonstrations of healing that defy scientific explanation along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible alternative healing authorities in the world today. Hosted by Henry Fonda.

DVD 52 Min



THE VISIONARY ARTIST

NEW!

STAW0432D

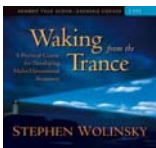
\$29.95

Anyone who attempts self-expression through art has touched the “secret power of vision” from which all great art flowers. The artist Alex Grey, who has evoked awe, rapture, and controversy over the past 20 years, is our preeminent explorer of this deep realm where creativity and divinity merge. On *The Visionary Artist*, Grey’s first work on audio, he personally guides us to these mystical places through a full curriculum of intensive, mind-expanding visualizations.

A longtime student of meditation, shamanism, and transpersonal psychology, Grey leads listeners up and down the ladder of consciousness to retrieve the transcendental visions our souls are constantly painting. From exercises on form, color, and imagery – to the energetic structures of reality – to the universal source of all creation, Grey’s system for artistic exploration guides us along the sacred path of art, while dissolving the boundaries of reality along the way.

Artists in virtually any discipline will appreciate Grey’s view of art as a revelatory and healing force. *The Visionary Artist* plunges us into a mystery that is at least 40,000 years old: the true mission of art in human experience.

4 CDs, 38-page study guide, 3.25 hours



WAKING FROM THE TRANCE

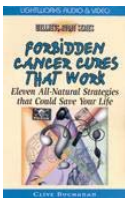
NEW!

STAF1083D

\$69.95

Have you ever felt that your thoughts, feelings, perceptions, and memories—everything you’ve known to be “you”—might be just the surface of something far more expansive? That somehow there might be a way to “wake up” to an entirely new revelation of the world and of yourself? In 1977, a young psychotherapist named Stephen Wolinsky left his practice to answer these questions. His search would lead him beyond the roots of modern psychology and the contemplative traditions of the world to India’s legendary sage Sri Nisargadatta Maharaj. On *Waking from the Trance*, you are invited to learn what evolved from Wolinsky’s quest: a revolutionary new understanding of the nature of consciousness that can help us to see beyond the inner structures that limit our awareness—and experience the many dimensions of who we are more fully.

7 CDs, 8 ¼ hours, 20-page workbook



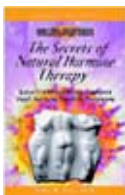
WELLNESS #1: FORBIDDEN CANCER CURES THAT WORK

AW5232

\$16.95

Eleven All-Natural Strategies That Could Save Your Life: Discover cancer answers in layman’s terms from one of America’s leading public speakers on herbology and preventive health care. Clive Buchanan, author of *Herbal Knowledge* and *The Top Ten Power Supplements*, offers positive, life-saving, all-natural options including seven warning signs of cancer and how you can deal with them; the forbidden cure for melanoma, why you never want a mastectomy, ways to increase your energy and improve your health while cancer proofing your body and much more.

Audio 110 min. 2 Cassettes



WELLNESS #2: SECRETS OF NAT. HORMONE THERAPY

(CASS) AW5720

\$16.95

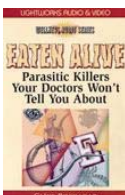
“For many women there is something fundamentally disturbing about turning a natural event like menopause into a disease that demands decades of medication”. - *Time* (cover story), June 26, 1995. John R.

(VHS) SV3777

\$19.95

Lee, MD, author of *What Your Doctor May Not Tell You About Menopause and Hormone Balancing*, has been the leading American authority on the use of natural progesterone for over 15 years. Dr. Lee convincingly illuminates the need for women to seek an alternative to estrogen.

Audio –120 min. 2 Cassettes



WELLNESS #3: EATEN ALIVE

PARASITIC KILLERS YOUR DOCTORS WON'T TELL YOU ABOUT

AW5162

\$16.95

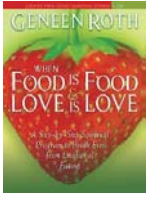
Parasites are the new American plague. Millions suffer from the ravages of living organisms in their bodies and don't even know it. Herbologist Clive Buchanan offers keys to naturally combating these microscopic creatures. Discover how your children's problems could be caused by parasitic invaders like hookworms and pinworms. Learn how to reduce your risk of cancer and eradicate the causes of intestinal disorders. Also, learn about natural remedies for allergies, appendicitis, asthma, cancer, diabetes, hay fever, obesity, ulcers and much more.

Audio 115 min. 2 Cass.



WELLNESS AUDIO SERIES (3 AUDIO TAPES)

Three tape set comprising the following titles: “Forbidden Cancer Cures That Work”, “Secrets Of Natural Hormone Therapy”, and “Eaten Alive-Parasite Killers”. Please see title descriptions immediately below for additional information.
3 Audio Tapes 5 3/4 hrs. **AW5003 \$49.95**



WHEN FOOD IS FOOD AND LOVE IS LOVE

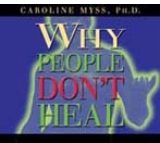
Why do we eat? It’s more than just a hunger for more food, teaches Geneen Roth. Your relationship with food is a microcosm of your relationship to being alive, and to your beliefs about trust, pleasure, deprivation, and nourishment. Now, Roth offers listeners When Food Is Food and Love Is Love—a deeply spiritual culmination of her groundbreaking work since the best-selling Feeding the Hungry Heart (Plume Books, 1993). Here, she offers her first complete at-home course to break free from emotional eating through visualizations, guided eating and mindfulness meditations, and more. Roth helps us to understand the real issues of why we turn to food, and to experience the freedom from dieting once and for all. **STAF0955D \$69.95**

6 CDs, 6.75 hours



WHEN THINGS FALL APART (CD)

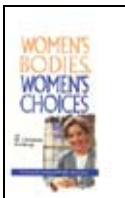
How can we go on living "when things fall apart" - when we are overcome by pain, fear, and anxiety? Pema Chodron's answer to that question contains some spectacularly good news: there is a fundamental happiness readily available to each one of us, no matter how difficult things seem to be. To find it, according to traditional Buddhist teaching, we must learn to stop running from suffering and instead actually learn to approach it - fearlessly, compassionately, and with curiosity. This radical practice enables us to use all situations, even very painful ones, as means for discovering the truth and love that are utterly indestructible. **STAW0539D \$24.95**



WHY PEOPLE DON'T HEAL CD

Why do some people heal, while others don't? For more than 20 years, Caroline Myss has worked with thousands of patients as a "medical intuitive." Now Dr. Myss shares the startling truth about the hidden barriers to healing on Why People Don't Heal. We do not heal, Dr. Myss observes, because we use our illnesses (or "wounds") as a way of gaining intimacy and even personal power over others. Why People Don't Heal reveals the links between personal power and illness, toxic connections to the past, and much more. **STAW0536D \$24.95**

2 CDs 2.5 HRS \$24.95



WOMEN'S BODIES, WOMEN'S CHOICES

In Women’s Bodies, Women’s Choices, Dr. Christiane Northrup looks at specific aspects of women’s health to include menopause, heart disease, breast care and the menstrual cycle. She outlines many of the choices women are faced with as they work with their health-care professional to achieve psychological health and physical well being. **SV4157 \$29.95**

Video 60 min. NTSC



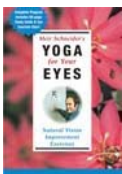
YANTRA: THE POWER OF CRYSTALS

This program contains examples of rare Crystals used in Astrology, Healing and Feng Shui. Included are rare crystal images and figurines, examples of the Nine Celestial stones or “Navaratnas,” Pranic healing, Chakra healing, Mantra, Tantra & Yantra healing, Ayurveda - the ancient Indian art of healing and new approaches in developing Crystal tools for use in healing. Demonstrations Include: Crystal Pranic healing. Crystal Chakra healing. Preparation of “Basma” an Auyurvedic medicine that uses crystals as it's main ingredients. Subjects Covered Include: How to find your personal crystal & the various techniques used. What they can do for you and what are the limitations. Can they influence your Karma and Chakras (the Power-centers of the Human body) to cause change. Use according to Indian Astrology. Where to wear them, which metal to mount them in. Do they need to be cut and polished to be made more effective? How large should they be. The bigger the stone, more the powers; or is each individual requirement different? Keeping them clean of negativity. Use to bring harmony to your living space. How to charge a crystal. Mantra, Tantra and Yantra, the trilogy of Power-charging. Ayurveda - the ancient Indian art of Healing. Pranic healing and the use of Crystals to heal specific ailments. New approches in developing Crystal tools for use in healing.

TMA7005DVD

\$29.95

DVD 120 min



YOGA FOR YOUR EYES

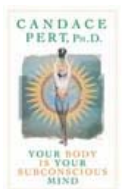
MEIR SCHNEIDER, PH.D., LMT

STVT0763D

\$29.95

Natural vision improvement methods that Meir Schneider, Ph.D., LMT used to cure his own blindness-now available on an easy-to-follow video. Includes eye chart.

1 DVD 1.25 Hrs 65-page study guide



YOUR BODY IS YOUR SUBCONSCIOUS MIND

CANDACE PERT, PH.D.

STAW0451D

\$19.95

Learn how every cell in the body helps create our emotional state and affects our health. From the author of Molecules of Emotion.

3 CDs 2.5 Hrs 20-page study guide



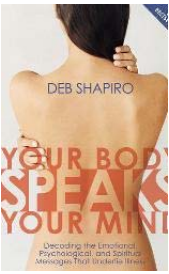
YOGA: MIND, BODY, MEDICINE (DVD)

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul, create the symphony of life. Yoga positions or asanas are the best for toning muscles, lubricating joints and massaging the body. Yoga postures bring physical as well as mental stability, health and vigor. These asanas were developed thousands of years ago and have evolved over centuries. They work wonders in keeping the body healthy and the mind peaceful. Dr. Sujatha is the first Indian to receive a Doctorate in Yoga and completed a study on how asanas, pranayama and meditation effect the mind and body.

TMA7006DVD

\$29.95

DVD Video 120 min



YOUR BODY SPEAKS YOUR MIND

NEW!

STBK1003D

\$19.95

We all know how we cry tears when we are sad or get "butterflies" in our stomach when we are nervous. These are simple connections between the mind and the body that are easy for us to understand. But what about the bigger issues, when the body gets ill, diseased, or damaged? Now with *Your Body Speaks Your Mind*, Deb Shapiro—author of *The Body Mind Workbook* and *Unconditional Love*—shows you a practical way to learn the language of your body so you can understand how your thoughts and feelings directly affect your physical health. "The body shows us what we are unconsciously ignoring, denying, or repressing," she says. With her breakthrough book, readers learn:

- A system-by-system guide to your body that reveals what it is telling you about yourself
- A cross-referenced index of symptomatic illnesses, from headaches to pneumonia, and the emotional imbalances they symbolize
- Creative visualization and meditation techniques on CD to enhance your ability to listen to, communicate with, and heal your body, and more

"Healing is a continual journey—one of embracing ourselves ever more deeply," explains Deb Shapiro. *Your Body Speaks Your Mind* takes you on that journey, deepening your relationship with your own mind and body. Revised and updated UK bestseller.

1 CD, 1 hour, book, 360 pages



YOUR NAKED VOICE

NEW!

STAW1081D

\$24.95

What do you love about your voice? Chloë Goodchild has posed this question to thousands of students worldwide, and found a fascinating truth: we all long to bare ourselves through our individual voices, yet we suppress this desire under the masks of personality. *Your Naked Voice* breaks these barriers of self-judgment, replaces fear with total authenticity, and gives you the courage to express your natural authority and presence.

"Your naked voice," Goodchild begins, "is the original sound within you—the voice of your spirit longing to unfold. It is as unique as your DNA or fingerprint. By falling in love with your naked voice, you can redeem this true sound and discover its ability to awaken your life in ways you never thought possible."

On *Your Naked Voice*, Goodchild invites you to:

- Remember the real sound inside you, as a language of self-knowledge and wisdom
- Heal the divide between silence, speech, and song
- Embody your voice as your own Self through the daily vocal practice of *The Seven Sounds of Love*

"It doesn't matter whether you are a highly trained musician, a singer in the bath, or a total beginner," explains Chloë Goodchild. With *Your Naked Voice*, now you can restore and deepen your compassionate expression, as you continually celebrate your unique sound in creative and liberating ways.

3 CDs, 3 hours, 28-page study guide



60 MINUTES TO A SMOKE FREE LIFE

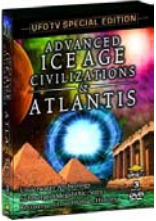
SV3790

\$24.95

The Revolutionary Stop Smoking Program Developed by Renowned Psychotherapist Jonathan Robinson M.A. MFCC. This program offers simple yet highly effective tools and techniques that smokers can take advantage of to easily and quickly stop smoking

Video 60 min, NTSC

ANCIENT ORIGINS



ADVANCED ICE AGE CIVILIZATIONS & ATLANTIS

NEW!

UFK646

\$39.95

Discover the hidden secrets of a timeless mystery in this fascinating film about ancient advanced civilizations that existed thousands of years ago.

Many new and amazing theories are now emerging about the origins of human civilization and Atlantis. Scientists are now discovering at the bottom of the earth's oceans evidence of ancient advanced cultures that pre-date the last ice age. Submerged megalithic sites have now been discovered in many places around the world including the remains of what is believed to be the lost ancient advanced civilization of Atlantis. One thing is certain, what you are about to see in this amazing film can only be described as miraculous. Evidence of ancient sea fairing cultures with advanced knowledge of astronomy, global mapping and complex mathematics. Includes spectacular underwater cinematography of ancient advanced city structures and a fascinating series of spellbinding interviews with researchers, scientists and the best known, most credible Ice Age authorities in the world today. Packed with bonus features, expert analyses and an underwater archeology film archive of submerged megalithic sites as they exist today.

3 DVD 243 Min



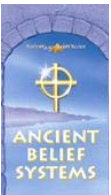
AMS: ANCIENT MYSTERIES SERIES – THREE VOLUME SET

(PAL) AM1000P

\$74.95

AM1200DVD

The series examines the impact of ancient beliefs on our lives today. *Ancient Belief Systems* presents a fascinating look at the influence of astrology and ancient belief systems on modern-day religions. *Egypt Light of the World* provides an in-depth look at the ancient mysteries of Egypt and their influence on our history. *Matrix Of Power* examines high politics, secret societies and how they influence our lives and our future.



AMS: ANCIENT MYSTERIES #1: ANCIENT BELIEF SYSTEMS

(PAL) AM1001P

\$29.95

AM1201DVD

Take a fascinating look at the influence of astrology and ancient belief systems on modern-day religions. Discover the stellar god (from the stars), the lunar god (from the moon) and the god El (from Saturn) and how they have influenced various religions. Examine the Bible's astrological and Hindu references. Gain new insights into Biblical passages that refer to the "end of the world." Study numerous references that illustrate the meaning to be the "end of an age" – as in the movement from the age of Pisces to the age of Aquarius in the Zodiac.

55 min. NTSC, DVD



AMS: ANCIENT MYSTERIES #2: EGYPT LIGHT OF THE WORLD

(PAL) AM1002P

\$29.95

AM1202DVD

An in-depth look at the ancient mysteries of Egypt and their influence on our history, this video examines the ancient stories of the once mighty Egyptians to learn the remarkable influence their mythologies

have had on mankind throughout the ages. Journey back in time to: unearth the lost treasures of Gerald Massey's 19th Century Egyptology—wherein he asserts that the Judeo-Christian tradition is merely the retelling of the stories of ancient Egypt; Study extensive examples of the similarities between the ancient Egyptian writings in the Book of the Dead and the Bible.

45 min. NTSC, DVD



AMS: ANCIENT MYSTERIES #3: MATRIX OF POWER

A look into high-power politics, secret societies and how they influence our lives and our future, this remarkable video presents controversial information that unearths an elaborate *matrix of power* of fraternal orders in politics and banking that has influenced the affairs of men for hundreds of years—and continues to impact us today! Discover eye-opening information on such secret societies as the Freemasons, the Illuminati and the Bohemian Society. Trace the origins of the New World Order in order to more fully comprehend the far-reaching impact of this seemingly innocuous phrase.

(PAL) AM1003P \$29.95
AM1203DVD \$24.95

Video 70 min. NTSC, DVD

\$89.90

ANCIENT ORIGINS SERIES VHS COMBO PACK: (5 Volume Set)

When the following tapes are PURCHASED TOGETHER AS A SET:

~~(NORMALLY \$124.75)~~ **\$89.90**

****SPECIAL****
(NORMALLY \$124.75)
Combo Pack
(SAVE \$34.85)

ANCIENT MYSTERIES SERIES (Ancient Belief Systems, Egypt Light Of The World, & Matrix of Power)

PLUS-

NAKED TRUTH (NORMALLY \$29.95) SV3410 (VHS) INCL.

The following VHS tape will be included FREE as a bonus:

HIDDEN TRUTH, THE (NORMALLY \$19.95) SV3409 FREE

\$89.90

ANCIENT ORIGINS SERIES DVD COMBO PACK: (5 Volume Set)

When the following DVD's are PURCHASED TOGETHER AS A SET:

~~(NORMALLY \$124.75)~~ **\$89.90**

****SPECIAL****
(NORMALLY \$124.75)
Combo Pack
(SAVE \$34.85)

ANCIENT MYSTERIES SERIES (Ancient Belief Systems, Egypt Light Of The World, & Matrix of Power)

PLUS-

NAKED TRUTH (NORMALLY \$29.95) SV3411DVD

The following DVD will be included FREE as a bonus:

HIDDEN TRUTH, THE (NORMALLY \$19.95) SV3408DVD FREE



ANCIENT WISDOM: CHRISTOPHER DUNN

“Dunn is a professional engineer who understands how advanced technology operates in the modern world; and sees it clearly in the ancient monuments of Egypt. Chris reveals, without question, the advanced technologies of the ancients. Find out why researchers from around the world are praising Dunn’s theories. Explore how the pyramids were really built, and how they were used. Dunn’s research is stunning – see why by ordering this exciting set of tapes.”

UFK491 \$39.95

2 DVD or Video 240 min NTSC

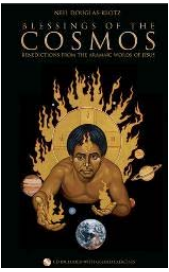


ANCIENT WISDOM: STEPHEN MEHLER

“The oldest civilization of Egypt was called Al Khemit, and Mehler has spent much time in Egypt exploring its roots with the local wise men and their descendants. He has uncovered a completely non-traditional system of knowledge that does not agree with the academic and scientific establishment, but has survived through the centuries. This ancient wisdom was passed on verbally and otherwise; preserved by the keepers of wisdom.

UFK492 \$44.95

DVD



BLESSINGS OF THE COSMOS

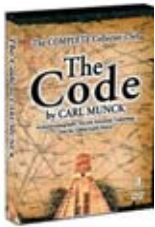
NEW!

STBK1002D

\$18.95

Aramaic—the language of Jesus and his disciples—has captured the imagination of seekers from every faith and spiritual tradition. Since the publication of his bestseller Prayers of the Cosmos, Aramaic scholar Dr. Neil Douglas-Klotz has become a foremost expert at uncovering the rich layers of meaning found in Jesus' native wisdom sayings. Now, in Blessings of the Cosmos, this renowned author presents a collection of all-new translations of Jesus' best-loved benedictions and invocations for peace, healing, divine connection, and more including: • "Come unto me, all ye that labor"—blessings to renew and re-dedicate your life's sacred vocation• "Ask, and it shall be given you"—discovering your origin in the source of Love itself• Jesus' parting words to the disciples, from the blessing of "greater works" to the "many mansions" teaching to the great commandment on love, and more• Jesus' Beatitudes in Luke: blessings for our inner being• Plus an 80-minute CD with 20 guided Aramaic "body prayers"—similar to the traditional Middle Eastern practices that Jesus himself used to generate spiritual energy and insight. Whether for personal inspiration or use in communal worship and rites of passage, Blessings of the Cosmos offers you a heart-opening prayerbook that will guide you toward an ever deepening, daily experience of the divine.

CD, 1¼ hours, book, 112 pages



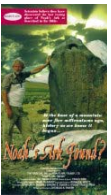
CODE – COMPLETE COLLECTORS SET BY CARL MUNCK

UFK532

\$69.95

The great pyramids of Egypt, Stonehenge, Teotihuacan, Tiahua-naco, Tikal, Chichen Itza, the Indian mounds of North America and the pyramids in the Cydonia region of Mars, monument after monument, these huge artifacts from antiquity speak of a former era's surprising level of high technology and a connection to an extraterrestrial past. Metrology, time reckoning, communications, precise mathematical law, and precise and enviable levels of global mapping, discovered both on Earth and Mars, are just a few examples of the knowledge that was held by those that inhabited this planet in our ancient past. Join us as we take an honest new look at an ancient science that leaves our prevailing search for our human origins far behind.

3 DVD Disks • 5 hours



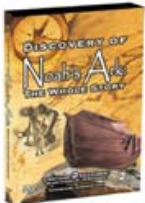
DISCOVERY OF NOAH'S ARK, THE : #2 NOAH'S ARK FOUND

UFB186

\$19.95

"After years of painstakingly investigative research and scientific documentation, Ron Wyatt and a team of archeologists from America and Turkey share their findings concerning the search for Noah's Ark. These astounding discoveries have made headline news around the world. With the aid of aerial reconnaissance, technologically advanced sensing devices, controlled chemical analysis and strict archeological field work, this program presents the evidence that suggests scientists have in deed found the final resting place of Noah's Ark as described in the Bible and the book of Genesis."

Video 60 min NTSC



DISCOVERY OF NOAH'S ARK: THE WHOLE STORY

UFK458

\$34.95

"This is not the sensationalized program aired on CBS in 1993 which depicted Noah's Ark protruding from the ice on Mt. Ararat. This is the real Ark site. Here is the evidence, including photographs and film footage to prove it. With the aid of aerial reconnaissance, technologically advanced sensing devices, controlled chemical analysis, and strict archaeological field work, this program presents the evidence that suggests scientists have indeed found the final resting place of Noah's Ark as described in the Bible; the Book of Genesis."

2 DVD Disks • 120 min



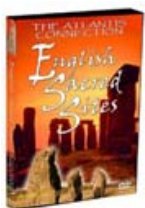
EARTH UNDER FIRE: MYTHOLOGY AS SCIENCE OF THE PAST

UFK377

\$19.95

In Earth Under Fire you will learn that the myths passed down through the ages are not just simple stories or legends, but perhaps windows into the fate of our planet. What was the cause of the sudden demise of the Ice Age mammals? Are the twelve zodiacal constellations actually a sophisticated astronomical system? Dr. Paul LaViolette, author of the book "Earth Under Fire", answers these questions and others. This film tackles the idea that there may be disasters from space that have shaped our past and will affect our future.

DVD 60 min



ENGLISH SACRED SITES – THE ATLANTIS CONNECTION NEW!!

Discover powerful evidence that links Stonehenge, Avebury, Glastonbury and many other mystical locations throughout England to an advanced ancient order that had a direct connection with Atlantis.

(VHS) UFK611 \$19.95
(DVD) UFK528 \$19.95

Travel along a set of prehistoric “tracks” that run hundreds of miles through the English countryside – evidence of a highly developed science that was capable of engineering the construction of incredibly inspiring structures, using massive stones weighing thousands of pounds, that continue to radiate their sacred energies to this day. Based on the discoveries of Cambridge-trained scholar and author John Michell, this program reveals a startling new version of the roots of civilization. Join host Doug Kenyon, editor, Atlantis Rising Magazine, as he takes us on location in England to explore some of the great mysteries of mankind.

VHS Tape or DVD Disk • 50 min



FATHER SUN SPEAKS

The message of the Maya, delivered by Mayan Elder, Hunbatz Men, (author of *Mayan Science of Religion*) celebrates the end of the 520-year Kaltun of “hell time” and marks the beginning of the age of knowledge. Drunvalo Melchizedek, Barbara Hand Clow and 3 Tibetan Lamas join the Mayan Council and 450 pilgrims from around the globe for this extraordinary historic event. Ceremony at the Spring Equinox reactivates sacred sites at Chichen Itza, Uxmal and Palenque. The prophecy Pacal Votan, the ancient Maya is illuminated.

FS1000 \$29.95

Video 73 min. NTSC



GATHERING MEDICINE

NEW!

What lessons can the modern seeker of truth gain from the shaman’s way? Join respected anthropologist and folklorist Angeles Arrien as she bridges the past with the present to find powerful methods based on the shamanic tradition for gaining clarity and direction in your life.

STAW0237D \$19.95

The shamans’ way, offers Angeles Arrien, is to “gather medicine” by reconnecting with yourself on the deepest internal level. This “soul work” utilizes imagery, reflective questioning, dream work, and storytelling to help you integrate inner and outer experiences. Thus you travel the “fourfold path” of the ancients to find your personal truth—the way back home. Gathering Medicine contains stories, spiritual teachings, and ideas for using timeless shamanic principles in your own modern-day life.

Topics include: your body’s inner wisdom; the shape-shifter; the four rivers (inspiration, challenge, surprise, and love); three types of vocal energy; Rainbow Hoop and Medicine Wheel meditations; and much more.

2 CDs, 2 ½ hours



GEOMUSIC – 2 DVD DISK SET

NEW!

Now featuring the complete works of researcher and composer James Paul Furia in this special two tape collectors set. Includes Geomusic Part 1 & 2 and demonstrates a relationship between the notes of the musical scale, the locations and shapes of hundreds of ancient monuments, and the exact distance and location of stars, planets and constellations. Furia combines the art of music, mathematics, astronomy, the study of the pyramids and ancient cultures revealing stunning correlation’s between color, frequency, physics and consciousness. Join us for an amazing journey of rediscovery and new ideas as we approach the summit of our understanding and witness a breathtaking view of the unknown.

UFK534 \$34.95

2 DVD Disks • 145 min • \$34.95



GLOBAL BRAIN/WHITE HOLE IN TIME DVD

NEW!

The Global Brain is a moving presentation which explores the theory that the Earth is integrated, self-regulating living organism and asks what function humanity might have for this planetary being. Using a rich variety of visual images and specially generated graphics, this program presents an inspiring and optimistic vision of humanity's future in a dynamic and captivating form. The White Hole in time, explores the evolutionary patterns behind our ever-accelerating rate of development and asks "Why is it that a species that is in many ways so intelligent can also behave in ways that are seemingly so insane? Using hundreds of images that span the breadth of creation, this beautiful and moving production shows that the global crisis now facing is, at its root, a crisis of consciousness.

PPME5 \$29.95

DVD • 62 min • \$29.95



HEBREW ILLUMINATIONS

NEW!

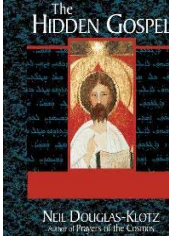
Like medieval illuminated manuscripts that honor the divine, the celebratory creations of Adam Rhine evoke a sense of sacred wonder and mystery in all who behold them.

STBK0946D

\$29.95

Unique in both concept and design, this sumptuous book offers inspired art that speaks both to the heart and to the mind. Rhine presents twenty-two traditional Hebrew letters illuminated by watercolors to enhance his striking calligraphic rendering of this ancient language of communication between Hashem—The Higher Name—and the Jewish people. Using Psalm 145 ("Praise the Lord, O My Soul ...") to provide context, each illumination is accompanied by the artist's meditative reflections that invite us to contemplate the deeper meanings ourselves.

Hardcover book, 112 pages



THE HIDDEN GOSPEL

NEW!

If you could travel back to the world of ancient Palestine and hear Jesus teach in his own native tongue, what would you learn? On The Hidden

STAW0429D

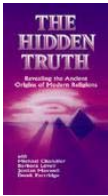
\$24.95

Gospel, Biblical scholar Neil Douglas-Klotz decodes early New Testament scriptures written in Aramaic, the original language of the first Christians. What lies hidden within these scriptures may surprise you: a visionary Christ who revealed a grand cosmology based on the earthy wisdom of an ancient desert people. Complete with meditations to reflect on these words just as the early Christians did.

HIGHLIGHTS

- How the breath serves as a link to divine consciousness
- Body-based prayer, the original form of worship used by the earliest Christians
- Alaha—the sacred unity between God and all of creation
- Reaching the fullness of your potential through the practice of deep peace

3 CDs, 2.75 hours



HIDDEN TRUTH, THE

This important program presents must-see information for anyone interested in the origins of modern religions. Discover how the meaning of astrological and mythical symbols from ancient Egypt bear striking similarities to Judaic, Christian and Islamic teachings. After years of research, comparing the ancient texts of the Hindus, Sumerians, Persians and Egyptians with the holy books of later religions, the truths contained in this riveting one-hour program can now be revealed, including: Uncanny similarities between the Virgin births of Krishna, Mithra, Indra, Prometheus and Jesus.

SV3409

\$19.95

SV3408DVD

\$19.95

VHS Video or DVD Disk 60 min. NTSC



ISAIAH EFFECT, THE:

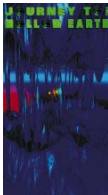
DECODING THE LOST SCIENCE OF PRAYER AND PROPHECY

STAW0493

\$19.95

In Jerusalem, within the Shrine of the Book Museum, resides the Great Isaiah Scroll - the most precious artifact of the famed Dead Sea Scrolls. So valuable is this scripture that extraordinary measures have been taken to safeguard it against any natural disaster or act of war. On The Isaiah Effect, bestselling author Gregg Braden takes us on an investigation into this ancient Essene scripture - to reveal a set of inner tools capable of altering the destiny of human civilization.

2 CDs 2.25 Hrs



JOURNEY TO THE HOLLOW EARTH

"The hollow earth theory is represented in scores of myths from every country and culture. Such diverse peoples as the North American

UFK546

\$19.95

Hopis, Tibetan monks, Ancient Egyptians and modern day Icelanders have long believed in an inner realm that inhabits the center of the Earth. The Avalon of Camelot, the Garden of Eden, Paradise Lost, Shangri-La and Valhalla are names assigned to a mystical and physical place thought by some to house prehistoric animals and plants and by others to hide alien beings bent on conquering the outer Earth."

DVD Disk • 30 min NTSC

LABYRINTHS & DRAGONQUEST (2 DVD SET)

NEW!

LABYRINTHS: THEIR MYSTERY & MAGIC; Discover the power and history of Labyrinths. Learn their history, how to build and walk them, a labyrinth chakra meditation. With Richard Feather Anderson, Jeff Saward, Robert Ferre.

PPME1

\$24.95

DRAGONQUEST: SACRED SITES OF BRITAIN: Discover the mysteries of the ley lines, the earth's chakra system, the "Paths of the Drago". Includes Stonehenge, Avebury, Glastonbury, Iona, Lindisfarne, and a multitude of stone circles in England.

(2 DVD) 110 min



LOST SECRETS OF THE MAYA

NEW!

One of the most mysterious, scientifically advanced achievements ever discovered among ancient cultures is the creation of the Mayan calendar.

UFK654

\$39.95

After years of painstaking research, archeologists and researchers are still mystified by the unusual prophetic nature and mathematically advanced, time reckoning structure of the Mayan calendar system. Scientific evidence shows us that the ancient Maya were fiercely intelligent and their knowledge of space, time and astronomy far exceeds all our expectations. Now in this amazing program Mayan researcher Ian Xel Lungold presents amazing new discoveries about how the Maya centered their civilization around a reality and concept of time they believed was the unfoldment principle for consciousness, galaxies, life, history and even creation itself. Includes two spellbinding DVDs, expert analyses and amazing facts about this secret, ancient and advanced culture. Exhilarating ideas and fascinating facts for both the scientific and spiritually minded.

2 DVD 180 min



THE MANDALA HEALING KIT

NEW!

Spark Your Sacred Geometry

STKT0957D

\$29.95

Mandalas—from the Sanskrit for “circle”—have been used for millennia in cultures worldwide as a tool for spiritual growth, creativity, and physical and emotional healing. With The Mandala Healing Kit, you join Dr. Judith Cornell, an internationally recognized expert on mandalas and the best-selling author of *Mandala: Luminous Symbols for Healing*, for a powerful learn-at-home program that covers every aspect of a lifelong mandala practice. You'll find everything you need to begin creating and using your own mandalas immediately: A 96-page workbook that features two dozen exercises and 54 beautiful four-color illustrations.

- A guided audio CD of Dr. Cornell's most effective meditations and suggestions
- Mandala stencils and special paper
- And quality colored pencils and a gel pen.

This complete kit will teach you how to make mandalas for “healing the heart” and opening the wellspring of compassion you carry within, precise techniques for using sound and light to mend a sense of psychological “fragmentation” and express your hidden creative talents, mandala fire rituals for releasing attachments and purifying negative thought patterns, and much more.

CD, 1 hour, 96-page workbook, 15 symbolic stencils, 7 colored pencils, silver gel pen, black paper



MONUMENTS TO LIFE, 2 PAK, HANCOCK & BAUVAL

"Graham Hancock and Robert Bauval, authors of the best selling book, *Keeper of Genesis*" present startling evidence from our ancient past that could revolutionize how we see our selves and our future. If their findings are correct, the implications for our planet are hard to comprehend; let alone predict."

UFK457

\$39.95

2 DVD Disks • 180 min • NTSC



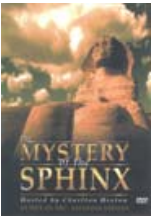
MYSTERIES OF THE DEAD SEA SCROLLS - 3 PAK

Based on the research of Dr. Frank Stranges. This program documents a deception by researchers and government institutions to withhold translations of the Dead Sea Scrolls from the public.

UFK459

\$54.95

DVD 208 min NTSC



MYSTERY OF THE SPHINX

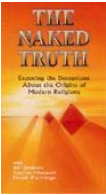
NEW!

John Anthony West explores new, exciting theories and discoveries about the most famous monument of all time, the Great Sphinx of Egypt. Does evidence of water erosion prove that the Sphinx is at least 10,000 years old? How were huge, 200 ton stone blocks lifted into place to build the Sphinx temples? Famous American psychic Edgar Cayce predicted a hidden room beneath the Sphinx; the seismograph found it. What can it tell us? Is there a vanished civilization? Can the legend of Atlantis be true? Is there an extraterrestrial Sphinx on Mars as revealed in official NASA photographs?

UFK526

\$24.95

DVD Disk • 95 min



NAKED TRUTH, THE

Discover the astrological and mythological basis of symbols from ancient Egypt and earlier civilizations which bear striking similarities to Judaic, Christian & Islamic teachings and how institutions have suppressed these truths in order to consolidate power over the masses.

SV3410

\$29.95

SV3411DVD

\$29.95

VHS Tape or DVD Disk 120 min. NTSC



NATIONAL TREASURES:

NEW!

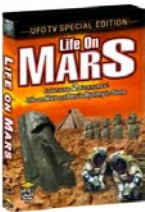
SECRET SIGNS AND SYMBOLS OF THE U.S. FOUNDING FATHERS

UFK643

\$19.95

There are many amazing mystical and mythological mysteries connected with the symbols the US Founding Fathers chose to represent their beliefs, their dreams and their intentions during the formation of the United States government. Drawing from the traditions of all ages, including the mystical knowledge of Alchemy and Kabbalah, William Henry unravels vital knowledge lost within the icons of America to reveal the mysterious secret treasures of America's hidden heritage. The All Seeing Eye, the Eagle, the Liberty Bell, the goddess symbols of Lady Freedom and the statue of Liberty. Do these symbols and icons of history contain keys to the secret mystical teachings of ancient advanced cultures? Join investigative mythologist William Henry in an exploration of the coded art and mystery symbols of the US Founding Fathers and their connection to the Freemasons, the Knights Templar, the Rosicrucian's, and a host of other mystical traditions dating back thousands of years. FEATURES: Over 150 rare images dating back thousands of years. • Connection between the Freemasons, Knights Templar and the Rosicrucians. • Surprising connections between America and Atlantis. •

2 DVD Disks • 55 min



LIFE ON MARS / PERU'S MYSTERY IN STONE

NEW!

As seen on ABC, CBS and Fox News. Scientists announce the discovery of startling artificial structures found among recently released NASA / JPL photos taken by the Mars Global Surveyor and that these artificial structures are stunning proof that Mars once was inhabited by an intelligent civilization. Includes a spectacular collection of new photographs presented by Dr. Tom Van Flanders, former Chief Astronomer for the United States Naval Observatory and former NASA Astronaut, Dr. Brian O'Leary. See remarkable monuments, "T" shaped craters, gigantic glass tube systems, ancient forest remains and grand edifices that will leave you speechless. As a bonus to this program investigators explore the ancient and mysterious stone and cliff monuments of Peru and present amazing evidence of an ancient advanced culture that came from the stars.

UFU648

\$24.95

DVD 72 min



ORIGINAL PRAYER:

TEACHINGS AND MEDITATIONS ON THE ARAMAIC WORDS OF JESUS STAF0972 \$69.95

On *Original Prayer*, acclaimed teacher and author Dr. Neil Douglas-Klotz immerses us in the language and philosophy of Jesus' world to reveal a practice with the power to change forever the way we experience sacred scripture. Neil Douglas-Klotz begins by revealing the rich layers of meaning enfolded within the Lord's Prayer in Aramaic – the language that Jesus and his disciples actually spoke.

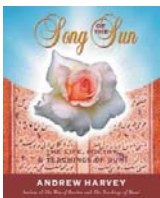
Through his insightful Aramaic translations, Douglas-Klotz opens a window into the Lord's Prayer that allows us to hear and understand the teachings of Jesus as he authentically taught them two thousand years ago. A Way to Experience Scripture Directly, through the Body Verse by verse, *Original Prayer* guides us through a series of 24 specific practices of "body prayer" – the original Middle Eastern form of meditation that uses chant, breathing, and awareness to engage the entire body and spirit in contemplation of scripture. These are the same kinds of devotions used by the first Christians to delve into the Gospels – not as a scholarly exercise – but as a living and breathing experience of God. In the fertile spiritual landscape of the ancient Middle East, prayer, meditation, and scriptural study were practiced as a single contemplative path. Now, with *Original Prayer*, you have within your reach the definitive resource for experiencing this luminous practice, using one of the most enduring cornerstones of the Christian faith – the Lord's Prayer.

8 CDs in slipcase, 8.5 hours, 39-page study guide



RETURN OF THE GODS: 4 TAPE SET

Along this journey you will visit the most dramatic sacred sites, explore the world's major faiths, and the global future of religion and of spirituality itself. An enriching cinematic experience. UFK462 \$69.95



SONG OF THE SUN

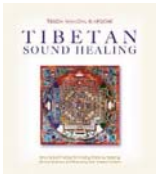
NEW!

It is customary, when referring to the life and work of a poet, to speak in academic terms. But with Jalal-ud-Din Rumi, this custom does not apply. STAW0427D \$34.95

His direct and indirect influence on both our spiritual lives and world literature over the past seven centuries has been immeasurable. Not only does his writing continue to set sales records, he is also remembered as the founder of Mevlevi Sufism—the "whirling dervishes"—whose followers in this century have numbered in the millions.

Who was Rumi, and how does he continue to speak to us today? On *Song of the Sun*, Andrew Harvey, the Oxford-trained authority on Rumi and author of several modern spiritual classics, takes us inside the extraordinary life and teachings of this prophet and poet. Harvey sifts through the many legends and tales associated with Rumi's life, to reveal a rich and inspiring portrait of what a human being in love with and empowered by God can become. He mines the thousands of odes and quatrains composed by Rumi, and shares the most sumptuous and ecstatic works, all with clear relevance to our spiritual lives today. At a time when we are hungry for a divine vision of our world as it can be—and should be—*Song of the Sun* is an invitation to Rumi's most sacred and glorious feast.

5 CDs, 6 hours



TIBETAN SOUND HEALING

NEW!

STBK1011D

\$19.95

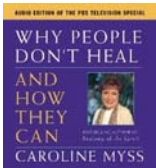
“It is my sincere desire that this simple and elegant practice of the Five Warrior Syllables, which is based on the highest teachings of the Tibetan Bön Buddhist tradition of which I am a lineage holder, will benefit many beings in the West. Please receive it with my blessing, and bring it into your life. Let it support you to become kind and strong and clear and awake.” —Tenzin Wangyal Rinpoche

One of the world’s oldest unbroken spiritual traditions is the Bön Buddhist tradition of Tibet. This wisdom path has survived, thanks to the efforts of a handful of dedicated lamas such as Bön lineage holder Tenzin Wangyal Rinpoche. Now, with Tibetan Sound Healing, you can connect to the ancient sacred sounds of the Bön practice—and through them, activate the healing potential of your natural mind.

The Bön healing tradition invokes the Five Warrior Syllables—“seed” sounds that bring us to the essential nature of mind and release the boundless creativity and positive qualities that are fundamental to it. Through the medicine of sound, you can clear obstacles of your body, your energy and emotions, and the subtle sacred dimensions of your being. In this integrated book-and-CD learning program, Tenzin Wangyal Rinpoche gives you the tools to access wisdom and compassion and use the vibration of sacred sound to cultivate the healing power within your body’s subtle channels.

The spiritual heritage of the Bön is rich with methods to guide all beings on the path to liberation. With Tibetan Sound Healing, you are invited to learn from a master of this ancient lineage—and discover the power of sacred sound to purify your body, connect with your inherent perfection and completeness, and awaken spiritual virtue.

Hardcover book, 104 pages, CD, 1 ¼ hours



WHY PEOPLE DON'T HEAL & HOW THEY CAN

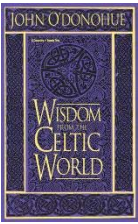
NEW!

STAW0378D

\$24.95

On this stunning audio edition of the national PBS special with Caroline Myss, this acclaimed authority on the energetics of healing dares to take listeners to a hidden realm of the human body, beyond Western myths about healing—yielding a hope-giving program for health unlike any other. For over 15 years, Caroline Myss has worked face to face with the real experts on this controversial subject: thousands of people challenged by illnesses who failed to respond to conventional treatment. As a medical intuitive, Myss saw beyond their physical complaints—and identified the greatest block to healing in our culture today. She shows that when we stop using illness as a way to gain power and intimacy with others, we stop wasting our sacred energy. It then becomes available, not only for self-healing, but for spiritual fulfillment. Here is a bold new vision of healing, presented by Caroline Myss in her own words, that will electrify you with its unlimited possibilities for improved health and spiritual connection. Includes an exclusive interview with Caroline Myss.

3 CDs, 2¾ hours



WISDOM FROM THE CELTIC WORLD

NEW!

From a precious oral tradition rooted over 2,500 years in Ireland's past, John O'Donohue's Celtic Wisdom Trilogy brings to listeners today this vibrant spiritual legacy, unique in the Western world. A liberating feast of authentic blessings, insights, and teachings, brought to life by this acclaimed poet, teacher, and Catholic scholar. The Celtic Wisdom Trilogy includes three full-length sessions:

STAW0366D

\$59.95

The Inner Landscape

Our bodies are mere outlines of a vast and complex interior world, a landscape of contradiction and mystery. The Inner Landscape explores the themes of self-exile and hardship, and the Celtic way of welcoming paradox and finding precious light in the darkest valleys of our inner terrain.

3 CDs / 3 hours

The Divine Imagination

Too often we remain distanced from what is truly sacred—the world around us and the “divine imagination” that created it. Here John O'Donohue immerses us in the “greatest miracle” of Celtic spirituality—its tradition of experiencing the divine as a lyrical, tender, creative force not visible, but always present in all things.

3 CDs / 3 hours

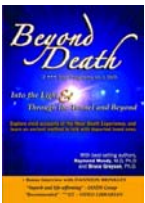
The Invisible World

The ancient Celts sensed an “invisible world” around them—the great unknown from which they came and the source of eternal wonder in their lives. Through prayer, O'Donohue teaches, we may enter directly into this secret immensity and escape the psychological prisons we create for ourselves. With prayers, blessings, poetry, and teachings.

3 CDs / 3 hours

Total: 9 CDs, 9 ½ hours

ANGELS, NEAR DEATH EXPERIENCE



BEYOND DEATH

NEW

TWO * STAR VIDEO PROGRAMS, PLUS BONUS SECTION ON 1 PPMB1**

\$29.95

THROUGH THE TUNNEL AND BEYOND - Dr. Raymond Moody & INTO THE LIGHT - Dr. Bruce Greyson + BONUS SECTION with DANNION BRINKLEY

Learn what happens after death and how to talk with departed loved ones. Dannon Brinkley tells about his amazing Near Death Experience, one of the most detailed accounts of what it's like on the other side. He discusses future predictions, given to him by "Beings of Light"; how to increase your perception; lose your fear of death; and the importance of service work.

"Superb and life-affirming"- IANDS GROUP.

"Recommended" ***1/2 - Video Librarian

DVD Disk 120 min



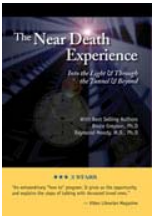
MYSTERIOUS MIRACLES VOL. 8: WORLD BEYOND DEATH

Winner - 1996 Telly Award Winner, Contacting your Guardian Angel And UFK535

\$19.95

Being Receptive to the Angelic Realm in Your Daily Life. A tapestry of beautiful imagery, music and spoken words from the leading visual artists, composers, spiritual teachers and best-selling authors of our day. Through rich, often poetic dialogues with Alma Daniel, Timothy Wylie, Karyn Martin-Kuri, Jane Howard, Dorothy Maclean and Karen Goldman, we learn how to attune ourselves to the higher frequencies of Spirit.

DVD • 60 min



NEAR DEATH EXPERIENCE

INTO THE LIGHT & THROUGH THE TUNNEL & BEYOND

TMC13947DVD

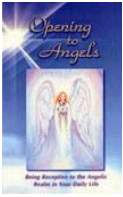
\$29.95

Best selling authors Bruce Greyson, Ph.D and Raymond Moody, M.D., Ph.D.

Into The Light - With Bruce Greyson, Ph.D –

Features the stories of six people who faced death yet lived to tell about it. They, like eight million other Americans have had a near-death experience, an event filled with peace and radiant with love. Hear what they have to say about death and the hereafter. Through The Tunnel & Beyond With Best Selling Author - Raymond Moody, M.D., Ph.D - Called the father of the "near death experience" Raymond Moody teaches the technique for visionary encounters with deceased loved ones. A superb documentary shot around the world at sacred sites, among them Epyhyra, Greece where Homer described as the Oracle of the Dead. People who have had near death experiences or those who are terminally ill, tell in intimate detail what they have experienced in death and most confess that "it is the most peaceful they have ever felt." After studying the rituals performed there and throughout the ages, Moody replicated the conditions in his own studio.

DVD 85 min. \$29.95



OPENING TO ANGELS

Winner - 1996 Telly Award Winner, Contacting your Guardian Angel

(PAL) SV3505P

\$24.95

And Being Receptive to the Angelic Realm in Your Daily Life. A

(CASS) A5605

\$14.95

tapestry of beautiful imagery, music and spoken words from the

SV3507DVD

\$24.95

leading visual artists, composers, spiritual teachers and best-selling

authors of our day. Through rich, often poetic dialogues with Alma Daniel, Timothy Wyllie, Karyn Martin-Kuri, Jane Howard, Dorothy Maclean and Karen Goldman, we learn how to attune ourselves to the higher frequencies of Spirit.

Video 60 min. NTSC, DVD

CONTROVERSY, CONSPIRACY



AMS: ANCIENT MYSTERIES SERIES – THREE VOLUME SET

The series examines the impact of ancient beliefs on our lives today.

(PAL) AM1000P

\$74.95

Ancient Belief Systems presents a fascinating look at the influence of

AM1200DVD

\$59.95

astrology and ancient belief systems on modern-day religions. *Egypt*

light of the World provides an in-depth look at the ancient mysteries of Egypt and their influence on our history. *Matrix Of Power* examines high politics, secret societies and how they influence our lives and our future.



AMS: ANCIENT MYSTERIES #1: ANCIENT BELIEF SYSTEMS

Take a fascinating look at the influence of astrology and ancient

(PAL) AM1001P

\$29.95

belief systems on modern-day religions. Discover the stellar god

AM1201DVD

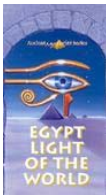
\$24.95

(from the stars), the lunar god (from the moon) and the god El (from

Saturn) and how they have influenced various religions. Examine the Bible's astrological and Hindu

references. Gain new insights into Biblical passages that refer to the "end of the world." Study numerous references that illustrate the meaning to be the "end of an age" – as in the movement from the age of Pisces to the age of Aquarius in the Zodiac.

Video 55 min. NTSC, DVD



AMS: ANCIENT MYSTERIES #2: EGYPT LIGHT OF THE WORLD

An in-depth look at the ancient mysteries of Egypt and their influence on our history, this video examines the ancient stories of the once mighty Egyptians to learn the remarkable influence their mythologies have had on mankind throughout the ages. Journey back in time to: unearth the lost treasures of Gerald Massey's 19th Century Egyptology—wherein he asserts that the Judeo-Christian tradition is merely the retelling of the stories of ancient Egypt; Study extensive examples of the similarities between the ancient Egyptian writings in the Book of the Dead.

(PAL) AM1002P \$29.95
AM1202DVD \$24.95

Video 45 min. NTSC, DVD

AMS: ANCIENT MYSTERIES #3: MATRIX OF POWER

A look into high-power politics, secret societies and how they influence our lives and our future, this remarkable video presents controversial information that unearths an elaborate matrix of power of fraternal orders in politics and banking that has influenced the affairs of men for hundreds of years—and continues to impact us today! Discover eye-opening information on such secret societies as the Freemasons, the Illuminati and the Bohemian Society.

(PAL) AM1003P \$29.95
AM1203DVD \$24.95

Video 70 min. NTSC, DVD

\$89.90

ANCIENT ORIGINS SERIES VHS COMBO PACK: (5 Volume Set)

When the following tapes are PURCHASED TOGETHER AS A SET: ~~(NORMALLY \$124.75)~~ **\$89.90**

****SPECIAL****
(NORMALLY
\$124.75)
Combo Pack
(SAVE \$34.85)

ANCIENT MYSTERIES SERIES (Ancient Belief Systems, Egypt Light Of The World, & Matrix of Power)
PLUS-

NAKED TRUTH (NORMALLY \$29.95) SV3410 (VHS) INCL.

The following VHS tape will be included FREE as a bonus:

HIDDEN TRUTH, THE (NORMALLY \$19.95) SV3409 FREE

\$89.90

ANCIENT ORIGINS SERIES DVD COMBO PACK: (5 Volume Set)

When the following DVD's are PURCHASED TOGETHER AS A SET: ~~(NORMALLY \$124.75)~~ **\$89.90**

****SPECIAL****
(NORMALLY
\$124.75)
Combo Pack
(SAVE \$34.85)

ANCIENT MYSTERIES SERIES (Ancient Belief Systems, Egypt Light Of The World, & Matrix of Power)
PLUS-

NAKED TRUTH (NORMALLY \$29.95) SV3411DVD

The following DVD will be included FREE as a bonus:

HIDDEN TRUTH, THE (NORMALLY \$19.95) SV3408DVD FREE



BAD SEED: THE TRUTH ABOUT OUR FOOD

NEW!

This documentary exposes a vast conspiracy to contaminate and control the world's food supply through genetic engineering of food crops.

UFK652 \$24.95

Leading scientists, researchers and activists present the facts that you need to know about genetically modified organisms (GMOs). The methods used to genetically engineer plants are imprecise and extremely dangerous. Eighty percent of food sold in North America already has ingredients made of GMOs that have not been adequately tested for safety. This program presents all the facts about this alarming controversy and features the best-known, most credible bio tech / agriculture authorities in the world today.

DVD 112 min



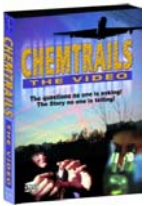
BLUE APPLES:

STARGATE SECRETS OF JESUS & MARI MAGDALENE

UFK430 \$49.95

In BLUE APPLES, you'll find the greatest secret of Christianity; its origins with the stargate secrets of the gods of ancient Sumeria and Egypt. According to ancient legend, BLUE APPLES refer to an astounding supernatural power and the key to humanity's spiritual liberation. Joshua, Moses, Nimrod, Mari, Nebuchadnezzar, Jesus and all the alchemists of old knew the secret of the Blue Apples. Why does this knowledge still remain a secret today? Join investigative mythologist and author William Henry as he presents the untold story of the Blue Apples, and the spiritual teachings of a lost and ancient culture of enlightened beings known as the Anunnaki, or the "Shining Ones."

3 DVD Disks • 3 Hrs



CHEMTRAILS: THE VIDEO

“The questions no one is asking! The story no one is telling! There is an unusual phenomenon occurring in the skies above America, and around the world, that is being ignored by the mainstream media. People across the country are noticing planes crossing back and forth in the sky, leaving in their wake a trail of vapor that does not evaporate. These are not your normal commercial airlines following a preordained path from city to city. These mysterious, unmarked planes leave smoke-like trails behind them that spread until, by the afternoon, they have blossomed and grown until the skies have become overcast.

UFK549

\$29.95

DVD Disk 120 min



CONSPIRACY: SECRET HISTORY 2 -THE FEDERAL RESERVE

Join an undercover team of investigative journalists, as they take on today's managed news in an explosive series on the biggest cover-ups and conspiracies of our time. On a sultry August night in Arkansas during 1987, two high school seniors were brutally murdered, their bodies strewn across train tracks to be dismembered by a speeding train. The murders have come to be known as the “Train Deaths.” Upon further investigation, the evidence of this crime leads to the heart of a massive C.I.A. drug and weapons smuggling operation.

UFK517

\$19.95

DVD 50 min NTSC



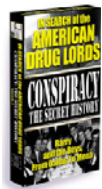
CONSPIRACY: SECRET HISTORY 2 - THE C.I.A. AND DRUGS

On a sultry August night in Arkansas during 1987, two high school seniors were brutally murdered, their bodies strewn across train tracks to be dismembered by a speeding train. The murders have come to be known as the “Train Deaths.” Upon further investigation, the evidence of this crime leads to the heart of a massive C.I.A. drug and weapons smuggling operation, based in Mena, Arkansas and raises stunning questions about C.I.A. and United States government involvement in drug and weapons trafficking, world wide.

UFK518

\$29.95

DVD 150 min NTSC



CONSPIRACY: SECRET HISTORY 3 - AMERICAN DRUG LORDS

Could the assassinations and scandals that rocked America in the 60's and 70's have been perpetrated by the same people who caused the cocaine epidemic that swept this nation during the 1980's? See the results of a three-year investigation into the life and times of one of the most famous CIA agents and successful drug smugglers in America's history, Barry Seal.

UFK519

\$19.95

DVD 50 min NTSC



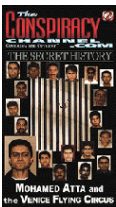
CONSPIRACY: SECRET HISTORY 4 – THE BIG FIX 2000

Who own America's elections? Did Mobsters decide the fate of the election in Florida, in a contest that had nothing to do with counting hanging chad? While the nation's eyes were riveted on punch cards being held up to the light, charges a new documentary, Mob-controlled companies that count America's vote were slipping through the back door and stealing the election. The Big Fix 2000 take viewers backstage for the aftermath of what the producers call “Indecision 2000,” uncovering hidden connections to nationwide electoral fraud.

UFK497

\$19.95

DVD Disk • 60min



CONSPIRACY: SECRET HISTORY 5 – MOHAMED ATTA

Three of the four terrorist pilots learned to fly in tiny Venice, Florida, a sleepy retirement community with the second oldest population of any city in the entire United States...Did 19 Arab terrorists from desert Kingdoms roam around in Florida all their lives all by themselves? Or were they being trained here in a still-secret covert intelligence operation that somehow went horribly wrong? "Mohamed Atta & the Venice Flying Circus" details our search for the answers to these questions and more.

UFK498

\$19.95

DVD Disk • 60 min.



CONSPIRACY: THE SECRET HISTORY - 5 PACK EDITION

Join an undercover team of investigative journalists as they take on today's managed news in an explosive series on the biggest cover-ups and conspiracies of our time.

UFK499

\$89.95

370 min



CONSPIRACY BEHIND CLOSED DOORS – 5 DVD SET

This series of programs present disturbing facts about historical events that adversely affect our daily lives and are commonly overlooked by the news media and our learning institutions. Includes unreported details about the events of 9/11, the Oklahoma City bombing, the war on terrorism, the Kennedy assassination, secret societies, government conspiracy, and the future of democracy in a New World Order. Staggering in its implications and shocking in detail, this series of programs presents stunning facts about real conspiracies that affect our lives today.

UFK510

\$89.95

Disk One - Murder In The heartland: The Oklahoma City Bombing.

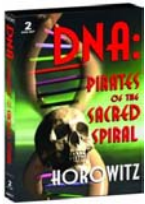
Disk Two - Conspiracy X: Government Secrets Revealed

Disk Three - Behind Enemy Lines: The DNC-Y2K Protests

Disk Four - The Book The Church Doesn't Want You To Read

Disk Five - Hemp Hemp Hooray

Also includes the Bonus Feature: Jim Mars: 16 Questions About Conspiracy
5 DVD 368 min



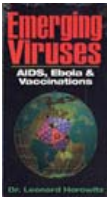
DNA-PIRATES OF THE SACRED SPIRAL, LEN HOROWITZ

In this program, best selling author and public health expert, Dr. Leonard Horowitz exposes the historically infamous, operationally covert, and repeatedly untrustworthy pirates of DNA research. These operatives now control genetic patents and spin-off technologies that threaten civilization's natural evolution, even our Divine destiny. Stunning new discoveries in genetics, quantum physics, and electrochemistry now demonstrate that your physical body is a crystallization, or precipitation, of love vibrations. Electrical and magnetic frequencies, and sub-sensory, sound move physical matter into sacred geometric forms that we all perceive as the physical world. How you can use this knowledge for personal and global healing is the focus of this monumental program. What will the future hold for you, your family, and humanity? Knowledge about your natural genetic inheritance should be considered a sacred trust. Learn the facts about these disturbing developments from one of our leading public health experts, Dr. Leonard Horowitz.

UFK560

\$49.95

DVD - 210 min



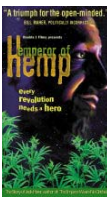
EMERGING VIRUSES

This video is a classic. Based on the best-selling book by the same name, Dr. Len Horowitz presents the definitive exploration into the origins of the AIDS and Ebola viruses. Claims that these “emerging viruses” naturally evolved and then jumped species from monkey to man are laughable in light of the documented evidence in this extraordinary television program. These bizarre germs were undoubtedly man-made creations, accidentally or intentionally transmitted via tainted vaccines in the U.S. and Africa. This television program exposes the potential motives of administrations responsible for this atrocity, and the methods they continue to use to deceive and kill unsuspecting populations. This program also includes a 45-minute presentation on Vaccines. Are they safe? Effective? Which ones are risky, and might they be causing the current and coming plagues? This is important information for every concerned parent and citizen.

UFK592

\$29.95

DVD - 124 min



EMPEROR OF HEMP

This is the film the United States government does not want you to see. This is the film that could cost big business big bucks. This is the film that contains the facts about one movement, one man, and one miraculous plant that could revolutionize the world. The best-selling book “The Emperor Wears No Clothes” blew the lid off the anti-hemp conspiracy and explained all there is to know about an easy-to-grow plant with infinite, non-intoxicating uses. Why is hemp illegal? The information is in the film, and you won't believe it! Meet the “Emperor of Hemp,” Jack Herer, Narrated by Peter Coyote

UFK548

\$19.95

DVD • 60 min



HIDDEN AGENDA #1: THE CAPITALIST CONSPIRACY

“Discover the history of an elite group that maintains absolute power over the global economy. This unique film exposes how this group is shielded by governments, exerts enormous influence over education and mass media and succeeds in creating money from nothing. The film reveals how elitists manipulate the geo-political landscape by both demonizing and financially supporting Communist countries.

UFK520

\$24.95

DVD 50 min



HIDDEN AGENDA #2: THE SUBVERSION FACTOR: TREASON

“This program is presented in two parts. Part 1: *Moles In High Places*” and Part 2: *The Open Gates of Troy*; exposing the systematic and

UFK521

\$29.95

disturbing history of subversion by enemy agents of the U.S. government from the 1920s to the present day. Learn the real truth about Alger Hiss and the theft of atomic bomb secrets. Discover how Communist spies penetrated the OSS before it became the CIA. Most disturbing of all is the revelation that every defense the US government once had against subversion has now been dismantled.”

DVD 120 min



HIDDEN AGENDA #3: THE TRUTH ABOUT COMMUNISM

Part 1: *The Truth About Communism* presents the violent rise of the Soviet Empire from the chaos of revolution to the terror of the Cold War and is

UFK522

\$29.95

charted using remarkable footage of actual events. This is the best collection of historical film footage on the topic of Communist Imperialism ever assembled. Part 2: *Only The Brave Are Free* is a classic film expose presenting the truth behind the Spanish Civil War and demonstrates how a small group of infiltrators were able to capture the country while the majorities were fooled by slogans of reform.

DVD 120 min



HIDDEN AGENDA #4: ANARCHY USA, CIVIL RIGHTS

“This astonishing film, produced at the height of the Civil rights movement has become more relevant today than when it was first made

UFK523

\$29.95

in 1965. Instead of merely telling the story of the 1960s riots, the film explores the circumstances preceding those riots and exposes a covert agenda, which profits from the conflict of one group against another. This program reveals how agitation in America in the name of civil rights compares to similar movements that led to the overthrow of many governments around the world.”

DVD 80 min NTSC



HIDDEN AGENDA #5: KATANGA, U.N. BETRAYAL EXPOSED

“The shocking story of how the United Nations from 1960-1962 under the guise of a peace keeping force waged unprovoked war against the anti-

UFK524

\$19.95

communist state of Katanga, forcing it under the control of the Communist puppet-state of the central Congo (now called Zaire.) This story of gross political misadventure must be heard, for unless Congress intervenes, an increasing number of UN military actions masquerading as a protection from Communism will no doubt be used to implement a duplicitous New World Order.”

DVD 60 min NTSC



HIDDEN AGENDA #6: STRATEGY & TACTICS OF TERRORISM.

“This film reveals the clandestine motive behind the seemingly irrational acts of international terrorism; exposing a long term strategy aimed at

UFK525

\$19.95

destroying selected governments. Using meticulous research and documented facts this film shows how terrorism is utilized to implement one phase of the Marxist-Leninist dogma known as “*Wars of National Liberation*”. When target governments are finally toppled, it isn’t the terrorists who will come to power, but the international Marxist apparatus that trained and supplied them.

DVD • 60 min NTSC



HIDDEN AGENDA: REAL CONSPIRACIES TODAY, 6 DISC SET

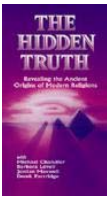
“Tragic events throughout our history have been guided behind closed doors by unseen forces with a “Hidden Agenda” to manipulate

UFK477

\$119.95

governments and institutions, control the resources of our planet and shape the way we think. This series retraces the history of “*Real Conspiracies That Affect Our Lives Today.*”

DVD 490 min NTSC



HIDDEN TRUTH, THE

This important program presents must-see information for anyone interested in the origins of modern religions. Discover how the meaning of astrological and mythical symbols from ancient Egypt bear striking similarities to Judaic, Christian and Islamic teachings. After years of research, comparing the ancient texts of the Hindus, Sumerians, Persians and Egyptians with the holy books of later religions, the truths contained in this riveting one-hour program can now be revealed, including: Uncanny similarities between the Virgin births of Krishna, Mithra, Indra, Prometheus and Jesus.

SV3409
(DVD)

\$19.95
\$19.95

VHS Video or DVD 60 min. NTSC



**LEN HOROWITZ: ANTHRAX AND SMALLPOX (2 PACK)
THE MARK OF THE BEAST**

UFK475

\$39.95

If you are one of the millions of people concerned about recent bioterrorist threats in the wake of the Sept. 11, 2001 attacks on America, prepare yourself for a reality check. This shocking video analysis of the little known facts regarding threatened outbreaks; and the science, economics, and global politics underlying bioterrorism and forced vaccinations, features one of America's most riveting speakers. Watching this video may do more than raise awareness. It may help save millions of lives!

2 VHS video tapes or 2 DVD Disks • 184 min.



LEN HOROWITZ: DEATH IN THE AIR

Silently killing us, our family and friends, the global plagues are here, yet where are we? Distracted by pastimes, passions, pleasures and psycho-sensory overload. The "Technotronic Era" is here. With it comes a New World of "non-lethal" biological and chemical weapons, and warfare applications, that are being waged against defenseless civilians. Regardless of what you now think, you are being manipulated and lethally affected, and the information in this program may be crucial to you and your family's survival.

UFK591

\$39.95

2 DVD • 180 min • \$39.95



LEN HOROWITZ: STAR WARS WEAPONS & END TIMES WARFARE

If power is the game, and population control the aim, the world's most advanced weapons and energy technologies would be directed from space. Star Wars Weapons would be able to change everything from the weather to people's moods, thoughts, behavior and health. Are you like millions of people who no longer feel as good as you know you should for your age? Welcome to the new world of electro-magnetically managed chaos. In this video presentation, Dr. Leonard Horowitz discusses these latest technologies for war making and population control.

UFK474

\$49.95

3 DVD Disks • 262 min



DAVID ICKE: FREEDOM ROAD

David Icke tells the astonishing story of how the world is controlled today by "royal" bloodlines seeded in the ancient world that have passed through history, manipulating the human race for thousands of years. Using hundreds of illustrations, Icke exposes this biggest secret and explains how and why we are now racing towards a global fascist state - unless we wake up fast. He also offers the spiritual road to freedom.

UFK470

\$59.95

3 DVD Disks • 288 min



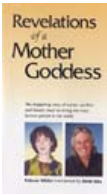
DAVID ICKE: FROM PRISON TO PARADISE

You will laugh, you may even cry, and you will be on the edge of your seat as the fantastic story of true human history and who really controls the world today unfolds with Icke's unique personality and style. This is the presentation the Illuminati, the forces of global control, tried so hard to stop. But nothing could silence him or break his spirit and here you will see the result. David Icke shows that if you do not concede to fear – anything is possible.

UFK471

\$59.95

3 DVD Disks • 372 min



DAVID ICKE: REVELATIONS OF A MOTHER GODDESS

These two tapes contain the staggering story of human sacrifice and satanic rituals involving the most famous people in the world. David Icke hosts an interview with Arizona Wilder, formerly Jenifer Greene, who was programmed and trained by Joseph Mengele, the "Angel of Death" in the Nazi concentration camps, to conduct Satanic rituals for some of the most famous people in the world. Your view of the world will never be the same when you hear the revelations of Arizona Wilder and their relevance to your daily life.

UFK472

\$39.95

2 DVD Disks • 180 min



DAVID ICKE: THE REPTILLIAN AGENDA

Amazing confirmation that a reptilian extraterrestrial race has controlled the world for thousands of years. In this fantastic interview, Mutwa reveals the story of the reptilian takeover of Planet Earth and how a shape-shifting Reptilian race (the "Chitauri" to Africans) has controlled humanity for thousands of years and how their bloodlines are in the positions of royal, political and economic power today. This program will re-write the UFO/ET story in a way that will blow your mind. As Mutwa Says, "The world must know this – and know it now."

UFK473

\$59.95

3 DVD Disks, 384 min



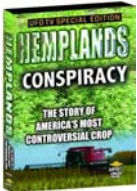
DAVID ICKE: SECRETS OF THE MATRIX

Since 1990 David Icke has been on an amazing journey of self and collective discovery to establish the real power behind apparently "random" world events like 9/11 and the "war on terrorism". Here he reveals that a network of interbreeding bloodlines manipulating through their web of interconnecting secret societies have been pursuing an agenda for thousands of years to impose a global centralized fascist state with total control and surveillance of the population. The attacks of September 11th - not the work of "Bin Laden" - and the subsequent "war on terrorism" are a means through which this is designed to be achieved. Over more than six hours and with hundreds of illustration, David Icke also reveals the illusion that is life in this "physical" reality. How is the "world" a provable illusion - just a lucid dream" How do we create it and how can we change the dream to one that we would like to experience? All is revealed by David Icke, live to a packed house at one of London's most famous venues, the Brixton Academy

UFK530

\$59.95

3 DVD Disks • 360 min



HEMPLANDS CONSPIRACY - 2 DVD SPECIAL EDITION NEW!

From its introduction into our nation's Colonial cornucopia, to its sinister criminalization in more recent times, this two part series tells the shocking story of the most amazing and maligned member of the plant kingdom, Cannabis sativa. This series features a rich archive of rare historic images and insightful observations by Ken Kesey, Dr. Thomas Clark, Gatewood Galbraith, Jack Herer, Woody Harrelson, Bill Maher and many others who follow the warp and weave of this fascinating, true story of how a simple green plant went from important cash crop to sinister outlaw, to subsidized war hero, to counterculture dropout and may yet return as an environmentally friendly economic force once again. Includes two spellbinding full-length programs, rare photos, film and video, along with an unprecedented collection of interviews and appearances with the best-known, most credible Hemp and agriculture authorities in the world today. Includes two feature length programs: Hemplands and The Hempire Strikes Back.

UFK590

\$29.95

2 DVD 160 Min



**LOST SCIENCE OF THE SOUL:
BREAKING THE REPTILIAN CODE
WILLIAM HENRY**

NEW!

In this well documented video presentation, compelling evidence is presented that there is only one great secret: the secret of the stargate or wormhole, a universal transportation system known to the enlightened seers of the Sumerian, biblical, Egyptian, and other primordial traditions. Although this sacred knowledge was lost long ago, according to the Mayans we are about to re-experience it now and enter a new age. William Henry presents the spiritual, historical and scientific background of this imminent Stargate Revolution, and the fascinating journey of questioning, and discovery that awaits us all.

UFK489

\$119.95

6 DVD Disks • 9 Hr.



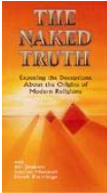
MIND CONTROL IN AMERICA

Psychological warfare is being waged against an unsuspecting public through the control of mass media and the altering of public education. In this audio cassette you will learn about brainwashing techniques employed like backward masking. More importantly, you will gain a greater understanding of who is behind these manipulative efforts and what you can do to become aware of how they are influencing our society.

Audio 60 minutes

A5498

\$11.95



NAKED TRUTH, THE

Discover the astrological and mythological basis of symbols from ancient Egypt and earlier civilizations which bear striking similarities to Judaic, Christian & Islamic teachings and how institutions have suppressed these truths in order to consolidate power over the masses. VHS Video Tape or DVD Disk 120 min. NTSC

**(VHS) SV3410
SV3411DVD**

**\$29.95
\$29.95**



SPACE: THE SECRET HISTORY (2 VOL. SET)

This collection includes the two-tape set of Space: Secret History Volume 1 and Space: Secret History Volume 2.

2 DVD Disks • 120 min

UFK480

\$34.95



TECHNOLOGIES OF THE GODS:

THE CASE FOR PRE-HISTORIC HIGH TECHNOLOGY

Technologies of the Gods brings convincing evidence that ancient civilizations utilized high-tech engineering methods equal to, if not superior to our own and that these technologies were being applied on a world-wide level. It has long been suspected that the Great Pyramids, Stonehenge, and the Mayan temples could not have been built using the primitive technologies attributed to those peoples by the orthodox academic view which states that primitive civilization in Mesopotamia, Egypt and India emerged from the stone age just over five thousand years ago. In Technologies of the Gods breakthrough researches, writers and engineers take a look at real evidence—largely ignored by the academic establishment—which shatters the orthodox scenario for the dawn of civilization on Earth.

DVD Disk • 60 min • \$19.95

UFK527

\$19.95



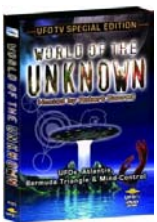
WAKE UP AMERICA!

In this follow up to Mind Control In America, Steven Jacobson points to a dishonest monetary system as being at the very heart of America's economic and social problems. By deliberately confusing and complicating the monetary system, those in charge at the Federal Reserve and elsewhere keep average Americans enslaved. Learn what every citizen needs to know about taxes, credit and how money is created!

Audio 60 minutes

A5901

\$12.95



WORLD OF THE UNKNOWN

NEW!

Has there been a conspiracy to hide the truth regarding the lost continent of Atlantis, the Bermuda Triangle, UFOs, Mind Control and faith healing? An ancient city has been discovered beneath the waters of the Bermuda Triangle which may be the lost remains of the legendary civilization of Atlantis. Today an ever-increasing number of individuals claim to have received messages directly from God or from spacemen, angels, spirits and other super-human entities. David Shepherd and Chris Kennedy are two extraordinary youngsters, who are able to move and bend metal objects with the power of their minds. All these facts and more are explored in this mind-boggling film. Includes stunning extrasensory evidence that can no longer be denied, epic proof of spectacular human potential, amazing demonstrations of life force energy that defy scientific explanation, along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible paranormal authorities in the world today..

DVD 50 Min

UFK583

\$19.95

DOLPHINS/CETACEANS/ENVIRONMENT



DOLPHIN'S GIFT, THE

Narrated by John Hurt. Directed by Kim Kindersley. This is the true story of Fungi, a lone bottlenose dolphin, who chooses to frequent the waters of a remote fishing village on the idyllic west coast of Ireland.

Experience Fungi's many magical encounters with people -- moments that are both spectacular and moving. Through some of the most beautiful underwater photography of human/dolphin interactions ever presented on video, you will see and feel Fungi's unconditional loving as it touches the hearts and minds of the people of this little village.... and how it changed them forever.

VHS Video or DVD 60 min. NTSC

SV2466 \$19.95
SV2467DVD \$19.95



DOLPHIN STORY, THE

Narrated by Kiefer Sutherland; Music by Clannad; Directed by Kim Kindersley. Follow Karin Ecker on her personal and deeply spiritual

quest to meet and befriend a dolphin in the wild. From her first contacts with dolphins at a dolphinarium in Florida to a beautiful, secluded island in the warm waters off the coast of Central America, you'll share her extraordinary encounters with a hermit dolphin named Peto. Feel the dolphin's uniquely unconditional love - a love that will change you forever. Featuring incredible underwater footage of humans swimming with dolphins, this is a love story that will truly touch your heart.

Video 60 min. NTSC

SV2464 \$19.95

HOME ENLIGHTENMENT MADE EASY

NEW!

Learn specific step-by step instructions for non-toxic home formulas with Annie B. Bond, a best-selling author, and renowned expert. It includes:

GENERAL CLEANING ~-Appliances, tiles, bathroom spaces, pots, washing produce; **BODY-CARE** - Facials, toners, moisturizers; **FABRIC CARE**~- Detergents, fabric softeners, natural fabrics; **ENHANCING OUR FIVE SENSES** - Natural product benefits; **SAFE PEST CONTROL** - Ants, moths, ticks, fleas; **NONTOXIC GARDEN PRODUCTS**- Weeds, pests, plant fungus. Annie is the author of: Home Enlightenment; Better Basics for the Home; Clean & Green; and The Green Kitchen Handbook.

(DVD) 57 min.

PPMA5 \$24.95



OCEANIA – THE HUMAN/DOLPHIN CONNECTION

Winner of the United Nations Association's Media Peace Prize, this highly acclaimed Australian/New Zealand television program took over eight years to produce, then inspired a worldwide revolution and

evolution in dolphin consciousness—playfully known as *dolphinicity*. It illuminates an exploration of the consciousness of dolphins and whales by capturing the experiences of people in oceans around the world who have been profoundly changed by their contact with these magnificent beings. Filmmaker Estelle Myers, known internationally as “The Dolphin Lady,” offers a visionary promise of tomorrow.

Video 60 min. NTSC

SV3480 \$19.95
SV3481DVD \$19.95

NEW!

Daniel McCullach Posters \$28 Each



DM101 Synchronicity....36"x24"



DM102



Synchronicity II...36"x24"

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1: \$15
2-4: \$19
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DM105

Harmony....32"x24"



DM106

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3"hard tube

Foreign
shipping to
be quoted.



DM107 Affinity.....30"x24"
Ecstasy.....36"x24"



DM108

Propinquity.....24"x32"



DM109

Daniel
McCullach
Posters
Continued..



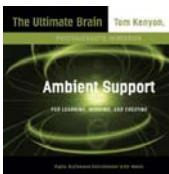
DM201 Na Pali Mist.....32"x24"



DM202

Baja Moon.....32"x24"

FREE ENERGY/NEW SCIENCE



AMBIENT SUPPORT

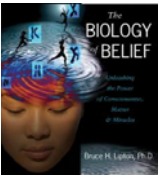
NEW!

STMM1032D

\$16.98

Ambient Support for Learning, Working, and Creating provides a soothing psychoacoustic environment to help you increase productivity and decrease stress—with no headphones required. Featuring three different musical tracks embedded with Tom Kenyon's "BioPulse™" technology to carry you effortlessly into the mid-alpha brainwave state (10 Hz)—the range that research has identified with improved learning, mental clarity, and relaxed alertness. Ambient Support also features subliminal suggestions to reduce stress, increase motivation, and improve your memory, making it the ideal choice for background music when you need an extra edge in concentration and creativity. The Ultimate Brain Series

Since 1983, Tom Kenyon's listeners have been using his psychoacoustic immersion programs to create positive and lasting change in their brain capacity, mental activity, and creative power. From his innovative style of embedding brain entrainment waves into a "tonal matrix" of music to his discovery of "BioPulse" technology—a subtle frequency ideal for naturally inducing altered states—Tom Kenyon established himself as a leader in the field of sound healing. The Ultimate Brain series brings together the most effective programs that Kenyon has created in his decades of research for using sound to unlock the limitless power of your mind. CD, 66 minutes



THE BIOLOGY OF BELIEF

NEW!

The New Biology: How Your Beliefs Shape Your Health and Your Destiny The next great advance in biology will change more than

STAW1077D

\$24.95

science textbooks—it will revolutionize the way you live your life. "In the past, we've been taught that living beings are like machines run by biochemicals and DNA," explains Dr. Bruce H. Lipton. "What we now know is that our entire biology is shaped by the intelligence of each of our fifty trillion cells. And the single most important way to influence them is through the energy of our beliefs." On *The Biology of Belief*—an original author adaptation of Dr. Lipton's revolutionary book—this world-renowned cellular biologist explores the mysteries of:

- The science of epigenetics: why biologists must look further than DNA to find out what shapes life—and how that affects you
 - Bridging the gap between quantum mechanics and biology—the key to knowing how your cells "listen" to the energy of your thoughts
 - The chemistry of stress and love—how your body, mind, and immune system change with each emotional state
 - Turning the immense power of your subconscious mind into your most valuable tool for health and wellbeing, and much more
- Since the publication of *The Biology of Belief*, Dr. Bruce H. Lipton has been widely embraced as one of the most accessible and knowledgeable voices of "new biology." Now, join this pioneer of epigenetics as he takes you on a journey into the world under the microscope, through the ages of evolution, and into the miracle that is your own life.

3 CDs, 3 ¼ hours



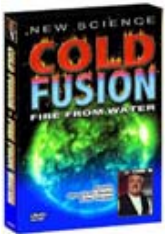
BUCKMINSTER FULLER: THE LOST INTERVIEWS

"Buckminster Fuller described himself as a "living verb." Holder of 48 honorary doctorate degrees; born in the 1890s, he was a philosopher and engineer whose experience and global view of humanity and science enables him to transcend nationalism and temporary current conditions and foresee the direction of major events in the future. He created the geodesic dome to show how much can be accomplished utilizing very little.

UFK482

\$49.95

2 DVD Disks • 180 min • \$49.95



COLD FUSION: FIRE FROM WATER

On March 23, 1989, respected chemists Martin Fleischmann and Stanley Pons shook the very foundation of the scientific community when they claimed that a table-top, glass cell-filled with heavy water and fitted with a palladium electrode—produced so much heat that the mysterious energy source had to be nuclear. This fascinating documentary, narrated by James Doohan ("Scotty" of Star Trek fame), explains what happened to the Cold Fusion discovery in the years since the dramatic announcement at the University of Utah.

UFK554

\$29.95

DVD Disk • 60 min



CLASH OF THE GENIUSES

Join *Atlantis Rising Magazine* editor J. Douglas Kenyon for a real look at incredible working technologies that hold promise of a healthier, wealthier and happier world: cold fusion, wireless power transmission, free energy, German anti-gravity and rejuvenation technology—some shown here for the very first time! A new breed of inventors, scientists and researchers is making rapid, if yet unpublicized, strides toward unraveling the astonishing secrets of the unsung giants—men like Tesla, Moray, Reich, Russell and Schauburger—who came before them.

(VHS) SV2345

\$19.95

(DVD) UFK529

\$19.95

VHS Video Tape or DVD Disk •60 min NTSC

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COFE: KEN SHOULDERS & LES ADAM

Charge Clusters in Action' (Somerset Power Corp.) Charge clusters COFE 101 \$24.95 perform a low-energy phase transformation when interacting with solid material, propelling the electrons to high velocity without conventional heating. Fractional electron charge conversion seems to be responsible. Then: Magnet Power and Non-Combustive Helicopters' (AZ Industries) Magnetic fields improve fuel mileage by affecting hydrocarbon bond strength. Electric Pulse Drive Vehicles offer a new automobile design. Noncombustive helicopters utilize energetic decomposition of peroxide. Includes a video demonstration.

Video 90min NTSC



COFE: DR. PAUL BROWN & BRUCE PERRAULT

Beta voltaic Batteries (Nuclear Solutions, LLC) Nuclear battery that COFE102 \$24.95 converts energy from a beta (electron) emitting radioactive source, such as tritium, into electrical power. The application of tritiated amorphous silicon as an intrinsic energy conversion semiconductor for beta voltaic devices is presented. Then: Radiant Energy Generator' Active Perrault valves, similar to Moray valves, utilize a pumping effect to siphon electrons from earth ground to be stored in high voltage capacitors. A second stage converts the HV charge to usable power at any frequency.

Video 90min NTSC



COFE: PAUL PANTONE & KENT ROBERTSON

Plasma Fuel Processor (Global Environmental Energy Tech.) Removing COFE103 \$24.95 over 90% of the emissions from a variety of fuels by transferring the exhaust heat to the incoming in a vacuum, the speed of molecular breakdown is greatly magnified. Includes a live demonstration. Then: The Coming Energy Revolution from Wind (American Wind Energy Association) The wind energy industry has demonstrated extraordinary growth in the past year. Who is getting most of this power? Will wind energy displace fossil fuel generated electricity?

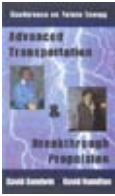
Video 65min NTSC



COFE: DR. PETER GRANEAU & DAVID WALLMAN

Release of Chemical Bond Energy (Northeastern University Center For COFE104 \$24.95 EM Research) Process using electrostatic ampere forces to trigger the release of chemical bond energy (Latent heat of evaporation) from water, causing a cold fog explosion at 150% efficiency. It may be possible that fossil fuel burning could be replaced with a water arc process. Then: Carbon Arc Gasification of Biomass Solutions Forced, rapid oxidation via carbon-arc gasification of biomass solutions, releasing unique hydrogen based gas, COH2, with properties of a stable, versatile, clean fuel.

Video 95min NTSC



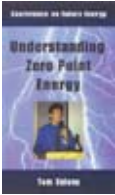
COFE: DAVID GOODWIN & DAVID HAMILTON

Summary of the Breakthrough Physics Conference (USDOE Office of High Energy and Nuclear Physics) Chairperson for the Space Science Technology and Applications International Forum (STAIF) Breakthrough Propulsion Physics (NASA) Conference. Then: Advanced Transportation, Power and Electric Machine Programs from the DOE Office Of Advanced Automotive Transportation. Latest developments on fuel cell vehicles with excellent slide presentation and question and answer session.

[COFE105](#)

\$24.95

Video 75min NTSC



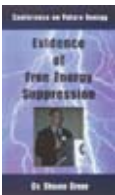
COFE: THOMAS VALONE, MA PE

Understanding Zero Point Energy (Integrity Research Institute) Science in 1997 called it the ultimate quantum free lunch. Now the experiments and theory are starting to reveal the vast potential energy which ZPE stores in its particle fluctuations. Here is a slide presentation with the basic physics, details of the first ZPE patent *and* the experiments that have made ZPE something even the DOE end NASA are reconsidering.

[COFE106](#)

\$24.95

Video 55min NTSC



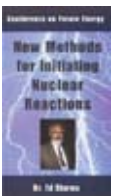
COFE: DR. STEVEN GREER

Evidence of Free Energy Suppression It has not been difficult to make a compelling case for the reality of UFOs per se. What is a greater challenge is elucidating the architecture of secrecy related to UFOs. But the greatest challenge is explaining the 'why'. Our investigations and interviews with dozens of witnesses, who have held Top Secret clearances and worked for such black programs, have enabled us to understand the reasons behind this secrecy.

[COFE107](#)

\$24.95

Video 65min NTSC



COFE: DR. EDMUND STORMS

New Method for Initiating Nuclear Reactions (Los Alamos Labs) New method to initiate nuclear reactions within solid materials, so-called chemically assisted nuclear reactions, to generate energy without significant radiation. Presentation of groundbreaking field merging chemistry and nuclear physics.

[COFE108](#)

\$24.95

Video 55min NTSC



COFE: DR. TOM VAN FLANDERN

Speed of Gravity -- What the Experiments Say (Meta Research) Propagation of gravity (*Phys. Lett. A*, #1,1, 99) has been *experimentally* shown to exceed speed of light The LeSage interpretation of particle gravity is clearly favored by new findings, suggesting that propulsion and gravitational shielding is possible.

[COFE109](#)

\$24.95

Video 70min NTSC



COFE: DR. MARTIN FLEISCHMANN

Cold Fusion: Past, Present & Future The father of cold fusion (co-discoverer in 1989) discusses the developments eleven years later in 2000. Very candid and witty, Dr. Fleischmann captivates the audience with his first-hand experience with a revolutionary energy discovery. More than 110 minutes in length, an extensive question and answer session highlights the presentation.

[COFE110](#)

\$24.95

Video 110min NTSC

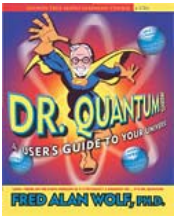
CONFERENCE ON FUTURE ENERGY: [CD-ROM](#)

Contains all the papers from the conference, all the audio recorded of all the speakers, the video PEROXIDE HELICOPTER DEMONSTRATION 4:30 minutes (.avi format) plus the video COLD FUSION: FIRE FROM WATER 1:26 (.avi format).

[COFE111](#)

\$49.95

1 CD-ROM



DR. QUANTUM PRESENTS:

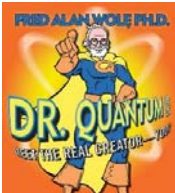
A USER'S GUIDE TO YOUR UNIVERSE (CD)

STAF0949D

\$69.95

"Matter can move backward and forward in time. Objects may be in two places at once. Simply looking at an event can alter it instantaneously." Quantum physics is an astounding (and mind-boggling) field of science—but can you actually use it to change your life? The answer, teaches Dr. Quantum, is absolutely yes. On A User's Guide to Your Universe, Dr. Quantum—who goes by day as mild-mannered physicist Dr. Fred Alan Wolf—teaches that anyone can understand quantum physics. What's more, it is the most useful, immediate, and relevant kind of science you can learn to profoundly affect your day-to-day life.

6 CDs, 7.5 hours



DR. QUANTUM PRESENTS:

NEW!

MEET THE REAL CREATOR - YOU!

STAW0976D

\$29.95

The more you learn about quantum physics, the more you wonder: who is really creating your reality? Fear not: Dr. Quantum, superhero of spiritual science, is here to help you Meet the Real Creator—You! Join this champion of modern thought (sometimes known by his alter ego, Dr. Fred Alan Wolf) on a quest for truth through the strange reality of quantum physics. Listeners will discover how we participate in the manifestation of each moment, why the universe only seems to be beyond our ability to control, and how we can use the principles of cutting-edge science to truly take charge of our lives.

Whether he's rescuing listeners from confusion about subatomic subtleties or breaking down the barriers between science and spirit, Dr. Wolf sets the standard for bringing quantum physics down to earth—and into our lives.

4 CDs, 4.5 hours



FRANKENSTEIN SCIENCE: ANIMAL TRANSGENICS

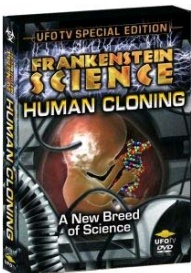
NEW!

Are we capable of cloning humans and if so should we? This shocking film examines the full ramifications of this explosive controversy and explores exactly what cloning is. See which animals have already been cloned and whether this technology can be refined to clone humans. The tangled ethical and technical issues surrounding cloning are fully explored by leading practitioners and thinkers in the field. Includes the facts about this controversial field of science along with a series of spellbinding interviews with researchers, scientists, theologians, legal experts and the best known, most credible biotechnology authorities in the world today. Packed with bonus features, expert analyses, in-depth commentary and unforgettable conclusions about this new and emerging field of science.

UFK 598

\$24.95

2 DVDs 207 min



FRANKENSTEIN SCIENCE: HUMAN CLONING

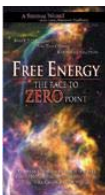
NEW!

Recent advances in biotechnology have given scientists God-like powers over nature. Animals can now be given entirely new characteristics by transferring the genes of one species into another. This shocking film presents the world's leading experts and explores both the benefits and dangers of this highly controversial technology. See how animals can be grown faster and bigger and discover how environmental, health and safety issues have been completely ignored by the food and drug industry in a fierce and competitive corporate pursuit to create new animal species. Includes the facts about this disturbing field of science along with a series of spellbinding interviews with researchers and the best known, most credible biotechnology authorities in the world today. Packed with bonus features, expert analyses, in-depth commentary, and unforgettable conclusions about this new and emerging field of science.

UFK579

\$39.95

DVD 95 min



FREE ENERGY- THE RACE TO ZERO POINT

Learn about the latest developments in the field of Free and Zero Point Energy from Tesla to Dennis Lee. Hosted by Bill Jenkins, this comprehensive documentary features physicists and inventors who are challenging orthodox science to bring this non-polluting technology forward despite ridicule and suppression. See actual working prototypes that defy classical physics including anti-gravity and transmutation of metals. With Tom Bearden, Brian O'Leary, Jeanne Manning and others.

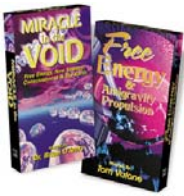
SV2536

\$34.95

SV2537DVD

\$34.95

Video 110 min. NTSC, DVD



MIRACLE / FREE ENERGY: 2 DVD SET

The future is now in these amazing videos about new frontiers in science by Dr. Brian O’Leary and Tom Valone. Part one presents Dr. Brian O’Leary who reports on clean, cheap energy to replace fossil fuels, which could reverse abnormal changes in our climate. Part two presents Tom Valone, who discusses electrogravitics, inertial propulsion, free energy, magnetic motors, N-machines, the Searle effect, the Hutchinson effect, nuclear batteries and much more. Learn what these 21st century technologies will allow you to do.
2 DVD Disks • 200 min

UFK484 \$39.95

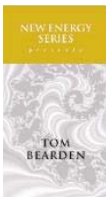


NEW ENERGY SERIES – 5 VOLUME SET

Inventors and scientists courageously reveal their revolutionary technologies to the world. Enter the private laboratories of some of today’s leading innovators. Examine their theories. See devices that power cars, levitate cannon balls, and produce clean, non-polluting “zero point” energy. View never-before-seen footage of some phenomenal experiments. An in-depth, up-close, personal look at inventors and their work. A rare opportunity to discover this fascinating work with the sense of intimacy that only the medium of video delivers – an opportunity that is not to be missed.

SV3460DVD \$119.95

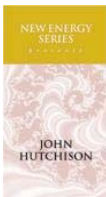
330 min. DVD



NEW ENERGY SERIES #1: - TOM BEARDEN

Nuclear engineer and scalar energy theorist discusses Tesla, Maxwell, regaging, Poynting flow, back EMF, virtual particle flux of the vacuum, general relativity and other exotic topics in electrodynamics. Not for the technically timid!
55 min. DVD

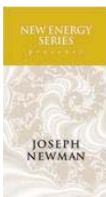
SV3461DVD \$29.95



NEW ENERGY SERIES #2: - JOHN HUTCHISON

This unassuming Vancouver inventor demonstrates his gravity-defying high-voltage experimentation, crystal energy converter batteries, and describes the circumstances surrounding the confiscation of his equipment by the Canadian government. Fascinating footage of metals acting like jelly and levitation effects including a 70-lb. cannonball!
Video 55 min. NTSC, DVD

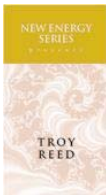
SV3462DVD \$29.95



NEW ENERGY SERIES #3: - JOSEPH NEWMAN

Famous Mississippi inventor explains how his theory of gyroscopic particles unifies the forces of Nature, demonstrating his over-unity magnetic motor/generator and how the powers that be have resorted to stealing his concepts and using what he has taught to gradually introduce and maintain control of this amazing new energy technology.
Video 55 min. NTSC, DVD

SV3463DVD \$29.95

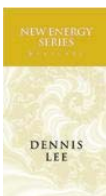


NEW ENERGY SERIES #4: - TROY REED

Oklahoma machinist with a knack for visualizing and then building working prototype motors and batteries shows off his current inventions including an electric car whose batteries are continuously recharged by a magnetic motor. He offers sound advice for inventors wanting to mass market their devices.

(PAL) SV3454P SV3464DVD \$29.95

55 min. NTSC, DVD



NEW ENERGY SERIES #5: - DENNIS LEE

Controversial champion of Low Temperature Phase Change technologies presents numerous devices and explanations of how they work to generate excess electricity. Lee also details his history of harassment by utility companies and the California judicial system and how his faith in God has been strengthened along the way.

(PAL) SV3455P SV3465DVD \$35.95 \$29.95

55 min. NTSC, DVD



SASQUATCH SCIENCE: SEARCHING FOR BIGFOOT

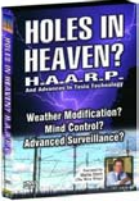
This program presents the worlds leading researchers presenting 40 years of in depth scientific exploration of the Sasquatch "Bigfoot"

UFK533

\$39.95

Phenomenon; historical background, anthropological controversy, footprint investigation, film and photo analysis, and features researchers; D. Jeffrey Meldrum, Ph.D, John A. Bindernagel, Ph.D, Gordon Strassenburgh, Ph.D, and John Green, Ph.D.

2 DVD Disks • 160 min



SCIENCE: BEHIND CLOSED DOORS #6 - HOLES IN HEAVEN HAARP AND ADVANCES IN TESLA TECHNOLOGY

UFK558

\$24.95

High Frequency Active Auroral Research Project - is a controversial high frequency radio transmitter operated by the US military that beams high-level energy into the Earth's upper atmosphere. Ostensibly, for research, HAARP can also be used to locate hidden oil reserves and missile silos. Critics of HAARP say it could blow a massive hole in the upper atmosphere as well as disrupt the subtle magnetic energies of all life on Earth. Narrated by Martin Sheen, employs a journalistically balanced style to investigate a subject that could have a dramatic effect on us all.

DVD Disk 60 min.



SECOND COMING OF SCIENCE

'A must for anyone who wishes to expand their view of what we call reality.' - *Body, Mind & Spirit Magazine*. Former astronaut and Princeton physics professor Brian O'Leary Ph.D. fuses science with the paranormal -- exploring psycho kinesis, telepathy, crystals, dowsing, UFOs, the Face on Mars, crop circles, free energy and the manifestations of Sai Baba -- in a credible, entertaining and visually-filled video. An articulate proponent for the expansion of mankind's scientific pursuits beyond the box Newtonian physics has drawn around our universe.

SV3775

\$29.95

Video 90 min. NTSC



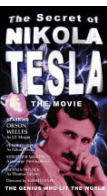
TESLA, NIKOLA - THE GENIUS WHO LIT THE WORLD

At the beginning of the 20th century, Tesla foresaw our current problems with energy and pollution, constructing the "Tesla Tower" a device that would broadcast free energy through the Earth's atmosphere to the entire planet. Over the course of his lifetime, Tesla developed numerous new technologies and held over 40 patents. His achievements led to the development of the first hydroelectric dam, remote control, radio, radar tracking for the military and television.

UFK375

\$29.95

DVD 60 min



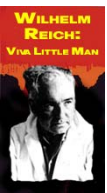
TESLA, NIKOLA : THE SECRET OF NIKOLA TESLA - THE MOVIE

Long shrouded in secrecy, the life of Nikola Tesla is artfully illuminated in this fascinating film. Tesla, born in Croatia in 1856, is considered the father of our modern technological age and one of the greatest scientific minds that ever lived. He was an electrical engineer who changed the world with the invention of the AC (alternating current) induction motor, making the universal transmission and distribution of electricity possible. His discoveries are the basis for the emerging science of Free Energy

UFK289

\$29.95

DVD105 min NTSC



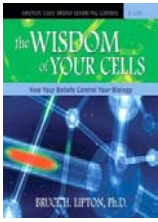
VIVA LITTLE MAN: WILHELM REICH

Wilhelm Reich was a physician and scientist whose investigation of energy functions in human emotions led to the discovery of an unknown energy, which exists in all living matter and in the cosmos. He called this energy "orgone." Wilhelm Reich, A student of Sigmund Freud, became one of the great psychoanalytic pioneers before his clinical studies led him into the laboratory and to investigations of the energy processes in nature. In 1954, the Federal Food and Drug Administration obtained an Injunction which ordered Reich's literature to be banned and destroyed, constituting one of the most heinous acts of censorship in U.S. history.

UFK483

\$29.95

DVD• 90 min



THE WISDOM OF YOUR CELLS

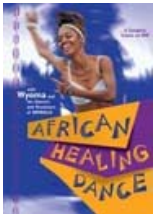
In the tradition of Carl Sagan, Rachel Carson, and Stephen Hawking, a new voice has emerged with the unique gift of translating cutting-edge science into clear, accessible language—Dr. Bruce Lipton. With *The Wisdom of Your Cells*, this internationally recognized authority on cellular biology takes listeners on an in-depth exploration into the microscopic world, where new discoveries and research are revolutionizing the way we understand life, evolution, and consciousness. On this full-length audio course, Dr. Lipton shares his lucid and startling insights about the building blocks of life, and how each one of our cells has far greater innate intelligence than we once believed.

STAF1076D

\$79.95

8 CDs, 8 ¼ hours

HOLISTIC EXERCISE, DANCE



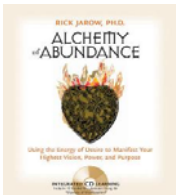
AFRICAN HEALING DANCE WYOMA

STVT0764D

\$19.95

Join Wyoma, the respected lead dancer and director of the Damballa dance troupe, as she teaches you the African way of moving your entire body with passion and joy ... symbolic animal and elemental gestures ... demonstrations of hip, torso, and shoulder articulations ... and much more. Here's the instructional program you need to have a high-energy African dance class at home. Can anyone learn these dances? "If you can talk, you can sing," they say in Zimbabwe, "and if you can walk, you can dance." So get ready to move – and be moved – with African Healing Dance.

1.25 Hrs DVD \$19.95



ALCHEMY OF ABUNDANCE

NEW!

STBK0934D

\$19.95

Have you ever felt the magic of being in the right place at the right time, when you and the universe seemed to be working in effortless cooperation? If so, you have already witnessed what Rick Jarow calls "the Alchemy of Abundance"—the fusion of internal forces and external experience that transmutes the "base metal of a stagnant life" into the gold of full and open participation in every unfolding moment. In *Alchemy of Abundance*, Jarow reveals the miracle that happens to you when you align your inner energies—your passion, creativity, attention, and will—with the power of the universe itself to make manifest your unique purpose. Includes indepth exercises and guided visualizations to strengthen your faith in yourself, cultivate patience and generosity, and bring your goals into harmony with the plan the universe has for you.

88-page hardcover book, CD, 1.25 hours



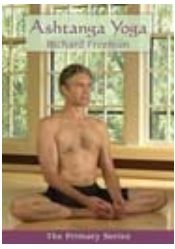
ASHTANGA YOGA THE INTERMEDIATE SERIES YOGA WITH RICHARD FREEMAN

STVT0861D

\$19.95

Accomplished Yogi Richard Freeman has achieved international acclaim for his graceful mastery of the Ashtanga form of yoga. In this new video, Richard builds on his presentation of Ashtanga's classic postures in *Yoga with Richard Freeman--Ashtanga Yoga: The Primary Series*. In a continuous, dynamic flow of remarkable precision, combined with the special breathing techniques that characterize this form, Richard explores nearly 70 postures to help you ignite your inner "fire" and awaken your nervous system to its natural vital state. *Yoga with Richard Freeman--Ashtanga Yoga: The Intermediate Series* is a high quality production for use by yoga students who have mastered the Primary Series and are ready to explore new horizons in their yoga practice. Level: The video is designed to be used by students who have mastered the Primary Series.

DVD 94 min



**ASHTANGA YOGA THE PRIMARY SERIES
YOGA WITH RICHARD FREEMAN**

STVT0864D \$19.95

In Yoga with Richard Freeman, Richard gives an in-depth study of Ashtanga's classic Primary Series of postures. With unusual precision, he demonstrates the continuous, dynamic flow, and the special breathing techniques that characterize this form of yoga. His demonstration of the series is accompanied by clear explanations of alignment and form. Through metaphor and movement the video teaches nearly 70 postures to help you ignite your "inner fire" and awaken the nervous system to its natural vital state. Level: Appropriate for students of all levels.

DVD, 2 Hrs, 6 min \$19.95



**ASHTANGA YOGA: INTRODUCTION
YOGA WITH RICHARD FREEMAN**

STVT0867D \$19.95

The breath and body move as one in the Ashtanga Yoga tradition. This classical path harnesses the power of the postures to reveal the pure awareness, freedom, and depth of all that is yoga. Now with The Ashtanga Yoga Collection, renowned teacher Richard Freeman masterfully guides you through this precise union of breath, alignment, and flowing postures as taught to him by master yogi K. Pattabhi Jois of Mysore, India. An indispensable resource for students of all levels, this boxed DVD set includes An Introduction to Ashtanga Yoga—foundational techniques that combine breath, movement, and meditation to help you develop strength, flexibility, and self-observation • Ashtanga Yoga, The Primary Series—nearly 70 postures to "ignite your inner fire" and awaken your nervous system to its natural, vital state • Ashtanga Yoga, The Intermediate Series—a dynamic flow of powerful postures that create radiant health and joy, and spark spontaneous moments of meditation.

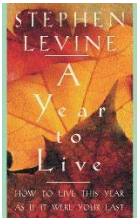
3 DVDs 4.75 Hrs \$19.95

**ASHTANGA YOGA:
PRIMARY SERIES REFERENCE SHEETS**

NEW!

STAW0872 \$9.95

Susan Chiocchi, a graphic artist as well as a teacher at the Yoga Workshop, has created a Primary Series Practice sheet, featuring her own original illustrations of all of the poses in the primary series. This Primary Series Practice Sheet is a wonderful reference tool for your daily yoga practice. It's laminated, making it durable and convenient. It also includes the Ashtanga Yoga invocation, in the original Sanskrit, and with a translation and additional explanation by Richard Freeman. A great learning aid for your yoga practice!



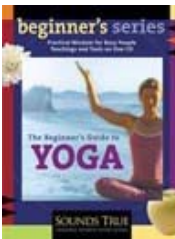
A YEAR TO LIVE

NEW!

STAW0369D \$24.95

If you had only one year left to live, what would you do? When Stephen Levine posed this question to himself, it led to a profound, year-long experiment in conscious living that is fully revealed in A Year to Live. Carefully planned as a series of month-by-month practices and meditations, A Year to Live brings the dying process into the full light of awareness. Join this bestselling author and caregiver as he explores: the "deathless nature" contained within each moment of life; why death is never to be feared; the practice of forgiveness; opening to love; and much more.

3 CDs, 3.25 hours



**BEGINNER'S GUIDE TO YOGA, THE
SHIVA REA**

STAW0746D \$15.95

With over 20 million practitioners in the U. S. alone, yoga is more popular than ever. For those interested in starting a practice of their own but hesitant about attending a class, Shiva Rea presents The Beginner's Guide to Yoga—the perfect introduction to hatha yoga. Complete with a 60-minute guided session with yoga basics and simple poses—plus a detailed study guide with instructional photographs—here is an easily accessible how-to program from one of the world's most respected yoga teachers.

1 CD, 1.25 Hrs 15 page study guide

BASIC BOXING

The Basic Skills assembles the essential and esoteric techniques originated from all generations of Shaolin masters. It teaches the movement and coordination of the hands, eyes, feet, and body. The basic training can provide you with a firm foundation for your further training of Shaolin Boxing.
DVD 49 min \$29.95

TWM7201DVD

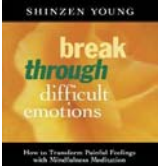
\$29.95

PRIMARY LONG BOXING

The Basic Skills assembles the essential and esoteric techniques originated from all generations of Shaolin masters. It teaches the movement and coordination of the hands, eyes, feet, and body. The basic training can provide you with a firm foundation for your further training of Shaolin Boxing.
DVD 52 min \$29.95

TWM7202DVD

\$29.95



BREAK THROUGH DIFFICULT EMOTIONS

NEW!

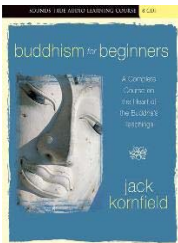
When mindfulness meditation was introduced as an aid for patients suffering from chronic pain, physicians were skeptical. Today, mindfulness meditation is used in hundreds of hospitals and clinics across the country. On Break Through Difficult Emotions, meditation mentor Shinzen Young adapts the core principles of mindfulness training to the treatment of emotional suffering. You will learn powerful meditations for overcoming anger, grief, anxiety, shame, and the many other painful emotions we all experience. Four step-by-step exercises cover how to:

- Deconstruct any emotion into its harmless components

2 CDs, 2 ½ hours

STAW0313D

\$19.95



BUDDHISM FOR BEGINNERS:

A COMPLETE COURSE ON THE HEART OF BUDDHA'S TEACHINGS

STAF0988D

\$69.95

Known for bringing “insight” meditation to the West and for his many best-selling books, including A Path with Heart (over 100,000 copies in print), Jack Kornfield now offers a collection of his most popular teachings with Buddhist Meditation for Beginners. Specially designed gift set includes four complete audio learning courses:

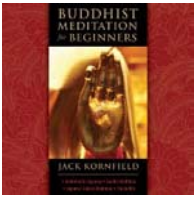
- The Beginner’s Guide to Buddhism—Jack Kornfield illuminates Buddhism’s most essential teachings, and how they make it possible to overcome challenging mental states such as fear, confusion, and anger.

- Meditation for Beginners—Comprehensive introduction to the vipassana (“insight”) practice of meditation to cultivate a profound inner calm and awaken to the truth. Exercises include four complete meditations.

- Meditations of the Heart—Step-by-step meditations cast light on Buddhism’s cornerstone, the Four Noble Truths. These meditations take less than ten minutes each to practice, yet will take you to the heart of essential Buddhist teachings on opening to the truth, forgiveness, fearlessness, and more.

- The Beginner’s Guide to Forgiveness—Drawing from his background in meditation and psychology, Jack Kornfield reveals the path to forgiveness and the way out of our pain. Jack Kornfield’s best-selling meditation programs present him at his best: engaging, intelligent, helpful—and easy to follow.

6 CDs, 6 ¼ hours



BUDDHIST MEDITATION FOR BEGINNERS

NEW!

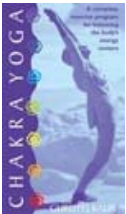
STAW1093D

\$39.95

At the heart of all Buddhist wisdom lies one astonishing truth: that a way out of suffering and into a more deeply fulfilling life is not a myth, but a reality available to you the moment you open your eyes through the power of skillful inquiry. For generations, this fact has been proven again and again by those who have learned and tested for themselves what the Buddha taught. Now, with *Buddhism for Beginners*, celebrated teacher and author Jack Kornfield invites you to experience for yourself the gifts of this vast spiritual tradition. Created specifically to address the questions and needs of first-time students, this full-length retreat on audio offers an ideal way to learn Buddhism's essential principles and insights. Join this gifted speaker, as he guides you through:

- Buddhism's cornerstone teachings, including the Four Noble Truths, the Eightfold Path to inner freedom, the meaning and varieties of karma, the Ten Perfections for opening the heart, the inner tools of samadhi and prajna (concentration and insight), the Four Great Immeasurables, the Buddha's last great teaching, and many other topics
- The principles of meditation practice, covering such fundamentals as clarifying awareness and focusing your mind; overcoming distractions and other inner obstacles; using heart-centered practices to sprout the seeds of compassion and lovingkindness, and more
- Wisdom stories, poetry, teaching parables, and inspiring true accounts distilled from Buddhism's many historical branches – plus, invaluable advice gleaned from Kornfield's own years of experience as a student and a teacher
- The ancient Buddhist scripture *The Path to Purification* poses this riddle: "The world is entangled in a knot. Who can untangle the tangle?"
- You can, taught the Buddha, by learning to see things clearly and simply, as they actually are. Now, with Jack Kornfield's *Buddhism for Beginners*, you will find the tools and teachings you need to begin this great inner adventure of self-discovery and freedom.

8 CDs, 9 hours



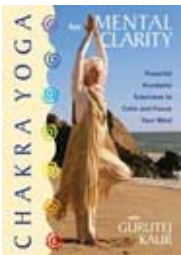
CHAKRA YOGA GURUTEJ KAUR

STVT010D

\$19.95

Master instructor Gurutej Kaur teaches 16 asanas—a complete cycle of dynamic moving practices and sacred chants to release blockages in your seven chakras.

DVD 1.25 Hrs \$19.95



CHAKRA YOGA FOR MENTAL CLARITY POWERFUL KUNDALINI EXERCISES TO CALM AND FOCUS YOUR MIND GURUTEJ KAUR

STVT0807D

\$19.95

Would you like to increase your powers of concentration and improve your ability to focus? On *Chakra Yoga for Mental Clarity*, master yoga instructor Gurutej Kaur teaches techniques for balancing the hemispheres of the brain and heightening mental acuity. This series of 20 focused exercises—used individually or consecutively—teaches viewers to enhance their natural ability by combining movement, breathwork, and mantras. *Chakra Yoga for Mental Clarity* is an ingenious application of traditional yogic principles designed to generate increased presence and clarity in every situation.

DVD 60 min \$19.95



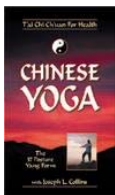
CHAKRA YOGA TO STRENGTHEN YOUR IMMUNE SYSTEM AND INCREASE VITAL ENERGY GURUTEJ KAUR

STVT0853D

\$19.95

Your immune system and your body's energy system depend on each other, teaches Gurutej Kaur. On *Chakra Yoga to Strengthen Your Immune System and Increase Vital Energy*, this respected teacher guides viewers through 16 powerful exercises specifically adapted from Kundalini yoga to energize the chakras and the glands that underlie them, freeing the body's natural healing system to work at full capacity. Created especially for those who face high levels of stress—the number one threat to the immune system—here is a dynamic daily practice to help viewers maintain their physical, emotional, and spiritual health.

DVD 1 Hr \$19.95



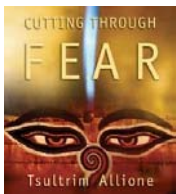
CHINESE YOGA (T'AI CHI CH'UAN)

Harmonize your mind and body with this 37 posture Yang Form demonstrated by master Joseph Collins. This program features: A brief history of Tai Chi. * Close-ups and different angles on all-important foot and hand movements. * Subtitles and index numbers shown under each of the postures for easy learning. * A complete course, taught in 17 segments, so you can return to any of the movements at any time and practice them independently.

SV2280

\$19.95

Video 60 min. NTSC



CUTTING THROUGH FEAR

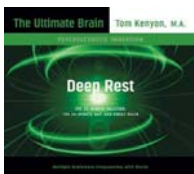
NEW!

Within the ancient teachings of Tibetan Buddhism lies a meditation tradition for facing—and dissolving—our greatest fears and attachments in life. Now one of contemporary Tibetan Buddhism's most experienced and respected teachers, Tsultrim Allione, adapts this practice to the challenges unique to our time, on Cutting through Fear. Based on the traditional Tibetan practice of chöd (literally "to cut"), this method was developed by the legendary Tibetan yogini, Machig Lapdron, almost 1,000 years ago and is practiced to this day in Tibet to treat mental and physical illness and as a path to awareness. Drawing from root visualization practices, Tsultrim Allione shares a four-step process that can help you meet and release what the ancient Tibetans called "demons"—fears and other unhelpful emotions and obsessions. Today we all encounter the "demons" of addiction, compulsion, anger, and other difficult emotions, too often as a daily event. Now we have a rare and useful tool to stop struggling against them, and instead liberate them, with Cutting through Fear.

STAW0461D

\$24.95

3 CDs, 3 hours



DEEP REST

NEW!

This program is part of The Ultimate Brain series.

STMM1031D

\$16.98

Perhaps you know how it feels to get really "good" sleep—the kind of rest that makes you feel energized and refreshed once you awaken. But is there a reliable way to enter into a state of pure relaxation whenever you want? There is—with Deep Rest, from psychoacoustic pioneer Tom Kenyon. Includes three proven "harmonic retreats" to get you instant access to a state of restorative rest:

- **The 22-Minute Vacation:** Take a fantasy vacation to your favorite imagined sanctuary utilizing intricate psychoacoustic tonal patterns to generate deeply rejuvenating states of body and mind.
- **The 24-Minute Nap:** Created specifically for those times when you may feel sleep deprived or need a quick period of rest, this calming session takes you on a brief, refreshing trip into low delta—the brainwave state associated with deep relaxation.
- **Sweet Delta:** When you need a longer period of rest, this soothing combination of music and psychoacoustic frequencies eases you into the low-delta state for a full, revitalizing night of sleep.

The Ultimate Brain Series

Since 1983, Tom Kenyon's listeners have been using his psychoacoustic immersion programs to create positive and lasting change in their brain capacity, mental activity, and creative power. From his innovative style of embedding brain entrainment waves into a "tonal matrix" of music to his discovery of "BioPulse" technology—a subtle frequency ideal for naturally inducing altered states—Tom Kenyon established himself as a leader in the field of sound healing. The Ultimate Brain series brings together the most effective programs that Kenyon has created in his decades of research for using sound to unlock the limitless power of your mind.

CD, 68 minutes



DISCOVERING CHI #1: ENERGY EXERCISES FOR THE BEGINNER

The life force energy in the human body, known throughout Asia as Chi, can be weakened or restricted just by one's attitudes, emotions and thoughts. In this video, Chi Gong and Tai Chi instructor Linda Modaro introduces techniques of the ancient masters to improve flexibility, balance and concentration. By doing these simple, low impact movements you will experience the satisfying awareness of directing and enhancing your own vital energy.

SV2445DVD

\$19.95

DVD 80 min. NTSC



DISCOVERING CHI #2: ENERGY EXERCISES INTERMEDIATE

The series continues by offering more *Chi Gong* energy exercises designed for the intermediate student. This video continues in the Eight Treasures *Chi Gong*, teaching additional movements as well as their healing applications.
DVD 60 min. NTSC

SV2446DVD

\$19.95



DISCOVERING CHI #3: EMOTIONAL VITALITY

In this tape, you will learn to identify, address, and understand the dynamics of your emotions and how they're affecting the flow of energy (*chi*) moving through your body. Exercises for five primary emotions are shown.

Video 60 min. NTSC

(VHS)SV2447
SV2447DVD

\$19.95
\$19.95



DISCOVERING CHI #4: TRANSITION: CHI GONG TO TAI

Once you have experienced the beneficial healing effects of the ancient Chinese art of *Chi Gong*, you are now ready for the next step: The transition to *Tai Chi*. Acclaimed instructor Linda Modaro makes this transition smooth and uncomplicated in this final volume of her best-selling Discovering Chi Series, taking ancient concepts and presenting them in a modern format for Westerners. Daily cultivation of this art will develop internal and external balance, tone muscles, strengthen immune systems, stabilize metabolism and promote a healthy, happy life.

DVD 60 min. NTSC

SV2448DVD

\$19.95



DISCOVERING CHI SERIES: 4 VOL SET

Discover the ancient healing arts of Chi Gong and Tai Chi in this beautiful, enjoyable, easy-to-follow video series from Linda Modaro.
DVD 260 min. NTSC

SV2444DVD

\$79.80



DR. ANDREW WEIL'S MIND-BODY TOOL KIT

NEW!

The evidence is overwhelming: you can tap the power of your mind to directly influence your health, using clinically proven tools that anyone can master.

STKT0994D

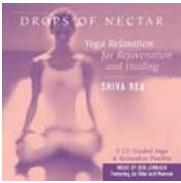
\$24.95

With Dr. Andrew Weil's Mind-Body Tool Kit, listeners join the best-selling author of Spontaneous Healing (Ballantine, 1996) along with three renowned colleagues and friends — all leading specialists in alternative medicine — to experience a potent prescription of self-healing practices. This information-packed "integrative medicine chest" includes an in-depth 52-page interactive workbook and 25 Mind-Training Cards designed to support a daily practice. Step by step, users will learn an empowering four-part series of

- Breathing — Dr. Weil reveals "the master key to self healing"
- Meditation — Dr. Jon Kabat-Zinn introduces listeners to the oldest and most effective system for calming the mind
- Guided Imagery — Dr. Martin Rossman invites us to heal the body with this effective and easy-to-learn skill
- Sound Therapy — Pioneering music therapist Kimba Arem leads a complete sound-healing journey "Your mind can elicit a healing response when even conventional medicine has proven ineffective," explains Dr. Weil. Here are the self-healing mindbody tools to start optimizing your health today — and for the rest of your life — with Dr. Andrew Weil's Mind-Body Tool Kit.

Note: Includes material from Breathing, Meditation for Optimum Health, Self-Healing with Guided Imagery, and Self-Healing with Sound and Music.

2 audio CDs, 52-page workbook, and 25 mind-training cards



**DROPS OF NECTAR:
YOGA RELAXATION FOR REJUVENATION AND HEALING** STAW0684D \$24.95
SHIVA REA

Six sequential techniques to cultivate amritachandra—the restorative lunar energy that serves as a natural tonic for stress and overactivity.

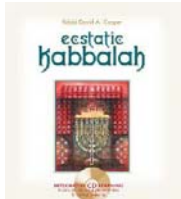
2 CDs 2.5 Hrs 20-page study guide



ECSTATIC DANCE COLLECTION, THE - GABRIELLE ROTH STVT0811D \$49.95

Over 35 years ago, a young teacher at the Esalen Institute began experimenting with an ancient body-based spiritual practice all but forgotten in our time: ecstatic dance. Today that teacher, Gabrielle Roth, is acclaimed worldwide for her pioneering work with The Wave, a sequence of improvised movements to five rhythm patterns that the New York Post has called a "map for the entire creative process." On Gabrielle Roth Ecstatic Dance Collection, viewers join Gabrielle for three complete dance workouts, each with its own special benefits: The Wave – The original classic on video introduces Gabrielle Roth's revolutionary system of moving meditation. Teaches how five core rhythms can teach, catalyze, and heal our entire being. The Inner Wave – A meditative trance dance journey to the stillpoint within. For calming the mind and body, and creating peace in our lives. The Power Wave – Super high-velocity dance workout puts the psyche in motion and helps trigger spontaneous states of creative, intuitive power.

3 DVDs 99 min



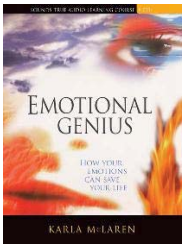
ECSTATIC KABBALAH NEW! STBK0945D \$19.95

Kabbalah—the secret is out! From Madonna's controversial conversion to the Dalai Lama's acknowledgment and support, this mystical tradition is gaining unprecedented recognition. But how do we put this powerful and esoteric worldview into practice? With The Ecstatic Kabbalah, Rabbi David Cooper—author of God Is a Verb (100,000 copies sold, Riverhead, 1958), and a renowned leader of the Jewish meditation movement—provides practical exercises on the path toward "mending the soul," the fundamental Jewish experience that brings union with the Divine.

- # With meditation techniques for both beginning and advanced practitioners, The Ecstatic Kabbalah guides listeners into awareness of the "presence of light" with experiential practices for touching the four worlds of mystical Judaism: Physical—breath work and mind-body harmonization
- # Emotional—tone the divine names as an expression of devotion
- # Mental—learn the histories of these techniques
- # Spiritual—stabilize your connection with divine presence

Finally, the long-sequestered doors of Kabbalah are open to all listeners, as they are invited to dwell in the embrace of the Divine with The Ecstatic Kabbalah's practices of daily renewal.

CD, 1.25 hours, 100-page hardback book



**EMOTIONAL GENIUS:
HOW YOUR EMOTIONS CAN SAVE YOUR LIFE**

“Emotions are celebrated and repressed, analyzed and medicated, adored and ignored – but rarely, if ever, are they honored,” teaches Karla McLaren. For more than thirty years, this respected author and empathic healer has searched for the practical tools we need to stop struggling with our emotions and start engaging them in the real world of our relationships, family life, career, and inner development.

STAF0987D

\$69.95

Emotional Genius shares what she discovered: that each of your emotions carries the specific information and energies you need to heal the wounds of your past and respond wisely in any situation. For example, your anger may contain the crucial insights you need to change a self-defeating behavior, while your fear may hold the energies and memories you need to resolve a crisis most effectively. How well you use these encoded resources, teaches McLaren, is the measure of your “emotional genius.”

Now, in this eyeopening practicum on the inner workings of the psyche, you will learn how to release the mental and physiological patterns that block healthy emotional flow – overcome the persistent cycles that perpetuate depression, anxiety, and other troubling emotional states – and experience the gifts of your own Emotional Genius.

8 CDs, 9.5 hours, 22-page study guide



EMPTINESS DANCING

NEW!

"There is something about you brighter than the sun and more mysterious than the night sky."

STBK1038

\$18.95

Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In Emptiness Dancing, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation.

From the first stages of realization to its evolutionary implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and "spiritual addiction" to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti's wisdom an understanding and ever-ready guide to "the full wonder of your infinite self-nature."

Book, 224 pages



**END OF REINCARNATION:
BREAKING THE CYCLE OF BIRTH AND DEATH**

NEW!

Sometimes the truth really is stranger than fiction, and for Gary Renard—best-selling author of *The Disappearance of the Universe*—such was the case. In 1992, two "ascended masters" appeared before him to impart the teachings from *A Course in Miracles*. Before their arrival, Renard had never heard of this modern spiritual text. Over the next nine years they met with him frequently to teach him its complexities. Now, on *The End of Reincarnation*, Gary Renard offers a practical understanding of the Course's core principles, including:

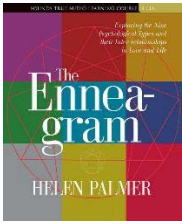
STAW1041D

\$19.95

- How "projection makes perception": specific teachings from the Course to see how our ego influences the way we look at friends, family, and co-workers
- True forgiveness: a thought-process technique to release those who have harmed you—and yourself—from any perceived guilt
- How to work on the level of cause to cultivate more strength and power, and to bring lasting positive effects into every situation of your life, and more

"I understand now that reincarnation is only something that appears to happen," Renard explains. "It's just a continuation of the dream of birth and death." Distilled for people who have been curious about *A Course in Miracles*—as well as for continuing students who would like to deepen their studies—*The End of Reincarnation* illuminates the peace available when we awaken from the dream, and catalyzes our experience of oneness with all of creation.

2 CDs, 2½ hours



THE ENNEAGRAM

We do not all experience the world — or each other — in the same way.

STAF0971D

\$69.95

The joys and sorrows of relationship and career can be understood only through the eyes of the beholder. On Helen Palmer's *The Enneagram* you will learn a vital system of sacred psychology capable of stunning insights into our lives and loves. The Enneagram is one of the world's oldest models for understanding how humans relate to each other and the divine. In different forms, Buddhists, Sufis and Christians have used it for many centuries. Today we use it, not only as a tool for greater self-knowing, but also to "see" how loved ones, co-workers and others face the difficulties in life. It is a way of sacred wisdom that can help you break out of your trance-like state of limited awareness and open to the gifts of the spirit. Derived from the Greek words ennea ("nine") and gram ("model"), the term refers to the nine central passions that recur in spiritual traditions. The Enneagram allows you to identify which "type" of passion dominates your personality. This is your key to overcoming the veil of illusion that limits your perception to only one-ninth of reality. Join this eminent scholar and teacher of the Enneagram for over eight hours of in-depth instruction.

8 CDs, 8.75 hours, 25-page study guide



ESSENTIAL QIGONG TRAINING COURSE: 100 DAYS TO INCREASE ENERGY

NEW!

STAW0883D

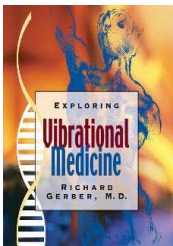
\$99.00

In the qigong tradition, serious students commit to a 100-day training retreat to learn this cornerstone practice of traditional Chinese healing. Now, for the first time, qigong training is available in a comprehensive home-study curriculum taught by renowned China scholar and qigong master Ken Cohen. With *The Essential Qigong Training Course*, you will learn more than 70 qigong practices—some rarely taught outside of China—for harnessing the massive power of qi (literally, the "vital breath," or energy of the universe) to create vitality, spiritual balance, and physical health.

Complete kit includes:

- A 100-page, weekly workbook of original material that directs you step-by-step on this classical, life-changing course that will flood your body with qi, and literally change you at the cellular level in as little as 20 minutes a day
- Qigong DVD workout offers you a complete, 90-minute programmable workout you can practice anytime, anywhere. Dozens of demonstrations to learn ancient movements and meditative postures that detoxify, energize, and heal the body
- Five-audio-CD training course covers every phase of qigong theory and practice, including 25 rare meditation exercises that balance emotions, boost immunity, increase sexual vitality, and enhance spiritual well-being
- Qi Healing DVD includes three hours of essential teachings and hands-on exercises to learn how to direct the healing qi energy to others effectively and safely, and more.

5 CDs, 3 DVDs, 59-page guidebook, 9 hours



EXPLORING VIBRATIONAL MEDICINE

NEW!

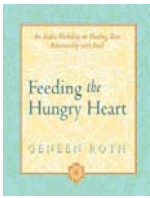
A New Era in Healing Has Already Started. Learn How Science Proves It.

STAW0332D

\$29.95

Can meditation and prayer affect the healing process? How do acupuncture, homeopathy, and healing touch work? Is it possible that the energy in our bodies is connected to the unlimited energy of the universe itself? Over 20 years ago, when physician Richard Gerber began to investigate the new frontiers of healing, he met with skepticism. Today his groundbreaking views on alternative healing systems have entered the corridors of our major hospitals and research centers. On *Exploring Vibrational Medicine*, Dr. Gerber builds on his pioneering work with a wealth of new and rare insights into the most promising energetic healing therapies. Through study after fascinating study, you will hear about new findings on unique frequencies emitted by the human body ... compelling evidence that proves we are composed of pure energy ... how chakra points and acupuncture meridians draw energy from outside systems ... and much more. Complete with guided imagery exercises, *Exploring Vibrational Medicine* is a revolutionary work about the oldest and newest discovery in medical science – the power of the body to heal itself naturally.

4 CDs, 4.75 hours



FEEDING THE HUNGRY HEART

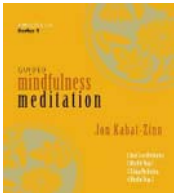
NEW!

STAW0261D

\$29.95

Why do we eat too much? Because we are hungry—but not for more food. On *Feeding the Hungry Heart*, you will learn how a deep internal hunger for self-respect and fulfillment can translate into compulsive eating. Here is Geneen Roth's pioneering "no more diets" workshop, recorded live as it happened, to bring you face to face with this inspiring teacher and her no-nonsense philosophy for living diet-free. It has helped a generation of women regain their sanity and self-esteem with simple guidelines for replacing over-eating with awareness and compassion. Exercises and visualizations help you restore balance to your life and learn what your body really needs to stay healthy.

4 CDs, 4 hours



GUIDED MINDFULNESS MEDITATION

NEW!

STAW0966D

\$29.95

Perhaps no other person has done more to bring mindfulness meditation into the contemporary landscape of America than Jon Kabat-Zinn. Through a number of research studies, and through Kabat-Zinn's pioneering work at the University of Massachusetts Medical School where he is founder of its world-renowned Stress Reduction Clinic, mindfulness is finally being recognized as a highly effective tool for dealing with stress, chronic pain, and other illnesses. Today, with a four-part home training course, Jon Kabat-Zinn offers listeners the definitive mindfulness meditation practice on CD. "We are not trying to actively achieve a state of deep relaxation—or any other state for that matter—while practicing mindfulness," he teaches. "But interestingly, by opening to an awareness of how things actually are in the present moment, we often taste very deep states of relaxation and well-being—of both body and mind."

Join the bestselling author of *Coming to Our Senses* (Hyperion, 2005) and *Wherever You Go, There You Are* (Hyperion 1995) to develop and deepen your personal mindfulness practice, and to taste the universal aspects of stillness, clarity, wisdom, compassion, and well-being that *Guided Mindfulness Meditation* offers.

4 CDs, 2.75 hours

HAPPINESS

NEW!

STAW1118D

\$19.95

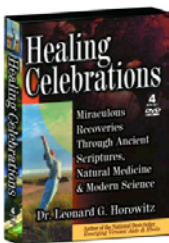
Learn to Develop Life's Most Important Skill

What is the one thing everyone wants? Happiness. But where do we find it? French Buddhist monk Matthieu Ricard has been working with scientists and Buddhist scholars to explore the effects of meditation on the brain and its correlation with happiness. What he discovered: "Happiness is not something you seek, but rather it is a skill you develop." On *Happiness*, the former cellular biologist merges the newest scientific research with traditional Buddhist teachings and contemporary Western philosophy to show you the keys to realizing the experience of happiness. Join Ricard on this audio adaptation of his book of the same title to learn more about:

- How to cultivate sukha—a balanced state of well-being that arises when we release ourselves from mental blindness and afflictive emotions
- Practices for working with your mind to develop attention, focus, and clarity—a foundation for inner peace
- How to work with the ego and time to enter "the state of flow"

Evidence of the profound and measurable effects of inner well-being on our bodies and minds continues to grow. Join Matthieu Ricard as your guide in unfolding the state of being that transcends all other circumstances and emotions—authentic happiness.

2 CDs, 2 hours



HEALING CELEBRATIONS 4 DVD SET DR. LEONARD HOROWITZ

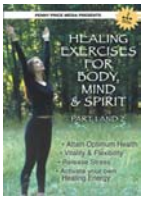
NEW!

UFK621

\$99.95

Based on Dr. Leonard Horowitz's two best-selling books, *Emerging Viruses* and *Healing Celebrations*, this amazing six hour series reveals the hidden truths regarding your health, your well-being and you're miraculous healing abilities in contrast to medical practices and drug-company induced addictions that continue to enslave humanity. Drawing on ancient scriptures, natural medicine and modern science, these truths, when applied in your life, can help you turn illnesses into blessings and life threatening diseases into supernatural recoveries. The information contained in this series of programs will change your life in miraculous ways.

4 DVDs 359 min



**HEALING EXERCISES FOR
BODY, MIND & SPIRIT- PART 1 & 2**

NEW!

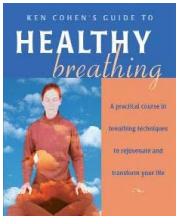
PPMA2

\$29.95

With renowned experts, this “how-to” program presents practices from shamanistic and holistic traditions, as well as physical exercises. Learn to activate your healing energy, attain health, vitality, flexibility, release stress, and increase your sense of wellbeing. Easy to follow, for any level of experience. Tai Chi -Al Huang; Body-Mind Exercise - Ilana Rubinfeld; Chakra Healing - Dr. Alberto Villoldo; Healing Meditation - Shakti Gawain; Color Healing - Jacob Liberman; Healing Movement- Emilie Conrad; Sound Healing & Visualization - Ron Lavin; Healing Guided Imagery - Belleruth Naparstek.

*** Stars Video - Librarian “Fascinating, incredibly uplifting.”- Awareness Magazine “ A relaxing and rejuvenating experience.”- NAPRA Review.

DVD Disk 106 min



HEALTHY BREATHING

NEW!

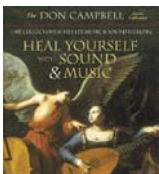
STAW0329D

\$15.95

The secret to better health is something you are doing right now: breathing. But are you breathing effectively? Many centuries ago, the qigong masters of China taught that the practice of breathing is the foundation of health and awareness. On Healthy Breathing, Ken Cohen teaches how you can master this natural way to instantly breathe energy and healing qi (life force) into your body every minute of the day. Now, with each breath you take, you can bring more oxygen into your body, stimulate your vital organs, and create a joyful calm that penetrates throughout your body.

You will learn: an easy self-test to evaluate your breathing habits; the five qualities of perfect breathing - and how to gain them; a way to free yourself from inefficient "chest breathing"; the Taoist bliss state attainable by anyone through breath work; four step-by-step breathing exercises you can practice anywhere. The air you breathe costs nothing. Yet it holds the priceless gift of better health, a gift waiting to be discovered on Healthy Breathing.

CD, 1¼ hours



**HEAL YOURSELF WITH SOUND AND MUSIC:
THE COLLECTOR'S SERIES ON MUSIC AND SOUND HEALING**

NEW!

STAW0477D

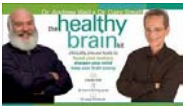
\$39.95

"Don Campbell provides step-by-step exercises demonstrating how different sounds affect the brain and body, empowering you to create a balanced, healthy life." —Body Mind Spirit Magazine

Learn how sound and music can help you orchestrate a healthier and more harmonious life with Heal Yourself with Sound and Music. Taught by Don Campbell, author of the national bestseller The Mozart Effect,® Heal Yourself with Sound and Music gathers together Campbell's most useful sessions on the power of sound to spark creativity, soothe our emotions, jump start learning, and even heal our bodies. Complete with many exercises you can try yourself, here is the definitive Don Campbell collection on the phenomenal effects of sound and music on human physiology. Three best-selling titles include:

- Healing Yourself with Your Own Voice—The original audio classic by Don Campbell on the transformative power of the human voice. With self-healing exercises.
- Healing with Great Music—Hear how the greatest music from many world traditions can profoundly influence health, learning, creativity, and more.
- Mozart as Healer—Don Campbell reveals the full story of Wolfgang Amadeus Mozart, not only as a musician and composer, but as a mystic and healer.

6 CDs, 6¼ hours



THE HEALTHY BRAIN KIT (KIT)

NEW!

STKKT1086

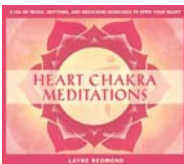
\$26.95

You exercise your body to keep it at peak performance—but what about your brain? At UCLA, Dr. Gary Small is proving that you can boost memory, sharpen concentration, enhance verbal fluency, and more—in less than two weeks. Now, with The Healthy Brain Kit, Dr. Small teams up with internationally renowned physician Dr. Andrew Weil to offer a complete program of tools and recommendations for increasing your brainpower immediately. This information-packed kit includes:

- 2 CDs spotlighting the secrets of the brain and its remarkable abilities, plus Dr. Small’s favorite “mental aerobics” exercises specifically designed to strengthen both hemispheres of the brain
- 52-page workbook with proven nutrition and lifestyle recommendations from Dr. Weil for keeping your brain healthy and your mind sharp for life
- 35 brain-training cards offering tips, aids, and teasers to enhance your brain performance anytime, anywhere

Whether you’re concerned about memory loss, poor concentration, or enhancing your creativity, or you simply want to regain that cognitive edge of your youth, The Healthy Brain Kit gives you the most essential skills for keeping your brain in optimum shape today, and in the years ahead.

Interactive Learning Kit, 2 CDs, 56-page study guide, 35 cards, 2 hours



HEART CHAKRA MEDITATIONS

NEW!

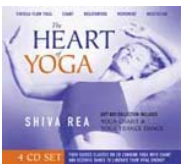
STAW0951D

\$19.95

The transcendental, humming pulse of consciousness can be heard in the center of the fourth chakra: the human body’s heart center. As this chakra is balanced and energized, faith, devotion, and harmony in our relationships unfold. Here, world renowned drummer and author Layne Redmond offers Heart Chakra Meditations—two CDs specially recorded to purify the heart chakra, and fine-tune our receptivity for love at the core of our entire being.

On CD One, Layne offers listeners a complete series of pranayama exercises, guided meditations, and a unique shavasana (relaxation) practice to balance and tone the heart chakra. On CD Two, she presents a masterful chanting practice that blends Christian, Jewish, Islamic, Hindu and Buddhist traditions, and is the perfect accompaniment to meditation, massage, yoga, or trance work. Also included is a 20-minute recording of the human heartbeat—a powerful healing sound that opens our hearts, and connects us to all of life.

2 CDs, 2 hours



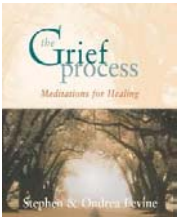
HEART OF YOGA, THE: LIBERATE YOUR VITAL LIFE ENERGY - SHIVA REA

STAW0660D

\$39.95

Vinyasa or "flow" yoga is traditional yoga, energized with movement and the breath. At studios and workshops across the country, flow yoga classes are in demand - and growing more popular every day. Now, with The Heart of Yoga, acclaimed instructor Shiva Rea offers two of her most popular flow yoga classes on compact disc, bringing these exhilarating alternatives to yoga students everywhere: Yoga Chant A transformative inner flow yoga practice that blends traditional kirtan chant, postures, movement, meditation, and breathwork to release the physical and emotional armoring of daily stress and nourish your heart center with prana (vital life energy). Yoga Trance Dance Ecstatic trance dance enters the flow of your yoga experience with this liberating workout for cultivating inner power, creativity, fluidity of the spine, and natural movement. Includes a full-length music CD for self-guided sessions. For yoga lovers who seek to deepen and expand their practice at home or on the road, here is an unprecedented 4-CD series of flow yoga sessions - comparable to two of Shiva Rea's weekend yoga retreats - The Heart of Yoga. Complete with detailed photo-illustrated guides demonstrating postures and movements.

4 CDs 4.5 Hrs 23- and 15-page study guides \$39.95



THE GRIEF PROCESS

NEW!

STAW0437D

\$24.95

Who grieves? According to Stephen and Ondrea Levine, we all do.

"Whether it manifests as self-judgment, as fear, as guilt, as anger and blame," they teach, "everyone has grief." The Grief Process is an in-depth workshop with Stephen and Ondrea Levine that explores how anyone can resolve grief through meditation. Working with a group of people caught in the wake of physical and emotional loss, the Levines explain how grief can lead to an "armoring of the heart," and demonstrate a series of deeply felt exercises they developed over many years of work with meditation groups, hospice residents, and others.

Based on classic principles of awareness training, these techniques – including a special forgiveness meditation – offer an opportunity for true healing, even if you have been quietly grieving alone for years. For those who are hurting from this injury of our age that leaves no scars, The Grief Process offers a rare gem from Stephen and Ondrea Levine’s long career as meditation instructors, caregivers, and healers. Includes a 23-page study guide.

Stephen and Ondrea Levine are caregivers, teachers, and authors. Stephen Levine is the author of the bestselling spiritual classics, *Healing into Life and Death*; and *Who Dies? Together they are the authors of Embracing the Beloved: Relationship as a Path of Awakening*.

3 CDs, 3 hours, 23 page study guide



INNER WAVE, THE GABRIELLE ROTH

STVT0809D

\$19.95

"The object of meditation," teaches Gabrielle Roth, "is to still the mind – and the fastest way to do that is to move your body." On *The Inner Wave*, the third video in Gabrielle Roth’s Ecstatic Dance video collection, we join this pioneer of ecstatic dance to investigate stillness, the mother of all rhythm, through a meditative trance dance journey. Joined by dancers of all age groups and body types, Gabrielle leads a physical meditation that has been called a "living prayer." As we surrender to the dance, exploring and improvising with every part of our bodies, we will experience how ecstatic dance can clear the mind and open the heart, and allow us to approach the stillpoint within. "The more deeply we enter our bodies and breath," Gabrielle says, "the more deeply we know ourselves." Now every viewer can know their body and mind in a way they never have before, with *The Inner Wave*.

DVD 32 min \$19.95



THE INTEGRAL OPERATING SYSTEM

NEW!

STKT0948D

\$39.95

Upgrade the Way You Think—and Live

Are you ready to ramp up the performance of your human hardware? If so, then welcome to the launch of Version 1.0 of Ken Wilber's *The Integral Operating System*. No, it's not computer software. It's a course that crystallizes Ken's lifelong investigation into the truths of Eastern and Western thought into a cutting-edge tool for sparking a revolution of your mind and spirit.

Ken Wilber has spent over three decades creating an all-embracing vision that incorporates the best elements from all of humanity's spiritual and scientific traditions into a model that reveals even deeper levels of truth—the Integral Map. Now, this profoundly versatile tool has been formatted into a multimodal "platform for the soul"—one that you can self-install to accelerate the growth of your spiritual evolution, intellect, relationships with others, and even your physical health.

As one of the most influential figures of human spiritual development, Ken Wilber has been called "the Einstein of consciousness." Here is an unprecedented chance for you to "download" this remarkable thinker's teachings as he illuminates the intricacies of *The Integral Operating System*.

SYSTEM REQUIREMENTS: The Integral Operating System is guaranteed to enhance the performance of any human mind, from interested novices to the most advanced spiritual seekers.

2 CDs, DVD, 3½ hours, 70-page workbook, poster



INVOCATION

NEW!

STMM1062D

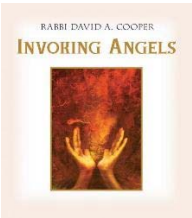
\$16.98

"I bow to the goodness within myself, known as Lord Shiva, who is the true teacher..." So begins OM Namah Shivaya—a traditional Sanskrit mantra whose specific combination of words and seed syllables are said to hold great mystical power. Thousands of yogis and meditation practitioners open their practices with this prayer. Now, Ty Burhoe has composed stirring music to accompany this sacred chant.

On *Invocation*, he offers a number of original compositions and incantations that create a melodic wave of devotion to wash over you during your home yoga practice, meditation, or bodywork sessions.

Features Ty Burhoe, Krishna Das, Manorama, John Friend, and Amy Ippoliti. Includes beautiful vocals, tabla, sarode, drones, cello, violin, double bass, tambura, and harmonium.

CD, 50 minutes



INVOKING ANGELS: FOR BLESSINGS, PROTECTION AND HEALING

NEW!

STBK1072D

\$19.95

"When we engage in a daily relationship with angels, our lives become filled with a vast array of heavenly sparks that inform us of the divinity within even the most mundane activities ... Come and see for yourself how to invoke angels, and discover a new way to experience your world."
—Rabbi David A. Cooper

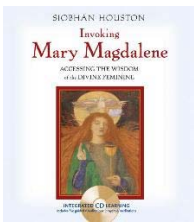
Have you ever experienced something so extraordinary as to leave you wondering whether some higher power or force were responsible? "We do not need to sit and wait for the finger of Grace to tap us on the shoulder," explains Rabbi David A. Cooper, "rather, we can practice the invocation of angels—cultivating profound experiences that immediately open us to guidance and blessings from the Divine." *Invoking Angels* presents a complete program of daily meditations and prayers to help practitioners of any faith find self-empowerment through an active relationship with angels, which Cooper views as an energetic realm that serves as a medium in which God, humankind, and all of creation are interconnected.

Join this master kabbalist, scholar, and storyteller as he takes us back to the teachings of the Torah, the Bible, and other sacred texts to reveal the original vision of angels and the universe we co-create with them. With the unique format of a book with guided invocations on CD, *Invoking Angels* is meant to complement an existing spiritual practice, comfort the sick, invite wisdom, and help anyone seeking an intimate awareness of these divine forces at work around us.

Guided meditations and prayers on CD include:

- An "Archangel Meditation" for openheartedness and courage
- A "Guardian Angel Meditation" for protection in any situation
- A meditation on the Divine Presence (the Shekhina)
- Meditations for invoking the "supreme" angels Metatron and Sandalphon to experience profound awareness and sufficiency, and more

Hardcover book, 104 pages, CD, 1 hour



INVOKING MARY MAGDALENE:

NEW!

ACCESSING THE WISDOM OF THE DIVINE FEMININE

STBK0999D

\$19.95

Recent discoveries of sacred texts such as the Gospel of Mary of Magdala and the Gospel of Thomas tell us that Mary Magdalene was independent, insightful, and courageous—a woman so inspirational that her voice can still be heard across the ages. In *Invoking Mary Magdalene*, religious scholar Siobhán Houston invites you to develop your own personal relationship with one of Jesus' closest disciples, as she instructs you in a daily devotional practice of prayers, meditations, and visualizations from around the world. With the exercises in this book and on the accompanying CD, Houston offers step-by-step guidance for accessing the wisdom of the Divine Feminine that Mary Magdalene represents, as you explore:

- Novenas, rosaries, and seasonal rituals from the Gnostic, Kabbalistic, and Grail traditions
- How to connect to Mary Magdalene in her Dark Goddess aspect to unleash your own fierce power—the energy that turns fear and illusion into healing and renewal
- "Reveling in bliss": realizing a euphoric adoration of the Divine that eclipses all earthly concerns, and much more

Whether you're discovering Mary Magdalene for the first time or have long felt an unquenchable desire to experience the presence of the beloved luminary, with *Invoking Mary Magdalene*, now you will come to share Mary Magdalene's gnosis—her indwelling knowledge of the sacred—and witness the blessings of the one who has been called "the woman who knew the All."

CD, 1 hour, 120 page book



JOURNEY TO WILD DIVINE: HEALING RHYTHMS NEW!

WD3000

\$295.00

Introducing *Healing Rhythms*, the first biofeedback training program that brings together the most prominent leaders in the field of health and wellness and combines their guidance with beautiful on-screen graphics for a happy mind and a healthy body. *Healing Rhythms* artfully combines effective biofeedback training with guided meditation and breathing techniques, allowing you to witness and transform the rhythms of your mind and body as they play together on-screen.

Featuring Deepak Chopra, M.D., Dean Ornish, M.D., and Andrew Weil, M.D., *Healing Rhythms* delivers the expert advice never before offered in one package!

Optimize sleep patterns, reduce stress, increase well-being, and achieve optimal health as you rediscover your body's natural healing rhythms.



JOURNEY TO THE WILD DIVINE: THE PASSAGE

NEW!

WD1001

\$159.95

The *Journey to Wild Divine* is a unique program for mind & body that links biofeedback hardware with your computer to create an enlightening experience of wellness.

Wild Divine Contents:
"Magic Rings" Biofeedback Sensors
"Light Stone" Energy translator
Works with PC or MAC

CD-Rom Game featuring spectacular 3-D Graphics & Video "Soul Flight "
Music CD
Companion Guidebook



THE JOURNEY TO WILD DIVINE: WISDOM QUEST NEW!

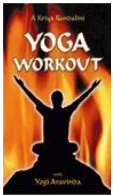
WD1002

\$59.95

Now Available! Announcing the launch of *Wisdom Quest*, Part II in *The Journey to Wild Divine* series. *Wisdom Quest* builds upon the skills you acquired in Part I, *The Passage*, by teaching new meditation and breathing techniques for advanced training. Featuring insight and guidance from best-selling authors Deepak Chopra, M.D. and Dean Ornish, M.D. you will learn many new and valuable lessons to integrate this wisdom into your daily life. Choose varying levels of difficulty and tailor your experience to fit your most effective learning style. Experiment with advanced biofeedback techniques as you are enveloped in breath-taking three-dimensional landscapes, soothing music, and inspiring visuals.

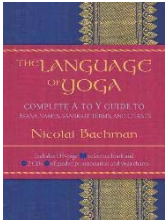
JOURNEY TO THE WILD DIVINE: COMBO PACK**NEW!**

WILD DIVINE COMBO 2 PACK includes the original starter kit for **WD2002** **\$199.95**
THE JOURNEY TO THE WILD DIVINE (\$159.95) plus the add-on software for the second series of journeys entitled **WISDOM QUEST** (\$59.95) for a special combo price of \$199.95 when ordered together.

**KRIYA KUNDALINI YOGA WORKOUT**

Fast, mystical and powerful! Tone your body with Yogi Aravinda **SV3150** **\$19.95**
 through dynamic postures. Learn simple, powerful breathing techniques to open your energy pathways, charging all your Chakras (energy centers) on all dimensions. By practicing the age-old techniques taught in this video, you will be more able to breeze through the typically stressful workday of modern life.

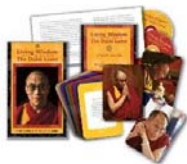
Video 55 min. NTSC

**THE LANGUAGE OF YOGA:****NEW!**

Now, with more than 15 million Americans practicing yoga, here is the **STAW0924D** **\$24.95**
 ultimate reference guide for knowledge-hungry yoga students.

Urdhva-Padmāsana. Have you ever been bewildered in a yoga class by the terms the teacher uses? What is the deeper meaning of these terms? How can you benefit by knowing them? For passionate and curious yoga students, The Language of Yoga offers the definitive “A-Y” of asana names and Sanskrit terms (there is no “Z” in Sanskrit). This interactive book-and-2-CD set includes more than 200 asanas with illustrated yoga postures and 300 Sanskrit definitions. Nicolai Bachman teaches you how to read and pronounce these sacred sounds with precision, and guides you through seven yoga chants with exact rhythm, tone, and pronunciation—an indispensable reference guide for any serious student of yoga.

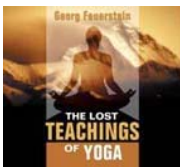
Hardcover Book, 139 pages, 2 CDs, 2.25 hours

**LIVING WISDOM (Kit)****NEW!**

When you are in the presence of His Holiness the Dalai Lama, you are in **STKT1035D** **\$29.95**
 the presence of compassion itself. But how many of us will have the opportunity to personally experience the man known as “The Ocean of Wisdom”? Now, Living Wisdom gives you the chance to immerse yourself in the grace of His Holiness the Fourteenth Dalai Lama, and to receive the transformative power of his teachings in your own home, including:

- 47-minute DVD spanning 25 years of Don Farber’s photography of His Holiness with more than 400 extraordinary images set to sacred Tibetan music.
- 145-page book gleaned from His Holiness’s classic lessons on The Six Transcendent Perfections. These are the way of the bodhisattva—the qualities we must cultivate in order to reach enlightenment.
- Musicians, monks, and nuns honor His Holiness through time-honored chants and original compositions on CD. Includes traditional chanting by the Dalai Lama.
- 36 photographs of His Holiness, each with a contemplation from his teachings on The Six Transcendent Perfections.
- Mini-easel to display your daily contemplation on your desk or home altar.

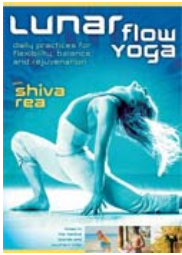
DVD, CD, 37 cards, 145-page study guide, 108 minutes

**LOST TEACHINGS OF YOGA, THE:**

HOW TO FIND HAPPINESS, PEACE, AND FREEDOM THROUGH **STAF0644D** **\$69.95**
TIME-TESTED WISDOM
GEORG FEUERSTEIN

Now Yoga authority Georg Feuerstein immerses you in The Lost Teachings of Yoga: the first comprehensive audio curriculum on Yoga’s original spiritual wisdom and practices. A leading scholar and practitioner of Yoga in the West for more than 30 years, Feuerstein introduces you to the wonders beyond Yoga’s postures and breathing techniques, and points the way to the “inner strength and mental peace” that is Yoga’s first objective. Taught by Feuerstein himself, this full 12-session, 7-hour course reveals the true history of Yoga, the gifted masters who brought it to the West, its many branches and the rich fruit they yield, Yoga’s virtues and disciplines that “flower into enlightenment,” subtle anatomy and the energy of prana or life force, the origins of asanas, and much more.

6 CDs 7.5 Hrs

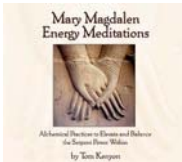


LUNAR FLOW YOGA
SHIVA REA

STVT0921D \$16.95

Hatha yoga symbolizes the union of the sun (ha) and the moon (tha), and, in practice, lunar refers to the calming, slower-paced, internal poses that are appropriate for any time of day—especially when you are seeking a soothing, rejuvenative practice. Now, world-renowned yoga teacher Shiva Rea offers Lunar Flow Yoga—an instructional DVD with an easy-to-use menu for designing your own sequence of vinyasas for restoration and relaxation. Shot in the stunning Maldives’ Cocoa Island and Kerala, India, Shiva guides both beginning and intermediate students through a rejuvenating flow of postures, including backbends, forward bends and twists, inversions, and meditation, accompanied by a down-tempo, world-groove soundtrack.

DVD, 103 minutes



MARY MAGDALEN ENERGY MEDITATIONS

NEW!

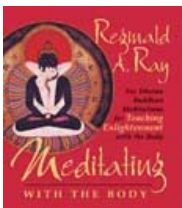
STAW1025D \$16.95

As a priestess of Isis in the mystical tradition of ancient Egypt, Mary Magdalen learned the potent secrets of internal alchemy to elevate her own spiritual power. Now, sound healer and teacher Tom Kenyon brings you five practices learned through his unique connection to this “Cosmic Mother” and revealed to him in The Magdalen Manuscript. With Mary Magdalen Energy Meditations, Tom Kenyon teaches you the techniques he has restored from Egyptian alchemy for transforming your life energy into a powerful force of creation.

Central to all of these alchemical practices is the movement of sekhem, the “serpent energy” of consciousness. Through step-by-step guidance, Tom Kenyon teaches you to channel this energy up the spine into precise areas of your higher brain centers. As you progress through each technique, you will strengthen the power of your “Ka body,” your energetic self that is the key to accessing the higher realms of insight, creativity, and awakening.

Thousands of students who have experienced Tom Kenyon’s workshops attest to the power of these practices for personal spiritual growth. Now with Mary Magdalen Energy Meditations, these transformative techniques of Egyptian alchemy are available to you for reaching what Tom Kenyon calls “heightened states of genius and spiritual illumination.”

Previously released as The Alchemies of Horus, © 2003, Tom Kenyon
1 CD, 1 hour

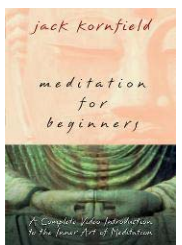


MEDITATING WITH THE BODY
REGINALD A. RAY

STAW0670D \$34.95

In Tibetan spiritual life, the practice of body-based meditation has been revered throughout its history as a vital tool for cultivating spiritual awareness and physical well-being. Today, in a world overabundant with stimuli, these “embodied” practices are more relevant and useful than ever. Meditating with the Body guides you into the rejuvenating experience of body-based meditation to help you: Join Reggie Ray – senior teacher at the Shambhala Mountain Center – as he teaches you this complete series of six Tibetan-based meditations, including prana breathing, body awareness, abdominal breathing, earth-based meditation practice, and more.

4 CDs 5 Hrs



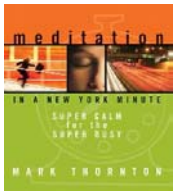
MEDITATION FOR BEGINNERS

NEW!

STVT0001D \$19.95

The first video instruction course with Jack Kornfield shows you how to start—and stick with—a daily meditation practice. In this full-length video course, Jack introduces you to the vipassana practice of meditation, and how its principles can help you cultivate a profound inner calm, while awakening to the truth of life. Video demonstrations teach the fundamentals of breathwork, posture, and four complete meditations to get you started. Learn to use physical sensations—even difficult emotions—to create a more peaceful life for you and the world. Now you can begin meditating today—in just the time it takes to watch Meditation for Beginners.

DVD, 90 minutes



MEDITATION IN A NEW YORK MINUTE

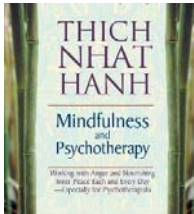
Executive meditation coach Mark Thornton writes about a revolution—finding your deepest heart in everyday moments. In **Meditation in a New York Minute**, Thornton demystifies meditation and makes it accessible to all. He presents his complete program for enjoying the many benefits of meditation—stress reduction, energy, intense mental clarity—in a New York minute. “If your life is moving at warp speed,” begins Thornton, “more than ever, you need to create calm quickly and profoundly

NEW!

(2CDS) STAW1012D \$19.95
(BOOK) STBK1013D \$12.95

“You can be super busy, super successful, and super calm at the same time,” assures Mark Thornton. With **Meditation in a New York Minute**, now the rewards of this centuries-old inner art are available to everyone on the go.

2 CDs, 2.5 hours
Softcover book, 160 pages



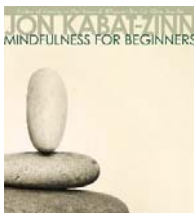
MINDFULNESS AND PSYCHOTHERAPY

NEW!

Before you can help others, Thich Nhat Hanh teaches, you must first bring peace and a deep love of life into your own consciousness. On this breakthrough workshop especially for psychotherapists, Thich Nhat Hanh explores how to find and nourish an inner peacefulness and maintain it through the day—no matter what your caseload is. **Mindfulness and Psychotherapy** includes an illuminating discussion of how to work with anger, in which Thich Nhat Hanh recommends breathing and walking meditation as more beneficial in many situations than directly expressing anger.

STAW0103D \$24.95

3 CDs, 2.75 hours



MINDFULNESS FOR BEGINNERS

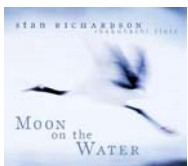
NEW!

What if you could profoundly change your life just by becoming more mindful of your breathing? According to Jon Kabat-Zinn, you can. What if “paying attention on purpose and non-judgmentally” could improve your health? Again, according to Dr. Kabat-Zinn—it can. On **Mindfulness for Beginners**, this internationally known scientist, best-selling author, and teacher who brought mindfulness meditation into the mainstream of medicine and society gives you immediate access to a practice that can potentially add years to your life, and will certainly enhance the quality of your moments and your years. Join Dr. Kabat-Zinn to:

STAW1043D \$19.95

- Explore five guided meditations that lead you breath by breath into the essence of Mindfulness-Based Stress Reduction (MBSR), a program offered in medical clinics and hospitals around the world
- Cultivate the Seven Key Attitudinal Factors of MBSR—qualities of heart and mind that lay the foundation for mindfulness practice and for seeing and accepting things as they are as a first step to working wisely and compassionately with stress, pain, illness, and sorrow as well as life's joys and pleasures—Zorba's "full catastrophe"
- Free yourself from limiting perspectives, and become more intimate with your own boundless awareness "You're already in the perfect moment for inhabiting this liberating awareness, which is always available," teaches Jon Kabat-Zinn. With **Mindfulness for Beginners**, he invites you to cultivate mindfulness as if your life depended on it, which it surely does, and experience the magnitude and beauty of who you already are.

2 CDs, 2¼ hours



MOON ON THE WATER

NEW!

What is the sound of the moon on the water?

STMM0927D \$19.98

It is the music of utter stillness and complete spaciousness—the perfect reflection of self within the universe, and the universe within the self. There is no finer instrument for capturing this music of Zen than the shakuhachi bamboo flute, the instrument which Stan Richardson has dedicated his life to master. With **Moon on the Water**, Richardson offers two musical experiences. On the first CD, listeners enjoy the pure tones of the solo shakuhachi, as it has been played for centuries. For the second CD, Stan Richardson combines natural sounds recorded during his travels across the Japanese countryside—the rushing of water, the wind over waves, the singing of cranes—with the beauty of the bamboo flute.

Pure and elegant, intricate and subtle—**Moon on the Water** invokes the Zen mind, and makes for the perfect musical complement to massage and bodywork, yoga, and any moment of peaceful contemplation.

2 CDs, 117 minutes



MORE THAN STRETCH - SENIOR FITNESS FOR GOOD HEALTH

Enter Improve Your Odds for Good Health! One of the keys to life is to keep moving, especially as we age. This safe, enjoyable and easy-to-do fitness program is designed specifically for older adults and seniors. You move at your own pace, to beautiful music, as you participate in the "More Than Stretch" class, which includes stretching and strengthening, improving balance and posture, techniques for relaxation and breathing, and rebuilding and maintaining a healthy back. Its fitness for the whole body, inside and out - it spreads to your mind and your spirit, permeating all aspects of your everyday life, enabling you to do the things in life that you enjoy doing.

PPMA4A

\$24.95

Video 57 min. NTSC



MOVING YOGA WITH DUNYA #1: RELAXING AND CIRCULATING

Enter the beautiful, gentle energy of a pure sanctuary of healing motion.

SV3381

\$19.95

Learn to move from that place of peace within you. Discover simple, flowing movements designed to draw you into a deep state of meditation as you stretch, breathe and quiet your mind. Practice with Julliard-trained dancer and dance meditation forerunner Dunya as your body becomes longer, stronger and more limber using three qualitatively different practices: Mellow relaxing and circulating; Gentle lengthening and focusing; Challenging, strenuous energizing.

Video 60 min. NTSC



MOVING YOGA WITH DUNYA #3: CHALLENGING, ENERGIZING

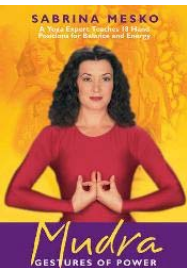
Heal yourself with this pure sanctuary of breath and motion. Luxuriate in silky whole-body movement that strengthens while it relaxes. Free

SV3383

\$19.95

blocks in your spine as you gently twist, rock and elongate your body with rhythmic fluidity and unlock the door to vitality. Under the nurturing guidance of acclaimed choreographer and yoga instructor Dunya, you'll experience a restorative balance of rest and activity, from the soothing opening to the final deep meditative movement. Each section can be done separately, but together they make the perfect session.

Video 60 min. NTSC



MUDRA: GESTURES OF POWER

When you join your hands together in prayer, offer your open hand to a friend, or even point your finger to emphasize an idea—you are using a symbolic body language with roots in antiquity. On Mudra, Gestures of Power, you will join yoga expert and mudra authority Sabrina Mesko to discover an elegant, yet powerful, system for connecting your intention with the flow of energy through every cell in your body.

NEW!

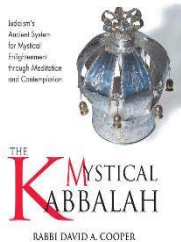
STVT0011D

\$29.95

“Mudra” is a Sanskrit word meaning “seal” or “sign” used by the yogis of India to describe the ritual hand gestures they practiced during deep meditation. These early priests secretly investigated how we can actualize inner states through outer expression with asanas or postures, including positions for the hands and fingers. From fearlessness, to patience, to energy, to enlightenment—every higher quality we aspire to can be “sealed” and activated with its own mudra. Now you can investigate for yourself one of the oldest esoteric arts for strengthening your body, clarifying your thoughts, and deepening your meditations with Mudra, Gestures of Power.

- You Will Learn: 18 specific mudras, taught step-by-step by a master practitioner
- How mudras can calm your mind and enhance concentration—in just a few minutes a day
- Ancient symbolic connections between your hands and the cosmos
- Which mudras to use for spiritual growth
- Mudras for eliminating fatigue, enhancing longevity, and recharging your energy
- The history and practice of hand gestures from past to present
- The only practice video on the art of mudra

DVD, 45 minutes, poster



THE MYSTICAL KABBALAH

NEW!

Kabbalah, it is said, was brought down from heaven by angels. The great mystics of Judaism originally passed its teachings by word of mouth only, believing that the secrets of the Kabbalah transcend the written word. In this great oral tradition, The Mystical Kabbalah will immerse you in these time-honored teachings of sacred wisdom for reaching peace through union with God. It is a way for you to experience directly the path of inner knowing—with a master of the meditations associated with its practice, Rabbi David A. Cooper.

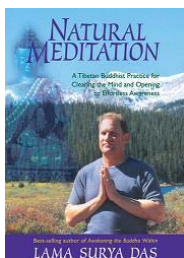
STAW0448D

\$29.95

On this complete, six-CD study course, Rabbi Cooper synthesizes this uniquely preserved wisdom with midrash (teaching stories) and meditations he developed during six years of work and research in the Old City of Jerusalem. Practical—uplifting—and fascinating to learn—The Mystical Kabbalah is the perfect introduction to this traditional system for spiritual growth and self-discovery.

Learn more about:

- **The magid: your inner guide to mystical insight**
 - **How to connect with the “initial light of creation”—and ultimate awareness**
 - **The 32 Secret Path of Wisdom**
 - **Meditations for inner harmony, opening to compassion, and more**
 - **Angels and the energy of thought**
 - **The Four Worlds and the Five Soul Levels**
 - **Archangel meditation: an ancient practice for receiving “emanations from God”**
 - **Seven hours of meditations, practices, doctrine, and teaching stories with Rabbi Cooper**
- 6 CDs, 9-page study guide, 7 hours**



NATURAL MEDITATION:

NEW!

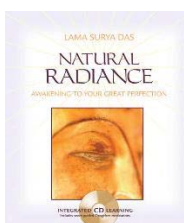
Lama Surya Das has become one of the most trusted—and sought after—voices among the phenomenal number of people interested in the teachings of Tibetan Buddhism. Now, with Natural Meditation, this revered teacher offers his first complete meditation course on video—a way to see and hear these teachings face to face, as they were meant to be taught. In four intimate sessions, Surya Das guides us visually through every step of dzogchen (“natural perfection”) practice, the pinnacle of Tibetan Buddhist meditation.

STVT0019D

\$19.95

“Dzogchen requires no rigid rules or beliefs,” teaches Surya Das, “yet, it has the ability to awaken us to life immediately—not after years of practice.” With Natural Meditation, students can finally experience these teachings as they have been transmitted for centuries—in front of a trusted and gifted teacher.

DVD, 30 minutes



NATURAL RADIANCE: AWAKENING TO YOUR GREAT PERFECTION

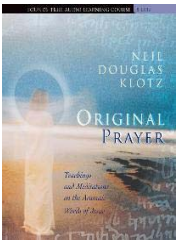
NEW!

With his previous bestsellers, including Awakening the Buddha Within (Broadway Books, 1998), Lama Surya Das has taught millions about the innate wakefulness and liberation that are our essential way of being. Now with Natural Radiance, through the unique format of a book with a CD, he teaches a complete daily Dzogchen practice in the oral tradition as it was originally transmitted, including guided meditations and chants.

STBK0925D

\$19.95

CD, 79 minutes, 109-page hardcover book



ORIGINAL PRAYER: TEACHINGS AND MEDITATIONS ON THE ARAMAIC WORDS OF JESUS

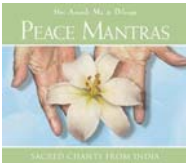
STAF0972 \$69.95

On Original Prayer, acclaimed teacher and author Dr. Neil Douglas-Klotz immerses us in the language and philosophy of Jesus' world to reveal a practice with the power to change forever the way we experience sacred scripture. Neil Douglas-Klotz begins by revealing the rich layers of meaning enfolded within the Lord's Prayer in Aramaic – the language that Jesus and his disciples actually spoke.

Through his insightful Aramaic translations, Douglas-Klotz opens a window into the Lord's Prayer that allows us to hear and understand the teachings of Jesus as he authentically taught them two thousand years ago. A Way to Experience Scripture Directly, through the Body Verse by verse, Original Prayer guides us through a series of 24 specific practices of "body prayer" – the original Middle Eastern form of meditation that uses chant, breathing, and awareness to engage the entire body and spirit in contemplation of scripture.

These are the same kinds of devotions used by the first Christians to delve into the Gospels – not as a scholarly exercise – but as a living and breathing experience of God. In the fertile spiritual landscape of the ancient Middle East, prayer, meditation, and scriptural study were practiced as a single contemplative path. Now, with Original Prayer, you have within your reach the definitive resource for experiencing this luminous practice, using one of the most enduring cornerstones of the Christian faith – the Lord's Prayer.

8 CDs in slipcase, 8.5 hours, 39-page study guide

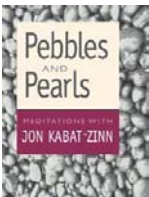


PEACE MANTRAS: SACRED CHANTS FROM INDIA TO MANIFEST PEACE IN YOURSELF AND OTHERS

NEW! STMM0902D \$16.98

With Peace Mantras, listeners will join Shri Anandi Ma, accompanied by her teaching partner Dileepji, to experience the sacred sounds that have been used for centuries to create inner peace. Just listening to these authentic chants from India is said to have profound healing effects on us, and on our world. Now, Peace Mantras offers more than 60 minutes of Sanskrit mantras, including: mantras to Ganesh—the remover of all obstacles; "Peace for the Nine Planets;" prayers for welfare; and mantras for protection. "Each person is a walking universe," teaches Dileepji on Peace Mantras, "and as each universe attains its absolute state of tranquility, true peace will spread and be dominant.

CD, 72 minutes

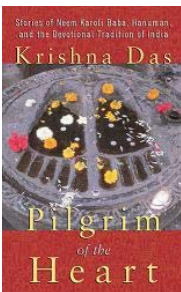


PEBBLES AND PEARLS

NEW! STAB0138D \$19.95

Across America, Jon Kabat-Zinn, Ph.D. is known as the clinical researcher and teacher who dared to bring mindfulness practice out of the meditation hall and into the most prestigious pain management center in the country. On Pebbles and Pearls, Kabat-Zinn turns his attention to another challenge – how ordinary people can use meditation in the arenas of the workplace and the family. Join him as he shares how to use the office as a meditation center; advice on mindful parenting; grounding yourself in your body; how to work with overwhelming emotions; and much more. Audio Wisdom.

2 CD SET



PILGRIM OF THE HEART

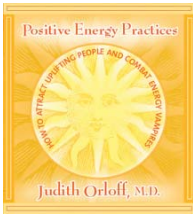
NEW! STAW0486 \$24.95

The Story of One Seeker's Unforgettable Journey on the Bhakti Path of Love

Bhakti Yoga is the path of loving devotion—the total surrender of all our acts, thoughts, and emotions to the heart of the divine. Through his albums and performances, world-music legend Krishna Das has used Indian devotional chant to bring this path to thousands of listeners. On Pilgrim of the Heart, Krishna Das tells the story of his life, offering it as both a memoir and a metaphor for all of us seeking to follow this ecstatic way of the heart.

Krishna Das begins by taking us back to the winter of 1968, on a road trip through a harrowing New York blizzard in search of Ram Dass. From there, we follow him into the jungles and ashrams of India ... meet his unforgettable teacher Neem Karoli Baba ... open our eyes to Hanuman, the sacred embodiment of compassion and grace ... and gain the opportunity to join Krishna Das and friends in a series of uplifting chants from the bhakti tradition. Pilgrim of the Heart is an intimate meeting with one of the world's great living masters of devotional singing—and an invitation into the infinite yoga of faith, compassion, and surrender.

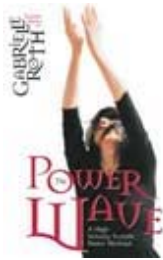
3 CDs, 3 hours



POSITIVE ENERGY PRACTICES: HOW TO ATTRACT UPLIFTING PEOPLE AND COMBAT ENERGY VAMPIRES **NEW!** STAW0989D \$19.95

Your personal energy is a precious commodity, and to live fully, you must vigilantly nurture and protect that energy. Now, with Positive Energy Practices, renowned psychiatrist and intuitive Judith Orloff teaches you a series of techniques, guided meditations, and tools to harness the power of positive energy and combat the influences that drain and deplete us. “We can’t stop the negative circumstances from happening in our lives, but we can learn ways to protect our energy so that we can stay centered in dealing with the stresses that arise,” teaches Dr. Judith Orloff. On Positive Energy Practices, she offers many life-saving prescriptions for transforming fatigue, stress, and fear into vibrance, strength, and love.

2 CDs, 2.5 hours



POWER WAVE, THE : GABRIELLE ROTH STVT0810D \$19.95

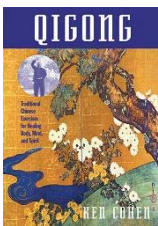
The Power Wave is the next step in Gabrielle Roth’s breakthrough ecstatic dance series: a high-velocity, nonstop celebration of the human body in motion. Pumping up the beat to maximum, Gabrielle guides us through five universal rhythms that flow through our lives and world. Viewers join dancers of all sizes, shapes, and age groups – whirling, sweating, transforming – for a super high-energy workout to explore and practice with, at home or in a dance space, alone or with friends. How viewers move to The Power Wave is up to them: the steps to follow are simple. This dynamic practice allows us to experiment with breathing, body angles, edges, and patterns. Soon we feel how our energy merges with the pulse of life around us. We awaken our deepest creativity and open to our own intuitive way of moving. At last, here is a home workout video for energizing our entire being, flexible enough to adapt to anyone’s schedule and body type: Gabrielle Roth’s The Power Wave.

VHS or DVD 32 min

QI HEALING **NEW!** Energy Medicine Techniques to Heal Yourself and Others STVT0025D \$39.95

Indigenous healers have known for centuries how to direct vital life energy through their hands and into those in need. Perhaps in no other part of the world is this skill more refined than in China’s 3,000-year-old tradition of therapeutic qigong. Now, with Qi Healing, you can learn how to use these authentic techniques yourself to heal and energize others. Therapeutic qigong is so effective—yet so simple to learn—that it is now being used by hospitals and clinics throughout China to accelerate wound healing, alleviate chronic pain, and reduce the symptoms of many other disorders. On Qi Healing, you will learn to release stagnant qi (or “life force”) in others, detoxify their internal energy systems, and restore a healthy balance of qi flow throughout all the tissues of the body. Taught by Ken Cohen, one of the most respected qigong authorities in the world, this complete video instructional course demonstrates every step for administering healing qi energy to others safely and effectively. Two detailed sessions include exercises for mental and physical clarity; methods for organ cleansing; specific external qigong practices to direct qi precisely for maximum healing effect, and much more.

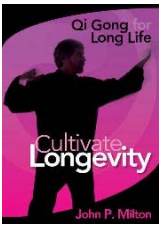
2 DVDs, 2.75 hours, 27-page study guide



QIGONG TRADITIONAL CHINESE EXERCISES FOR HEALING BODY, MIND, AND SPIRIT **NEW!** STVT0002D \$19.95

In China, the way to vibrant health does not lead to the doctor’s office; it is as close as the air we breathe. In Qigong: Traditional Chinese Exercises for Healing Body, Mind, and Spirit, you will learn ancient techniques for harnessing the massive power of qi – literally, the “vital breath” or energy of the universe. Thousands of years before the establishment of Western medicine, Chinese masters perfected a system of gentle movements and meditative postures that can channel qi into the body for detoxifying, energizing, and healing. Ken Cohen, preeminent qigong master in the West, presents authentic practices on Qigong. Using easy-to-follow language and dozens of demonstrations, Cohen shares a complete four-part workout you can practice any time you have a few minutes and enough room to stand and stretch.

DVD. booklet



**QIGONG FOR LONG LIFE: NEW!
CULTIVATE LONGEVITY FOUNDATIONAL PRACTICES**

“The purpose of qigong practice is not just to add years to your life, it is to add life to your years,” teaches John P. Milton. Cultivate Longevity teaches you the fundamentals of Chinese longevity practice. The exercises on this DVD focus on clearing your body's energy channels of blockages, developing your connection to the world around you, and learning how to use your natural "batteries" to store the vast energy of qi. **STVT0931D \$17.95**

The Qi Gong for Long Life series condenses the most essential lessons from qi gong and t'ai chi expert John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Cultivate Longevity includes 14 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Perfect for beginners seeking to establish a foundation in qi gong.

Cultivate Longevity Includes:

Smiling Energy practice for infusing positive, affirming emotions into every cell of your body

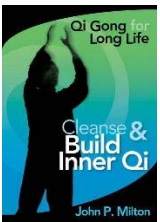
Crane Massages—ideal for clearing stagnant energy from your abdominal organs

Four Bears Practice—an easy-to-learn exercise related to t'ai chi, which provides the same benefits of physical fitness, prevention of illness, and a deep connection with the earth

Posture of the Tao—combining classic meditation and qi gong energy practice for mental clarity and presence

14 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 92 minutes, 14 reference cards



**QIGONG FOR LONG LIFE: NEW!
CLEANSE AND BUILD INNER QI**

John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Cleanse & Build Inner Qi includes 12 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Perfect for use as a self-healing practice, or for enhancing any medical and fitness regimen. **STVT0932D \$17.95**

Cleanse & Build Inner Qi Includes:

Taoist principles that explain the way elements of nature flow in the body, and how to clear the energy pathways

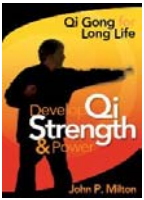
How harmful emotions are stored in individual organs, and specific qi gong exercises to release them

Sighting a Distant Eagle—an exercise for increasing vigor and sexual energy

The art of Bone Marrow Washing to enhance your immune system, strengthen your bones, and store qi reserves

12 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 84 minutes, 12 reference cards



**QIGONG FOR LONG LIFE:
DEVELOP QI STRENGTH AND POWER**

NEW!

"The energy we need for longevity is all around us," teaches qi gong master John P. Milton. "It is in the earth, the heavens, and all the elements of nature." Develop Qi Strength & Power features Milton's most advanced and powerful qi gong techniques for absorbing qi from your environment, safely storing energy in the body's natural power centers, and using that energy to propel your health and vitality to incredible heights.

STVT0933

\$17.95

The Qi Gong for Long Life series condenses the most essential lessons from qi gong and t'ai chi expert John P. Milton into three DVDs, giving you the chance to experience an authentic qi gong retreat at your own pace. Develop Qi Strength & Power includes 6 easy-to-use reference cards to let you take your qi gong practice outdoors, where you will be able to tap into the natural healing energy from the world around you. This is qi gong as it was meant to be practiced—transmitted from an experience master under the open sky, where you can truly channel the qi of heaven and earth to strengthen you health, increase your vitality, and enrich the years of your life. Ideal for experienced qi gong practitioners to deepen your ability to harness natural qi.

Develop Qi Strength & Power Includes:

Exercises for harvesting the energy of qi from earth, heaven, and water around you—and directing it to your body's natural "storage reservoirs"

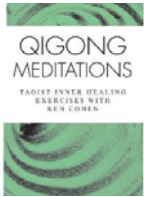
Breathing techniques to amplify the effectiveness of qi gong

How to use your qi gong training to enhance any spiritual practice, healing modality, or exercise regimen

Qi gong strategies to reach your ideal weight, promote healthy skin, enhance physical endurance, and much more

6 reference cards for practicing each empowering qi gong technique in natural surroundings

DVD, 93 minutes, 6 reference cards



QIGONG MEDITATIONS

NEW!

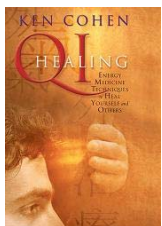
Qigong meditation is the art of using your mind to direct the flow of energy within your body. This energy—or qi—is the bioelectricity carried by your nervous system. Current physiological research has verified that these currents control your immune system, the regeneration of organ tissues, and the growth of muscle and bone. Controlling this energy flow is one key to good health. On Qigong Meditations, master instructor Ken Cohen presents three authentic qigong exercises in intense and exacting detail and teaches correct posture, awareness control, and cleansing the organs inside the body, with special attention given to proper breathing methods.

STAW0088D

\$14.95

Additional Contents: Three forms of exercises include meditations to heal the body, the mind, and the spirit. Detailed instructions for ancient Taoist chant "She Who Hears the Sounds of The World," concludes the program.

CD, 1 hour



QI HEALING

NEW!

Energy Medicine Techniques to Heal Yourself and Others

STVT0025D

\$39.95

Indigenous healers have known for centuries how to direct vital life energy through their hands and into those in need. Perhaps in no other part of the world is this skill more refined than in China's 3,000-year-old tradition of therapeutic qigong. Now, with Qi Healing, you can learn how to use these authentic techniques yourself to heal and energize others. Therapeutic qigong is so effective—yet so simple to learn—that it is now being used by hospitals and clinics throughout China to accelerate wound healing, alleviate chronic pain, and reduce the symptoms of many other disorders. On Qi Healing, you will learn to release stagnant qi (or "life force") in others, detoxify their internal energy systems, and restore a healthy balance of qi flow throughout all the tissues of the body. Taught by Ken Cohen, one of the most respected qigong authorities in the world, this complete video instructional course demonstrates every step for administering healing qi energy to others safely and effectively. Two detailed sessions include exercises for mental and physical clarity; methods for organ cleansing; specific external qigong practices to direct qi precisely for maximum healing effect, and much more.

2 DVDs, 2.75 hours, 27-page study guide



THE REIKI TOUCH **NEW!**

If you've felt the power of Reiki and want to broaden your experience, you now have the most extensive resource available for strengthening your practice of this extraordinary healing art. With The Reiki Touch, Reiki master William Lee Rand combines the advantages of video, audio, reference cards, and written instruction to provide a comprehensive set of tools for uncovering Reiki's most potent secrets. From mastering the fundamental hand positions for healing to using the advanced techniques of Byosen scanning and Gyoshi ho (sending Reiki through the eyes), Rand provides the essential keys to Reiki for beginners and advanced practitioners alike.

STKT0973

\$39.95

As one of the premier authorities on Reiki in the West, William Lee Rand has guided many thousands of students through every level of Reiki training. Now, this renowned teacher invites you to discover your ability to harness Reiki in ways beyond what has traditionally been taught to many advanced students. Whether you're a long-time Reiki practitioner or you've just received your first attunement, The Reiki Touch will provide the training and understanding you need to excel at this increasingly popular healing art.

The First Comprehensive Training Program for Reiki—with DVD, Audio, Music, and Written Instruction

- 60 minute DVD, featuring instruction on hand positions, conducting healing sessions, scanning techniques, and advanced use of Reiki to see auras and past lives
- 3 guided meditations on CD to strengthen your Reiki energy, deepen your healing experience, and invite a spiritual guide
- 30 illustrated Reiki cards that can be used as a divination tool to discover which hand positions, symbols, or techniques to use for healing specific conditions
- 100-page workbook, including advanced practices for creating energetic boundaries for your spiritual protection, enhancing your creativity and problem solving skills, and much more
- 79 minutes of heartfelt music on CD ideally suited for treatments

2 CDs, 1 DVD, spiral bound 100+ page workbook, 30 cards



RELAX AND DE-STRESS

NEW!

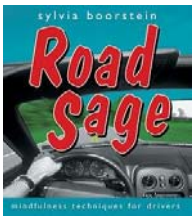
Legendary composers like Beethoven, Bach, and Chopin instinctively understood the profound effect that music can have on our emotions and physical bodies. Now, best-selling author and physician Dr. Andrew Weil has joined with producer and sound researcher Joshua Leeds to bring you Dr. Andrew Weil's Music for Self-Healing Series—classical music for promoting good health.

STMM1099D

\$17.98

With Relax and De-Stress, the first CD of this new series, listeners will enjoy a selection of soothing classical music, scientifically selected and performed to reduce physical tension, dispel anxiety, and create inner calm. The award-winning players of the Apollo Chamber Ensemble perform each piece on Relax and De-Stress with the guidance of the sound-healing research of Dr. Weil and Joshua Leeds. Through subtle rearrangement and emphasis on the underlying psychoacoustic harmonics embedded in the music, these renowned musicians draw out each composition's innate healing potential. Masterpieces such as Debussy's "Reverie" and Vivaldi's "Winter," Largo movement are presented in a specific order on the CD, easing the listener with each track into a deeper state of stress-free tranquility. Relax and De-Stress is the perfect choice for listeners who wish to slow down from a hard day's work, prepare for a good night's sleep, or simply unwind with some of the greatest work from classical composers.

CD, 1 hour, 20-page booklet



ROAD SAGE

NEW!

Take the Stress Out of Driving with Simple Mindfulness Meditation Practices

STAW419D

\$14.95

On Road Sage, you take a seat next to meditation teacher Sylvia Boorstein for the driver's education course you never heard in school: the essential techniques of mindfulness meditation, presented especially for anyone who drives a car.

With simple exercises, real-life stories "on the road," and an occasional pop quiz, Boorstein teaches you how to work with the physical sensation and mind-states that grip every driver: anxiety, impatience, frustration, and even anger. You learn to see your morning commute as an opportunity to practice the calm, alert, and balanced state of mind and body that is the centerpiece of mindful living. There can be "beautiful dharma" in that traffic jam ahead, once we learn to awaken to it through these powerful practices and teachings.

So stop fuming about the car in front of you and reach your destination relaxed and aware of the magic in each moment of life—even while stuck in traffic—with America's "Road Sage," Sylvia Boorstein.

CD, 1 ¼ hours



SELF HYPNOSIS HOME STUDY COURSE

NEW!

Major medical journals now recognize hypnosis as a legitimate and powerful clinical tool, citing proof positive that it can help ease chronic pain, lessen the side effects of chemotherapy, counteract anxiety and sleep disorders, and much more.

STHH0947D

\$199.99

With the Self-Hypnosis Home Study Course, Dr. Steven Gurgevich presents the first comprehensive curriculum of its kind that helps you unlock the mind-body connection to optimize physical health, break unwanted habits, improve concentration and mental agility—whatever you set your mind to achieve. In this unprecedented program based on over three decades of medical research, you will join Dr. Steven Gurgevich—one of the world's leading experts in mind-body medicine—for a results-oriented course on this often misunderstood tool for health and well-being. The course includes:

Clinically tested, guided sessions designed to help anyone begin self-healing in 20 minutes—even if you've never experienced hypnosis before

A "Hypnotic Apothecary" on audio—over 20 specialized applications on 10 CDs to direct your mind-body system to assist in weight loss, ease stress, heal skin conditions, boost immunity, improve performance, and more

107-page workbook covering hypnotherapy principles, trance induction methods, and dozens of exercises and practical self-hypnosis activities

High-quality pendulum to assist in accessing information shared between the body and the mind

Comparable hypnotherapy sessions with a private practitioner would cost thousands of dollars. Now, anyone interested in opening this doorway to healing has everything needed to get started at a fraction of the cost, with the Self-Hypnosis Home Study Course.

Highlights:

How to use hypnosis for physical and emotional healing and achieving personal goals

The antidote to anxiety: trancework session to restore and enhance your mind-body skills of mental and physical relaxation

11 hypnosis induction methods, from progressive body relaxation to breath induction to reverse arm levitation, and many more

"Love to Exercise" session to improve performance, mental focus, and physical endurance while working out or competing

Guided session for working with phobias

Six trance-deepening methods for intensifying your training for maximum results

Mood enhancement trancework session

The five types of hypnotic suggestion, and how to find the style best for you

"Stress and fear inoculation" session that empowers you to respond—in any situation—with relaxation, confidence, and clarity of mind, and much more

18 CDs, 22.5 hours, 107-page workbook, pendulum



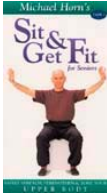
SIT & GET FIT FOR SENIORS – 2 VOLUME SET

More than exercise, *Sit and Get Fit™ for Seniors with Regenerative Movement Technique™* is an innovative blend of activity and relaxation, flowing circular movements, slow rocking and natural breathing. An easy-to-learn synthesis of Chi Gong, T'ai Chi, Yoga and Eastern European health training, *RMT™* can help you to revitalize, regain and increase circulation. Particular emphasis is placed on creating and sustaining flexibility, strength, endurance, bone stimulation and strengthening, blood oxygenation and relaxation.

RM2000

\$39.90

Video 100 min NTSC



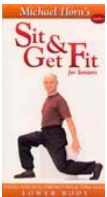
SIT & GET FIT FOR SENIORS – VOL 1: UPPER BODY

Upper Body Conditioning Program: Tape One, a complete upper body program, begins with reflexology for the hands and face, then guides you through special movements and breathing that condition the arms, neck and back, while effectively increasing circulation, flexibility and strength.

RM2001

\$19.95

Video 50 min. NTSC



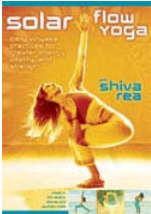
SIT & GET FIT FOR SENIORS – VOL 2: LOWER BODY

Lower body Conditioning Program: Tape Two guides you through a full series of movements that not only stretch, strengthen and tone the legs and lower body, but also provide much needed bone stimulation necessary for regaining and maintaining bone strength as we grow older.

RM2002

\$19.95

Video 50 min. NTSC



SOLAR FLOW YOGA

“Rea is an exceptional teacher, blending precision and poetry in her instructions, and she has a beautifully soothing voice.” —Yoga Journal.

STVT0889D

\$16.95

Shiva Rea continues to redefine the way we practice yoga with Solar Flow Yoga, her latest interactive home-practice DVD intended to revitalize and strengthen both beginning and intermediate students with the invigorating energy of the sun. A progressive program of 15 vinyasa (flow) sequences from sun salutations to Shiva’s innovative “Dancing Warrior” technique, Solar Flow Yoga features immersive material: tutorial instruction in the techniques of flow yoga; four complete, pre-set guided practices; and an easy-to-use DVD menu for designing your own sequences, brought to life by an ambient fusion soundtrack and stunning scenery from the Maldives’ Cocoa Island and Kerala, India.

DVD 89 min



STUDIO TALKS: BREATHING & BANDHAS

RICHARD FREEMAN

STAW0868D

\$24.95

During the practice of the postures, one should pay particular attention to the breathing. This will eliminate strain and any uneven application of the intelligence to the movement and alignment of the body. By partially closing the glottis (the opening through the vocal chords) one can generate a smooth aspirant sound. By keeping the sound of the breath smooth and even, one automatically creates a continuous rate of flow, emptying and filling the lungs comfortably in equal lengths of time. This full breathing is called Ujjayi Pranayama, meaning "victorious stretching of the breath or Prana. Since 1968 Richard Freeman has devoted his life to studying, practicing and teaching all aspects of Yoga. He has lived in India for more than eight years studying a variety of yoga traditions. A long time student of K. Pattabhi Jois of Mysore, Richard is the director of The Yoga Workshop in Boulder, Colorado. In this series of informal talks given at his studio, Richard shares his knowledge on a wide range of the more subtle aspects of Yoga

2 CDs 2 Hrs



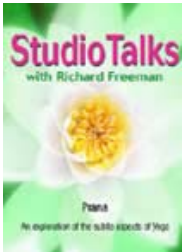
STUDIO TALKS: GAZING - RICHARD FREEMAN

Placement of the gaze on a single point inside or outside helps the mind to flow into single pointed meditation. In each posture there is a specific Drsti or gaze, which, in some circumstances, is modified as one goes deeper into the practice. The place of gazing can be the tip of the nose, the center of the eyebrows, the tip of the thumb or a finger, the center of the palm, the navel, the big toe, or on the horizon straight ahead or to the side. The technique is to eliminate extraneous tension and motivation from the gaze by feeling the palate (the roof of the mouth) as being "empty", just as when smiling. This induces meditation. Gazing is also an important part of the integrated movement which links the postures together. The direction of the movement of the eye radically affects muscular tensions in the neck, shoulders and throat. These normally unconscious reflexes should be studied closely. They can make profound differences in movement throughout the body. Since 1968 Richard Freeman has devoted his life to studying, practicing and teaching all aspects of Yoga. He has lived in India for more than eight years studying a variety of yoga traditions

2 CDs 2 Hrs

STAW0870D

\$24.95



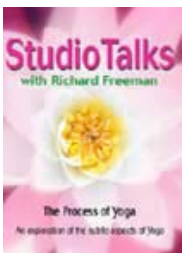
STUDIO TALKS: PRANA - RICHARD FREEMAN

Prana and Apana are two complementary types of movement coming from the core of the body. Prana is the upward, expanding, blossoming movement characteristic of inhaling. It is said to be centered in the Anahata Cakra (Heart center). Apana is the downward, contracting, rooting movement characteristic of exhaling. It is based at the center of the perineum, the Muladhara Cakra. Apana is said to tether Prana. Yoga begins by consciously uniting Prana and Apana, to feel their actions within each other. Prana is breath, life force, inner breath; prana is the substratum of perception. Prana is the substratum of thought, or chitta. It is the way that perception is organized into patterns and it is only through patterns and organization that you know something, that you are consciously aware of something. So prana becomes intelligence, which is called budhi in Sanskrit, which comes from the root "bud", which means to wake up and so it is the energy of waking up. What does waking up mean, but coming out of a state of mind that is like a dream. And so awakening or waking up is coming out of a framework of awareness like fantasy.

2 CDs 2 Hrs

STAW0869D

\$24.95



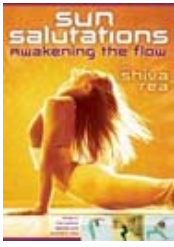
STUDIO TALKS: PROCESS OF YOGA RICHARD FREEMAN

There are two internal forces or breaths, Prana and Apana, which govern the inhale and the exhale respectively. Prana rises, spreads and blossoms. Apana goes down, contracts and roots. Joining them consciously is the beginning of Yoga. When first practicing, the attention will flow with either one or the other of the inner breaths, alternatively. Feeling and expressing only one of them at a time externalizes the attention into discursive thinking. Simultaneous awareness of these complementary tendencies requires that all of one's attention be on the posture as the object of meditation! Then insight flows unceasingly during any posture and in the movements between the postures. The primary technique of uniting the Prana and Apana is using the breath to do Mulabandha, as the root of the palate opens. The way the rest of the body accommodates this inner uniting is the universal, inner form of all the Yoga postures

STAW0871D

\$24.95

2 CDs 2 Hrs



SUN SALUTATIONS - SHIVA REA

Yoga's "sun salutations" are among the most refined and effective movement meditations for health and well-being ever created. Originally practiced to connect to the sun's vitality—this precise combination of forward bends, backbends, and inversions awakens the breath and promotes circulation and inner balance through the flow of prana shakti—our creative life force. On Sun Salutations, internationally acclaimed vinyasa flow yoga teacher Shiva Rea presents a complete at-home course on these fundamental movements. Join Shiva for a dynamic sequence of asanas (postures) that includes guidance in yoga breathing and a rich background of world beat and ambient music. With inspiring instruction in basic alignment and flowing variations, Sun Salutations helps to create an evolving home yoga practice suited perfectly to your personal needs. **Highlights:** Classical sun salutations with mantras-10 complete practices to honor solar vitality-a meditative practice for all levels. Surya Namaskar A and B from the Ashtanga tradition to build a basic vocabulary of strength and flexibility. Rhythmic vinyasa: up-tempo sun salutations to emphasize core alignment through sensory motor patterning and rhythmic movement. Four of Shiva's innovative Dancing Warrior variations specifically for opening the spine and the hips. Chandra Namaskar (moon salutations) for rejuvenating balance to the sun salutations. Shavasana practice to soothe and restore energy, and much more.

STVT0850D

\$16.95

DVD 68 min



TAI CHI CHI KUNG FOR FITNESS WITH LEE HOLDEN

This unique video provides a complete mind/body workout, with energy enlivening exercises that enhance flexibility, strength, balance, relaxation, focus, energy and internal power. After the breathtaking sunset beach opening, host Lee Holden guides you through an innovative series of powerful energetic movements. It's a total-body regimen that literally transforms stress and tension into vitality. With simple Chi Kung exercises and stretches and graceful Tai Chi movements, this video is suited to students of any age or fitness level.

SV3800

\$19.95

Video 60 min. NTSC



TANTRA TAI CHI FOR COUPLES

Tantra Tai Chi is a series of easy-to-do movements that build intimacy, increase sexual awareness and awaken spiritual experience. Diana and Richard Daffner teach couples to move energy through physical, emotional and spiritual centers in their bodies, creating profound connection and preparing them for the highest form of sexuality. Tai Chi draws on a philosophy of oneness (the "Tao"), which is approached through the harmonization of yin and yang, two dynamic principles that comprise the polarities of all experience. The power of controlling energy through Tai Chi is so great that it became the basic martial art of China.

SV3813

\$19.95

DVD



TAOIST HEALING IMAGERY

NEW!

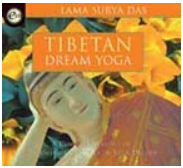
Seven advanced visualizations utilize ancient Taoist imagery to build self-awareness, unity of mind and body, and ultimately: enlightenment. While healing with imagery is relatively new to the West, its use in China dates back to Taoist texts from the 3rd century BCE. We learn that these healing techniques induce what modern brain researchers call an "alpha-theta" state, where the unconscious comes to consciousness, and the mind reaches a blissful clarity. They are rarely taught outside of China today.

STAW0206D

\$14.95

Ken Cohen (author of Chi Kung Meditations) gives exact instructions on correct postures, breathing, attunement to nature, mental states, and flow of internal energy.

CD 60 minutes



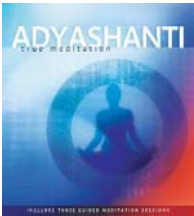
TIBETAN DREAM YOGA: A COMPLETE SYSTEM FOR BECOMING CONSCIOUS IN YOUR DREAMS
LAMA SURYA DAS

STAE0497

\$24.95

In the secret teachings of ancient Tibet, the dream state is known as “Fourth Time,” a malleable realm where the past, present, and future meet. It was here that the first meditation masters of Tibet developed a way to speed their progress through the stages of enlightenment – while they were asleep. On Tibetan Dream Yoga, respected meditation teacher Lama Surya Das teaches these exercises to awaken fully within the fabric of our dreams – plus specific yogic dreaming techniques to enhance creativity, overcome deep-rooted fears, and free ourselves from harmful habits in our waking lives. Enhanced features include video exercises from Lama Surya Das’ Tibetan Energy Yoga and Natural Meditation, the flute music of Tibetan musician Nawang Khechog, and an interview with the author.

2 enhanced CDs 2.5 Hrs 27-page study guide



TRUE MEDITATION NEW!

What would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In the 14 years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as a means to a goal they never reached. Ultimately he realized that only when you let go of all techniques—even the concept of yourself as a meditator—will you open to the art of true meditation: dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn:

(3CDS) STAW1040D

\$24.95

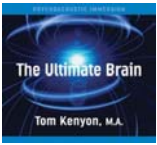
(BOOK) STBK1052

\$19.95

- How to make the "effortless effort" that will vivify the present moment
 - meditative self-inquiry and "The Way of Subtraction": how to ask a spiritually powerful question—and determine the real answer
 - Three guided meditations intended to reveal what Adyashanti calls "your home as awareness itself"
- "We've been taught that awakening is difficult," explains Adyashanti, "that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now." True Meditation gives you the opportunity to reclaim the original purpose of meditation—as a gateway to "the objectless freedom of being."

3 CDs, 3½ hours or

106-page hardcover book, CD, 1 hour



THE ULTIMATE BRAIN

NEW!

STMM1027D

\$99.00

Is it possible to use sound to improve your brain capacity, intelligence, and creativity? An ever-increasing body of scientific evidence suggests that it is. Tom Kenyon, founder of the Acoustic Brain Research group and one of the foremost figures in the field of psychoacoustics, now brings together eight tested and verified sound programs from over two decades of research to let you develop The Ultimate Brain.

The underlying foundation of The Ultimate Brain is Tom Kenyon's "BioPulse™" technology—a subtle frequency that leads the brain naturally into different states to promote learning, creative visualization, and cognitive growth. By applying this innovative acoustic frequency in a wide array of programs, Kenyon has created a complete "gymnasium" for the brain that includes:

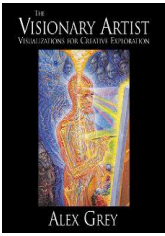
- Eight programs to transport you immediately from the everyday beta state to the relaxed focused alpha, the rejuvenating delta, or the dream state of theta
- Active exercises that build new neurological connections—physical pathways between the two hemispheres of the brain
- Guided visualization sessions to help you break free from the "perceptual boxes" that limit learning and innovative thinking
- Deep entrainment journeys through the "magic window" of alpha and theta to help you access powerful altered states for healing and insight

Since he began recording in 1983, thousands of Tom Kenyon's listeners have used these programs to create positive and lasting change in their brain capacity, mental acuity, and creative power. Collected together for the first time in The Ultimate Brain, you now have eight of this psychoacoustic pioneer's most potent and successful tools for helping you unlock the limitless potential of your own mind.

THE ULTIMATE BRAIN FEATURES:

- **The Ultimate Brain User's Guide:** How to best use each of these programs for both immediate impact and long-term results
- **Enhance Creative Problem Solving:** Working in the mid-alpha, this program has been documented to significantly improve analytical abilities, problem solving, learning, and visualization skills
- **Mind Gymnastiks:** Guided sessions along multiple brainwave frequencies for actively exercising specific areas of the brain.
- **Freedom to Change:** A theta brainwave program for breaking free from psychological limitations, including overcoming substance abuse, boosting self-esteem, and finding inner grounding
- **Ambient Support for Working, Learning, and Creating:** Background music to lower stress and induce an ideal mid-alpha state of focused alertness
- **Deep Rest:** Take a quick trip through the eminently refreshing low delta to mid-alpha cycles with "The 24-Minute Nap," "The 22-Minute Vacation," and "Sweet Delta" for extended relaxation
- **Deep Relaxation and Healing:** A gentle "brain massage" in the Theta range to help you dissolve tensions and drift into profound relaxation
- **Opening the Heart:** Based on an ancient mantra believed to be the "sound of the inner heart," a moving, calming experience in the relaxing theta range
- **Activate the Holographic Mind:** A potent aid to psycho-navigation through altered states, taking you into the deep Theta range of vivid dreams and visions

9 CDs, 8¾ hours



THE VISIONARY ARTIST

NEW!

Anyone who attempts self-expression through art has touched the “secret power of vision” from which all great art flowers. The artist Alex Grey, who has evoked awe, rapture, and controversy over the past 20 years, is our preeminent explorer of this deep realm where creativity and divinity merge. On *The Visionary Artist*, Grey’s first work on audio, he personally guides us to these mystical places through a full curriculum of intensive, mind-expanding visualizations.

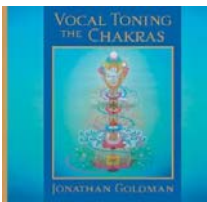
STAW0432D

\$29.95

A longtime student of meditation, shamanism, and transpersonal psychology, Grey leads listeners up and down the ladder of consciousness to retrieve the transcendental visions our souls are constantly painting. From exercises on form, color, and imagery – to the energetic structures of reality – to the universal source of all creation, Grey’s system for artistic exploration guides us along the sacred path of art, while dissolving the boundaries of reality along the way.

Artists in virtually any discipline will appreciate Grey’s view of art as a revelatory and healing force. The *Visionary Artist* plunges us into a mystery that is at least 40,000 years old: the true mission of art in human experience.

4 CDs, 38-page study guide, 3.25 hours



VOCAL TONING THE CHAKRAS

NEW!

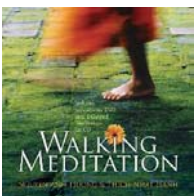
Modern science and ancient wisdom agree—everything is in a state of vibration. Pioneering sound healer Jonathan Goldman brings these two traditions together on *Vocal Toning the Chakras*, teaching listeners to harness the power of their own voices—and to bring each chakra humming to life, resonating and aligning these energy centers for health, wellness, and higher consciousness. Jonathan Goldman reaches thousands of people every year since founding the Sound Healers Association in 1982, through his books, recordings, and seminars presented all over the world. On *Vocal Toning the Chakras*, he brings decades of research and experience to the task of balancing the seven energy centers of the body. Each chakra impacts a different facet of overall health—when these centers are properly tuned, listeners will experience improved circulation, respiration, digestion, and state of mind.

STAW0929D

\$19.95

With *Vocal Toning the Chakras*, listeners will learn how to attune their minds to get the most out of these time-tested acoustic practices. For as Jonathan Goldman teaches: “When the right vibrations are matched with the right intent, there is no limit to the healing power of sound.”

2 CDs, 2 hours



WALKING MEDITATION

NEW!

What if every step you took deepened your connection with all of life and imprinted peace, joy, and serenity on the earth? With *Walking Meditation*, you will enjoy the first in-depth instructional program in this serene spiritual practice to help you walk with presence and peace of mind whether in nature or on a busy city street. Presented in a unique format that combines a book with a DVD and an audio CD, *Walking Meditation* features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, as they together illuminate the central tenets of this powerful art, including:

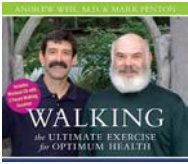
STBK1054

\$24.95

- How to recognize the miracle in simply walking—not as a means to an end, but as the opportunity to touch the fullness of life
- Reversing "habit energy" through the unification of body and mind
- Using walking meditation to work with difficult emotions such as anger and anxiety, and much more

There is a Buddhist concept known as *Apranihita*, or the spirit of "wishlessness," in which one neither pursues desires nor flees from discomforts. With *Walking Meditation*, practitioners from every spiritual tradition will rediscover "our home in the here and now, as the long road we all must walk turns to quiet joy."

CD, 1 ¼ DVD, 34 minutes, 56-page guidebook



WALKING: **NEW!**
THE ULTIMATE EXERCISE FOR OPTIMAL HEALTH **STAW0993D** **\$19.95**

Most of us enjoy walking, but not everyone knows how to turn this simple exercise into one of the most powerful self-healing tools known to medicine. On *Walking: The Ultimate Exercise for Optimum Health*, Dr. Andrew Weil joins Mark Fenton, the nation's foremost expert on walking, for an invigorating 2-CD program that gives listeners all the tools needed to begin a daily walking practice. On Part One, Dr. Weil and Mark Fenton explain the proven ways in which walking helps you look and feel younger, reduce stress, improve immune function, achieve your ideal weight, and more. On Part Two, listeners get walking with a fully programmable workout that features two warm-up options and five intensifying sessions, paced by cadence cues and motivating tips for each phase.

There are dozens of resources on walking for better health—but none with the ultimate walking coach alongside America's most trusted complementary health-care physician. Whether you're a seasoned walking enthusiast looking for an edge or taking your first steps toward a healthier tomorrow, with *Walking*, anyone can put their best foot forward to make the most of this enjoyable and life-changing exercise.

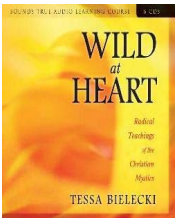
2 CDs, 27-page booklet, 2.5 hours



WAVE, THE **STVT0808D** **\$19.95**
GABRIELLE ROTH

From the pages of *Shape* and *Elle* to the *Utne Reader* and *New York Magazine*, Gabrielle Roth has been put in the spotlight for her revolutionary approach to dance as an ecstatic practice anyone can do. At packed workshops and retreats across North America and Europe, people who never thought they could dance are having a high-energy experience that frees the body and inspires the creative spirit. On her first home workout video, Gabrielle Roth introduces us to "The Wave," a moving meditation based on five universal rhythms that flow through our lives. Gabrielle teaches that each of these rhythms has the capacity to teach, catalyze, and even heal. As we join Gabrielle and her dancers (all non-professionals), we learn to improvise our own unique dance forms using every part of the body, from the inside out. "There is a dance that only you know how to do," Gabrielle says. *The Wave* makes it fun to experience the ecstasy of your body in motion – to some of the most irresistible high-energy dance music we've ever heard! 35 min

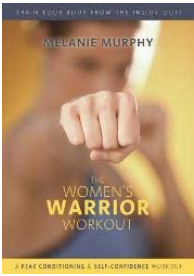
VHS or DVD 35 min



WILD AT HEART **NEW!**
STAF1074D **\$69.95**

Is an intimate experience of the Divine meant only for saints and mystics? Ask Tessa Bielecki, and the answer is an emphatic no. "Mystical experience is as natural to us as breathing," she explains. "It erupts spontaneously and graciously when we live on the spot and savor the real." *Wild at Heart* presents her call to you, the ordinary seeker, for a loving realization of God that is your divine birthright. A former Carmelite nun and abbess of a monastic community, Tessa Bielecki guides you through six hours of practical, easy-to-follow teachings—stemming from her forty years of communal worship—and an in-depth study of Christian mystics, including Saint Teresa of Avila, Saint John of the Cross, Saint Augustine, and others. Join her to rediscover the radiant heart of Christianity, and bring the mystic's depth of passion to your own spiritual practice.

6 CDs, 6 ¼ hours



THE WOMEN'S WARRIOR WORKOUT

NEW!

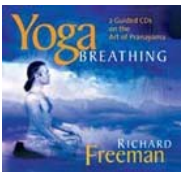
STVT0028D

\$19.95

Inside an award-winning dojo in Boulder, Colorado, a remarkable transformation is taking place among the women there. They are learning a system for self-protection that was created by a woman—for other women. And though the workout pace is intense, they radiate power and calm from within their bodies, where all true warriorship begins. On The Woman's Warrior Workout, you will learn to train your body and your mind from the inside out, for maximum self-confidence in any situation. Teacher Melanie Murphy—named "Instructor of the Year" four times by the National Karate Association—shares with you the mental and physical building blocks of her StreetWize™ self-defense curriculum for women. Here is Melanie Murphy's no-nonsense response to the fact that 46% of all women will face an assault sometime in their lives. No matter what your size is, or your athletic ability, here is an intense, concentrated conditioning program for mental, physical, and spiritual preparedness. You will learn the secret for making yourself an undesirable target for potential attackers; how to spot trouble before it starts; and mental techniques to prepare yourself for instant action. Challenge yourself to practice this program for prevention and preparedness three times a week. Soon you will learn to walk with serenity and strength, protected by the "weapon of knowledge" that comes from The Woman's Warrior Workout.

Learn more about:

- A complete 35-minute workout to create a powerful Warrior Body
- Zanchen: your inner weapon for presence of mind
- Upper-body strength: why it is crucial, and how to build it up
- Simple steps for self-protection—without moving a muscle
- Tenacity and will power: how to cultivate them
- Exercises that build strength, endurance, and self-reliance—all at the same time
- The same philosophy and conditioning program taught in the StreetWize system of self-defense DVD, 40 minutes



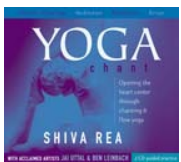
YOGA BREATHING: 2 GUIDED CD'S ON THE ART OF PRANAYAMA RICHARD FREEMAN

STAW0622D

\$24.95

"A presentation that should be in every serious Yoga student's library, one that you will want to listen to again and again." -Yoga Journal The Sanskrit word pranayama means "to release life energy from its bounds." When practiced correctly, this powerful form of yogic breathwork has the ability to reveal the intricate web of your thoughts, physiology, and energetic patterns – to quiet your mind and heighten receptivity – and to open you to "the intrinsic radiance of Being." On Yoga Breathing, Richard Freeman, director of the Yoga Workshop in Boulder, Colorado, invites you to learn the essential principles and techniques of pranayama. Every breath you take, teaches Freeman, can serve as a guiding thread into the depths of yoga – a place of freedom and immediacy of awareness that begins on the practice mat and gradually extends into each moment of your life. Yoga Breathing distills the secrets of this essential inner work into two complete home practice sessions designed to guide you, breath by breath, to greater vitality and health.

2 CDs 2.5 Hrs \$24.95



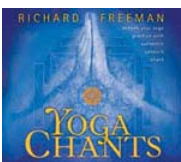
YOGA CHANT (CD)

Nourish Your Heart Center ... Release Inner Blockages ... and Open to the Divine Path of Love. The journey of all yogas, in every tradition, leads us to a single destination: an open and loving heart connected to the Source. On Yoga Chant, instructor Shiva Rea – with acclaimed world music artist Jai Uttal and musician Ben Leinbach – guides you into a transformative "inner yoga" practice of the heart where you will experience:

STAW0563D

\$24.95

2 CDs, 2 hrs.



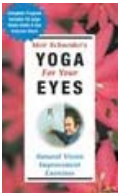
YOGA CHANTS: DEEPEN YOUR YOGA PRACTICE WITH AUTHENTIC SANSKRIT CHANT RICHARD FREEMAN

STAW0852D

\$19.95

Drawing from the Upanishads and other classical Yoga texts, Yoga Chants helps you invoke the sacred, find deeper meaning and empowerment, and reach the ultimate goal of all Yoga-liberation.

2 Hrs 2 CDs



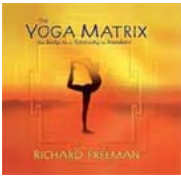
**YOGA FOR EMOTIONAL FLOW:
FREE YOUR EMOTIONS THROUGH YOGA BREATHING,
BODY AWARENESS, AND ENERGETIC RELEASE** STAW0685D \$24.95
Stephen Cope offers a life-changing yoga-based strategy for "riding the wave" of our emotions in even the most challenging situations.

2 CDs 2.5 Hrs



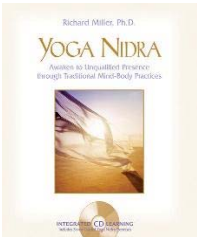
**YOGA JOURNAL'S
YOGA STEP-BY-STEP HOME PRACTICE SYSTEM** STAW0837D \$26.95
Yoga Journal's Yoga Step-by-Step™ Home Practice System has everything you need to build an effective home practice that will continue to challenge you as you progress. With a focus on correct technique, acclaimed yoga teacher Natasha Rizopoulos helps you build strength, flexibility, balance, and confidence step by step in one comprehensive program. You'll master basic beginning poses such as Sun Salutes, move on to tension-releasing bends and twists, and advance to more challenging asanas (postures) such as headstands and hand balances.

3 CDs 3.5 Hrs 24-page study guide 40 photo-illustrated card



**YOGA MATRIX, THE
RICHARD FREEMAN** STAF0761D \$69.95
The renowned instructor Richard Freeman immerses us in the rich teachings and sutras that inform the many schools of yoga, and reveals how the body can serve as the ultimate laboratory, temple, and place of pilgrimage for spiritual inquiry. Looking back 5,000 years, Freeman uncovers the living roots of yoga philosophy, and observes how they have grown into many schools, techniques, and philosophies that are united by a vast, interpenetrating "matrix" which holds the key to understanding yoga's full depth and greater purpose. Created Especially for Serious Students of Yoga in the West.

7.5 Hrs 6 CDs



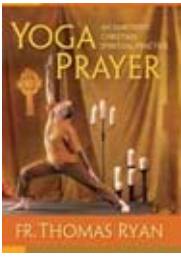
YOGA NIDRA: THE MEDITATIVE HEART OF YOGA NEW! STBK0975D \$19.95
One of the most enjoyable parts of a yoga class comes when we rest in savasana—the "corpse" pose—and realize deep serenity, a sense of effortless joy, and a glimpse into our true nature as unqualified presence. How is this so? Master teacher Richard Miller explains that this experience is a manifestation of yoga nidra, the meditative state of mind-body union at the heart of all yoga practice.

A powerful integration of book and CD audio learning, Yoga Nidra is an ancient tantric yoga path that leads to inner freedom. Through accessible language appropriate for any level of practice, Miller takes us step by step through the traditional techniques of relaxation and meditation to help us move toward the realization of "unqualified presence"—the ultimate aim of yoga—a goal unreachable through posture practice alone. Through his expert guidance, students will experience:

- Deep relaxation for relief from day-to-day stress
- The development of "one-pointedness"—a key to spiritual awakening
- Healing from painful emotions, such as fear, grief, and anger
- More effective and energizing sleep, and much more

Suitable for both beginners and advanced practitioners—but new to most Westerners—Yoga Nidra provides an unmatched way to experience the culmination of the art of yoga, and the deeper physical, emotional, and spiritual rewards that are its promise.

Book 104 pages, CD 1.25 hours



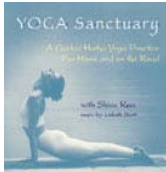
YOGA PRAYER: AN EMBODIED CHRISTIAN SPIRITUAL PRACTICE

As many as half of America’s estimated 15 million yoga practitioners come from a Christian background. On Yoga Prayer: An Embodied Christian Spiritual Practice, Catholic priest and yoga instructor Thomas Ryan shows viewers that Christians can use yoga to experience their own faith more deeply and express it holistically. Ryan seamlessly harmonizes prayers like Psalm 84, the Peace Prayer of Saint Francis, and the Beatitudes with vitalizing yoga postures to create a uniquely powerful spiritual practice. “If you have never experienced the physicality of prayer,” Ryan promises, “a fresh experience awaits you.” Produced by Paulist Productions.

STVT0854D

\$19.95

1 DVD, 91 min



YOGA SANCTUARY

Now, for the first time, yoga practitioners – guided by a leading expert – can design their own individualized programs with Yoga Sanctuary. The first complete hatha yoga class to be offered on compact disc, Yoga Sanctuary is the most flexible, convenient tool ever devised for self-directed practice. Ideal for both experienced beginners and advanced practitioners, Yoga Sanctuary includes an elegant 26-page booklet with photos of all 64 postures and other tools to enhance your experience.

STAW0436D

\$24.95

2 CDs, 2 hours



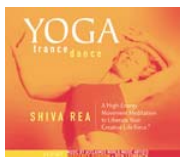
YOGA SHAKTI: THE COMPLETE PRACTICE OF VINYASA FLOW YOGAYOGA SHAKTI SERIES: TRANSFORMATIONAL VINYASA FLOW PRACTICE

Internationally acclaimed vinyasa flow yoga teacher Shiva Rea revolutionizes the instructional yoga video genre with Yoga Shakti—the first user-personalized practice DVD designed to immerse practitioners in the free flow of shakti, the dynamic, creative fire of the universe. Filmed on location in India and the Maldiv Islands on stunning digital video, Yoga Shakti integrates tradition and modern innovation in a powerful new learning system that evolves with the student. Viewers simply select their favorite practices from a simple-to-use “yoga menu”—filled with a rich variety of moving postures, meditations, and shavasana relaxations—and then press “play” to enjoy. To help them get started, Shiva Rea includes a complete list of suggested sequences, ranging from five-minute “tune-up sessions” to extended hour-long yoga immersions. With Yoga Shakti, yoga lovers of all levels are invited to infuse their home practice with joy, vitality, and spontaneity—and to release shakti, the energetic essence within.

STVT0819D

\$29.95

2 DVDs 4.5 Hrs



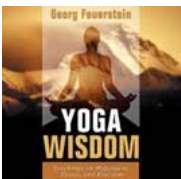
YOGA TRANCE DANCE

Yoga and dance are two great rivers that lead us back into our bodies and rejuvenate us with prana – the vital energy of life. Yoga awakens the breath, fluidity of the spine, and inner power. Free-form trance dance cultivates natural movement, intuition, and creativity. Now, with Yoga Trance Dance you can experience the benefits of both these traditions – in one energized workout.

STAW0562D

\$24.95

2 CDs, 2 hrs.



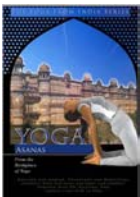
YOGA WISDOM: TEACHINGS ON HAPPINESS, PEACE, AND FREEDOM

Georg Feuerstein introduces yoga practitioners to the "endangered mental and spiritual disciplines" of this ancient philosophy for living.

STAW0675D

\$24.95

2 CDs 2.5 Hrs



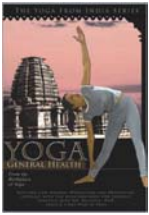
YOGA: ASANAS (DVD)

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul, create the symphony of life. Yoga positions or asanas are the best for toning muscles, lubricating joints and massaging the body. Yoga postures bring physical as well as mental stability, health and vigor. These asanas were developed thousands of years ago and have evolved over centuries. They work wonders in keeping the body healthy and the mind peaceful. Dr. Sujatha is the first Indian to receive a Doctorate in Yoga and completed a study on how asanas, pranayama and meditation effect the mind and body.

TMA7007DVD

\$29.95

DVD Video 70 min



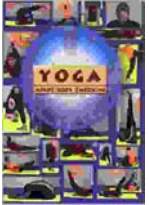
YOGA: GENERAL HEALTH

Discover how yoga can improve your general health, help activate the body's natural healing capacity and even slow the aging process. Yoga is an enjoyable exercise that explores the mind, body and breath connection to help slow the aging process by increasing mobility and relaxation and decreasing stress. Activity that opens the heart, strengthens the back and balance with the breath. Stay as young and healthy as you feel.

TMA7030DVD

\$29.95

DVD Video 120 min



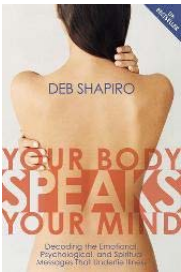
YOGA: MIND BODY CONNECTION (DVD)

Yoga works wonders in keeping the body healthy and the mind peaceful. The rhythm of the body, the melody of the mind, and the harmony of the soul, create the symphony of life. Yoga positions or asanas are the best for toning muscles, lubricating joints and massaging the body. Yoga postures bring physical as well as mental stability, health and vigor.

TMA7006DVD

\$29.95

DVD Video 120 min



YOUR BODY SPEAKS YOUR MIND

NEW!

We all know how we cry tears when we are sad or get "butterflies" in our stomach when we are nervous. These are simple connections between the mind and the body that are easy for us to understand. But what about the bigger issues, when the body gets ill, diseased, or damaged? Now with Your Body Speaks Your Mind, Deb Shapiro—author of The Body Mind Workbook and Unconditional Love—shows you a practical way to learn the language of your body so you can understand how your thoughts and feelings directly affect your physical health. "The body shows us what we are unconsciously ignoring, denying, or repressing," she says. With her breakthrough book, readers learn:

STBK1003D

\$19.95

- A system-by-system guide to your body that reveals what it is telling you about yourself
- A cross-referenced index of symptomatic illnesses, from headaches to pneumonia, and the emotional imbalances they symbolize
- Creative visualization and meditation techniques on CD to enhance your ability to listen to, communicate with, and heal your body, and more

"Healing is a continual journey—one of embracing ourselves ever more deeply," explains Deb Shapiro. Your Body Speaks Your Mind takes you on that journey, deepening your relationship with your own mind and body. Revised and updated UK bestseller.

1 CD, 1 hour, book, 360 pages

METAPHYSICS, PHILOSOPHY, POETRY, DREAMS, MYSTICISM



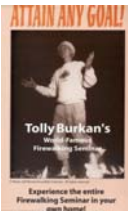
ACCESSING THE MYSTIC

Science and spirituality collide when biologist Rupert Sheldrake and postmodern theologian Matthew Fox, explore the practical aspects of mysticism and the attainment of higher levels of consciousness. In Accessing the Mystic you will learn how the marriage of science and spirituality can deepen the wonder and mystery in everyday life. Discover comprehensive steps you can take to personally access and experience higher levels of consciousness and a mystical reality that exists inside each of us. Learn four practical paths (Via Positiva, Via Negativa, Via Creativa, Via Transformativa) that lead to mysticism and how changing consciousness and creating mystical experiences can be a common daily occurrence. Exhilarating ideas and fascinating discussion for both the scientific and spiritually minded.

UFK467

29.95

2 DVD 134 minutest



ATTAIN ANY GOAL WITH FIREWALKING

NEW!

“This seminar was one of the most profound experiences of my life.” - Andrew Weil, M.D.

PPMC1A

\$29.95

The complete firewalking seminar from Tolly Burkan, the “father of firewalking.” Learn methods for overcoming fear and self-limiting beliefs, to help achieve your life goals in relationships, business, athletics or health. Feel empowered, confident and more alive.

DVD Disk 2 hrs

BARAKA

Two thumbs up! - Siskel and Ebert, "Dazzling!" An awesome cinematic world tour. - Stephen Holden, New York Times Magnificent! Visionary, shimmeringly beautiful. Baraka, an ancient Sufi word with forms in many languages, translates as a blessing, or as the breath or essence of life from which the evolutionary process unfolds. A transcendently poetic tour of the globe, Baraka was shot in breathtaking IMAX 70mm format in 24 countries on 6 continents. A film as awesome as its images. A dazzling collection of life on this planet.

SV2105

\$29.95



BARAKA- COLLECTOR'S EDITION DVD

'Two thumbs up!' Siskel & Ebert 'Dazzling!' An awesome cinematic world tour.'-Stephen Holden, New York Times 'Magnificent! Visionary, shimmeringly beautiful. A film as awesome as its images. A dazzling collection of life on this planet.' -- Kevin Thomas, Los Angeles Times Baraka, an ancient Sufi word with forms in many languages, translates as a blessing, or as the breath or essence of life from which the evolutionary process unfolds. A transcendently poetic tour of the globe, Baraka was shot in breathtaking IMAX 70mm format in 24 countries on 6 continents. With music by Michael Stearns and Dead Can Dance. Baraka must be seen, felt and experienced! Understood. DVD includes 16x9 Anamorphic Features, Interactive Menus, Chapter Searches, Dolby Digital 5.1 Sound, Behind-the-Scenes Features

SV2106

\$29.95



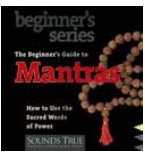
BEGINNER'S GUIDE TO MANTRAS (CD)

Use the Power of Sacred Sound to Create Health, Abundance, Creativity, and Spiritual Insight in Your Life. , You will learn India’s long-secret tradition of mantra – a powerful “inner technology” for clearing your mind ... removing hidden life obstacles ... and attracting abundance in every arena of your life, from careers to relationships to artistic pursuits. Thomas Ashley-Farrand, one of the West’s leading authorities on mantras, teaches you everything you need to know to get started. Includes detailed guidance for intoning each chant with precision – a key to their effectiveness.

STAW0582D

\$15.95

CD, 73 min.



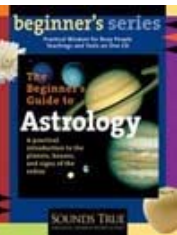
BEGINNER'S GUIDE TO ASTROLOGY, THE

The study of astrology remains one of the most complex and easily misunderstood tools for self-knowledge. Now, Nan de Grove, a student and teacher of this ancient cosmology for over 25 years, tells the basics of the signs, houses, and planets on The Beginner’s Guide to Astrology. In one 70-minute CD session, De Grove shares the fascinating history of astrology and lessons from some its legendary explorers and defenders; instruction on reading your own chart; and insights into the archetypes and mythic themes of the zodiac as they relate to everyday life. For anyone who’s ever been confused about the true workings of this vast field of inquiry, The Beginner’s Guide to Astrology is a practical guide that makes available to everyone the wisdom of this perennial science. Includes illustrated study guide with glyphs, learning resources, and more.

STAW0744D

\$15.95

1 CD 1.25 Hrs 6 page study guide



BEGINNER'S GUIDE TO CONTEMPLATIVE PRAYER IN THE CHRISTIAN TRADITION, THE

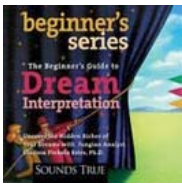
Discover Christianity's unique path for experiencing God directly through meditation. With step-by-step guidance for getting started with a daily contemplative practice.

STAW0659D

\$15.95

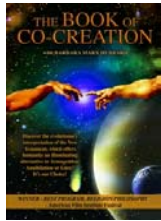
1 CD 1.25 Hrs





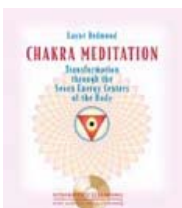
BEGINNER'S GUIDE TO DREAM INTERPRETATION, THE UNCOVER THE HIDDEN RICHES OF YOUR DREAMS WITH JUNGIAN ANALYST CLARISSA PINKOLA ESTES, PH.D. STAW0680D \$15.95
 An accessible new primer from this eloquent Jungian authority on unraveling the meaning of dreams and their archetypal power.

1 CD 1.25 Hrs



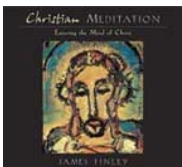
BOOK OF CO-CREATION, THE PPMD2A \$24.95
 With grace, clarity and inspiring insights, Barbara Marx Hubbard, President of the Foundation for Co-Creation, co-founder of Global Family, mother of five, author, visionary and lecturer tells the story of her spiritual experience. The Book of Co-Creation leads us from our egocentric birth to God-centered universal life for all. This alternative to Armageddon is a perspective based on a co-creative relationship with God, each other and the earth. The video is divided into chapters so that viewers can reflect and discuss the subject matter contained within each chapter.

DVD Disk 90 min NTSC



CHAKRA MEDITATION STBK0813D \$19.95
 “Seven.” What secret does this number hold? For thousands of years, ancient wisdom traditions have taught us that there are seven heavens, seven planes of experience, or seven dimensions of consciousness that must be awakened to obtain spiritual enlightenment. They are said to exist within our own minds and bodies, and are known in the Indian yogic tradition as chakras. Now, Layne Redmond—acclaimed author of *When the Drummers Were Women*—gives readers an interactive journey through these seven vital energy centers with *Chakra Meditation*. Accompanied by an interactive CD, she teaches us the traditional practices used to balance each of the chakras. These practices are designed to remove energetic obstacles and blockages in order to transform and revitalize our tissues and cells, not only to create a radiant body and mind, but also to increase that internal flow of energy that will dissolve troubling Chakra Meditation is the only book-and-CD combination that incorporates visualization exercises, chanting, ritual drumming, and sacred music to tour your own inner world of the seven chakras.

CD 1.25 Hrs 85-page hardback book



CHRISTIAN MEDITATION: PRACTICES AND TEACHINGS FOR ENTERING THE MIND OF CHRIST STAF0679D \$69.95
 In 1967, Thomas Merton traveled to Thailand, seeking to further the Buddhist-Christian dialogue that was his passion. It was to be his last journey. This beloved Trappist monk and explorer of the inner life died unexpectedly that trip, but not before writing a final letter to his brothers at the Abbey of Gethsemani in Kentucky. In it Merton wrote that he now realized that everything he had been searching for could be found at his own hermitage, within the Christian tradition. It is in this spirit, with respect for all faiths, that James Finley offers *Christian Meditation*, an audio retreat on the fundamental practices at the heart of Christianity’s own unique meditation tradition. Beginning with an overview of the Christian contemplative tradition and its historical roots, and complete with step-by-step instructions in how to progress in your own practice, Finley offers a personal retreat experience for you to practice along with, at your own pace. In 12 complete sessions – over 7 Hrs of basic instruction with the beginner in mind – James Finley guides you along this path of awakening, in order to glimpse the “infinite union that holds the secret of who we really are.” Over seven Hrs of teachings, practices, and meditations in the Christian tradition

6 CDs in binder 7.5 Hrs



CLEAR MIND, WILD HEART: FINDING COURAGE AND CLARITY THROUGH POETRY

STAF0633D \$69.95

In the middle of the road of my life I awoke in a dark wood, where the true way was wholly lost.” When you find yourself without bearings, as Dante Alighieri voiced so well centuries ago, where will you look for guidance? Throughout the ages, teaches David Whyte, the language of poetry has held the power to lend us courage ... to give us the vision of those who endured ... and to hazard ourselves boldly at the “fierce edges” of our lives. On Clear Mind, Wild Heart you will join this acclaimed poet and teacher to engage with the poetic imagination as your companion and guide for the difficult terrain we are all traversing. “The language of poetry takes us outside of our small selves and calls us to look at ourselves and the world with open eyes,” teaches David Whyte.

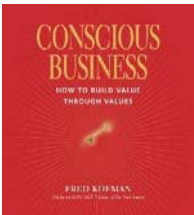
6 CDs 6 Hrs \$69.95

COMPLETE GUIDE TO CHANNELING, THE NEW!

Learn how to talk with spirit – from connecting and hearing your inner self, or your Spirit Guide, or to channel a high being. With Lazaris, Barbara Marx Hubbard, Terry Cole Whittaker, Ken Carey and crystal expert, Marcel Vogel. Produced by Penny Price.

PPMB5 \$29.95

(DVD) 58 min



CONSCIOUS BUSINESS: HOW TO BUILD VALUE THROUGH VALUES NEW!

More and more business leaders are catching on to an often overlooked fact: consciousness is our basic faculty for survival and success. Without it, we forget what’s important to us and lose sight of the steps we might take to reach those goals. "Conscious business," explains Fred Kofman, means shining this awareness on every area of your work: in recognizing the needs of others and expressing your own—in seeing the hidden emotional obstacles that may be holding your team back—in making good decisions under pressure—and even in delving into such "spiritual" questions as "Who am I?" and "What is my real purpose here?" in Conscious Business, this visionary teacher and consultant to Google, Microsoft, Yahoo! and other leading companies presents the complete training manual in the breakthrough techniques he has shared with over 20,000 executives on four continents, including:

- Unflinching integrity, the key to "success beyond success"
- Why culture, not know-how, is the best place to first focus a company’s improvement efforts—and how to pull it off
- Right leadership, and how it translates into making more money

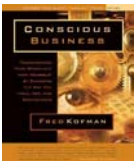
"A conscious business fosters peace and happiness in the individuals, respect and solidarity in the community, and mission accomplishment in the organization," teaches Fred Kofman. With Conscious Business, you hold the definitive resource for maximizing profit and potential in the workplace and beyond.

(3CD) STAW1094D \$24.95

(BOOK) STBK1071 \$24.95

Created by Fred Kofman as a companion to the book, the Conscious Business audio program explores key insights in greater depth in an engaging seminar format.

3 CDs, 3 ¾ hours
Hardcover book, 360 pages

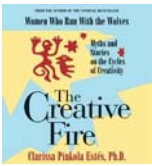


CONSCIOUS BUSINESS: TRANSFORMING YOUR WORKPLACE (AND YOURSELF) BY CHANGING THE WAY YOU THINK, ACT, AND COMMUNICATE NEW!

STAF0940D \$69.95

Consciousness, teaches Fred Kofman, is the capacity to observe, choose, and act in accord with your values. And “conscious business” means using that ability at every level of your work: in being aware of the needs of others and expressing your own—in seeing the hidden emotional obstacles that may be holding your team back—in making good decisions under pressure—and even in delving into such “spiritual” questions as “Who am I?” and “What is my real purpose here?” On Conscious Business, you will join this visionary teacher and founder of Leading Learning Communities to master these skills. Higher Consciousness, Real World Results

12 CDs, 9.5 hours



THE CREATIVE FIRE

NEW!

In Search of La Chispa: The Elemental Source of Your Creativity

STAW0211D

\$24.95

Expanded two-tape edition of the classic on creativity by Dr. Clarissa

Pinkola Estés guides you through the dark labyrinths of the psyche in search of la chispa – the ember that is the elemental source of all creative work. Dr. Estés teaches about the hidden aspects of creativity, including the negative complexes that prey upon creative energy. The Creative Fire includes many special insights for people who create for a living: artists, writers, teachers, and others who must depend on their creative instincts every day.

3 CDs, 2.75 hours



do YOU do it,
or does IT do you?
how to let the universe meditate

DO YOU DO IT OR DOES IT DO YOU?

NEW!

Where Does “You” End — and the Universe Begin?

STAW0964D

\$29.95

Do you “do it” — that is, are you really in charge of your intentions, emotions, and actions? Or, as Alan Watts suggests, is the universe “doing you” — manifesting the grandeur and wonder of the cosmos through the astonishing phenomenon known as “you”? On *Do You Do It or Does It Do You?*, legendary “spiritual entertainer” Alan Watts invites you to peek behind the curtain and learn that you are not just a performer in life’s drama — you are also the one who writes the script. Alan Watts’ undeniable gift for startling audiences into deeper levels of insight made him the West’s most celebrated ambassador of Eastern spirituality. Now, carefully chosen from the Watts audio archives, comes a teaching session that exemplifies his sublime vision, accessibility, and humor

Do You Do It or Does It Do You? is one of Alan Watts’ most engaging and profound seminars — bringing his trademark eloquence and mischievous insight to the possibility that we may be much more than who think we are. Includes rare guided meditation sessions with Alan Watts.

4 CDs, 4 1/4 hours

DREAM GATES

NEW!

The Hidden World of Your Dreams

STAF1064D

\$69.95

What is a dream? Random brain activity—a “cartoon” projected onto the screen of your mind? Or could your dreams be a portal to another reality—a dimension where the past, present, and future fuse into a secret frontier of unlimited possibilities? On *Dream Gates*, master dream explorer Robert Moss shows you how to use actual dreamwork practices and your own innate skills to confidently explore the riches of this infinite realm.

Entering the Gates of Dreamtime

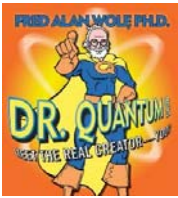
Through a series of near-death experiences in his childhood, Robert Moss first grasped the great keys to dream navigation. What he learned, Moss later discovered, held striking parallels to Iroquois soul journeying, the ancient Greek Asklepian dream-healing arts, aboriginal dreamtime, and shamanic techniques used in native cultures throughout the world. To the shaman, “The Dreaming” is accessible to anyone. It is the true reality that guides every facet of our waking world. Each one of us, says Moss, can invoke this untapped source of healing, spirit guidance, insight, and transport across dimensions.

A Passport to Inner Adventure

Dream Gates takes you through a complete training course for the inner adventurer, where you will learn—through guided dream inductions and exercises—how to traverse the uncharted expanses of dream reality. What are the keys to “conscious dreaming”? How can you develop your powers of dream precognition? What are the most effective ways to tap your dreams for insight, creativity, and healing? In this expansive, 12-session workshop, you will develop dream skills for embarking on routes to other worlds ... tracking down hidden knowledge ... and returning with it to waking life.

Albert Einstein once revealed that the inspiration for his theory of relativity came to him in a dream state. Each of us, each night, has within reach this source of unlimited wisdom and vision. Now, you can learn to venture through the portals of your own Dream Gates.

8 CDs, 9 hours



**DR. QUANTUM PRESENTS:
MEET THE REAL CREATOR - YOU!**

NEW!

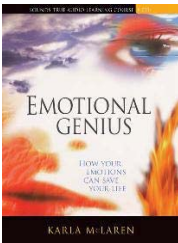
STAW0976D

#29.95

The more you learn about quantum physics, the more you wonder: who is really creating your reality? Fear not: Dr. Quantum, superhero of spiritual science, is here to help you Meet the Real Creator—You! Join this champion of modern thought (sometimes known by his alter ego, Dr. Fred Alan Wolf) on a quest for truth through the strange reality of quantum physics. Listeners will discover how we participate in the manifestation of each moment, why the universe only seems to be beyond our ability to control, and how we can use the principles of cutting-edge science to truly take charge of our lives.

Whether he's rescuing listeners from confusion about subatomic subtleties or breaking down the barriers between science and spirit, Dr. Wolf sets the standard for bringing quantum physics down to earth—and into our lives.

4 CDs, 4.5 hours



**EMOTIONAL GENIUS:
HOW YOUR EMOTIONS CAN SAVE YOUR LIFE**

STAF0987D

\$69.95

“Emotions are celebrated and repressed, analyzed and medicated, adored and ignored – but rarely, if ever, are they honored,” teaches Karla McLaren. For more than thirty years, this respected author and empathic healer has searched for the practical tools we need to stop struggling with our emotions and start engaging them in the real world of our relationships, family life, career, and inner development.

Emotional Genius shares what she discovered: that each of your emotions carries the specific information and energies you need to heal the wounds of your past and respond wisely in any situation. For example, your anger may contain the crucial insights you need to change a self-defeating behavior, while your fear may hold the energies and memories you need to resolve a crisis most effectively. How well you use these encoded resources, teaches McLaren, is the measure of your “emotional genius.”

Now, in this eyeopening practicum on the inner workings of the psyche, you will learn how to release the mental and physiological patterns that block healthy emotional flow – overcome the persistent cycles that perpetuate depression, anxiety, and other troubling emotional states – and experience the gifts of your own Emotional Genius.

8 CDs, 9.5 hours, 22-page study guide



EMPTINESS DANCING

NEW!

STBK1038

\$18.95

"There is something about you brighter than the sun and more mysterious than the night sky."

Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In Emptiness Dancing, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation.

From the first stages of realization to its evolutionary implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and "spiritual addiction" to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti's wisdom an understanding and ever-ready guide to "the full wonder of your infinite self-nature."

Book, 224 pages



**END OF REINCARNATION:
BREAKING THE CYCLE OF BIRTH AND DEATH**

NEW!

STAW1041D

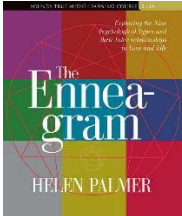
\$19.95

Sometimes the truth really is stranger than fiction, and for Gary Renard—best-selling author of *The Disappearance of the Universe*—such was the case. In 1992, two "ascended masters" appeared before him to impart the teachings from *A Course in Miracles*. Before their arrival, Renard had never heard of this modern spiritual text. Over the next nine years they met with him frequently to teach him its complexities. Now, on *The End of Reincarnation*, Gary Renard offers a practical understanding of the Course's core principles, including:

- How "projection makes perception": specific teachings from the Course to see how our ego influences the way we look at friends, family, and co-workers
- True forgiveness: a thought-process technique to release those who have harmed you—and yourself—from any perceived guilt
- How to work on the level of cause to cultivate more strength and power, and to bring lasting positive effects into every situation of your life, and more

"I understand now that reincarnation is only something that appears to happen," Renard explains. "It's just a continuation of the dream of birth and death." Distilled for people who have been curious about *A Course in Miracles*—as well as for continuing students who would like to deepen their studies—*The End of Reincarnation* illuminates the peace available when we awaken from the dream, and catalyzes our experience of oneness with all of creation.

2 CDs, 2½ hours



THE ENNEAGRAM

We do not all experience the world — or each other — in the same way.

STAF0971D

\$69.95

The joys and sorrows of relationship and career can be understood only through the eyes of the beholder. On Helen Palmer's *The Enneagram* you will learn a vital system of sacred psychology capable of stunning insights into our lives and loves. The Enneagram is one of the world's oldest models for understanding how humans relate to each other and the divine. In different forms, Buddhists, Sufis and Christians have used it for many centuries. Today we use it, not only as a tool for greater self-knowing, but also to "see" how loved ones, co-workers and others face the difficulties in life. It is a way of sacred wisdom that can help you break out of your trance-like state of limited awareness and open to the gifts of the spirit. Derived from the Greek words ennea ("nine") and gram ("model"), the term refers to the nine central passions that recur in spiritual traditions. The Enneagram allows you to identify which "type" of passion dominates your personality. This is your key to overcoming the veil of illusion that limits your perception to only one-ninth of reality. Join this eminent scholar and teacher of the Enneagram for over eight hours of in-depth instruction.

8 CDs, 8.75 hours, 25-page study guide

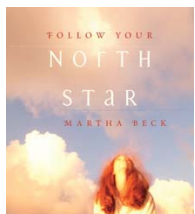


**FLIGHT: RHIANNON'S INTERACTIVE GUIDE TO
VOCAL IMPROVISATION**

STAW0469D

\$24.98

Acclaimed improvisational vocalist Rhiannon teaches how to leave the sheet music behind and start "cutting loose" in the jazz, gospel, Latin, and African traditions.
2 CDs 2.25 Hrs 21-page study guide \$24.98



FOLLOW YOUR NORTH STAR

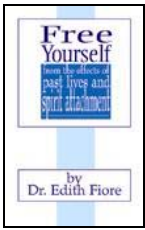
NEW!

STAW0926D

\$29.95

Over two million readers a month look to Martha Beck for her advice in *O: The Oprah Magazine*. Now, here's the audio workshop her readers have been waiting for: her all-in-one guide for recognizing your life's purpose, staying on course, and reaching your fullest potential for happiness. On *Follow Your North Star*, Beck offers straightforward-yet-simple tools for "charting" your life path by following the unchangeable "true north" markers of your life. "The terrain along the journey of life is spectacularly varied," teaches Martha Beck. "But the one thing that will never change is that your true nature will always urge you toward your destiny."

4 CDs, 4.5 hours



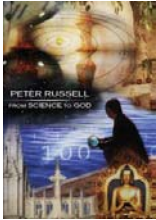
FREE YOURSELF FROM THE EFFECTS OF PAST LIVES AND SPIRIT ATTACHMENT

WL110

\$19.95

In a workshop environment, Dr. Edith Fiore explores the relationship between past lives and our current problems, self-hypnosis and Earthbound spirit attachment along with effective releasing techniques. A clinical psychologist and specialist in abductions by extra-terrestrials, Dr. Fiore has trained more than 1000 professionals nationally and internationally and is the author of *You Have Been Here Before*, *The Unquiet Dead*, and *Encounters*.

Video 120 min. NTSC



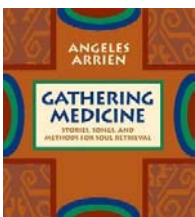
FROM SCIENCE TO GOD NEW!

PPME4

\$24.95

Acclaimed author, philosopher, physicist, Peter Russell's newest program explores the mystery of human consciousness. If you liked *What the Bleep*, you'll love this program. Russell explores: why we have an inner world; how consciousness is present in all things; why a unique individual sense of self is an illusion; how we create our identity; how to attain inner peace and harmony; the importance of living in the NOW. The program utilizes high-concept animation and stunning visuals.

DVD Disk 23 min NTSC



GATHERING MEDICINE

NEW!

STAW0237D

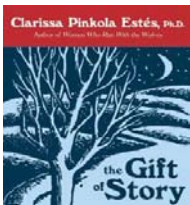
\$19.95

What lessons can the modern seeker of truth gain from the shaman's way? Join respected anthropologist and folklorist Angeles Arrien as she bridges the past with the present to find powerful methods based on the shamanic tradition for gaining clarity and direction in your life.

The shamans' way, offers Angeles Arrien, is to "gather medicine" by reconnecting with yourself on the deepest internal level. This "soul work" utilizes imagery, reflective questioning, dream work, and storytelling to help you integrate inner and outer experiences. Thus you travel the "fourfold path" of the ancients to find your personal truth—the way back home. *Gathering Medicine* contains stories, spiritual teachings, and ideas for using timeless shamanic principles in your own modern-day life.

Topics include: your body's inner wisdom; the shape-shifter; the four rivers (inspiration, challenge, surprise, and love); three types of vocal energy; Rainbow Hoop and Medicine Wheel meditations; and much more.

2 CDs, 2 ½ hours



THE GIFT OF STORY

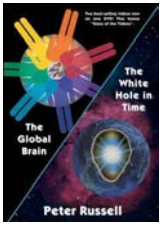
NEW!

STAW0228D

\$14.95

There is a gift so simple that it requires no ribbons for wrapping, yet which is so miraculous, it has the power to transform our lives. This is *The Gift of Story*, a tale of love and wisdom from Dr. Clarissa Pinkola Estes, eminent psychoanalyst and author. When an old woman flees to a hut in a lonely forest, begins Dr. Estes, she seeks safety from the savage war that has devastated her village. What sustains her is the greatest of all gifts: a story. One healing tale leads to another, creating stories that each speak eloquently to the question, "What is Enough?" Handed down to Dr. Estes by elders within her own foster family, these stories are born of deep suffering; each one pays tribute to the human spirit. Heart-warming and fertile with strong symbols, *The Gift of Story* is a seed that will bear a rich and lasting fruit within your own family. As Dr. Estes says, "Though none of us will live forever, our stories can. As long as one soul remains who can tell the story ... the greater forces of love, mercy, generosity, and strength are continuously called into the world."

1 CD, 48 minutes



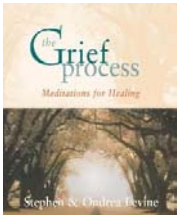
GLOBAL BRAIN/WHITE HOLE IN TIME

The Global Brain is a moving presentation which explores the theory that the Earth is integrated, self-regulating living organism and asks what function humanity might have for this planetary being. Using a rich variety of visual images and specially generated graphics, this program presents an inspiring and optimistic vision of humanity's future in a dynamic and captivating form. The White Hole in time, explores the evolutionary patterns behind our ever-accelerating rate of development and asks "Why is it that a species that is in many ways so intelligent can also behave in ways that are seemingly so insane? Using hundreds of images that span the breadth of creation, this beautiful and moving production shows that the global crisis now facing is, at its root, a crisis of consciousness.

PPME5

\$29.95

DVD • 62 min



THE GRIEF PROCESS

NEW!

Who grieves? According to Stephen and Ondrea Levine, we all do. "Whether it manifests as self-judgment, as fear, as guilt, as anger and blame," they teach, "everyone has grief." The Grief Process is an in-depth workshop with Stephen and Ondrea Levine that explores how anyone can resolve grief through meditation. Working with a group of people caught in the wake of physical and emotional loss, the Levines explain how grief can lead to an "armoring of the heart," and demonstrate a series of deeply felt exercises they developed over many years of work with meditation groups, hospice residents, and others.

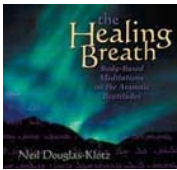
STAW0437D

\$24.95

Based on classic principles of awareness training, these techniques – including a special forgiveness meditation – offer an opportunity for true healing, even if you have been quietly grieving alone for years. For those who are hurting from this injury of our age that leaves no scars, The Grief Process offers a rare gem from Stephen and Ondrea Levine's long career as meditation instructors, caregivers, and healers. Includes a 23-page study guide.

Stephen and Ondrea Levine are caregivers, teachers, and authors. Stephen Levine is the author of the bestselling spiritual classics, *Healing into Life and Death*; and *Who Dies?* Together they are the authors of *Embracing the Beloved: Relationship as a Path of Awakening*.

3 CDs, 3 hours, 23 page study guide



HEALING BREATH, THE: BODY-BASED MEDITATIONS

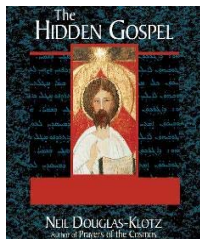
ON THE ARAMAIC BEATITUDES - NEIL DOUGLAS KLOTZ

STAF0706D

\$69.95

Perhaps the most recognized passage from the Sermon on the Mount, the Beatitudes (or "Blessed are ..." sayings) are among Jesus' most beloved—and most misunderstood—teachings. On *The Healing Breath*, acclaimed teacher and author Neil Douglas-Klotz leads listeners through the Beatitudes as spoken in Jesus' native Aramaic to show how this seemingly simple set of statements reveals a profound source of divine connection. With 12 in-depth sessions including 24 "body prayers"—authentic meditations of the ancient Middle East that use body awareness, breath, sound, and gentle movement — Douglas-Klotz helps listeners open fully to the transformative power of *The Healing Breath*.

6 CDs 6.5 Hrs 6 page study guide



THE HIDDEN GOSPEL

NEW!

If you could travel back to the world of ancient Palestine and hear Jesus teach in his own native tongue, what would you learn? On *The Hidden Gospel*, Biblical scholar Neil Douglas-Klotz decodes early New Testament scriptures written in Aramaic, the original language of the first Christians. What lies hidden within these scriptures may surprise you: a visionary Christ who revealed a grand cosmology based on the earthy wisdom of an ancient desert people. Complete with meditations to reflect on these words just as the early Christians did.

STAW0429D

\$24.95

HIGHLIGHTS

- How the breath serves as a link to divine consciousness
- Body-based prayer, the original form of worship used by the earliest Christians
- Alaha—the sacred unity between God and all of creation
- Reaching the fullness of your potential through the practice of deep peace

3 CDs, 2.75 hours



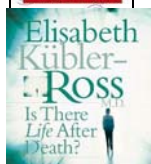
HOW TO FEEL REAL GOOD IN 0-60 SECONDS

Learn to “*build the energy of enlightenment*” by changing your thoughts to correct your hormone flow in this intimate video workshop led by Dr. Christopher Hills the pioneer of the super food Spirulina.

WL123

\$19.95

Video 90 min. NTSC



IS THERE LIFE AFTER DEATH?

NEW!

Everybody has wondered what lies beyond this life, but few have investigated this with as much sensitivity and rigor as Elisabeth Kübler-Ross. This first-ever recording of Dr. Kübler-Ross on audio — the pioneer who defined the five steps of grief — tells us what she discovered about the age-old question: Is There Life After Death?

STAW0974D

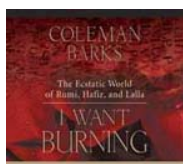
\$19.95

Dr. Kübler-Ross spent decades with thousands of dying patients, observing and inquiring with an open mind and a researcher’s precision, uncovering many astonishing insights into what all human beings experience when we die. Though she kept much of this stunning research private during her life, you now have a chance to hear her speak directly about:

- The “ethereal body” — Dr. Kübler-Ross’ remarkable verification of this transition state between this life and the next
- Being welcomed by our loved ones who have gone before us, and how we now have evidence for this extraordinary phenomenon
- Encountering teachers, guardian spirits, and religious figures in our journey after death — an experience that occurs in every culture and belief system
- What happens to us after we reach the divine “light,” described by many as the source of unconditional love

The question of life after death has been pondered in world religions throughout the ages — but now, this compassionate scientist sheds a new light on the eternal mystery of the soul’s passage beyond this physical existence. *Is There Life After Death?* is an unprecedented opportunity to hear of one of the most renowned healers of our time, as she speaks to us about the wonder, joy, and hope of the journey that awaits us all.

2 CDs, 2 1/4 hours



I WANT BURNING: THE ECSTATIC WORLD OF RUMI, HAFIZ, AND LALLA - COLEMAN BARKS

STAW0488D

\$16.98

To fully experience the ecstatic poetry of the Middle and Near East, you must hear it as originally intended: stirred ablaze by inspired music and rhythms before a live audience. With *I Want Burning*, the brilliant translator Coleman Barks and his friends invite you to join them in an evening of celebration featuring three literary legends of the 13th and 14th centuries: Jelaluddin Rumi - the Sufi poet who has ignited the hearts of generations with his wildly insightful poetry, Hafiz - the most popular poet in the Persian world, Hafiz continues to marvel audiences with his unparalleled illuminations on love in all its guises, and Lalla - the astonishing, little-known Kashmiri poet who sang and danced her verses with such passion that she was known to tear her garments off in a frenzy of ecstasy. If you have never heard a live performance with Coleman Barks and friends, *I Want Burning* will be a revelation in the ecstatic spiritual poetry of Rumi and his contemporaries. Accompanied by vocals, pan flute, harmonium, bells, and hand drums.

1 CD 1.25 Hrs \$16.98



INDIGO THE MOVIE DVD

Through the eyes of a child, the world can be a wondrous place. Through the eyes of an Indigo child, a more enlightened path can be embarked upon. This poignant new film co-written by and starring Neale Donald Walsch (author of the bestselling “*Conversations With God*”) weaves the journey of a troubled family with the search for understanding that can bring them together. An estranged grandfather, his unprincipled business world in collapse, finds himself uncomfortably entrusted with his 10-year old granddaughter's safety. Together they flee from her unstable father, embarking on an extraordinary passage of self discovery in which this exceptional child gradually gains his love and guides her family to a place of unity. Indigo children and their ability to communicate in unique ways with each other, heal, and even foresee events, are well documented. This inspirational film, “*Indigo*”, from producer Stephen Simon (“*Somewhere in Time*”, and “*What Dreams May Come*”) and co-written by James Twyman (author of the bestselling “*Emissary of Light*”) and Neale Donald Walsch, serves as an affirmation of spiritual principles universal to all mankind

MM325742

\$24.95

DVD 89 min



KABBALAH KIRTAN

NEW!

Kabbalah: the mystical teachings of Judaism. Kirtan: the art of devotional chant. Bring them together, and you unfold the beauty of "Kabbalah Kirtan," an ecstatic new musical form that invites you to sing to—and join with—God.

STMM1078D

\$17.98

On Kabbalah Kirtan, YoffiYah offers her gifts as a voice teacher, artist, and improvisational musician to create a safe and spiritually charged environment for listeners from all traditions to find and free their authentic voice, and experience the presence of God. "Our unity with God is likened to that of lovers," she explains. "As we come together, we delight in the other's otherness, but at the moment of union both self and other fade into an ineffable oneness. Kirtan is among the most powerful methods we have of surrendering to this love."

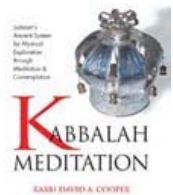
Using vocals, harmonium, frame drum, tabla, oud, bansuri flute, and more, Kabbalah Kirtan is your invitation to experience the ecstasy and liberation of this passionate, sacred connection. Detailed liner notes with translations of each Hebrew chant help you understand the message as you move closer to the meeting.

CD, 59 minutes

KABBALAH MEDITATION: JUDAISM'S ANCIENT SYSTEM FOR MYSTICAL EXPLORATION THROUGH MEDITATION AND CONTEMPLATION

STAW0268D

\$19.95



Over 2,000 years ago, Jewish mystics devised unique meditations to enhance awareness and contact higher planes of consciousness, becoming vessels for "the light of God." They developed a precise system – the Kabbalah – and passed its teachings by word of mouth only, believing that the secrets of the Kabbalah transcend the written word. In this great oral tradition, Kabbalah Meditation will immerse you in this traditional school of sacred wisdom for reaching peace through union with God. Rabbi David Cooper offers eleven authentic meditations associated with Kabbalah practice that he developed during six years of research and work in the Old City of Jerusalem. Practical, uplifting and fascinating to learn, Kabbalah Meditation is the perfect introduction to this time-honored system for spiritual growth and self-discovery.

2 CDs 2 hours

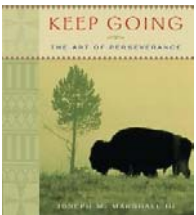
KEEP GOING: THE ART OF PERSEVERANCE

NEW!

Difficulties are a part of life—but so is the wisdom that helps us overcome them. On Keep Going, Lakota elder and award-winning storyteller Joseph M. Marshall III offers the unique perspective of his people to remind us that the most important and enduring lessons come through the power of perseverance. In this original author adaptation, Marshall shares with heartwarming understanding and moving insight stories that stretch back across generations through the Lakota oral tradition. Whether you're currently involved in a challenging situation or simply in need of a voice of encouragement, Keep Going will inspire each and every step along the path ahead of you.

STAW1051D

\$29.95



4 CDs, 3 ¾ hours

THE LANGUAGE OF ARCHETYPES

Have you ever felt that your life was guided by larger forces? Unseen but very real energies that influence every direction your life takes? In her renowned work as a medical intuitive, Caroline Myss examined the patterns of hundreds of archetypes that exist in human consciousness, and uncovered an "alchemy of spirituality" we all can use for self-understanding, healing, and divine connection. On The Language of Archetypes, this three-time New York Times best-selling author brings to life a "gallery of archetypes" in an 11-CD audio curriculum over a decade in the making. Her first complete training course on how to identify and work with the eight major archetypal families, this landmark program brings listeners face-to-face with:

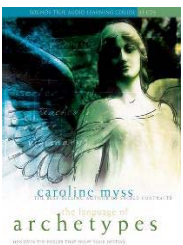
STAF0948D

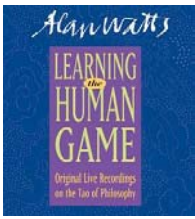
\$99.99

- The Four Survival Archetypes everyone is born with: child, prostitute, victim, and saboteur
- The Royal Family: queen, king, damsel, knight, and others
- The Shadow Family: thief, trickster, addict, and others

"When you learn to speak in archetypes," teaches Caroline Myss, "you start to see the world and everything in it in an altogether different way." Delivered with masterful storytelling, The Language of Archetypes gives listeners a personal introduction to the many dynamic yet often hidden characters that profoundly impact health, relationships, career — every facet of our sacred destiny.

11 CDs, 12.25 hours





LEARNING THE HUMAN GAME

NEW!

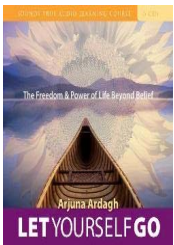
STAB0130D

\$24.95

Alan Watts on the Human Predicament

“You can’t catch a wave in a bucket and walk off with it,” teaches Alan Watts, “and so, you cannot understand life and its mysteries as long as you persist in trying to.” In Learning the Human Game, Watts starts with this Taoist insight; then takes his audience into a mind-expanding inquiry into the human condition. This four-session collection offers the best of Watts’ celebrated Tao of Philosophy lecture series, recorded during live seminars and radio broadcasts spanning two decades. Here, Watts offers clear delineations of Taoist, Buddhist, and Hindu teachings on what it means to be human; insights into the hidden order behind the apparent chaos of the universe; what nature can teach us about how to live our lives, and much more. Perhaps more than anyone else this century, Alan Watts is credited with helping the modern West gain access to the spiritual traditions of the Far East. Now, join this renowned scholar and beloved “spiritual entertainer” at his best, offering his listeners a rich and completely unpredictable investigation into our place in the cosmos and our great common task – at once formidable and effortless: Learning the Human Game.

3 CDs, 2.5 hours



LET YOURSELF GO: THE FREEDOM AND POWER OF LIFE BEYOND

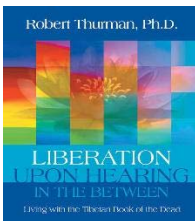
STAF1075D

\$69.95

If you took your hands off the steering wheel of your life and allowed yourself to relax and be the passenger, what would happen? Or as

Arjuna Ardagh puts it, what would your life be like if you set aside your need to control reality, and without judgmental beliefs embraced all that arose in any given moment? On Let Yourself Go, this visionary author and teacher invites you to discover what’s really driving your life—an intricate system of unexamined points of view that upon conscious and compassionate investigation naturally release their hold. The result: the effortless joy, serenity, and insight of the awakened state

6 CDs, 6 ¾ hours.



LIBERATION UPON HEARING IN THE BETWEEN

NEW!

STAW0959D

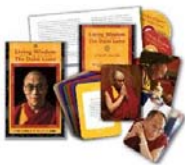
\$29.95

One of the 25 most influential people in America according to Time Magazine, and “the leading American expert on Tibetan Buddhism”

(The New York Times), Robert Thurman illuminates The Tibetan Book of the Dead with up-to-date insights for modern audiences. For centuries, this text has been read aloud to the dying—who Buddhist masters say are capable of hearing up to three days after clinical death—as a guide through the tumultuous and often terrifying process of dissolution. Now, in Liberation Upon Hearing in the Between, Professor Robert Thurman demystifies this esoteric teaching and reveals the Tibetan view of dying: it is not an ending to be feared, but a wondrous and liberating culmination of our life’s journey, potentially opening into glorious new beginnings.

Entering the bardo—the in-between state in which one reality dissolves and the next has not yet formed—we need not become prey to our fears and hopes. Instead we can relax into our natural clarity and stabilize the journey. And, this treasured teaching is for much more than just changing our understanding of death. Whether we have lost a dear relationship, awoken from a dream, or face the loss of our bodied life, simply hearing these teachings steadies our minds and hearts so that the journey from one state to the next changes from a tragic voyage into a clear adventure through the brilliant sky of great liberation.

4 CDs, 5 hours



LIVING WISDOM

NEW!

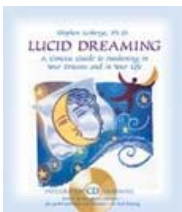
Immerse Yourself in the Radiant Wisdom of His Holiness the Dalai Lama

STKT1035D

\$29.95

When you are in the presence of His Holiness the Dalai Lama, you are in the presence of compassion itself. But how many of us will have the opportunity to personally experience the man known as “The Ocean of Wisdom”? Now, Living Wisdom gives you the chance to immerse yourself in the grace of His Holiness the Fourteenth Dalai Lama, and to receive the transformative power of his teachings in your own home, including:

- 47-minute DVD spanning 25 years of Don Farber’s photography of His Holiness with more than 400 extraordinary images set to sacred Tibetan music.
 - 145-page book gleaned from His Holiness’s classic lessons on The Six Transcendent Perfections. These are the way of the bodhisattva—the qualities we must cultivate in order to reach enlightenment.
 - Musicians, monks, and nuns honor His Holiness through time-honored chants and original compositions on CD. Includes traditional chanting by the Dalai Lama.
 - 36 photographs of His Holiness, each with a contemplation from his teachings on The Six Transcendent Perfections.
 - Mini-easel to display your daily contemplation on your desk or home altar.
- DVD, CD, 37 cards, 145-page study guide, 108 minutes



LUCID DREAMING: A CONCISE GUIDE TO AWAKENING

IN YOUR DREAMS AND YOUR LIFE. INCLUDES THE MOST EFFECTIVE

STBK0783D

\$19.95

TECHNIQUES--PLUS GUIDED MEDITATIONS AND INDUCTIONS--FOR LUCID DREAMING What if right now, reading these words, you suddenly realized that you were actually dreaming—and that in this domain you could do anything imaginable? That is what it’s like to dream lucidly, teaches Stephen LaBerge. With Lucid Dreaming, the author of Exploring the World of Lucid Dreaming (over 120,000 copies in print) teaches his simple, proven methods for becoming fully conscious in the dream state. With expert instruction gleaned from LaBerge’s 20 years of pioneering research at Stanford University, now anyone can learn to consciously explore and use their dreams for self-discovery, creativity, fantasy fulfillment, emotional healing, and profound spiritual insights. Includes two complete guided dream induction sessions on CD.

CD 1.25 hours 82-page hardcover book



THE MANDALA HEALING KIT

NEW!

Spark Your Sacred Geometry

STKT0957D

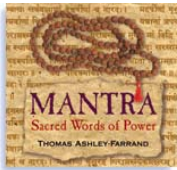
\$29.95

Mandalas—from the Sanskrit for “circle”—have been used for millennia in cultures worldwide as a tool for spiritual growth, creativity, and physical and emotional healing. With The Mandala Healing Kit, you join Dr. Judith Cornell, an internationally recognized expert on mandalas and the best-selling author of Mandala: Luminous Symbols for Healing, for a powerful learn-at-home program that covers every aspect of a lifelong mandala practice. You’ll find everything you need to begin creating and using your own mandalas immediately: A 96-page workbook that features two dozen exercises and 54 beautiful four-color illustrations.

- A guided audio CD of Dr. Cornell’s most effective meditations and suggestions
- Mandala stencils and special paper
- And quality colored pencils and a gel pen.

This complete kit will teach you how to make mandalas for “healing the heart” and opening the wellspring of compassion you carry within, precise techniques for using sound and light to mend a sense of psychological “fragmentation” and express your hidden creative talents, mandala fire rituals for releasing attachments and purifying negative thought patterns, and much more.

CD, 1 hour, 96-page workbook, 15 symbolic stencils, 7 colored pencils, silver gel pen, black paper



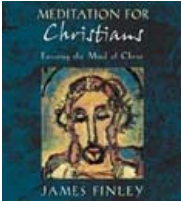
MANTRA: SACRED WORDS OF POWER

According to the Vedic tradition of India, the universe was birthed from pure sound. This symphony of vibrational energy continues to unfold at this moment, creating everything that we hear, see, and touch. In 12 fascinating sessions, Thomas Ashley-Farrand teaches you a library of traditional mantras with relevance to every area of your life. From work and health, to love and enlightenment – here are dozens of authentic chants that are used every day by millions of people to activate the energy of creation. Dozens of Buddhist and Sanskrit mantras taught step by step in English.

STAF780D

\$69.99

6 CDs 8.75 Hrs 37-page study guide



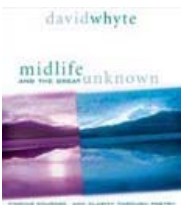
MEDITATION FOR CHRISTIANS: PRACTICES AND TEACHINGS FOR ENTERING THE MIND OF CHRIST

A practice-oriented course in Christianity’s unique meditation tradition —“contemplative prayer”—presented by James Finley, author, teacher, and former student of Thomas Merton. Finley has been at the forefront of the Christian meditation movement for over 20 years, and in this guided “retreat”, he leads listeners into their own direct experience of the heart of contemplative prayer. Includes a complete guided session on the practice of Christian meditation.

STAW0755D

\$24.95

2 CDs 2.5 Hrs



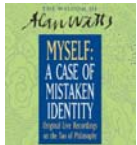
MIDLIFE AND THE GREAT UNKNOWN: FINDING COURAGE AND CLARITY THROUGH POETRY

On Midlife and the Great Unknown, you will engage with poetic imagination as it was meant to be experienced: as your companion and guide for the challenging terrain of midlife. Join this Yorkshire-born poet and bestselling author to explore: “Radical simplification”: an invitation to sit in silent reflection and observation; Using your poetic imagination to navigate life’s cycles of loss and joy; Honoring who you are right now, including your skills and limitations, and more. The language of poetry can “emancipate” you into the next phase of your existence, teaches David Whyte. It can help you break through obstacles and give you courage to take necessary risks. Drawing from the wisdom of fellow poets Rainer Maria Rilke, Emily Dickinson, and Seamus Heaney, Whyte invites you to boldly engage in a conversation with the second half of your life on Midlife and the Great Unknown.

STAW0700D

\$24.95

2.5 Hrs 2 CDs



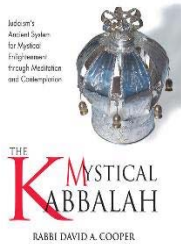
MYSELF: A CASE OF MISTAKEN IDENTITY (2 CD SET) NEW!

Watts explodes our most deeply held beliefs about our sense of self and the world around us, and shows how words and symbols profoundly affect these so-called "common sense" perceptions.

STAB0131D

\$19.95

2 CDs, 1.5 hours



THE MYSTICAL KABBALAH

NEW!

Kabbalah, it is said, was brought down from heaven by angels. The great mystics of Judaism originally passed its teachings by word of mouth only, believing that the secrets of the Kabbalah transcend the written word. In this great oral tradition, The Mystical Kabbalah will immerse you in these time-honored teachings of sacred wisdom for reaching peace through union with God. It is a way for you to experience directly the path of inner knowing—with a master of the meditations associated with its practice, Rabbi David A. Cooper.

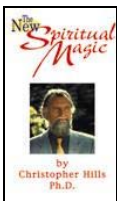
STAW0448D

\$29.95

On this complete, six-CD study course, Rabbi Cooper synthesizes this uniquely preserved wisdom with midrash (teaching stories) and meditations he developed during six years of work and research in the Old City of Jerusalem. Practical—uplifting—and fascinating to learn—The Mystical Kabbalah is the perfect introduction to this traditional system for spiritual growth and self-discovery.

Learn more about:

- The magid: your inner guide to mystical insight
 - How to connect with the “initial light of creation”—and ultimate awareness
 - The 32 Secret Path of Wisdom
 - Meditations for inner harmony, opening to compassion, and more
 - Angels and the energy of thought
 - The Four Worlds and the Five Soul Levels
 - Archangel meditation: an ancient practice for receiving “emanations from God”
 - Seven hours of meditations, practices, doctrine, and teaching stories with Rabbi Cooper
- 6 CDs, 9-page study guide, 7 hours

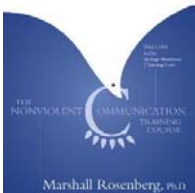


NEW SPIRITUAL MAGIC, THE

An inspirational session, in a small group setting, with a true wise man: The late, great Dr. Christopher Hills, a teacher who demonstrates the energy and power that comes from maintaining a connection with the divine magic of love. Video 50 min. NTSC

WL122

\$19.95



NONVIOLENT COMMUNICATION TRAINING COURSE NEW!

Marshall Rosenberg's remarkable process of Nonviolent Communication has gained worldwide recognition as a tool for turning even the most volatile situations into a natural interchange of compassion, generosity, and mutual enrichment. Modeled after this visionary peacemaker's 9-day international intensive retreats, The Nonviolent Communication Training Course presents the first ever self-guided curriculum for putting Rosenberg's transformative ideas into everyday practice—whether you're at the office, at the dinner table, in a parent-teacher conference—any situation where you want to honor "what is alive" in yourself and others. Join the pioneering creator of NVC for over 9 hours of in-depth instruction that includes:

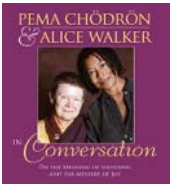
STHH1022D

\$149.95

- 9 immersive CDs that teach you how to use NVC to discuss difficult emotions, deepen intimate relationships, mediate "impossible" conflicts, and much more
- 92-page workbook with over 50 exercises to strengthen your ability to successfully apply NVC "in the field"
- 7 Nonviolent Communication training cards you can use "on the spot" to express yourself and listen to others

"Compassion inevitably blossoms when we stay true to the principles and process of Nonviolent Communication," assures Marshall Rosenberg. Whether you're just getting started or are already fluent in NVC, The Nonviolent Communication Training Course is the definitive resource for learning to connect with others with empathy, integrity, and peace.

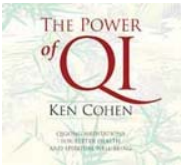
9 CDs, 9½ hours, workbook, 92 pages, 7 training cards



PEMA CHODRON AND ALICE WALKER IN CONVERSATION ON THE MEANING OF SUFFERING AND THE MYSTERY OF JOY STAW0411D \$14.95
 How can human suffering become "good medicine?" Through tonglen: the ancient Tibetan meditation that transforms pain into compassion on the medium of your own breath. Pema Chödrön and Alice Walker in Conversation reveals the revolutionary power of tonglen through a dialogue between two hearts and minds forged in very different cultures – and yet deeply joined in the simple practice of compassion.

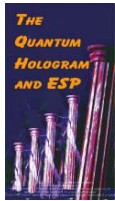
Take a front-row seat as the Pulitzer Prize-winning author Alice Walker and American-born Buddhist nun Pema Chödrön reflect on anger, joy, fear, and the union of spirituality and social activism. Hear their personal experiences of the "giving and taking" meditation and how it has helped heal their lives. Let their combined wisdom illuminate the realm, available to us all, where the barriers between self and others dissolve. Recorded live at San Francisco's Palace of Fine Arts, Pema Chödrön and Alice Walker in Conversation comes with a 7-page booklet covering tonglen instructions and suggestions for further reading. Audio edition includes a lively Q and A session.

CD, 1 hour, 7-page study guide



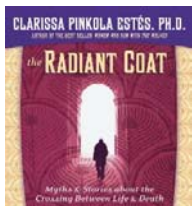
POWER OF QI The Power of Qi is an all-in-one resource for using qi – the vital energy of the universe – to cultivate strength, vitality, and longevity. Includes advanced Taoist visualizations to build self-awareness; meditations to sense and control qi; four practices to instantly breathe healing energy into the body; and more. Taught by internationally recognized qigong master Ken Cohen, this enhanced CD edition also includes shakuhachi flute meditation music, demonstrations from Cohen's Qi Healing and Qigong videos, and a text interview with the author. This information-packed collection contains two bestselling selections with Cohen: Qigong Meditations and Taoist Healing Imagery.

2 CDs 2.5 Hrs \$24.95



QUANTUM HOLOGRAM & E.S.P., THE After decades of research and discovery at the cutting edge, Astronaut, Dr. Edgar Mitchell presents an elegant scientific explanation for psychic phenomenon - The Quantum Hologram. Based on the latest research in quantum physics, this program brings to the general public information previously known by only a few research scientists in the world. VHS Video Tape • 60 min

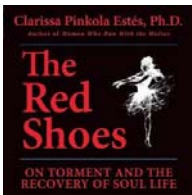
DVD Disk • 60 min • \$19.95



THE RADIANT COAT **NEW!** As an analyst working with the dying, Dr. Clarissa Pinkola Estés has developed seminal methods to help ease the fear that can accompany the dying process. On The Radiant Coat, this best-selling author shares myths and stories first told at the bedsides of the dying to comfort them and their loved ones. For other cultures, Dr. Estés teaches, death holds no terror. It is in fact characterized as an ally, a wise and caring figure, leading departed souls through the starry night into the next day. This application of storytelling as a precious medicine for the terminally ill has attracted worldwide attention to the work of Dr. Estés. Fusing stories with useful psychological analysis, she removes the cloak of fear that surrounds the dying process. The Radiant Coat is a uniquely helpful collection of teaching stories, offered to help all listeners who seek to understand death—not as the end of life—but as another beginning.

Additional Contents: Death as a companion; consciously preparing for death; the four tasks in crossing between the worlds; dreams of the dying; medical intervention; the split archetype of the doctor as both life-bringer and escort through the doorway of death. Stories include: "Godfather Death"; "The Water Glass"; "The Radiant Coat"; and more.

2 CDs, 1½ hours



THE RED SHOES

NEW!

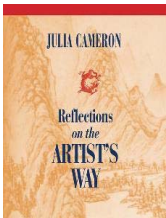
STAW0202D

\$14.95

The Red Shoes is a dramatic excursion into the realm of the soul with analyst Clarissa Pinkola Estés. Using an ancient tale deeply rooted in our collective psyches—"The Red Shoes"—Dr. Estés illuminates how people fall prey to destructive impulses while seeking to balance their inner lives. In our culture, she begins, we may travel life's path in one of two ways: 1) in handmade shoes, crafted with love and care according to the unique needs of the individual soul; or 2) in Red Shoes, which promise instant fulfillment, but ultimately lead to a painful, hollow "split" existence. Drawing from real-world examples—such as the tragic end of Janis Joplin—Dr. Estés analyzes the deeply seated needs that lead to addiction. By listening to your instinctive forces, she says, you can free yourself of the exterior traps that torment and destroy the soul. This is the way to construct a life that is uniquely your own—"a life made by hand." The Red Shoes is a treasury of ideas and counsel, threaded with magical storytelling, about the complete life each one of us deserves to lead.

Additional Contents: The Internal Predator; how instincts are injured; learning to say no; the exile; vulnerability and seduction; feral women; and more.

CD, 1¼ hours



REFLECTIONS ON THE ARTIST'S WAY

NEW!

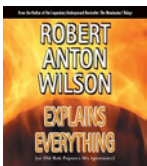
STAW0230D

\$24.95

Unblock your natural creativity with help from Reflections on the Artist's Way, Julia Cameron's groundbreaking audiobook on unleashing your inner artist. Her unique system helps instill the creativity "habit," while yielding powerful results. God's greatest gift to you, she teaches, is your creativity. It is a divine expression, which can be repaid only through another creative act.

Discussing creativity's unlimited capacity for transformation, Julia Cameron offers her step-by-step methods for getting started. Are we all born creative? How can you overcome the "I'm not talented enough" conditioning stifling your dreams? An award-winning writer, poet, filmmaker, and musician, Cameron examines these questions with cutting wit and a helpful heart. Includes informative live lecture, exercises, and studio question and answer session.

3 CDs, 2.5 hours



ROBERT ANTON WILSON EXPLAINS EVERYTHING

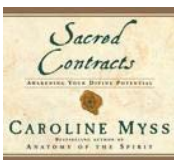
NEW!

STAW0574D

\$34.95

From the author of the legendary underground bestseller The Illuminatus! Trilogy and more than thirty other books comes a long-awaited audio event: Robert Anton Wilson Explains Everything. This once-in-a-lifetime, 12-session recording captures one of the most unconventional and brilliant writers of this century in conversation, and makes available to Wilson's legion of fans a refreshing insider's view of this enigmatic (and often misunderstood) author. Robert Anton Wilson discusses such topics as futurist psychology, the paranormal, God, conspiracies real and imagined, James Joyce, "guerrilla ontology" – plus rare personal reflections on his extraordinary life.

5 CDs, 6 hours



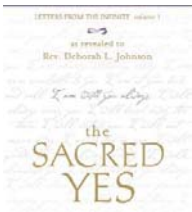
SACRED CONTRACTS, CAROLINE MYSS

STAW0576D

\$34.95

This audio workshop makes plain the divine origin and plan for our lives – and the deeper significance of our relationships, careers, and even apparently "random" life events. Join Caroline Myss for this heart-and-spirit expanding event as she explores: *How before birth, we each "contract" with heavenly guides to become vessels for divine power and evolutionary change, *Who belongs in your life, and how to recognize the "energetic" bonds that seal your sacred contracts with them.

4 CDs, 4 ¾ hrs.



THE SACRED YES

NEW!

The voice of the Divine is as near to you as your own breath—just ask. That's what Reverend Deborah L. Johnson did in 1995. In a moment of darkness, there was nothing she could do but surrender. "Take me now, oh Lord." Almost instantly she heard whispers—and they turned into more than 300 letters from Spirit. On *The Sacred Yes*, Rev. Deborah offers 19 of these epistles—delivered with the same passionate intonation as they were received. Detailed messages address the significant issues that lie at our lives' fulcrum, including:

(4CD) STAW1060D \$29.95
(BOOK)STBK1061 \$24.95

- Creating more "spiritual availability"—the accessibility, attention, and intention to commune with God
 - How the power of "Yes!" opens you to compassionately ruthless guidance as well as loving comfort
 - A range of earthly challenges as interpreted by Spirit—with simple yet profound resolutions, and more
- The Sacred Yes* speaks to us individually and collectively, providing new paradigms for our interpersonal relationships, societal institutions, and global affairs. The act of unconditional surrender to the unknown—without reservation or hesitation—is what transforms every circumstance into something that benefits us all. And according to Rev. Deborah L. Johnson, it happens with one sacred word ... Yes.

4 CDs, 4¾ hours
Book, 424 pages

THE SECOND HALF OF LIFE

NEW!

Create the Legacy of Your Lifetime

STAF1092D \$69.95

In every culture, in every age, there is a turning point in human life. At this threshold, when you see fewer days ahead than have already passed, you begin the greatest adventure: the second half of your life. On *The Second Half of Life*, anthropologist and author Angeles Arrien retrieves the world's vital wisdom teachings that have opened people at midlife to the deeper mysteries of who we really are, and why we are truly here.

Resurrect The Dream for Your Life

We are all born with a great dream for our lives, Dr. Arrien begins, a dream that may have been submerged or derailed along the way by family and career realities. In the second half of life, after your roots have gone deeply into the world, it is time to resurrect this dream. For now the blossom of your "wild and precious life" is ready to bring forth the fruit of your special creative gifts. By reclaiming your dream—by refusing to stay down—you "lift your heart up to heaven and make all things possible."

A MidLife Curriculum for the Legacy of a Lifetime

For over 25 years, Dr. Arrien has examined the way diverse cultures handle the challenges unique to the "great crossing" at midlife. Now, in six insightful lectures—each one packed with mythological tales and elder wisdom—she brings you these profound teachings just when they are most needed. Here are the "Blessing Way," the indigenous ritual for making a golden invitation for those who follow us; the "eight gates of initiation," which open to new vistas in your inner and outer worlds; the nine muses of the ancient Greeks, and how they mediate between the mystery of creation and your creativity; and much, much more. When you find the courage to change at midlife, Dr. Arrien teaches, a miracle happens. Your character is opened, deepened, strengthened, softened. You return to your soul's highest values. You are now prepared to create your legacy: an imprint of your dream for our world—a dream that can only come true in the second half of life.

8 CDs, 8 ¾ hours

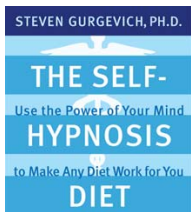


SEEKING THE STONE: TERENCE MCKENNA

This tape captures the essence of Terence McKenna's genius. Magical Blend. There is so much food for thought here my brain is gonna have to go on a diet! P. J. Birosik, New Age Retailer. A uniquely eloquent perspective by Terence McKenna on the idea of a spiritual path for all and an impending transformation of the human world; the role of hallucinogenic plants in shamanism and their general impact on the evolution of human cultures and social forms; making choices about spiritual development & techniques; the historical foundations of modern spirituality and roles that each person plays in the unfolding of the post-historical future.

WL139 \$19.95

Video 105 min. NTSC



THE SELF HYPNOSIS DIET

NEW!

What's missing from the hundreds of diets on the market to help us achieve healthier bodies? "The most important element," teaches Dr.

STAW0991D

\$24.95

Steven Gurgevich, "is not in the body—but in your mind." As a key member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. With The Self-Hypnosis Diet, he shows that anyone can use medical hypnosis to achieve long-term success in shifting our appetites to healthier foods and reaching our desired weight. With 3 CDs of instruction for using hypnosis to reduce your appetite, increase your metabolism, remove emotional barriers, and more—plus an "emergency" session to instantly deal with cravings.

3CDs, 6-page study guide, 3.5 hours



THE SERVANT LEADER TRAINING COURSE: ACHIEVING SUCCESS THROUGH CHARACTER, BRAVERY AND INFLUENCE

NEW!

STAW1057D

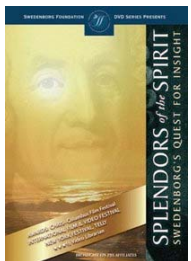
\$29.95

Over a third of Fortune magazine's "100 Best Companies to Work for" adhere to a principle called "servant leadership." James C. Hunter's runaway best seller *The Servant* (Crown Business, 1998) introduced over a million readers around the world to this philosophy of leading through courage, compassion, and character. Now with *The Servant Leadership Training Course*, this acclaimed author teaches listeners immediate, practical techniques for applying the revolutionary principles of servant leadership to their working lives. Drawing from the sold-out seminars he has presented all over the world, Hunter teaches listeners about:

- The role of character: how right action builds inner strength and inspires others to grow
- How major corporations have turned servant leadership into increased morale, productivity, and profit—and what it means for your business
- Learning to use influence instead of intimidation to achieve your goals, and much more

In the business world, the greatest leaders emerging today are the ones who have learned how to serve their employees, not command them. With foundational principles and practical exercises that apply to chief executives and local managers alike, *The Servant Leadership Training Course* gives listeners the keys to leading with integrity, authority, and compassion.

4 CDs, 4 ½ hours, 12-page study guide



SPLENDORS OF SPIRIT :SWEDENBORG'S QUEST FOR INSIGHT

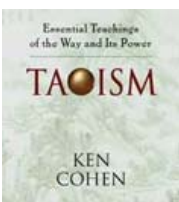
PPMD5A

\$24.95

Telly Award - Chris-Columbus Film Festival. 3 1/2 Stars, Video

Librarian. "An engrossing exploration of our immortality through the eyes of a genuine seer ..." - Marianne Williamson, author of *The Healing of America*. A provocative and wise program, and a very great spiritual achievement for our everyday world." - *The Book Reader*. Emmy-award winning producer Penny Price portrays the fascinating life and thought of the Swedish Enlightenment scientist and spiritual visionary Emanuel Swedenborg, whom Zen scholar D.T. Suzuki revered as the "great King of the mystical realm." Interweaving breathtaking nature photography, expert interviews, computer animation and rare archival stills with dramatic re-enactment featuring acclaimed actor Lilian Gish and contemporary documentary footage, this program conveys the essential and ever-relevant insights brought back by Swedenborg from his unprecedented explorations of the spiritual worlds. Swedenborg documented the death experience as the soul departs its expired material form, awakens into the afterlife realm, and is stripped of every accretion of personality to finally gravitate to the precise level of the upper or nether regions that corresponds perfectly to its innermost nature.

DVD 58 min



TAOISM

In his 80th year, the great sage Lao Tzu made a difficult journey to the western gate of China. He was disillusioned that others were unwilling to

STAW0382D

\$23.95

learn his path to natural goodness and harmony with nature. At this legendary gate, a guard asked the old man to write down his wisdom. The result was the *Tao Te Ching*, which remains China's most enduring sacred text. Now, over 2,000 years later, one of the West's leading authorities on the Tao introduces you to this effortless philosophy for living on Taoism: *Essential Teachings of the Way and Its Power*. In easy-to-follow language, Ken Cohen reveals Lao Tzu's vast spiritual legacy, including Taoism's mystical roots in China's ancient shamanistic tradition. Includes a 29-page booklet.

4 CDs 4.5 hours 29-page study guide

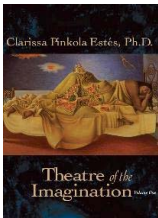


TAROT & YOU

Tarot is a profound tool that aids us in our search for understanding and offers a powerful system for accessing the higher planes of consciousness. Through consulting the seventy-eight images of the Tarot, one can gain great insight into the trends present in our daily lives. This video is an introduction to Tarot presented by Teri Kolter, who has been practicing and instructing others on the use of Tarot cards for over twenty years. In Part I, learn about the 22 Major Arcana cards and how to use a 3-card spread. In Part II, learn about the entire deck, the Celtic spread and Teri's unique Tarot System.

SV3818DVD \$19.95
SV3817CD \$19.95

DVD 60 min. NTSC



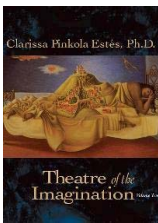
THEATRE OF THE IMAGINATION: VOLUME 1

With words that weave in and out of the interior and exterior worlds, she creates an amazing fabric of the purest wisdom—fought for, won, and preserved to teach all generations—"that which is most worth knowing." You will hear over 40 original poems, archetypal insights, and dozens of strengthening stories from Dr. Estés' own family's oral traditions.

STAF0982D \$69.95

Dr. Estés teaches that each story holds a key to a deeper self-knowing. She writes: "Stories cut fine wide doors in previous blank walls, openings that lead to the dreamland, that lead to love and learning, that lead us back to our own real lives." Presented in her one-of-a-kind lyrical style, Theatre of the Imagination seats you in the front row at these performances of a lifetime. Over seven hours of signature stories plus earthy and wise advice, archetypal insights, poetry, and much more.

6 CDs, 5.75 hours



THEATRE OF THE IMAGINATION: VOLUME 2

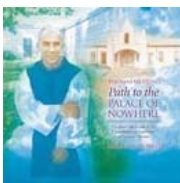
Come to the stage between two worlds—come to the Theatre of the Imagination. On this new, six-part live performance series, bestselling author and beloved cantadora (keeper of the old stories) Clarissa Pinkola Estés shares the work of her lifetime: myths, tales, and poetry with the power to nourish and heal. Contained within Theatre of the Imagination are the great universal themes—tales of loss and resurrection; of love and sacrifice; of the courage to survive—yet it is as if Dr. Estés is speaking only to you.

STAF0983D \$69.95

With words that weave in and out of the interior and exterior worlds, she creates an amazing fabric of the purest wisdom—fought for, won, and preserved to teach all generations—"that which is most worth knowing." You will hear over 40 original poems, archetypal insights, and dozens of strengthening stories from Dr. Estés' own family's oral traditions.

Dr. Estés teaches that each story holds a key to a deeper self-knowing. She writes: "Stories cut fine wide doors in previous blank walls, openings that lead to the dreamland, that lead to love and learning, that lead us back to our own real lives." Presented in her one-of-a-kind lyrical style, Theatre of the Imagination seats you in the front row at these performances of a lifetime. Over seven hours of signature stories plus earthy and wise advice, archetypal insights, poetry, and much more.

6 CDs, 7.25 hours



THOMAS MERTON'S PATH TO THE PALACE OF NOWHERE: THE ESSENTIAL GUIDE TO THE CONTEMPLATIVE TEACHINGS OF THOMAS MERTON

STAF0778D \$69.95

Thomas Merton – Trappist monk, author, and student of Zen – remains one of the most important and beloved figures in the modern Christian contemplative movement. His writings, which bridge Eastern and Western spiritual thought, continue to inspire us with their real possibilities for immediate and direct experience of the divine. Now James Finley, who for six years lived, prayed, and studied with "Brother Louis," as Merton was known at the Abbey of Gethsemani, shares with us the gifts passed on to him by this towering figure on Thomas Merton's Path to the Palace of Nowhere

6 CDs 9.5 Hrs

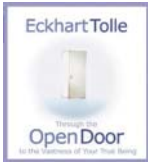


THROUGH THE EYES OF A CHILD –DRUNVALO MELCHIZEDEK

Join one of America’s most prolific teachers for an adventure into higher consciousness! In this two-volume set, Drunvalo Melchizedek presents cutting-edge information on the evolution of human DNA and the impact higher consciousnesses are having on this planet. With his awakened gift of synthesis, he discusses: Three New Races of Children, Conscious Water, The Bible Code, UFOs, Crop circles...and more! Watch this amazing video and see Drunvalo in action, revealing evidence that shows how our lives-at this very moment-are being altered forever.

SV3853 \$39.95
SV3854DVD \$39.95

2 PK Video 110 min NTSC, DVD



THROUGH THE OPEN DOOR

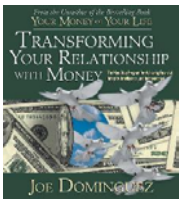
NEW!

Once you’ve experienced the power of the present moment, what’s next? Eckhart Tolle, who ignited a spiritual awakening in the West with his best-selling *The Power of Now* (New World Library, 1999), invites listeners to join him on a path that takes us even further into the profound experience of pure presence. • How to discover “true liberation” beyond the limits of the thinking mind and the “little self,” and more

STAW0990D \$19.95

Eckhart’s listeners often report that they play his recordings time and again in order to experience his unique ability to transport them to a state of awakened consciousness. Now, the legions of fans who turn to this modern spiritual beacon for guidance are invited to follow him *Through the Open Door*—into “a new world of vast aliveness.”

2 CDs, 2.5 hours



TRANSFORMING YOUR RELATIONSHIP WITH MONEY NEW!

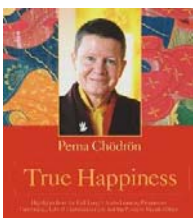
Author Joe Dominguez was a Wall Street analyst who walked away from a high-powered financial career in 1969, retiring at age 30.

STAW0487D \$39.95

For the rest of his life he lived comfortably on about \$6,000 per year, while donating a small fortune to various charities. This audio seminar is his life’s work – a revolutionary guide that will help you find peace with the concept of money, stop consuming things you don’t really need, and start contributing to the goals and ideals you believe in.

Over 30,000 people have already purchased this seminar (it is truly a “grass roots” success story). The thousands of letters they have written to Joe Dominguez prove one thing: his methods do work. *Transforming Your Relationship with Money* is for every person who earns or spends money. It is for you. Profits from the sale of this audio seminar are donated to non-profit organizations working toward a healthier world.

4 CDs, 4.5 hours



TRUE HAPPINESS

NEW!

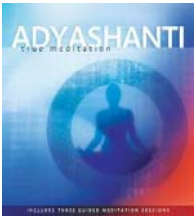
Happiness is your birthright—and it is readily available at any given moment, teaches Pema Chödrön. So why do we live in such suffering?

STAW1095D \$19.95

“The potential for happiness is not based on outer things—they come and go, causing us misery,” she begins. “We’re always chasing after something, trying to avoid the difficult places. But there are a lot of small sweetnesses that we ignore because they’re so fleeting.” On *True Happiness*, Pema Chödrön guides us through simple yet effective practices that show us how to recognize and nurture these moments of delight, cultivating them until they become more and more frequent, accessible, and real.

Recorded at Gampo Abbey Monastery in Nova Scotia, *True Happiness* features highlights from Sounds True’s full-length audio learning course of the same title, and gives you the opportunity to absorb the teachings of Pema Chödrön at your own pace. Join this best-selling author and beloved teacher for classical meditations and practices to dissolve the barriers to your heart, reconnect with your basic goodness, and cultivate a sense of happiness—by learning to enter natural “windows” of spaciousness that open us to freedom.

2 CDs, 2 ¼ hours, card



TRUE MEDITATION NEW!

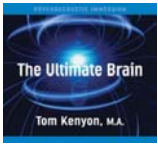
What would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In the 14 years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as a means to a goal they never reached. Ultimately he realized that only when you let go of all techniques—even the concept of yourself as a meditator—will you open to the art of true meditation: dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn:

(3CDS) STAW1040D \$24.95
(BOOK) STBK1052 \$19.95

- How to make the "effortless effort" that will vivify the present moment
- meditative self-inquiry and "The Way of Subtraction": how to ask a spiritually powerful question—and determine the real answer
- Three guided meditations intended to reveal what Adyashanti calls "your home as awareness itself"

"We've been taught that awakening is difficult," explains Adyashanti, "that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now." True Meditation gives you the opportunity to reclaim the original purpose of meditation—as a gateway to "the objectless freedom of being."

3 CDs, 3½ hours or
106-page hardcover book, CD, 1 hour



THE ULTIMATE BRAIN

NEW!

STMM1027D

\$99.00

Is it possible to use sound to improve your brain capacity, intelligence, and creativity? An ever-increasing body of scientific evidence suggests

that it is. Tom Kenyon, founder of the Acoustic Brain Research group and one of the foremost figures in the field of psychoacoustics, now brings together eight tested and verified sound programs from over two decades of research to let you develop The Ultimate Brain.

The underlying foundation of The Ultimate Brain is Tom Kenyon's "BioPulse™" technology—a subtle frequency that leads the brain naturally into different states to promote learning, creative visualization, and cognitive growth. By applying this innovative acoustic frequency in a wide array of programs, Kenyon has created a complete "gymnasium" for the brain that includes:

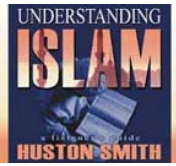
- Eight programs to transport you immediately from the everyday beta state to the relaxed focused alpha, the rejuvenating delta, or the dream state of theta
- Active exercises that build new neurological connections—physical pathways between the two hemispheres of the brain
- Guided visualization sessions to help you break free from the "perceptual boxes" that limit learning and innovative thinking
- Deep entrainment journeys through the "magic window" of alpha and theta to help you access powerful altered states for healing and insight

Since he began recording in 1983, thousands of Tom Kenyon's listeners have used these programs to create positive and lasting change in their brain capacity, mental acuity, and creative power. Collected together for the first time in The Ultimate Brain, you now have eight of this psychoacoustic pioneer's most potent and successful tools for helping you unlock the limitless potential of your own mind.

THE ULTIMATE BRAIN FEATURES:

- **The Ultimate Brain User's Guide:** How to best use each of these programs for both immediate impact and long-term results
- **Enhance Creative Problem Solving:** Working in the mid-alpha, this program has been documented to significantly improve analytical abilities, problem solving, learning, and visualization skills
- **Mind Gymnastiks:** Guided sessions along multiple brainwave frequencies for actively exercising specific areas of the brain.
- **Freedom to Change:** A theta brainwave program for breaking free from psychological limitations, including overcoming substance abuse, boosting self-esteem, and finding inner grounding
- **Ambient Support for Working, Learning, and Creating:** Background music to lower stress and induce an ideal mid-alpha state of focused alertness
- **Deep Rest:** Take a quick trip through the eminently refreshing low delta to mid-alpha cycles with "The 24-Minute Nap," "The 22-Minute Vacation," and "Sweet Delta" for extended relaxation
- **Deep Relaxation and Healing:** A gentle "brain massage" in the Theta range to help you dissolve tensions and drift into profound relaxation
- **Opening the Heart:** Based on an ancient mantra believed to be the "sound of the inner heart," a moving, calming experience in the relaxing theta range
- **Activate the Holographic Mind:** A potent aid to psycho-navigation through altered states, taking you into the deep Theta range of vivid dreams and visions

9 CDs, 8¾ hours

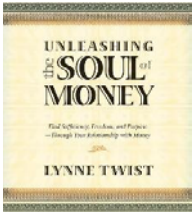


UNDERSTANDING ISLAM

The story of Islam is one we urgently need to hear. Now Huston Smith, the legendary authority on comparative religions, summons a lifetime of scholarship and insight to offer this welcome listener’s guide to the most “persistently misunderstood religion in the world.” Smith takes us back to Islam’s founding lineage, revealing its inspiration in Greek philosophy and common roots with both Judaism and Christianity. With so much in common – most of all the precept of one all-powerful God – how has Islam come to inspire fear and bewilderment in the West? Join Huston Smith as he makes accessible this difficult subject, including: The prophet Mohammed’s founding of Islam in the seventh century, his flight to Medina, and final battle to bring one God to the tribes of the Mideast The Koran: its sacred law mentions mercy 192 times, and vengeance only 17 times, yet is perceived as a tool for violence far beyond Islamic borders Women under Islam: the surprising truth about the rights of women as described in the Koran, and much more Distilled from Huston Smith’s monumental work Religions of the World audio seminar, and complete with a new, updated introduction, Understanding Islam brings a voice of understanding to this most challenging of the wisdom traditions.

STAW0627D \$15.95

1 CD 1.25 Hrs \$15.95



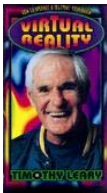
UNLEASHING THE SOUL OF MONEY

NEW!

Imagine feeling completely at peace about your money—whether you’re earning it, spending it, saving it, or using it to help others. On Unleashing the Soul of Money, world-renowned fund-raiser and “money mentor” Lynne Twist shares from her thirty years of global research into happiness and money to reveal a surprising truth: that the size of your paycheck has little to do with fulfillment—and everything to do with getting your money aligned with your deepest commitments, values, and desires. In this workshop, listeners uncover the insights about their own relationship with money, and learn how make the transformation to a life of sufficiency, contentment, and benefit to others in the world.

STAW1001D \$19.95

2 CDs, 2.5 hours

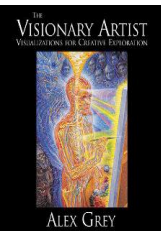


VIRTUAL REALITY

The late, great Timothy Leary can still keep you laughing & thinking. In his uniquely stream-of-consciousness style, the late Dr. Timothy Leary lends his humor and wit to the exploration of cyberspace, soul-to-soul communication, developing a new global language and a new human culture. His highly charged intelligence takes us to a rarefied realm where Newton’s laws have become simply local ordinances. Re-inspire yourself to boot up, re-format, re-program and creatively operate your own brain and connect it with the new breed of 1990’s brains.

WL133 \$19.95

Video 95 min. NTSC



THE VISIONARY ARTIST

NEW!

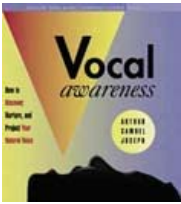
Anyone who attempts self-expression through art has touched the “secret power of vision” from which all great art flowers. The artist Alex Grey, who has evoked awe, rapture, and controversy over the past 20 years, is our preeminent explorer of this deep realm where creativity and divinity merge. On The Visionary Artist, Grey’s first work on audio, he personally guides us to these mystical places through a full curriculum of intensive, mind-expanding visualizations.

STAW0432D \$29.95

A longtime student of meditation, shamanism, and transpersonal psychology, Grey leads listeners up and down the ladder of consciousness to retrieve the transcendental visions our souls are constantly painting. From exercises on form, color, and imagery – to the energetic structures of reality – to the universal source of all creation, Grey’s system for artistic exploration guides us along the sacred path of art, while dissolving the boundaries of reality along the way.

Artists in virtually any discipline will appreciate Grey’s view of art as a revelatory and healing force. The Visionary Artist plunges us into a mystery that is at least 40,000 years old: the true mission of art in human experience.

4 CDs, 38-page study guide, 3.25 hours

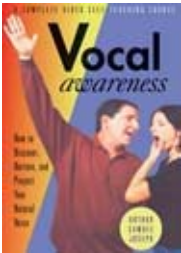


VOCAL AWARENESS

Your voice is your identity. It can tell people everything about who you are, how you feel about yourself, and what you believe in. Now you can gain perfect command of your voice with Vocal Awareness. Created by Arthur Joseph, an international voice specialist, Vocal Awareness is a complete system for mastering your voice and integrating it into your life. Your voice has the power to instantly reach out and connect with people. Vocal Awareness is about developing this power through self-awareness – learning to consciously express yourself, easily and precisely. On Vocal Awareness, you will work along with Arthur Joseph one on one ... gain a new understanding of how your voice works ... uncover its connections to your mind, body, and spirit ... learn vocal exercises to explore and connect with your feelings ... and dramatically enhance your vocal performance. Take charge of your voice - and your ability to express yourself – with Vocal Awareness. 6 CDs in binder 4.75 hours 42-page study guide

STAF0878D

\$49.95



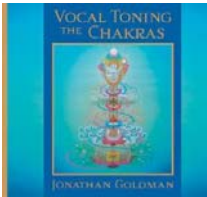
VOCAL AWARENESS

Your voice is your identity. It can tell people everything about who you are, how you feel about yourself, and what you believe in. Now you can gain perfect command of your voice with Vocal Awareness. Created by Arthur Samuel Joseph, former university professor and vocal coach to the stars, Vocal Awareness is a complete system for mastering your voice and integrating it into your life. For over 30 years, Arthur Joseph has been investigating the connections between language, breath, and psychophysical response. He has developed a vocal training system so unique – and so effective – that a U.S. patent for it is pending. On Vocal Awareness, you will work along with Arthur Joseph one on one to gain a new understanding of how your voice works ... uncover its connections to your mind/body/spirit ... learn proven vocal exercises to explore and connect with your feelings ... and dramatically enhance your vocal performance. Your voice has the power to instantly reach out and connect with people. Take charge of your voice – and your ability to express yourself – with Vocal Awareness.

STVT0912D

\$24.95

1 DVD 1.75 Hrs 31-page study guide



VOCAL TONING THE CHAKRAS

NEW!

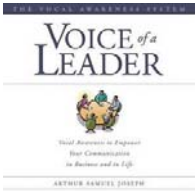
Modern science and ancient wisdom agree—everything is in a state of vibration. Pioneering sound healer Jonathan Goldman brings these two traditions together on Vocal Toning the Chakras, teaching listeners to harness the power of their own voices—and to bring each chakra humming to life, resonating and aligning these energy centers for health, wellness, and higher consciousness. Jonathan Goldman reaches thousands of people every year since founding the Sound Healers Association in 1982, through his books, recordings, and seminars presented all over the world. On Vocal Toning the Chakras, he brings decades of research and experience to the task of balancing the seven energy centers of the body. Each chakra impacts a different facet of overall health—when these centers are properly tuned, listeners will experience improved circulation, respiration, digestion, and state of mind.

STAW0929D

\$19.95

With Vocal Toning the Chakras, listeners will learn how to attune their minds to get the most out of these time-tested acoustic practices. For as Jonathan Goldman teaches: “When the right vibrations are matched with the right intent, there is no limit to the healing power of sound.”

2 CDs, 2 hours



VOICE OF A LEADER

NEW!

STAW1126D

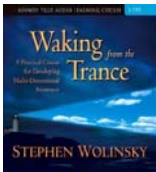
\$24.95

Most of us dread standing up in front of a crowd. In fact, sociologists rank public speaking as our greatest fear. But there's good news. You can overcome this and other fears through the Vocal Awareness® System that Arthur Joseph has spent over four decades successfully developing. Now, on *Voice of a Leader*, Joseph offers proven methods to create a paradigm shift in the way you present yourself. You will learn the skills necessary to maximize the power of your voice, increase your confidence, and instill consciousness in your communication both in business and in life. Join this leading authority on voice training to learn:

- The 7 Vocal Awareness® rituals to become a more authentic and powerful communicator
- How to make the sale with the power of storytelling
- 10 proven strategies for enhancing vocal stature

Speaking with authority is your greatest tool for becoming a wholly integrated and successful person. Now, with *Voice of a Leader*, you will learn to reclaim your most overlooked business asset—your Voice.

3 CDs, 3½ hours, 18-page workbook



WAKING FROM THE TRANCE

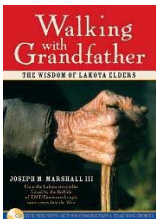
NEW!

STAF1083D

\$69.95

Have you ever felt that your thoughts, feelings, perceptions, and memories—everything you've known to be "you"—might be just the surface of something far more expansive? That somehow there might be a way to "wake up" to an entirely new revelation of the world and of yourself? In 1977, a young psychotherapist named Stephen Wolinsky left his practice to answer these questions. His search would lead him beyond the roots of modern psychology and the contemplative traditions of the world to India's legendary sage Sri Nisargadatta Maharaj. On *Waking from the Trance*, you are invited to learn what evolved from Wolinsky's quest: a revolutionary new understanding of the nature of consciousness that can help us to see beyond the inner structures that limit our awareness—and experience the many dimensions of who we are more fully.

7 CDs, 8 ¼ hours, 20-page workbook



WALKING WITH GRANDFATHER

NEW!

STBK0956D

\$19.95

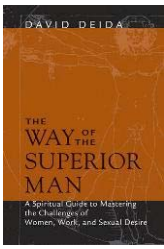
Native American lineage holders have long been cautious about sharing their spiritual truths because the essence of this wisdom has been so often misunderstood. In *Walking with Grandfather*, authentic Lakota lineage holder and award-winning storyteller Joseph M. Marshall breaks this silence with the very best from a lifetime of lessons passed on to him by his grandfather. With him, you will gain access to the timeless teachings that until now remained largely unheard outside the culture of the Lakota people.

Part of an unbroken series of narratives dating back countless centuries, this rare new transmission includes Marshall's rendition of legendary stories such as:

- "Follow Me" — why it is not authority but character, compassion, and experience that make a good leader
- "The Way of Wolves" — surprising lessons about the meaning of family
- "The Bow and the Arrow" — the intricate dynamics of spiritual partnership
- "The Shadow Man" — how to honor the sacred warrior in all of us
- "The Wisdom Within" — the passage of truly becoming an elder — plus many more stories found both in the book and in the author's own words on the accompanying audio CD

"We believe that life's gift to us is wisdom," explains Joseph M. Marshall, "and that it is the one gift that must be given back." Join this master of traditional storytelling as he takes us through the rich oral history of the Lakota — and shows us how we can rediscover the invaluable wisdom of our elders.

118 page hardback book, CD 1.25 hours



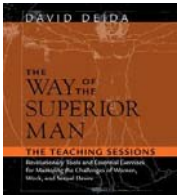
WAY OF THE SUPERIOR MAN: NEW! GUIDE TO MASTERING CHALLENGES OF WOMEN, WORK, STBK0906 \$19.95 SEXUAL DESIRE

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions—but you may not have had much luck answering them. Until now.

In *The Way of the Superior Man*, David Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

“It is time to evolve beyond the macho jerk ideal, all spine and no heart,” writes David Deida. “It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine.” *The Way of the Superior Man* presents the ultimate challenge—and reward—for today's man: to discover the “unity of heart and spine” through the full expression of consciousness and love in the infinite openness of the present moment.

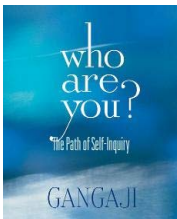
Book



WAY OF THE SUPERIOR MAN: NEW! THE TEACHING SESSIONS STAW0944D \$29.95

It's time to evolve beyond the macho jerk ideal, all spine and no heart,” teaches David Deida. “It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine.” So begins *The Way of the Superior Man*, a spiritual guide for today's man in search of the secrets to success in career, family, relationships, and intimacy — now available on audio for the first time in this original author adaptation. In his own words, this internationally renowned expert on sexual spirituality offers a complete 4-CD course filled with straightforward advice, empowering skills, body practices, and more to help listeners, male and female alike, realize a life of fulfillment, immediately and without compromise.

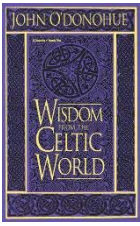
4 CDS



WHO ARE YOU? NEW! STAW0311D \$19.95

In the search for truth, there is only one question that needs to be answered: Who am I? This inquiry into the self is the core of advaita vedanta (radical non-dualism) – a timeless teaching for breaking free of mental bonds and reclaiming your true identity: the Infinite that is beyond death. On *Who Are You?* American-born spiritual teacher Gangaji spells out the bedrock principles of self-inquiry – a cluster of no-nonsense concepts that reveal how to effortlessly step outside limited psychological conditioning and mental constructs into the freedom, expansiveness, and peace of your own true nature.

2 CDs, 2.25 hours



WISDOM FROM THE CELTIC WORLD

NEW!

STAW0366D

\$59.95

From a precious oral tradition rooted over 2,500 years in Ireland's past, John O'Donohue's Celtic Wisdom Trilogy brings to listeners today this vibrant spiritual legacy, unique in the Western world. A liberating feast of authentic blessings, insights, and teachings, brought to life by this acclaimed poet, teacher, and Catholic scholar. The Celtic Wisdom Trilogy includes three full-length sessions:

The Inner Landscape

Our bodies are mere outlines of a vast and complex interior world, a landscape of contradiction and mystery. The Inner Landscape explores the themes of self-exile and hardship, and the Celtic way of welcoming paradox and finding precious light in the darkest valleys of our inner terrain.

3 CDs / 3 hours

The Divine Imagination

Too often we remain distanced from what is truly sacred—the world around us and the “divine imagination” that created it. Here John O'Donohue immerses us in the “greatest miracle” of Celtic spirituality—its tradition of experiencing the divine as a lyrical, tender, creative force not visible, but always present in all things.

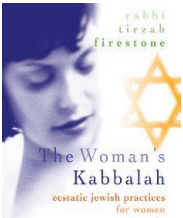
3 CDs / 3 hours

The Invisible World

The ancient Celts sensed an “invisible world” around them—the great unknown from which they came and the source of eternal wonder in their lives. Through prayer, O'Donohue teaches, we may enter directly into this secret immensity and escape the psychological prisons we create for ourselves. With prayers, blessings, poetry, and teachings.

3 CDs / 3 hours

Total: 9 CDs, 9 ½ hours



THE WOMAN'S KABBALAH

NEW!

STAW0457D

\$19.95

Kabbalah. The word itself is feminine, meaning “receiving,” yet women have long been excluded from the pursuit of this Jewish mystical tradition. On The Woman's Kabbalah, Rabbi Tirzah Firestone opens a treasury of meditations and practices especially for women interested in this path to inner knowing. Through chant, meditation, and journaling, you will learn how to spark, explore, and express your spiritual self according to the Kabbalah's once-guarded instructions. Included are specific techniques for contacting and creating a relationship with your maggid (personal spirit guide), connecting with your soul-family, and integrating the Tree of Life into your body and soul.

2 CDs, 28-page study guide, 2.5 hours

WRITING DOWN THE BONES

NEW!

STAW0409D

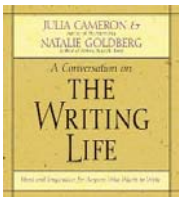
\$44.95

What is writing? Can anybody do it? What's the best way to get started? And keep going? Two decades ago, when Writing Down the Bones first appeared, Natalie Goldberg started a revolution in the way we practice writing. Instead of looking at writing as something open only to a few, she made it available to everybody. Her simple, ingenious exercises set free a generation of writers waiting to experience the inner and outer pleasures only writing can provide. Now, for the first time, Natalie Goldberg reads this classic work, while offering new commentary about the creative, spiritual, and practical dimensions of writing.

Goldberg looks back on her life, sharing the story of how her meditation studies with Zen master Katagiri Roshi inspired her to develop practices for “writing down the bones”: the essential, awakened speech of the mind. Here is a treasury of these Zen-based practices: dozens of tested ideas, suggestions, and exercises that help new writers get started, and seasoned writers keep going.

Absorb these words with your whole body and mind, Goldberg teaches, and you will learn this proven practice for coming face to face with your own mind, while opening up to joys of the writer's life. This special collector's edition includes an exclusive interview with the author available nowhere else.

7 CDs, 8 ¾ hours



THE WRITING LIFE

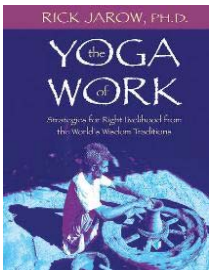
NEW!

STAW0443D

\$19.95

Through their many bestselling books, Natalie Goldberg and Julia Cameron have done nothing less than deepen the way millions of us experience the art and practice of writing and creativity. Now for the first time, Julia Cameron and Natalie Goldberg join forces in a revealing dialogue that speaks to our common search for an everyday spirituality, with *The Writing Life*. Listeners join these two creative giants as they explode cherished misconceptions about who should write, and why they should do it, opening the door to the writer's world for everybody – not just a chosen few. How can writing best be practiced? What is the difference between therapeutic writing and writing for publication? How do we conquer the twin dragons of mood and time? Is it dangerous or inspirational to “dabble” in different arts such as music, painting, and writing? How is addiction related to the writer's life? Goldberg and Cameron examine these and many other questions, while taking us inside their personal lives as committed writers and spiritual seekers. Edgy, surprising, and useful for its hard-won advice, *The Writing Life* is an invitation to a life-transforming act that requires no more than a pen, some paper, and the will to get started.

2 CDs, 2.5 hours



THE YOGA OF WORK

NEW!

STAW0452D

\$19.95

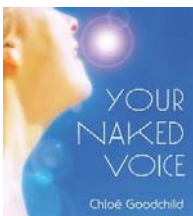
In an era of unmatched prosperity, with record employment levels, millions of Americans are trapped in a poverty that crosses all boundaries of gender, race, age, and income. This poverty has nothing to do with money, teaches Rick Jarow – and everything to do with why you are here in the world. On *The Yoga of Work*, Dr. Jarow throws into focus a cultural irony that reaches into every office building and business in America: that we have confused career with purpose, money with success, and where we work with where we belong.

An authority on world religions and founder of the national anticareer workshops, Dr. Jarow asks the hard questions about work that we all need to answer: Am I afraid to quit my job? Is it my true calling, or just a way to pay the bills? Am I really seeking work, or is there something else missing from my life?

Looking to eight other cultures, beginning with India where he spent many years living and studying, Dr. Jarow teaches a process for finding work that is an authentic personal expression and contribution to the world. With special meditations, he leads us outside our narrow cultural perspective to explore and learn teachings about work and spirit from Native America, China, Africa, and other regions of the world.

By discarding limiting concepts of one culture over another, we open to the authentic work we are supposed to do and where we are supposed to do it. With this destination comes the inner freedom that is the true heart of right livelihood. *The Yoga of Work* is a welcome presentation from the one authority who really understands what is right – and what is wrong – about the way we seek the work we do in America today.

2 CDs, 2.5 hours



YOUR NAKED VOICE

NEW!

STAW1081D

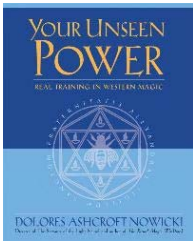
\$24.95

What do you love about your voice? Chloë Goodchild has posed this question to thousands of students worldwide, and found a fascinating truth: we all long to bare ourselves through our individual voices, yet we suppress this desire under the masks of personality. *Your Naked Voice* breaks these barriers of self-judgment, replaces fear with total authenticity, and gives you the courage to express your natural authority and presence.

“Your naked voice,” Goodchild begins, “is the original sound within you—the voice of your spirit longing to unfold. It is as unique as your DNA or fingerprint. By falling in love with your naked voice, you can redeem this true sound and discover its ability to awaken your life in ways you never thought possible.” On *Your Naked Voice*, Goodchild invites you to:

- Remember the real sound inside you, as a language of self-knowledge and wisdom
 - Heal the divide between silence, speech, and song
 - Embody your voice as your own Self through the daily vocal practice of *The Seven Sounds of Love*
- “It doesn't matter whether you are a highly trained musician, a singer in the bath, or a total beginner,” explains Chloë Goodchild. With *Your Naked Voice*, now you can restore and deepen your compassionate expression, as you continually celebrate your unique sound in creative and liberating ways.

3 CDs, 3 hours, 28-page study guide



YOUR UNSEEN POWER

NEW!

STHH1059D

\$149.00

There is a power you have already felt in your life—when events line up too perfectly to be coincidence, or when something you’ve greatly desired suddenly, unexpectedly manifests before you. Is that power simply an invisible force of the universe beyond your control ... or is it something that you can claim as your own? According to the Western mystery tradition, a lineage that has existed since the time of ancient Egypt, this is the power of genuine magic—the ability to create change by merging your own will with the greater consciousness of the universe. With *Your Unseen Power*, your apprenticeship in the most ancient and potent school of occult mastery is about to begin.

Welcome, Apprentice: Your Teacher Awaits

Your teacher on this journey will be Dolores Ashcroft-Nowicki, one of the most respected and experienced practitioners of magic in the world today. As author of over 17 books on the occult tradition, founder and director of studies at The Servants of the Light School in England, and direct heir of the wisdom lineage of such legends as Dion Fortune and Ernest Butler, she will be your guide and mentor as you undertake the most comprehensive magical training available for home learning.

The first steps you take in your apprenticeship will establish the basics—why you seek to practice magic, what the training will ask of you, and what you will get back in return. As you follow the coursework in *Your Unseen Power*, you will learn more advanced elements of magical practice, such as creating the artifacts you need to perform complex rituals and using Pathworking (an ancient form of guided meditation) to commune with your most important spirit guides. The dedication you invest in each phase of your training will be repaid many times over as you learn to improve your self-discipline so you can effectively focus the power of your intention, turn resolve into reality through ritual and visualization, and access cosmic wisdom to find answers to your most profound questions.

Here is the first training program of its kind: an in-depth, practical curriculum in Western magic, presented by a master teacher, to allow you to unlock *Your Unseen Power*.

Dolores Ashcroft-Nowicki is director of The Servants of the Light School in England, and has taught thousands of students in the esoteric path. A third generation occultist, she is author of 17 books, including *The Shining Paths* and *The Ritual Magic Workbook*.

Highlights from *Your Unseen Power*

- The tools of the trade—how to create your wand, sword, ring, and more
 - The Kabbalah as the cornerstone of the Western occult tradition
 - Communing with the Gods: how to use Pathworking to learn the wisdom of the ancient deities
 - A hunger for all knowledge—why a good magician knows as much about both subatomic particles and symbolic pentacles
 - Exercises for enhancing your memory, dream recall, and each of your six senses
 - Building self-discipline and confidence one step at a time
 - Your Magical Name: creating your own magician’s persona
 - Angelic forces—the most potent names and rituals to invoke for protection, and much more
- 9 CDs, 11 ½ hours, 136-page workbook, 61 teaching cards

MUSIC

african
dream



AFRICAN DREAM

NEW!

When Los Angeles' Shaman's Dream gets ready to perform — "live" or in the studio — its members call upon the powers of nature to bring healing and positive transformation to their music. Like the shamans who take us into the spirit world to enlist the help of guides, animals, and nature, these prolific musicians use the same sounds, chants, and rhythms to take listeners on a musical pilgrimage to the mystical, primal heart of Africa. Here they serve up a delicious ethno-jammin' blend of chant, fusion, and deep groove for body centered movement, dance, or serious trans-dimensional drifting. The album features Donna DeLory, Dido Tshibangu, Marcel Adjibi, Abdou Mbaya, and Masai village men and women from the Serengeti plains. African Dream will appeal to fans of Babatunde Olatunji, The Soweto Gospel Choir, Ladysmith Black Mambazo, Monks of Keur Moussa Abbey, Oneness of Juju, and Ikwunga.

STMM1014D

\$16.98

1 CD, 60 minutes

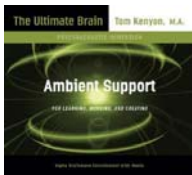


AL GROMER KHAN: KAMASUTRA

The word immediately evokes erotic associations. Indian music is based on a system of scales and ragas that evoke particular emotions in the listener. From these principles emerged this homage devoted to sensuality in the form of two extensive ragas performed by KHAN on sitar and JOERG EVERS on keyboard. AQUARIUS INTERNATIONAL MUSIC CD

AQ0227D

\$17.95



AMBIENT SUPPORT

NEW!

Ambient Support for Learning, Working, and Creating provides a soothing psychoacoustic environment to help you increase productivity and decrease stress—with no headphones required. Featuring three different musical tracks embedded with Tom Kenyon's "BioPulse™" technology to carry you effortlessly into the mid-alpha brainwave state (10 Hz)—the range that research has identified with improved learning, mental clarity, and relaxed alertness. Ambient Support also features subliminal suggestions to reduce stress, increase motivation, and improve your memory, making it the ideal choice for background music when you need an extra edge in concentration and creativity. The Ultimate Brain Series Since 1983, Tom Kenyon's listeners have been using his psychoacoustic immersion programs to create positive and lasting change in their brain capacity, mental activity, and creative power. From his innovative style of embedding brain entrainment waves into a "tonal matrix" of music to his discovery of "BioPulse" technology—a subtle frequency ideal for naturally inducing altered states—Tom Kenyon established himself as a leader in the field of sound healing. The Ultimate Brain series brings together the most effective programs that Kenyon has created in his decades of research for using sound to unlock the limitless power of your mind.

STMM1032D

\$16.98

CD, 66 minutes



ARE YOU DREAMING?

NEW!

With each performance in front of sold-out crowds, One at Last has fans dancing to their techno-tribal beat—an irresistible sound that seamlessly blends traditional and electronic music. On Are You Dreaming? this trance group brings you nine songs that pulse with the intoxicating rhythm and passionate vocals that have catapulted One at Last to the top of the West Coast underground music scene. Front woman Jaya Lakshmi leads the group with a cosmic, otherworldly elegance and a powerful connection to the art of sacred chant. Weaving together the modern and the ancient with a dynamic fusion of contemporary dance beats and devotional lyrics, the group creates a singular musical space on Are You Dreaming? Joined by electronica artist Om and inspired by musical and spiritual wisdom from across the globe, One at Last creates a true sound of cultural unity that is timeless, accessible, and infinitely danceable.

STMM1080D

\$17.98

CD, 1 hour



ASHTANGA YOGA COLLECTION, THE

The breath and body move as one in the Ashtanga Yoga tradition. This classical path harnesses the power of the postures to reveal the pure awareness, freedom, and depth of all that is yoga. Now with The Ashtanga Yoga Collection, renowned teacher Richard Freeman masterfully guides you through this precise union of breath, alignment, and flowing postures as taught to him by master yogi K. Pattabhi Jois of Mysore, India. An indispensable resource for students of all levels, this boxed DVD set includes An Introduction to Ashtanga Yoga—foundational techniques that combine breath, movement, and meditation to help you develop strength, flexibility, and self-observation Ashtanga Yoga, The Primary Series—nearly 70 postures to "ignite your inner fire" and awaken your nervous system to its natural, vital state Ashtanga Yoga, The Intermediate Series—a dynamic flow of powerful postures that create radiant health and joy, and spark spontaneous moments of meditation.

STVT0880D

\$49.95

3 DVDs 4.75 Hrs



AT EASE

NEW!

Settle back for a serene listening experience that transports the imagination to a peaceful place and seduces the body to surrender to a world of blissful tranquility. Conceived by David Nichtern of New York City's famous OM yoga studio as the ultimate music for yoga and meditation, At Ease features ten world-acclaimed musicians including:

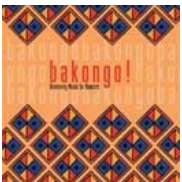
- Four-time Emmy-award winning composer Jamie Lawrence

STMM1049D

\$16.98

- Grammy®-nominee and Emmy-winning guitarist David Nichtern (composer of the classic "Midnight at the Oasis")
 - James Taylor keyboardist Clifford Carter
 - Bansuri flute master Steve Gorn
 - Falu (Falguni Shah), the classical Indian vocalist who has recorded with the legendary Ustad Sultan Khan, renowned drummer Kenwood Dennard, Asian Massive leader Karsh Kale, and others
- With nine gentle tracks that cross the boundaries between world music, fusion, contemplative, and pop, At Ease will soothe listeners with guitar, synthesizer, vocals, percussion, flute, violin, and more.

CD, 1 hour



BAKONGO!

At last, a drumming tape created expressly for dancers. Drawing from the great drumming traditions of Africa, Cuba, and Haiti, Bakongo: Dance Party! offers eight exciting compositions, each one a testament to the power and magic of ceremonial drum music. Songs feature a variety of both hand and stick drumming styles, plus call-and-response vocals. Instruments include congas, barrel drums, talking drums, frame drums, gankogui and atoke (iron bells), shekere, and axatse (gourd rattles). Bakongo: Dance Party! is the only drumming tape created exclusively for dance accompaniment. Led by Geoff Johns, the master drummer on Drum! Contents: Kpatsa (from southern Ghana and Togo); Palo (brought to Cuba by Congolese slaves); Gahu (a Benin circle dance); Ibo (from the Haitian voodoo tradition, sung in Creole); more.

STMM0335D

\$16.98

1 CD 58 min

BEAUTY

NEW!

Regular favorites on the internationally loved Café del Mar series (over 9 million CDs sold worldwide), Vargo has appeared on over 50 compilations around the globe, including Germany's Space Night and France's Buddha Bar. Now, with Beauty, these frontrunners in the ambient revolution share a story that "begins in the infinite vastness of space and resolves into the discovery and comprehension of beauty in the small and smallest." Says the group's mastermind Ansgar Üffink, "My aim is to create an atmosphere of comfort and well-being for the listener, an invitation to chill, to unwind, to let go completely." With its soothing electronic soundscapes, mesmerizing philosophical vocals inspired by the words of William Blake and others, and flamenco guitar and gentle percussion, Beauty makes an excellent choice for yoga, bodywork, dance — and the perfect antidote for the stress and commotion of daily routine. Thirteen evocative tracks include "Get Back to Serenity," "Pure Consciousness," "The Flow," "Infinity," and more.

STMM0970D

\$16.98

CD, 65 minutes





BEST OF WAH!

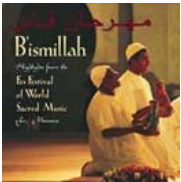
NEW!

“What sets Wah! apart is her ability to surrender to the moment—to offer herself to the offering ... wanting, in those moments, nothing but love and love alone.” —Krishna Das One of the most beloved artists in the world of devotional chant is the musician known as Wah! A multi-talented performer who has delighted fans for over a decade with her inspiring and blissful music, her voice rings with a powerful innocence and beauty. Now you are invited to experience The Best of Wah!—a collection selected by Wah! of her personal favorites from her ten albums. Wah! and her band create a seductive blend of devotional chant, pop, and world music—yet the one thread that runs through each of her songs is her heartfelt spiritual presence. Featuring favorites such as “Bolo Ram” and “Is It Love,” The Best of Wah! is an invitation to be carried away on the pure sounds and graceful spirit of this remarkable musician.

STMM1079D

\$17.98

CD, 79 Minutes



B'ISMILLAH

The most inspired music on the planet finds its highest expression at the annual Fes Festival of World Sacred Music. B'ismillah ("in the name of God") brings together the highlights of this landmark event. B'ismillah documents music from the world's most accomplished artists in many traditions, including Pakistani qawwali chants dating back to the 11th century; Egyptian madih odes; flamenco style Christian saeta that are shot "like an arrow" into the heart of God; ancient gwalior chants from the north of India; and the mystical music that transforms mere mortals into the whirling dervishes of the Sufi tradition. Utterly authentic, B'ismillah radiates a divine presence beyond the artificial boundaries of maps and politics, into the hearts of world music lovers everywhere.

STMM0339D

\$21.98

2 CDs 2.25 hours



BREATHING RHYTHMS

On this richly layered musical excursion, percussionist and composer Glen Velez draws us into six soothing soundscapes created specifically to attune us to the natural rhythms and energy flows of the body. With cellist Eugene Friesen and pan flutist Damian Dragichi.

STMM0120D

\$16.98

CD, 55 min.

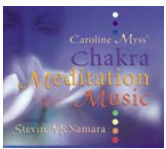


BRIDGE TO ISIS – NHANDA DEVI

Natural chants, channelled from the divine are combined with keyboard nuances and percussion to create a meditative rhythm The moods of the heavens are carried on these compositions. *A New Age Voice award finalist!*
AQUARIUS INTERNATIONAL MUSIC CD

AQ0090D

\$17.95



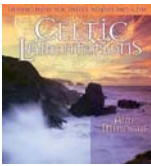
CAROLINE MYSS' CHAKRA MEDITATION MUSIC

Composed and performed by acclaimed world music artist Stevin McNamara, Caroline Myss' Chakra Meditation Music was created specifically to support two daily chakra diagnosis sessions: an energizing Morning meditation and a calming Evening meditation. Listeners learn with the help of an easy-to-follow study booklet (included) – or simply listen to the extraordinary music on its own to experience its beneficial effects.

STMM0125D

\$16.98

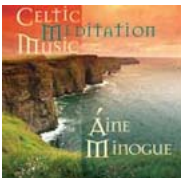
CD, 73 min.



CELTIC LAMENTATIONS: HEALING MUSIC FOR TWELVE MONTHS AND A DAY **NEW!** **STMM0952D** **\$16.98**

Inspired by the traditional wisdom of giving ourselves “a year and a day” to grieve, Celtic Lamentations offers a “companion in music”—a collection of recordings by Áine Minogue that carries the Celtic tradition of healing through music, and focuses on the return to everyday life. On September 11, 2002, Minogue was trying to decide how to honor the Americans who lost their lives in the Twin Towers the year before. Being an acclaimed international musician, she turned to her beloved music collection to get her through, but soon realized there was nothing that really captured her grief. With Celtic Lamentations, she has created the recording she wanted to hear that day. The eclectic array of tracks includes Celtic keening, the Banshee, Ireland’s classic “Year and a Day,” several original compositions, and “Deus Meus”—an unusual fusion of Latin with Gaelic. Áine Minogue is an artist who has long explored Ireland’s themes and mysteries, and who captures its very essence in her vocal and instrumental melodies. Now listeners join her to experience music’s ability to help us acknowledge and let go of that which we’ve lost—and to remember the joys that lie ahead—with Celtic Lamentations.

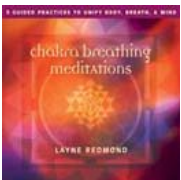
CD, 58 minutes



CELTIC MEDITATION MUSIC - BREATHING THE ETERNAL **STMM0787D** **\$16.98**

From an ancient source, prayerful songs for modern-day relaxation Celtic Meditation Music. If prayers were music, what would they sound like? Irish harpist Áine Minogue offers her artful answer on Celtic Meditation Music—a collection of original songs based on ancient Celtic prayers, specifically composed for meditation and relaxation. “The Irish harp has always been associated with spirituality,” says Minogue, and this is especially evident on her newest album. Using traditional poetry as divine inspiration, she crafts a set of instrumental “slow airs”—feminine, expressive, and dynamic songs that transpose the silent spaces between the lines of Celtic prayer into melody. Minogue’s numerous albums, including the acclaimed Between the Worlds, cross genres and appeal to Celtic, World, Folk, and New Age music enthusiasts alike. Now, with Celtic Meditation Music, fans—both new and old—are immersed in the haunting, modal tones of the harp, turning the act of listening into an invitation to an ancient sacred space—an invitation that lasts long after the final vibration of the strings. Irish harp accompanied by clarinet, cello, violin, and percussion.

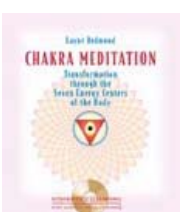
CD, 61 minutes \$16.98



CHAKRA BREATHING MEDITATIONS **THREE GUIDED PRACTICES TO UNIFY BODY, BREATH, AND MIND.** **STAW0727D** **\$16.98**

World-acclaimed frame drummer Layne Redmond shows listeners how to unify the body's seven energy centers through rhythmic breathing and music.

1 CD 1.25 Hrs \$16.98



CHAKRA MEDITATION **TRANSFORMATION THROUGH THE SEVEN ENERGY CENTERS OF THE BODY** **STBK0813D** **\$19.95**

Now, Layne Redmond—acclaimed author of When the Drummers Were Women—gives readers an interactive journey through these seven vital energy centers with Chakra Meditation. Accompanied by an interactive CD, she teaches us the traditional practices used to balance each of the chakras. Join Layne Redmond to learn: • Nada yoga: the associated sacred sounds and syllables for each chakra • Three breathing techniques: full yogic breath, the “Breath of Fire,” and alternate nostril breathing • “Purification of the Chakras”—an original, 28-minute guided meditation with Layne Redmond • Exercises to heighten concentration, and much more Chakra Meditation is the only book-and-CD combination that incorporates visualization exercises, chanting, ritual drumming, and sacred music to tour your own inner world of the seven chakras.

85-page hardback book CD 1.25 hours



**CHANTING THE CHAKRAS:
ACCLAIMED MUSIC AND HEALING SESSIONS WITH LAYNE REDMOND** STMM0124D \$16.98

In India's Nada Yoga ("Sound Yoga") tradition, sacred music has been revered for centuries for its power to attune and balance our physical, mental, and spiritual energies. Chanting the Chakras combines trance drumming with authentic yogic chant to retune the body's seven vital energy centers and encourage inner awareness. Chant along – or simply listen – whenever you need to rejuvenate and center yourself. Includes a 24-page booklet with diagrams and a full explanation of the chants. Performed by world-acclaimed frame drum musician Layne Redmond.

1 CD 46 min 24-page booklet



CHANTS FROM ISIS - NHANDA DEVI AQ0093D \$17.95

The debut recording from a channeller who has connected with her healing powers and wisdom. The listener can sense the ancient female divine power embodied by the goddess Isis.

AQUARIUS INTERNATIONAL MUSIC CD



COSMIC ENERGY: CHAKRA MEDITATION IN SEVEN PARTS AQ7951D \$17.95

A distinctive meditation record that organizes frequency and tones to be tuned to the human energy centers, which promotes a harmonious, balancing effect on the mind and body.

AQUARIUS INTERNATIONAL MUSIC CD



DARKEST MIDNIGHT, THE STMM0322D \$16.98

Angelic soprano Nóirín Ní Riain re-creates Ireland's thousand-year-old Christmas music heritage with 11 rare and authentic songs. The wonder and mystery of the Nativity brought to life in this unique collection of holiday religious music from Ireland. Shifting from exuberance to rapture, from solemnity to celebration – Nóirín Ní Riain and the monks of Glenstal offer hymns and songs of praise to the sacred season. Sung in English, Latin, and Gaelic.

1 CD 45 Minutes



DHOLA MARU STMM0114D \$16.98

In the windswept desert of northwestern India, at the edge of the Islamic Orient, the Gypsies, Muslims, and Hindus of Rajasthan have coexisted for over ten centuries, giving rise to a sacred music tradition at once sensual and holy. On Dhola Maru, Musafir unleashes a whirlwind of masterful rhythms and spiraling polyphonies transporting us into the ethereal landscape of Rajasthan's gods and maharajas, saints and lovers. This world-class gathering of musicians brings alive three sacred music traditions at their highest level - electrifying Muslim qawwali chant, North Indian raga, and passionate songs from the dawn of Gypsy culture - drawing us "through the trance and irresistibly into the heart of divine ecstasy."

1 CD 69 min



DIDJERIDOO – INLAKESH SV24231 \$19.95

Master didgeridoo players Rob Thomas and Tanya Gerard of Australia have played the didgeridoo since the mid 1980s. They have performed together as INLAKESH since 1990—a group that combines the didgeridoo with Tibetan horns, gongs, tribal percussion and location recordings from around the globe to create purely acoustical trance music. Rob and Tanya have taught several thousand people how to play the didgeridoo over the years and have put together the simplest, best techniques for learning this remarkable instrument.

Video 65 min. NTSC



DIVINE BLISS

A spiritual tale from India tells of a doll made of salt who was in search of God. The doll fulfills his quest by jumping into the ocean - completely dissolving himself into the love of the divine. This demonstrates the attitude of supreme surrender – where the devotee of God is immersed in an ocean of divine bliss. On Divine Bliss, a female master of devotional chant in the Indian tradition, Shri Anandi Ma ("Mother of Divine Bliss"), offers up nine ecstatic songs of praise. Considered a living saint in the land of her birth, Shri Anandi Ma sings in a voice soaked with reverence for the sacred nature of all life. With a gentle accompaniment by harmonium, tamboura, and traditional percussion, Divine Bliss lifts listeners up on waves of song to taste the peace and healing that are the hallmarks of true spirituality.

STMM0300D

\$16.98

1 CD 64 min 5 Page Booklet

DIVINE SINGING

NEW!

In India, the tradition of chant is revered as the highest form of devotion: a form of vocal meditation that is practiced by common people and sants—"saint singers" who wander through every village and city of the subcontinent. Through prayer sung from the heart, it is understood, anyone can achieve profound spiritual transformation and ecstasy. With voice alone, they reach the divine and merge, "drowning in the sea of God's love."

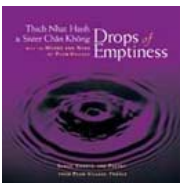
STAF0051D

\$69.95

It is in this timeless tradition that Divine Singing is offered—an intensive training course in the devotional music of India. Drawing from 30 years of experience, Kabir teaches a simple, easy-to-follow system you can use to experience the love, longing, and ecstasy hidden within your own voice. Divine Singing is not about religious belief. Rather, it draws from the rich musical world of the Hindus, Sufis, Buddhists, and believers of other faiths to vividly demonstrate how the voice can serve as a direct bridge to the divine. In 11 step-by-step sessions, you will discover the joy of chanting as a spiritual practice, principles of tonal resonance in body and spirit, the "sacred silence" within sound, the beauty of raga melody, how to attune to the creative power in sound, 20 authentic chants and hymns of devotion for you to sing along with, and much more.

Here, for the first time, is an innovative synthesis of music and spiritual practices, waiting to open Western seekers to the realm where chant is an exalted vehicle for cosmic consciousness, a realm where your own voice is the bringer of mysteries, a realm where your voice and divine sound are one, the realm of Divine Singing.

8 CDs, 9 hours



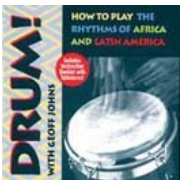
DROPS OF EMPTINESS

In the Vietnamese Zen tradition, mindfully chosen music and words can serve as "soothing droplets" to cool the heart. Recorded on location at Plum Village in France, Drops of Emptiness invites listeners into the sanctuary of this practice. These deeply felt works include the poetry of legendary Zen master Thich Nhat Hanh, the Vietnamese folk songs and Buddhist hymns of Sister Chân Không, and chants performed by the nuns and monks of Plum Village. Drops of Emptiness is an opportunity to share in musical contemplations rarely heard outside the seclusion of this cherished Zen monastery. In English, French, and Vietnamese.

STMM003D

\$16.98

1 CD 62 min



DRUM!

How to play the most popular rhythms and percussion structures of Ghana, Cuba, Guinea, Haiti, and Brazil—a step-by-step audio teaching course. This step-by-step audiobook teaches how to play the most popular rhythms and percussion structures of Ghana, Cuba, Guinea, Haiti, and Brazil. Exercises are designed so you can play along with them, learning as you go. Teaches a variety of world rhythms, from the elementary to the complex, making this an extremely useful "how-to" tape for both beginning and advanced drummers. On side one, each rhythm is demonstrated in a simplified manner with each part played individually. On side two, you play along as the compositions are played at full tempo. Comes with notes.

STMM0323D

\$16.98

1 CD 66 min



ENDLESS WAVE

The soundtrack of The Wave I Ecstatic Dance for Body & Soul - Gabrielle Roth's extraordinary video workout featuring her five rhythms. Also includes The Wave II - An unguided tour through the five rhythms, set to a hot, new, dynamic percussion soundtrack.

AG5170D

\$15.95

CD 80 minutes



FREE CD OFFER FROM LIGHTWORKS & AQUARIUS INTERNATIONAL MUSIC

Just buy two Aquarius International Music CDs at regular price and receive a FREE Best of Aquarius CD. This special edition CD includes 16 tracks from your favorite Aquarius artists including, Nhandra Devi: Prayer off the Chants From Isis CD, Klaus Weise: El-Hadra, off the CD by the same name, plus fourteen other selections. Be sure to include this item code **AQFREECD**, when placing your order. (No other discounts may be combined with this offer. This offer is for our retail customers only.)

AQFREECD



GARY THOMAS & ALAN DARGIN: DIDGERIDUO

Remote echoes of the Australian landscape from two masters that present ancient techniques in long swells and sway back and forth in percussive tonal bursts.

AQ0016D

\$17.95

AQUARIUS INTERNATIONAL MUSIC CD



GARY THOMAS: DIDGERIDOO -ANCIENT SOUND OF THE FUTURE

A best seller in the Aquarius line, this title is a classic in the genre. 6th generation Australian, Gary Thomas has been taught the skill of playing "didge" by Aboriginal tribal people who shared knowledge about these sacred sounds, the land and the culture.

AQ0010D

\$17.95

AQUARIUS INTERNATIONAL MUSIC CD

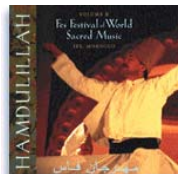


HAFIZ: THE SCENT OF LIGHT

Now, with Hafiz: The Scent of Light, you will join Daniel Ladinsky – the acclaimed translator of The Gift – to revel in more than 30 of Hafiz' most stirring works. Offered here in the manner that Hafiz composed them, spoken or sung spontaneously amid companions and inspired music, each of these exquisite love songs (ghazals) shimmers with a nuance, depth, and passion rarely captured in previous translations.

STAW0597D

\$15.95



HAMDULILLAH

Since its inception in 1994, the Fes Festival of World Sacred Music has established itself as the world's preeminent sacred music event. Sounds True has traveled to Morocco each year since 1996, capturing nearly every note in order to present these unique and often rare recordings to a worldwide audience. Hamdulillah (HOM doo lee luh), meaning "Praise be to Allah," is part of Sounds True's collection of music from the Fes Festival. From the whirling dervishes of Turkey to Javanese gamelan, this specially-priced two-disc set offers a dramatic and entertaining overview of the best the world has to offer in sacred music. HIGHLIGHTS: Christian-Muslim canticles from medieval Spain, Sufi music of Azerbaijan, Iran, and Turkey, Arab-Andalusian vocal and instrumental performances, Classical Indian dhrupad chant, Multi-cultural music of Baghdad, Sephardic songs by Parisian diva Françoise Atlan, Muslim-Jewish synagogue music, "Moroccan roll"; and much more.

STMM0108D

\$21.98

2 CDs, 144 minutes



HARMONIC MEDITATIONS

"David Hykes and the Harmonic Choir have mastered a spectacular and little known technique of overtone singing ... hearing it is an experience everyone should have." —The New York Times. A quarter-million listeners made Hearing Solar Winds a classic; now comes David Hykes' Harmonic Meditations, his first 21st-century release. Hykes is the legendary composer and musician who, besides introducing Western audiences to the "throat singing" of Tuva, Tibet, and Mongolia, has created a world of universal sacred music, the Harmonic Chant. Here are eight profound compositions that open the listener to incredible states of expanded consciousness aligned with the vibrational frequencies of the cosmos itself. Includes "The Silent Ground," which the Harmonic Choir premiered in New York for NPR's WNYC-FM re-inauguration of the Winter Garden opposite Ground Zero.

STMM0901D

\$16.98

CD, 71 minutes

THE HEALING DIDJERIDO

NEW!

Its sound is unmistakable: soothing, mysterious, primal. In fact, teaches music therapist and recording artist Kimba Arem, the Australian Aborigines believe the didjeridu “re-creates creation” through its all-enveloping tone, insuring the cycles of life on earth will continue. With The Healing Didjeridu, Kimba Arem invites you to experience for yourself the remarkable gifts of this 40,000-year-old tool for wellness.

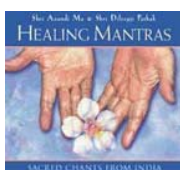
STAW0977D

\$19.95

Kimba has played the didjeridu for nearly a decade in conjunction with her unique sound healing practice. On The Healing Didjeridu, she teaches you everything needed to start enjoying its restorative power firsthand, including: the basics of playing; the vital role of intention; how to heighten your awareness of the sacred and healing potential of sound; tips on circular breathing; didjeridu “experiments” and exercises, and much more.

“The healing power of the didjeridu comes from playing it yourself,” says Kimba Arem. If you’ve been drawn to the alluring call of one of humanity’s oldest instruments, here’s your chance to tap its remarkable potency.

CD, 62 minutes



HEALING MANTRAS: SACRED CHANTS FROM INDIA

The yogic healing arts of India – a tradition that dates back at least 5,000 years – postulate that all illness is the result of a disturbance in the prana, or human energy field. Through centuries of investigation, the healers of these traditions have identified specific sound syllables for influencing both our physiology and mental states. On Healing Mantras, Shri Anandi Ma, a respected master of the Kundalini Maha Yoga tradition, chants three mantras said to reestablish balance on the level of the prana. Just listening to these chants, according to the traditional understanding, can impart a powerful healing impulse to the entire human system – body, mind, and spirit. Includes a 19-page study guide. These chants are performed with Dileepji Pathak, accompanied by tamboura, flute, and violin. Contents include healing mantras to Krishna, Shiva, and the Divine Mother.

STAW0455D

\$16.98

1 CD 1.25 Hrs 19 page study guide

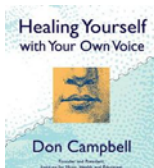


HEALING MEDITATION

A field recording on the road to Dharmasala with the Dalai Lama's doctor. Mantras, prayers, pujas and the sound of traditional instruments from Tibetan - chanted and played by healers, nuns and monks. AQUARIUS INTERNATIONAL MUSIC CD

AQ0901D

\$17.95



HEALING YOURSELF WITH YOUR OWN VOICE

NEW!

Ancient cultures looked at the human voice as the link between the inner and outer psyches. The voice was viewed not only as an instrument of self-expression, but also as a powerful means of self-alignment. Healing Yourself with Your Own Voice is about rediscovering the natural power of the human voice, and its role in establishing a balanced, healthful life. Don Campbell, founder of the Institute for Music, Health, and Education, and author of the national bestseller The Mozart Effect®, leads you through step-by-step exercises to demonstrate how different sounds affect the brain and the body. Exercises focus on the alignment of mind, body, and voice; an “inner massage”; much more.

STAW0105D

\$14.95

CD, 1 hour



HUSH

Acclaimed Canadian singer/songwriter Jane Siberry delivers a breathtaking collection of American and Celtic lullabies and spirituals for young and old. Performing intimate interpretations of timeless classics such as “O Shenandoah,” “Ol’ Man River,” and “The Water Is Wide,” Siberry’s trademark angelic vocals shine in lush choir-like arrangements over minimal keyboard and strings. Soothing, sincere, and uplifting, Hush is Jane Siberry at her most heartfelt and accessible, a soulful, personal album sure to please longtime fans and new listeners alike.

STMM0121D

\$16.98

1 CD 53 min

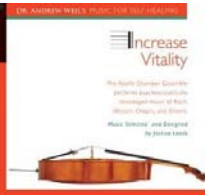


HUSH (CD)

A fusion of Western and East Indian style music combining sounds of sitar, tabla, guitar, keyboards and didgeridoo to create a soft, relaxing feeling. Created by Gary Thomas, who, having lived with Australian Aboriginal tribe elders, became their white messenger, sent forth to introduce their magic wind instrument, the didgeridoo, to the West.

AQ0092D

\$16.95



INCREASE VITALITY

NEW!

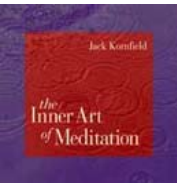
Inspired composers like Bach, Beethoven, and Chopin instinctively understood the revitalizing effect that music can have on your emotions and physical body. Now, best-selling physician and author Dr. Andrew Weil has joined with producer and sound researcher Joshua Leeds to bring you Dr. Andrew Weil's Music for Self-Healing—a series of classical music recordings for promoting good health. Performed by the award-winning players of The Apollo Chamber Ensemble, every arrangement is delivered with an emphasis on the underlying psychoacoustic components. The result: you experience the maximum healing potential of each timeless composition.

STMM1100D

\$17.98

Increase Vitality presents 18 invigorating selections in 3 uplifting sequences that naturally stimulate body, mind, and spirit. Orchestration includes piano, flute, oboe, English horn, and cello. "Easy Does It" offers gentle auditory arousal for recuperation or those sensitive to sensory stimulation. "Get Up & Go" provides "aerobics for the ears" with enlivening pieces by Mozart, Rachmaninoff, and Eastern European Gypsy-style compositions. "Have Mercy!" is the highest octane, powered by musical surprises, propelling tempos, and the intriguing arrangements of Beethoven, Chopin, Monti, and others. Increase Vitality is fun, endorphin-boosting, harmonic-rich cerebral fuel for all ages and environments.

CD, 1 hour



INNER ART OF MEDITATION, THE JACK KORNFELD

STAF0777D

\$39.95

Complete course on mindfulness meditation includes more than seven Hrs of exercises and teachings. Meditation is not a means of self-improvement. It is a way of discovering the truth and relating to it with compassion and honesty. Awaken to a richer spiritual life with The Inner Art of Meditation, a comprehensive six-tape study course on vipassana (or "insight") meditation from Jack Kornfield. Of the two major schools of meditation, this is the one that teaches you the art of creating a "foundation of awareness" in your daily life. Zen monks draw from these same principles in their practice. This is how to become fully "mindful" in your life - aware of your inseparability with all things and fully conscious that your actions in the moment create the patterns in your life. Distilled from a five-week workshop, this complete course offers over eight hours of intensive, personal instruction from this respected meditation teacher and clinical psychologist.

6 CDs 7.75 hours



INSIGHT MEDITATION

When you seek to live a spiritual life, what matters most is not what you know, but the actions you take. How do you best embody the spiritual

STAF0874D

\$199.00

principles that uplift you and those whose lives you touch? On Insight Meditation, you will learn one of the world's great contemplative practices, as it was taught by the Buddha himself and then passed "candle to candle" for over 2,500 years. Based on the curriculum developed at the Insight Meditation Society's retreat center in Barre, Massachusetts, this audio correspondence course is presented by IMS co-founders Sharon Salzberg and Joseph Goldstein, who are among the West's most respected meditation teachers. Students will learn with a qualified meditation instructor how to establish and sustain a daily meditation practice

24 CDs 17 Hrs



INVOCATION

NEW!

STMM1062D

\$16.98

"I bow to the goodness within myself, known as Lord Shiva, who is the true teacher..." So begins OM Namah Shivaya—a traditional Sanskrit mantra whose specific combination of words and seed syllables are said to hold great mystical power. Thousands of yogis and meditation practitioners open their practices with this prayer. Now, Ty Burhoe has composed stirring music to accompany this sacred chant.

On Invocation, he offers a number of original compositions and incantations that create a melodic wave of devotion to wash over you during your home yoga practice, meditation, or bodywork sessions.

Features Ty Burhoe, Krishna Das, Manorama, John Friend, and Amy Ippoliti. Includes beautiful vocals, tabla, sarode, drones, cello, violin, double bass, tambura, and harmonium.

CD, 50 minutes



INVOKING THE MUSE

STMM0816D

\$16.98

In her most inspired recording to date, Layne Redmond offers listeners Invoking the Muse—a landscape of haunting melodies and mesmerizing layers of rhythm and harmony dedicated to the power of the Muse. While researching the ancient music of Greece, Layne Redmond—Drum! magazine's 2002 Percussionist of the Year—discovered the searingly beautiful "The Muses taught the use of intuition and prophecy as a way to self-knowledge—a knowledge that is gained through self-induced trance, meditation, singing, and dreaming. Now, on Invoking the Muse, listeners will hear the echoes of the Muses themselves in these powerful sacred hymns that are sure to open the heart and invite transformation.

CD 55 minutes



JALA

NEW!

STMM1044D

\$16.98

Jala—water. It's most of what we are and moving within us like the currents of the primordial ocean—powerful, creative, constantly renewing. Jala, the rhythmic world and electronic music soundtrack from Shiva Rea's Fluid Power yoga DVD, offers "musical hydration" for the flow of your inner and outer worlds, yoga, and creative living.

In her worldwide retreats, thousands of flow yoga and trance-dance practitioners rave about Shiva Rea's inspiring music mixes. Shiva Rea now invites you on a dynamic and meditative sonic journey crossing genres and cultures. Like a winding river with organic, changing rhythms, Jala flows from sublime invocations, Asian electronica, high-energy percussion, and passionate vocals into soothing sitar and chant.

With 12 richly layered soundscapes, Jala is an energizing plunge into the universal flow. Features the talents of sitar virtuoso Uwe Neumann; multi-instrumentalist Benjy Wertheimer; Canadian Grammy nominee Adham Shaikh; Desert Dwellers; Niraj Chag; Daphne Tse with Matt Pszonak; and Burning-man favorite—Alycane. Enhanced CD includes bonus Fluid Power DVD footage available nowhere else.

Enhanced CD, 82 minutes



KABBALAH KIRTAN

NEW!

Kabbalah: the mystical teachings of Judaism. Kirtan: the art of devotional chant. Bring them together, and you unfold the beauty of "Kabbalah Kirtan," an ecstatic new musical form that invites you to sing to—and join with—God.

STMM1078D

\$17.98

On Kabbalah Kirtan, YoffiYah offers her gifts as a voice teacher, artist, and improvisational musician to create a safe and spiritually charged environment for listeners from all traditions to find and free their authentic voice, and experience the presence of God. "Our unity with God is likened to that of lovers," she explains. "As we come together, we delight in the other's otherness, but at the moment of union both self and other fade into an ineffable oneness. Kirtan is among the most powerful methods we have of surrendering to this love."

Using vocals, harmonium, frame drum, tabla, oud, bansuri flute, and more, Kabbalah Kirtan is your invitation to experience the ecstasy and liberation of this passionate, sacred connection. Detailed liner notes with translations of each Hebrew chant help you understand the message as you move closer to the meeting.

CD, 59 minutes



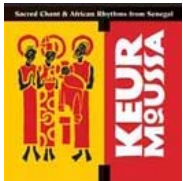
KERALA DREAM

"The music of Shaman's Dream reveals the depths of the heart."— Krishna Das. The music of Shaman's Dream has become the soundtrack of L.A.'s exploding yoga scene for almost a decade, heard in studios and homes across the country. Seeking the perfect sound for her new DVD series Yoga Shakti, world-renowned teacher Shiva Rea invited friends Craig Kohland and Rara Avis to accompany her across the globe, to blend the spiritual traditions of India with down-tempo urban beats in a visionary offering of rhythm and sacred sound. Building on the momentum of Shaman's Dream's four previous albums, Kerala Dream infuses Indian antiquity with introspective ambient textures ideal for yoga, dance, meditation, healing arts, and more.

STMM0922D

\$16.98

CD 71 minutes



KEUR MOUSSA:

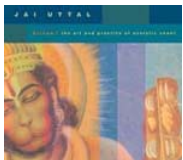
SACRED CHANTS AND AFRICAN RHYTHMS FROM SENEGAL

STMM0337D

\$16.98

In 1963, nine monks from the French monastery of Saint-Pierre of Solesmes, a centuries-old stronghold of the ancient Gregorian plainchant tradition, journeyed to remote Senegal to establish a Benedictine abbey. Keur Moussa Abbey, as it is known to the local villagers, means "House of Moses." From the day of their arrival, the monks of Keur Moussa have investigated their convergent musical worlds, and created a remarkable new lineage in the thousand-year-old choral music tradition. On Keur Moussa, they weave the rhythms and instrumental textures of Africa with traditional Western plainchant (sung in French and Wolof, the language of the region). You will hear rare choral works as they are performed in the daily masses at the abbey, accompanied on koras (African lutes handmade by the brothers), tabala (a large Mauritanian camel-skin drum), balafon (a Malinke instrument similar to the xylophone), tom-tom, and flute. In this collection, their first North American release, the brothers of Keur Moussa invite you to join them as they raise their voices in unique praise of the divine. Keur Moussa Monks of Keur Moussa, Senegal cd The "House of Moses" monastery offers listeners pulsing African rhythms fused with sacred Western chant. With koras, tabala, balafon, and more.

1 CD 42 min



KIRTAN! THE ART AND PRACTICE OF ECSTATIC CHANT

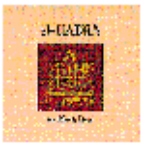
JAI UTTAL

STAW0740D

\$24.95

Acclaimed world musician Jai Uttal guides listeners through the practice of Kirtan—singing the many names of God and Goddess—an essential part of Bhakti yoga, or the yoga of devotion. "Kirtan is the calling, the crying, the reaching across infinite space—and digging into the heart's deepest well—to touch and be touched by the Divine Presence," teaches world music pioneer Jai Uttal. On Kirtan! The Art and Practice of Ecstatic Chant, Jai guides listeners through the practice of Kirtan—singing the many names of God and Goddess—an essential part of Bhakti yoga, or the yoga of devotion. This sacred music form is for all people; there are no experts, nor beginners, and the practice itself is the teacher, guiding us to ourselves. For Jai Uttal's many fans, finally here is a chance not only to hear a new release from this legendary world music artist, but to participate with him in blissful spiritual devotion on Kirtan! The Art and Practice of Ecstatic Chant.

2 CDs 2.5 hours 2 CDs

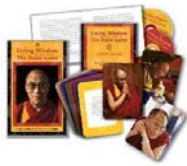


KLAUS WIESE: EL-HADRA

Recorded in the rhythmic trance style of the Sufi mystical tradition...soaring phrasing and light pulsating tables are supported by ethereal sounds from the zither. 53 minutes in length with no pauses. A top-selling favourite in the Aquarius line. *Perfect for massage and yoga. Highly recommended by GABRIELLE ROTH*
AQUARIUS INTERNATIONAL MUSIC CD

AQ0094D

\$17.95



LIVING WISDOM (KIT)

NEW!

When you are in the presence of His Holiness the Dalai Lama, you are in the presence of compassion itself. But how many of us will have the opportunity to personally experience the man known as "The Ocean of Wisdom"? Now, Living Wisdom gives you the chance to immerse yourself in the grace of His Holiness the Fourteenth Dalai Lama, and to receive the transformative power of his teachings in your own home, including:

STKT1035D

\$29.95

- 47-minute DVD spanning 25 years of Don Farber's photography of His Holiness with more than 400 extraordinary images set to sacred Tibetan music.
 - 145-page book gleaned from His Holiness's classic lessons on The Six Transcendent Perfections. These are the way of the bodhisattva—the qualities we must cultivate in order to reach enlightenment.
 - Musicians, monks, and nuns honor His Holiness through time-honored chants and original compositions on CD. Includes traditional chanting by the Dalai Lama.
 - 36 photographs of His Holiness, each with a contemplation from his teachings on The Six Transcendent Perfections.
 - Mini-easel to display your daily contemplation on your desk or home altar.
- DVD, CD, 37 cards, 145-page study guide, 108 minutes



**LOVELAND:
MUSIC FOR DREAMING AND AWAKENING**

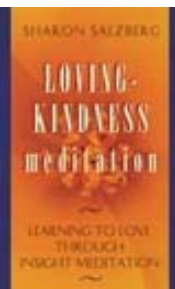
NEW!

Enter Loveland... a place where time dissolves, and the heart within your heart is awakened... where world music visionary Jai Uttal merges the pulsing beat of the universe with the flowing source of energy through sacred melodies to the Divine. Here, the Grammy® Award-nominated multi-instrumentalist and vocalist joins Ben Leinbach to create six extended tracks of evocative compositions that celebrate the breath of life, revel in the power of infinite love, and invite you to deeply experience the numinous.

STMM0997D

\$16.98

1 CD, 59.75 minutes



LOVING KINDNESS MEDITATION

Within your own heart is a limitless source of supreme energy – the energy of love. No other force in the universe compares to it. The world's great spiritual traditions, both past and present, agree on this simple principle. Can love be harnessed and applied to others used as a "tool" for changing lives? Lovingkindness Meditation teaches a traditional practice for cultivating love, and applying it as a life-changing force. Dating back 2,600 years, metta(an ancient Buddhist meditation practice on "lovingkindness") is a timeless method for unlocking your heart's immense healing resources. Metta meditation is not a technique for repressing your awareness of life's pain. Rather, it is a way to break down the artificial mental barriers that separate you from others. Comes with study booklet.

STAW0287D

\$19.95

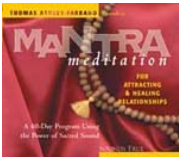
3 CDs 3 hours, 7-page study guide



**MANTRA HEALING COLLECTION, THE
IMMERSE YOURSELF IN THE TRANSFORMATIVE POWER OF SOUND** STAW0845D \$29.95

The 5,000-year-old science of kundalini maha yoga uses specific sound syllables, known as mantras, with the power to restore the flow of prana (vital energy) throughout your body and consciousness. According to the tradition, just listening to these sacred sounds once or more each day can make profound changes in your life. These authentic chants are intoned by Shri Anandi Ma, chosen by the Indian saint Shri Dhyanyogi Madhusudandasji to carry on the traditions of kundalini maha yoga for the welfare of all humanity. Now, for the first time, The Mantra Healing Collection brings together three complete programs with this revered “singer-saint” and sound healer: Healing Mantras to restore well-being in body, mind, and spirit Mantras for Releasing Fear to create a peaceful spiritual state, and Mantras for Abundance to attract energy, loving relationships, and financial prosperity Order all three programs and save 39%!

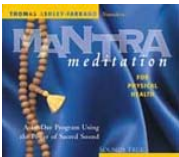
3 CDs 3.75 Hrs



**MANTRA MEDITATION FOR ATTRACTING & HEALING
RELATIONSHIPS: A FORTY DAY PROGRAM USING
THE POWER OF SACRED SOUND** STAW0750D \$15.95

On Mantra Meditation for Attracting & Healing Relationships, you will join this respected master of the tradition to learn a complete series of specific mantras to: Attract a spiritually fulfilling (and desirable!) partner into your life Heal the relationships you now have with others Cultivate love and mitigate fear, anger, and jealousy within yourself, and much more. These simple yet powerful mantras take only a few min a day to use. Try them for 40 days (the amount of time that mantras require to create their desired effects)—to experience profound changes in yourself and those around you. Complete with printed reference guide.

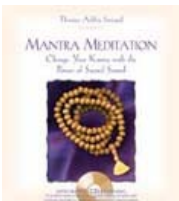
1 CD 1.25 Hrs reference guide



MANTRA MEDITATION FOR PHYSICAL HEALTH STAW0749D \$15.95

Your physical body is animated by life energy. And, according to India’s science of sound healing, you can gather and direct that healing life force through the power of sacred sound. With Mantra Meditation for Physical Health, Thomas Ashley-Farrand—one of the most acclaimed teachers of mantra in the West—guides you syllable by syllable into a rich 40-day program of mantras to strengthen your natural healing potential. Mantras, teaches Ashley-Farrand, initiate vibrations within key areas of the body to release energetic blockages through their influences on your body’s chakra (or energy) centers. Now, through clear guided instruction, you will learn how to voice 21 authentic mantras to fortify your health, address specific forms of illness, clear energy blockages, and draw in prana, the vital life force of the universe.

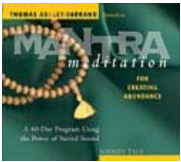
1 CD 1.25 Hrs reference guide



**MANTRA MEDITATION: CHANGE YOUR KARMA
WITH THE POWER OF SACRED SOUND.** STBK0812D \$19.95
**15 GUIDED MANTRA MEDITATIONS FOR OVERCOMING
OBSTACLES AND ACHIEVING ABUNDANCE, FULFILLMENT, AND SPIRITUAL
TRANSFORMATION**

The power of mantras was so great that the Buddha himself was concerned about their misuse in the hands of merchants and generals. Mantras are “sacred sound syllables” that can effect changes to your inner psyche and the external world. Today, Thomas Ashley-Farrand—one of the foremost authorities on Vedic and Buddhist Sanskrit mantras in the West—makes these sacred sounds widely available in a new integrated book-and-CD learning set. According to traditional practice, “When you begin to chant these ancient formulas,” teaches Ashley-Farrand, “the petals on the chakras begin to resonate, and they begin to pull in minute amounts of spiritual energy.” Over days, weeks, and months, larger and larger amounts of energy accumulate bringing health, radiance, and eliminating karma, which allows desires to be fulfilled. In his first CD-and-book combination, Thomas Ashley-Farrand offers an important interactive learning tool for discovering and using these sacred sounds with Mantra Meditations.

CD 1.25 Hrs, 80-page hardcover book



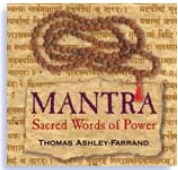
MANTRA MEDITATION FOR CREATING ABUNDANCE (CD)
THOMAS ASHLEY-FARRAND

STAW0748D

\$15.95

According to the Vedic tradition, the term “abundance” applies to every dimension of our lives, from material wealth to spiritual sustenance and growth. With Mantra Meditation for Creating Abundance, you are invited to engage the practice of sacred sound to invite positive changes in your finances, your career, your creative pursuits, and your search for inner wisdom. Mantras, teaches Thomas Ashley-Farrand, are highly evolved sound formulas first developed in ancient India that can influence the subtle energies both around us and within us. Now, with a leading teacher of the tradition, you will learn to use 20 classic mantras created specifically to remove hidden obstacles and open the doorways to more materially and spiritually favorable conditions. These sacred sound chants require only a few minutes per session. Try them for 40 days (the traditional amount of time required to achieve their desired effects)—and be prepared to observe the beneficial changes that lie ahead! Complete with printed reference guide.

1 CD, 1.25 hours, reference guide

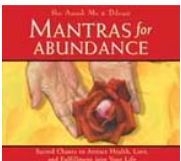


MANTRA: SACRED WORDS OF POWER

In 1978, Thomas Ashley-Farrand traveled to India for the first time, where he astonished the spiritual community there with his perfect command of mantra, the practice of using specific "sacred sound syllables" for spiritual and material transformation. Now, 20 years later, he shares for the first time his mastery of this ancient spiritual art on Mantra: Sacred Words of Power. Here is the first English language audio curriculum that teaches you how to use mantras to enhance the powers of your mind, influence the environment around you, and deepen your spiritual practice. According to the Vedic tradition of India, the universe was birthed from pure sound. This symphony of vibrational energy continues to unfold at this moment, creating everything that we hear, see, and touch. In 12 fascinating sessions, Thomas Ashley-Farrand teaches you a library of traditional mantras with relevance to every area of your life. From work and health, to love and enlightenment – here are dozens of authentic chants that are used every day by millions of people to activate the energy of creation. With Mantra: Sacred Words of Power, you can begin practicing these powerful chants to heal and change your own life – with the very first mantra that you chant. Dozens of Buddhist and Sanskrit mantras taught step by step in English. Includes a 36-page study guide.
6 CDs 8.75 hours 37-page study guide

STAF0780D

\$69.95



**MANTRAS FOR ABUNDANCE: SACRED CHANTS
TO ATTRACT HEALTH, LOVE, AND FULFILLMENT INTO YOUR
LIFE**

STAW0648D

\$15.95

Mantras for Abundance to attract energy, loving relationships, and financial prosperity. Shri Anandi Ma is a meditation and yoga teacher with students and disciples in India, Europe, and North America. She is the spiritual heir of the legendary teacher Shri Dhyanyogi Madhusudandasji, who specialized in using the power of mantras and meditation for uplifting the human spirit. While continuing to teach these spiritual sciences, Shri Anandi Ma has also assumed the responsibility for carrying on with the humanitarian works begun during Shri Dhyanyogiji's lifetime. She makes her home in California and India.

1 CD 1.25 Hrs



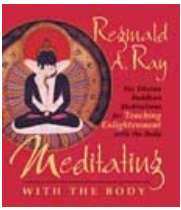
MANTRAS FOR RELEASING FEAR

For 5,000 years, the science of kundalini maha yoga has identified specific sound syllables for influencing both our physiology and mental activity. On Mantras for Releasing Fear, Shri Anandi Ma – a master of this tradition – offers four authentic chants said to banish fear and encourage a peaceful spiritual state. According to the practice, simply listening to these sacred sounds calms the emotions by subtly unblocking rigid thought patterns and redistributing prana, or life force, among the body's chakra centers. Mantras for Releasing Fear was created in response to the enormous popularity of Shri Anandi Ma's Healing Mantras. Now, listeners can enjoy the benefits of these authentic new mantras, available here for the first time. With Shri Dileepji Pathak. Includes study guide.

STAW0566D

\$15.95

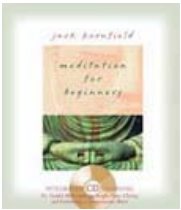
1 CD 1.25 Hrs



**MEDITATING WITH THE BODY: SIX TIBETAN BUDDHIST
MEDITATIONS FOR TOUCHING ENLIGHTENMENT WITH THE BODY** STAW0670D \$34.95

In Tibetan spiritual life, the practice of body-based meditation has been revered throughout its history as a vital tool for cultivating spiritual awareness and physical well-being. Today, in a world overabundant with stimuli, these “embodied” practices are more relevant and useful than ever. *Meditating with the Body* guides you into the rejuvenating experience of body-based meditation to help you: “Digest” the stressful events and experiences of your day Settle and calm your mind Channel revitalizing energy throughout your body Connect with the healing effects of the earth (viewed in Tibetan Buddhism as a living, enlightened being) Uncover your body’s untapped powers of perception, intuition, and wisdom Join Reggie Ray – senior teacher at the Shambhala Mountain Center – as he teaches you this complete series of six Tibetan-based meditations, including prana breathing, body awareness, abdominal breathing, earth-based meditation practice, and more.

4 CDs 5 HRS



**MEDITATION FOR BEGINNERS: SIX GUIDED MEDITATIONS
FOR INSIGHT, INNER CLARITY, AND CULTIVATING A COMPASSIONATE HEART** STBK0781D \$19.95

Over the past decade, the number of Buddhist meditation centers in the U.S. has more than doubled. Many more meditators practice in the Christian, Jewish, transcendental, and other traditions. Until now, however, surprisingly few teaching aids have shown beginning practitioners the most fundamental techniques of meditation. *Meditation for Beginners* fills that niche - with clear, authentic instructions from one of America’s most trusted and beloved teachers. Created specifically for beginners, this complete introduction to meditation features four classical mindfulness exercises. It is the definitive resource for anyone who ever thought about learning to meditate, but lacked the information they needed to start

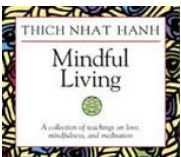
CD 1.25 Hrs + Book 88 Pgs



**MEDITERRANEA: SONGS OF THE MEDITERRANEAN
SAVINA YANNATOU** STMM0118D \$16.98

From the fertile landscape of the Mediterranean rim comes this shimmering mosaic of voice and rhythm from the ancient song traditions of Greece, Tunisia, Sicily, Corsica, Albania, the Holy Land, and more.

CD 60 min



**MINDFUL LIVING
THICH NHAT HANH** STAW0836D \$39.95

Mindfulness, teaches Thich Nhat Hanh, is like the power of the sun: it illuminates the parts of your life that are in darkness. Instead of suppressing anger, fear, and guilt, mindfulness welcomes all experience. *Mindful Living* is a special gift-boxed collection of this beloved Zen master's most popular audio sessions for coming fully alive to yourself and the world. **THE SET INCLUDES:** *The Art of Mindful Living* - Thich Nhat Hanh shows you how to use mindfulness to welcome all aspects of experience - even the most challenging parts. *Teachings on Love* - In the Buddhist tradition, genuine love comprises four qualities: lovingkindness, compassion, joy, and freedom. Here, you will learn how to enrich relationships of every kind with these transcendent qualities. *Touching the Earth* - Thich Nhat Hanh and Sister Chân Không teach an ancient Buddhist practice to unify body and mind in an exquisite gesture of spiritual surrender.

5 CDs 6.25 Hrs



MOON ON THE WATER

NEW!

STMM0927D

\$19.98

What is the sound of the moon on the water?

It is the music of utter stillness and complete spaciousness—the perfect reflection of self within the universe, and the universe within the self. There is no finer instrument for capturing this music of Zen than the shakuhachi bamboo flute, the instrument which Stan Richardson has dedicated his life to master. With Moon on the Water, Richardson offers two musical experiences. On the first CD, listeners enjoy the pure tones of the solo shakuhachi, as it has been played for centuries. For the second CD, Stan Richardson combines natural sounds recorded during his travels across the Japanese countryside—the rushing of water, the wind over waves, the singing of cranes—with the beauty of the bamboo flute.

Pure and elegant, intricate and subtle—Moon on the Water invokes the Zen mind, and makes for the perfect musical complement to massage and bodywork, yoga, and any moment of peaceful contemplation.
2 CDs, 117 minutes



MUSIC AS MEDICINE: HEALING MUSIC

DRAWN FROM THE TIBETAN & NATIVE AMERICAN TRADITIONS

STMM0855D

\$16.98

R. CARLOS NAKAI JOINS NAWANG KHECHOG

“To produce original music with such soothing and tranquilizing qualities is rare.”The New York Times. Ancient Tibetan teachings tell us that merely seeing an image of the Medicine Buddha—or even hearing his name—holds the power to heal. Now, acclaimed musician and former Buddhist monk Nawang Khechog invokes the blessings of this potent deity on his new recording, Music As Medicine. Nawang is one of the few Tibetan musicians today who has received the blessing transmission of these teachings—and shares them here with the outside world as a catalyst for transformation. On this all-new album, premier native American musician R. Carlos Nakai joins Nawang Khechog as a special guest artist to create a cross-cultural “apothecary” of soothing melodies and healing chants to infuse this universal energy within anyone who listens. With Tibetan flute, long horn, and overtone chanting; native American flute and drum; universal horn; and calming chants to restore balance and health.

1 CD 68 minutes



MUSIC FOR YOGA AND OTHER JOYS

Jai Uttal—premier world music composer and 2003 Grammy® nominee—offers a moving mix of melody, rhythms, and chants with

STMM0768D

\$16.98

Music for Yoga and Other Joys. Known for his eclectic blend of East-meets-West sound, Jai offers listeners his first album created especially for yoga practice. 1.25 Hrsutes of sensual music featuring dotar, electric guitar, and slide tamboura, all complemented by Jai’s full, golden-toned voice. An excellent choice for meditating, gardening, driving, and bodywork. Produced in collaboration with Ben Leinbach.

1 CD 1.25 Hrs



MYSTICAL IRELAND: THE SACRED VOICES

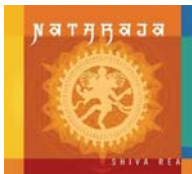
OF THE BENEDICTINE MONKS OF GLENSTAL ABBEY AND NOIRIN NI RIAIN

STMM0756D

\$39.95

Collection Includes: The Virgin's Lament, Vox de Nube, and The Darkest Midnight. For more than 20 years, Gaelic soprano Nóirín Ní Riain and the monks of Glenstal Abbey have evoked worldwide acclaim for their authentic re-creations of the medieval liturgy’s choral masterworks. Mystical Ireland offers, for the first time in one collectors set, Nóirín’s most memorable hymns, laments, carols, and prayers, accompanied by the stellar voices of the Benedictine monks of Glenstal Abbey.

3 CDs 131 minutes



NATARAJA: **NEW!**
MUSIC FROM YOGA TRANCE DANCE WITH SHIVA RHEA **STMM1045D** **\$17.98**
 Nataraja: the Lord of Dance, source of creativity and all movement within the cosmos. To enliven you with this regenerative spirit, Shiva Rea offers Nataraja, a pulsating collection of world-influenced electronica from the evocative soundtrack to her Yoga Trance Dance DVD.

At the cutting edge of today's exploding flow yoga phenomenon, Shiva Rea is renowned for creating original music compilations that cross genres to evoke the flow of yoga and life. On Nataraja, Benjy Wertheimer, DJ Cheb i Sabbah, Dum Dum Project, Kaya Project, and other favorites are joined by Shaman's Dream, KDZ, John De Kadt, Clan Travelers with Byron Metcalf, Sivakumar, and more to lift you on an upward spiral and align you with the moving rhythms of creation.

Enhanced CD includes exclusive footage from Yoga Trance Dance.

Enhanced CD, 1 ¼ hours

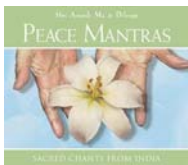


NATURAL MEDITATION:
A TIBETAN BUDDHIST PRACTICE FOR CLEARING THE MIND **STVT0019** **\$19.95**
AND OPENING TO EFFORTLESS AWARENESS
LAMA SURYA DAS

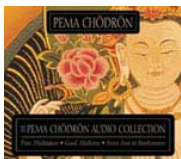
A complete four-session video course on Dzogchen ("natural perfection") practice, the pinnacle of Tibetan Buddhist spirituality. Includes skygazing meditations, energetic breathwork, chanting, and more.
 1 VHS 34 minute



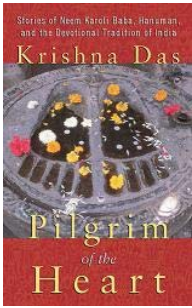
PARADISE BLUE – A MUSIC VIDEO OF PARADISE
 Hawaiian tranquility; escape to your own personal paradise. Settle back, **SV3603** **\$19.95**
 watch the sea lap against verdant cliffs, surging across pristine beaches,
 while listening to the sounds of nature. Relax. Meditate as soothing music washes your mind of its
 busyness. Swim with the sea life. Then melt into the sunset.
 30 minutes



PEACE MANTRAS: **NEW!**
SACRED CHANTS FROM INDIA **STMM0902D** **\$16.98**
TO MANIFEST PEACE IN YOURSELF AND OTHERS
 With Peace Mantras, listeners will join Shri Anandi Ma, accompanied by her teaching partner Dileepji, to experience the sacred sounds that have been used for centuries to create inner peace. Just listening to these authentic chants from India is said to have profound healing effects on us, and on our world. Now, Peace Mantras offers more than 60 minutes of Sanskrit mantras, including: mantras to Ganesh—the remover of all obstacles; “Peace for the Nine Planets;” prayers for welfare; and mantras for protection. “Each person is a walking universe,” teaches Dileepji on Peace Mantras, “and as each universe attains its absolute state of tranquility, true peace will spread and be dominant.
 CD, 72 minutes



PEMA CHODRON AUDIO COLLECTION, THE **STAW0846D** **\$39.95**
 The Pema Chodron Audio Collection Pema Chodron Three of Pema Chodron's most popular teachings available in one boxed set. Includes Pure Meditation, Good Medicine, and From Fear to Fearlessness.
 6 CDs 7 Hrs



PILGRIM OF THE HEART

NEW!

The Story of One Seeker's Unforgettable Journey on the Bhakti Path of Love

STAW0486

\$24.95

Bhakti Yoga is the path of loving devotion—the total surrender of all our acts, thoughts, and emotions to the heart of the divine. Through his albums and performances, world-music legend Krishna Das has used Indian devotional chant to bring this path to thousands of listeners. On Pilgrim of the Heart, Krishna Das tells the story of his life, offering it as both a memoir and a metaphor for all of us seeking to follow this ecstatic way of the heart.

Krishna Das begins by taking us back to the winter of 1968, on a road trip through a harrowing New York blizzard in search of Ram Dass. From there, we follow him into the jungles and ashrams of India ... meet his unforgettable teacher Neem Karoli Baba ... open our eyes to Hanuman, the sacred embodiment of compassion and grace ... and gain the opportunity to join Krishna Das and friends in a series of uplifting chants from the bhakti tradition. Pilgrim of the Heart is an intimate meeting with one of the world's great living masters of devotional singing—and an invitation into the infinite yoga of faith, compassion, and surrender.

3 CDs, 3 hours



POUMI: RUDRAKSHA

These recordings of Sanskrit mantras are sung with a deep understanding of the spiritual meaning. They help open the listener their own depth. The traditional "OM Namaha Shivaya" chant is sung as both a call to the divine energies and as a celebration. "POUMI has a singing body and a dancing voice"
AQUARIUS INTERNATIONAL MUSIC CD

AQ0088D

\$17.95



PRANAYAMA

MAY OUR BREATH BE OUR PRAYER

STMM0898D

\$24.95

NUBIA TEIXEIRA with JAI UTTAL & BEN LEINBACH

Prana, the vital energy present in the air that we breathe, links our inner and outer environments and connects us with all beings and all nature. The volume and quality of prana that circulates within our bodies determines the level of our vitality, and this internal reserve of energy can be increased and purified by pranayama, or conscious breathing. On Pranayama, Nubia Teixeira will guide you through a restorative practice interweaving these breathing techniques with open-hearted-meditation, visualization, and singing. Nubia is joined by celebrated world music artist Jai Uttal and his longtime collaborator Ben Leinbach, who provide a vibrant new soundscape of progressive world music to enhance your pranayama practice

2 CDs, 2 hours



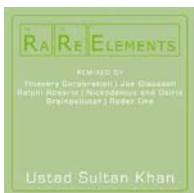
**PURE MEDITATION
PEMA CHODRON**

STAW0479D

\$19.95

Listeners learn the art of "pure meditation"-the Tibetan path of deeper awareness and fully letting go. An authoritative guide to Tibetan Buddhism's fundamental practice.

2 CDs 2 Hrs



RARE ELEMENTS

NEW!

The yearning bow of Ustad Sultan Khan's sarangi and his timeless voice merge into one seamless instrument, borne here on the inspiring grooves of six leading remix artists.

STMM1050D

\$16.98

In late 2003, world-renowned sarangi master Ustad Sultan Khan recorded ten pieces in a New York studio with producer David Nichtern and an elite group of contemporary musicians. The result is Rare Elements: a pulsing spectrum that blends India's traditional sounds with a broad range of electronica and world beat.

Joe Clausell opens the album with "Aja Maji," followed by Thievery Corporation's hypnotizing rendition of "Tarana" and Radar One's Sad Bachelor Remix of "Jana." Also featuring Ralphie Rosario and Nickodemus & Osiris, Rare Elements offers a spellbinding fusion of Ustad Sultan Khan's instrumental force and vocal nuance, downtempo pulse lines, and moving rhythms for a unique listening experience that will rejuvenate mind, body, and soul.

CD, 58 minutes



RELAX AND DE-STRESS

NEW!

Legendary composers like Beethoven, Bach, and Chopin instinctively understood the profound effect that music can have on our emotions and physical bodies. Now, best-selling author and physician Dr. Andrew Weil has joined with producer and sound researcher Joshua Leeds to bring you Dr. Andrew Weil's Music for Self-Healing Series—classical music for promoting good health.

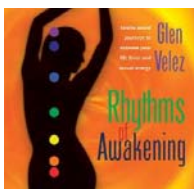
STMM1099D

\$17.98

With Relax and De-Stress, the first CD of this new series, listeners will enjoy a selection of soothing classical music, scientifically selected and performed to reduce physical tension, dispel anxiety, and create inner calm. The award-winning players of the Apollo Chamber Ensemble perform each piece on Relax and De-Stress with the guidance of the sound-healing research of Dr. Weil and Joshua Leeds.

Through subtle rearrangement and emphasis on the underlying psychoacoustic harmonics embedded in the music, these renowned musicians draw out each composition's innate healing potential. Masterpieces such as Debussy's "Reverie" and Vivaldi's "Winter," Largo movement are presented in a specific order on the CD, easing the listener with each track into a deeper state of stress-free tranquility. Relax and De-Stress is the perfect choice for listeners who wish to slow down from a hard day's work, prepare for a good night's sleep, or simply unwind with some of the greatest work from classical composers.

CD, 1 hour, 20-page booklet



RHYTHMS OF AWAKENING

NEW!

There lies within us all a slumbering force—the creative energy of kundalini, coiled at the base of the spine. On Rhythms of Awakening, Grammy®-winning master percussionist Glen Velez takes listeners on an odyssey of rhythm to tap that sleeping power within. Focusing on the body's lower two chakras, each composition invokes the beats and vibrations ideally suited to bringing these vital energy centers alive. With healing secrets drawn from the drumming traditions of India, Asia, and Egypt, Rhythms of Awakening stirs together an exotic blend of music that inspires, energizes, and awakens the forces of kundalini.

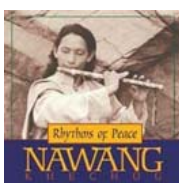
STMM0923D

\$16.98

In collaboration with vocalist/composer Lori Cotler.

Featuring: Steve Gorn, Howard Levy, Lori Cotler, Zohar Fresco, Yousif Sheronick, Shane Shanahan, and Randy Crafton.

CD 60 minutes



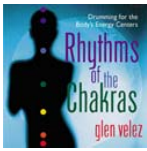
RHYTHMS OF PEACE NAWANG KHECHOG

STMM0294D

\$16.98

Soothing melodic textures explore the inner stillness that is the essence of peace. With Tibetan bamboo flute, didgeridoo, gongs, bells, and drums.

1 CD 58 min



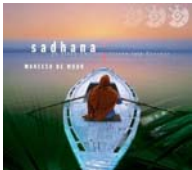
RHYTHMS OF THE CHAKRAS

A tour through the body's physical energy centers with Grammy® Award-winning percussionist and composer Glen Velez. These seven evocative drumming compositions are precisely tuned to evoke spontaneous movements and sensations to help focus mental energy on all of the chakras.

STMM0006D

\$16.98

CD, 52 min.



SADHANA

NEW!

Stunning in its sensuality and lush with ethereal and earthly rhythms, Sadhana gathers a circle of musicians from around the globe for ten tracks of ethno-ambient chill/world that serve as an "aphrodisiac for the soul." Here, Dutch composer Maneesh de Moor has created an ecstatic blend of Tibetan chanting and didgeridoo, tamboura and acoustic bass, Persian santoor and piano, and the heavenly voices of Sudha and Sandhya Sanjana that will allow listeners to hear their walls dissolve into a joyful awareness of life.

STMM1058D

\$16.98

A master of keyboard layering, Maneesh has taken his mastery of sound-synthesis and infused it with the sounds of nature—birdsong, flowing water, crickets in a nighttime soundscape—and the human voice—from whispers to deep, baritone chanting—to evoke "Sadhana": a contemporary tribute to the spiritual life of devotion and meditation.

On this new musical creation, de Moor ventures off into a sublime and devotional sound all on his own. "This album is not about musicality, but about transformation—this music is made for the energetic, physical, and mental state of well-being in the listener," says de Moor. "The music on this CD came through from the Beyond, guided by Spirit. All I had to do was to be open and receptive to it and record that space, that energy." The result is Sadhana, a journey inspired by the magical rituals of India, Tibet, Yoruba, and Native American and Sufi worlds—and meant to create a space for visions and Oneness.

CD, 1 hour



SAYAMA: REIKI HANDS

This is music created to enhance the experience of REIKI sessions and initiations. These quiet soundscapes use Tibetan and Japanese singing bowls with rich overtones, Koto drums and Shakuhachi flute to create a piece that is perfect for energy work, healing or relaxation. No electronics, all acoustic instruments.

AQ8933D

\$17.95

AQUARIUS INTERNATIONAL MUSIC CD



SHAKTI RHYTHMS: SOUNDS OF THE YOGA REVOLUTION

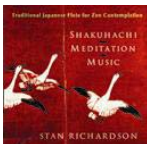
VARIOUS ARTISTS (COMPILED BY SHIVA REA)

STMM0820D

\$16.98

"Shakti. The creative pulse of life moving through all things. The space where physics and yoga meet." At the cutting edge of today's growing "flow yoga" phenomenon, Shiva Rea is renowned for creating original music compilations that cross genres to evoke the flow of yoga and life. Shakti Rhythms melts the boundaries between ancient and modern music, offering a tantalizing blend of ecstatic chant and evocative rhythms perfect for dance, yoga, and creative living.

1 CD, 76 minutes



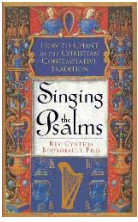
SHAKUHACHI MEDITATION MUSIC

On *Shakuhachi Meditation Music*, virtuoso Stan Richardson offers a complete collection of authentic honkyoku, played here as they were for centuries by wandering monks. These pieces span the full range of the tradition – from the spare meditations of the early Meien Schools to the complex tone poems of the Kinko School. At once calming and focusing, *Shakuhachi Meditation Music* provides excellent accompaniment to meditation, yoga, exercise, or bodywork.

STMM0301D

\$18.98

2 CDs, 142 min.



SINGING THE PSALMS

NEW!

Authentic Benedictine Chants You Can Learn at Home

STAW0379D

\$29.95

Fifteen hundred years ago, St. Benedict established a system of ora et labora – prayer and work – that monastics still follow today. Central to this prayerful integration of body and spirit is psalmody, or chanting the psalms. On Singing the Psalms, Episcopal priest Cynthia Bourgeault shows how the psalms can awaken rich spiritual and psychological insights – accessible to you today, whatever your level of vocal skill or theological understanding. Includes a mini-psalter (psalm book) with instructions, musical notations, rhythmic and melodic suggestions, and more.

4 CDs, 4.25 hours



SING YOUR HEART OUT - ARTHUR SAMUEL JOSEPH

STAW0341D

\$24.95

If you've been told you can't even "carry a tune" – think again. On Sing Your Heart Out, vocal coach and master teacher Arthur Joseph shows you how to discover your authentic singing voice through self-discovery exercises that are simple to practice and profoundly effective. For over 32 years, Joseph's methods have helped many students find their natural vocal talents, build confidence, and even perform on the stage and screen. A groundbreaking 12-point system integrates spiritual principles for self-awareness with Joseph's secrets for using your mind and body to sing powerfully and naturally. While you learn along with original exercises and delightful songs, Joseph gently guides you with the ease of an expert who has helped ordinary people develop extraordinary confidence in their vocal gifts. Right now, there are songs in your heart waiting to bring you joy and pleasure. Let them come out of your heart - and into your life - with Sing Your Heart Out. LEARN MORE ABOUT: Mapping the Vocal Awareness journey. How to be a singer. How to "see" your voice. Proper mouth and tongue positions. How to use your stomach muscles to support your voice. The vocal arc; turning terror into joy. The Five Finger Diatonic Scale. Sound and emotion. The psychology of voice, and much more.

3 CDs



SONGS OF MAGDALEN

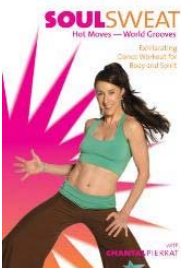
NEW!

STMM1026D

\$16.98

Songs of Magdalen reveals through music the eternal love, poignant solitude, and transcendent grace of Mary Magdalen — priestess, mother, and beloved of Yeshua ben Joseph (known today as Jesus Christ). Through his special connection to the spiritual power of the Magdalen and his astonishing four-octave voice, Tom Kenyon transports you into the very heart of Mary Magdalen. Songs of Magdalen also features three toning tracks, soul therapy meant to transmit healing energy to you directly from the source of the divine feminine. Hauntingly beautiful, these songs are “a lightning bolt from the heart of the Cosmic Mother,” according to Tom Kenyon. “It is my prayer that they may touch you as deeply as they have touched me.”

1 CD, 55 minutes



SOUL SWEAT: HOT MOVES WORLD GROOVES

NEW!

STVT1088D

\$19.98

Chantal Pierrat takes you beat by beat through Soul Sweat—a dance workout program that enhances coordination, tones your body, increases stamina, and gives you a whole new repertoire of moves for the dance floor. Chantal teaches each movement from its core, then shows you how to gradually add layers to connect with your dynamic flow of energy, natural sensuality, and abandoned self-expression. Filmed in Denver, Colorado, this innovative dance fitness DVD is choreographed to an electrifying worldgroove soundtrack, and includes:

- 45-minute “Deep Sweat” workout with warm-up, high-intensity dance session, and cool-down
- 30-minute “Quick Sweat” workout focuses on high-voltage cardio
- Clear tutorial section breaks down 26 foundational moves and combinations into easy-to-learn steps
- World music dancetrack features sonic sounds from Vargo, Shaman’s Dream, One at Last, Bob Holroyd, and more

Join Chantal Pierrat to ignite your spirit, build core strength, and enjoy the wildest workout of your life—all you need are your bare feet and the willingness to get down, have fun, and let your soul dance up a sweat!

DVD, 2 hours

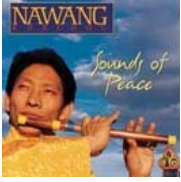


SOUNDINGS
NÓIRÍN NÍ RIAIN

STMM0272D \$16.98

From the angelic soprano featured on the bestseller *Vox de Nube* comes this new collection of spiritual classics from many traditions. Heavenly masterpieces include works by the Shakers, Irish laments, a bhajan by Mirabai (India's revered medieval saint), a Scottish folk prayer, music composed by Hildegard of Bingen, and more. Chamber orchestra accompaniment.

1 CD 49 min

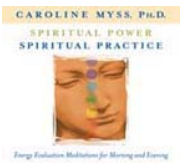


SOUNDS OF PEACE
NAWANG KHECHOG

STMM0296D \$16.98

A blissful, deeply felt prayer for the ears and spirit by Nawang Khechog. Tibetan bamboo flute with didgeridoo and bells. "An astounding variety of sounds and textures ... his music can advance the cause of world peace." A deeply felt prayer for the ears and spirit, performed by Nawang Khechog with Tibetan bamboo flute, didgeridoo, and bells. With long, soothing phrases, this former Tibetan monk invites you to experience the profound interior calm that allows for cultivation of a loving spirit. Each phrase and note of *Sounds of Peace* invokes an extraordinary tranquility (one hospital has used it hundreds of times to soothe women in childbirth) and is regarded as a valuable meditation tool itself. Through this spare, haunting work we become the wind, the clouds, the mountains, the rivers - we become peace. Ten compositions.

1 CD 49 min



SPIRITUAL POWER, SPIRITUAL PRACTICE
CD W/ ENHANCEMENTS
CAROLINE MYSS

STAE0498 \$24.95

The best-selling author and medical intuitive's personal step-by-step program for developing a daily spiritual discipline. Includes morning and evening meditations.

2 CDs 2.5 Hrs 27-page study guide



STOR AMHRAN
NÓIRÍN NÍ RIAIN

STMM0270D \$16.98

On this immaculate recording, Nóirín Ní Riain – renowned for her recordings with the monks of Glenstal – recreates 19 songs in the nearly-lost *sean nos* Gaelic vocal style. Her singing is like a voice from heaven – of startling clarity, blissful, and evocative of profound spiritual grace. Accompanied by pipe organ, Indian harmonium, pennywhistle, and the celebrated voices of the Benedictine monks of Glenstal Abbey. Recorded on the holy feast day of Saint Ciaran, this is music steeped in Irish mysticism – music that reverberates long afterward in the listener's mind.

53 min 1 CD



TANJAVA
MIXED AND COMPILED BY PATHAAN

STMM0890D \$16.98

In the realm of electronic world beat, Pathaan is arguably the singular choice. Truly the ambassador of international sounds, his *Stoned Asia Music* series and sound are solid. Now, he teams up with co-producer and internationally renowned yoga teacher Shiva Rea to offer *Tandava*, an energizing mix of sensuous rhythms, meditative riffs, and world music. Inspired by Shiva Rea's *Yoga Shakti* DVD series, *Tandava* is perfect for flow yoga, bodywork, exercise, or just terrific listening. Featuring Amniotic, Abakus, Prem Joshua (remixed by Sean Dinsmore), fjRehmi, Gaudi, Govinda, Ikarus, Karsh Kale, Sonik Gurus, Ma Faiza & Veet Sandeh, Bahramji & Maneesh De Moor, Abhijit Pohankar, Adham Shaikh

CD, 69 minutes



TARANTATA: DANCE OF THE ANCIENT SPIDER

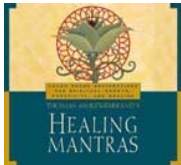
ALESSANDRA BELLONI

STMM0117D

\$16.98

The mystical-erotic trance rituals of southern Italy ... haunting prayers to the Black Madonna and the Goddess of the Mediterranean ... the breathtaking love songs of its storied islands – from the dawn of Italy’s magical-spiritual song tradition comes Alessandra Belloni’s new release, Tarantata: Dance of the Ancient Spider. With her soaring mezzo-soprano and mesmerizing tambourine rhythms, Alessandra casts a spellbinding web of sensuality spun from the tarantella – the ecstatic rites used to cure young women of a mysterious affliction known as "the bite of the ancient spider." From The New York Times to Rhythm magazine, Alessandra Belloni’s performances have been praised for their "nonstop theatrical and musical energy" and masterful improvisation. Now, with a stunning cast of musicians, Alessandra brings together the passion of Italy’s early mystical roots with distinctive influences from Brazil, North Africa, and Latin America – to ignite the healing power of magical curative folk music for a new generation of listeners.

1 CD 68 min



THOMAS ASHLEY-FARRAND'S HEALING MANTRAS:

LEARN SOUND AFFIRMATIONS FOR SPIRITUAL GROWTH, CREATIVITY, AND HEALING

STAW0466D

\$16.98

Thomas Ashley-Farrand's companion CD to the book Healing Mantras teaches how to intone more than 20 mantras with precision (a key to their effectiveness).

1 CD 1 hour 23-page study guide



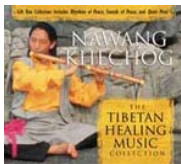
THROUGH ETERNITY: HOMAGE TO MOLAVI (RUMI)

Through Eternity Dastan Ensemble with Shahram Nazeri cd Iran's acclaimed Dastan Ensemble weaves an ethereal web of songs in homage to Molavi (Rumi). "A tremendous fusion of Persian classical poetry and devotional music ." - Billboard

STMM0112D

\$16.98

1 CD 54 min



TIBETAN HEALING MUSIC

In 1991, former monk and master of the bamboo flute Nawang Khechog resolved to return to mountain seclusion. It was the Dalai Lama himself who finally convinced him to continue sharing the message of peace through his traditional flute music. These three soothing masterpieces use spare melodies and textures to invoke an inner stillness that is the essence of peace. Nawang intends each to be a living, breathing meditation. Let them draw you into the vast spaces and sacred serenity of his Himalayan homeland. With didgeridoo, gongs, bells, and drums. This special offer includes: Rhythms of Peace Sounds of Peace and Quiet Mind

STMM0127D

\$39.95

4 CDs 237 min



TIBETAN MEDITATION MUSIC

Grammy® Nominee, Internationally Renowned Flutist, and Former Monk Offers Tibetan Meditation Music to the World

STMM1109D

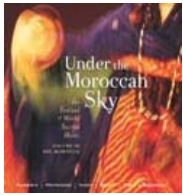
\$17.98

Tapping into the richness of Tibet’s meditation tradition, Nawang Khechog has created his most relaxing album yet—wholly focused on helping you experience inner stillness. On Tibetan Meditation Music, Nawang combines Tibetan spiritual chants with his own masterful flute compositions.

The result is a soothing blend that has been embraced by many Tibetan and Korean monks, nuns, and people around the world from all walks of life—to enhance a meditative practice, or just to find a refreshing moment of pure serenity.

In a unique approach on this recording, Nawang deemphasizes rhythm and uses subtle accents of vocals, bells, percussion, and Western classical instruments to enhance the calming and spacious sound of his meditative flute and Tibetan spiritual chants. As his most tranquil recording to date, Tibetan Meditation Music has a timeless quality that evokes the feeling of sitting on a Himalayan mountain, gazing into the infinite space with natural freedom and eternal peace. This is the perfect musical accompaniment for meditation, yoga, tai’chi, healing—and complete relaxation.

CD, 1 hour



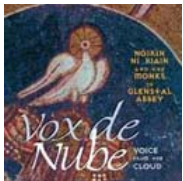
**UNDER THE MOROCCAN SKY:
FES FESTIVAL OF WORLD SACRED MUSIC, VOLUME III** STMM0122D \$16.98
Under the Moroccan Sky Fes Festival of World Sacred Music, Volume 3 cd The ecstatic rhythms and voices of Egypt and Algeria, Sufi songs of West Africa, Qaderi Dervish music from Kurdistan, Spanish Gypsy songs, more.
1 CD 72 min



**UNIVERSAL LOVE
NAWANG KHECHOG** STMM0694D \$16.98
Nawang Khechog takes listeners on a musical pilgrimage into the experience of compassion through music. Nine original compositions meld the ancient ritual sounds of Nawang's Tibetan homeland with traditions from across the globe to invoke within us the uplifting power of Universal Love.
1 CD 58 min



**VIRGIN'S LAMENT, THE
NÓIRÍN NÍ RIAIN** STMM0320D \$16.98
An uplifting tribute to medieval religious songs, women's spirituals, Gregorian chants, and more. With the monks of Glenstal Abbey.
1 CD 41 min



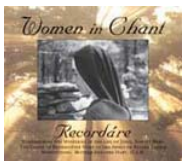
**VOX DE NUBE
NÓIRÍN NÍ RIAIN** STMM0318D \$16.98
On Vox de Nube ("Voice from the Cloud"), Nóirín and the monks of Glenstal Abbey give voice to mystical hymns of praise, inviting us to link Heaven and Earth.
1 CD 49 min



**WISH, A
HAMZA EL DIN** STMM0110D \$16.98
The Nubian world music legend brings his virtuoso oud into the company of six world-class artists to evoke our universal longing for home.
1 CD 57 min



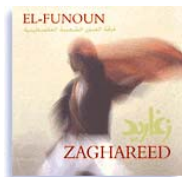
**WOMEN IN CHANT
BENEDICTINE NUNS OF THE ABBEY OF REGINA LAUDIS** STMM004D \$17.98
These 24 hymns sung in the original Latin praise the sacredness of each stage in a woman's life. A rare celebration of the holy feminine spirit.
1 CD 61 min



**WOMEN IN CHANT: RECORDARE
BENEDICTINE NUNS OF THE ABBEY OF REGINA LAUDIS** STMM0123D \$18.98
The celebrated sisters offer a rare choral treasure honoring Jesus Christ through the life of Mary.
1 CD 65 min



**YOGA RHYTHMS: MUSIC TO ENERGIZE OF FLOW YOGA
VARIOUS ARTISTS (COMPILED BY SHIVA REA)** STMM0126D \$16.98
Brings together some of today's best world beat, dance, and sacred music, sequenced and mixed especially for flow yoga.
1 CD 1.25 Hrs



ZAGHAREED: MUSIC FROM THE PALESTINIAN HOLY LAND STMM0109D \$16.98
Ecstatic Palestinian music and chant from the Holy Land fuses traditional song styles with modern themes. Sung in Arabic.
1 CD 38 min

NATIVE AMERICAN, SHAMANISM

african dream



AFRICAN DREAM

NEW!

When Los Angeles' Shaman's Dream gets ready to perform — "live" or in the studio — its members call upon the powers of nature to bring healing and positive transformation to their music. Like the shamans who take us into the spirit world to enlist the help of guides, animals, and nature, these prolific musicians use the same sounds, chants, and rhythms to take listeners on a musical pilgrimage to the mystical, primal heart of Africa. Here they serve up a delicious ethno-jammin' blend of chant, fusion, and deep groove for body centered movement, dance, or serious trans-dimensional drifting. The album features Donna DeLory, Dido Tshibangu, Marcel Adjibi, Abdou Mbaya, and Masai village men and women from the Serengeti plains. African Dream will appeal to fans of Babatunde Olatunji, The Soweto Gospel Choir, Ladysmith Black Mambazo, Monks of Keur Moussa Abbey, Oneness of Juju, and Ikwunga.

1 CD, 60 minutes

STMM1014D

\$16.98

BEGINNER'S GUIDE TO SHAMANIC JOURNEYING, THE ALL YOU NEED TO ENTER THE VISIONARY WORLD OF THE SHAMAN DRUMMING INCLUDED

Internationally renowned teacher Sandra Ingerman shares the core teachings of shamanic journeying—the inner art of traveling to the "invisible worlds" for life insights and health.

1 CD 1.25 Hrs

STAW0745D

\$15.95

BEGINNER'S GUIDE TO WICCA, THE: HOW TO PRACTICE EARTH-CENTERED SPIRITUALITY

The Beginner's Guide to Wicca Starhawk Invites listeners to learn blessings, spells, and rituals in the Wiccan tradition to connect with the Goddess, deepen a personal spiritual practice, and create community ritual and celebration.

1 CD 1.25 Hrs

STAW0664D

\$15.95

DANCING AWAKE THE DRUM

NEW!

Join Brooke Medicine Eagle in the magical transformation that occurs in dancing and drumming the Sacred Circle. Born of Crow decent, her teachings and songs touch a universal heart. Learn simple traditional songs and how to incorporate them in community ceremony.

DVD 60 minutes

SV2150

\$34.95

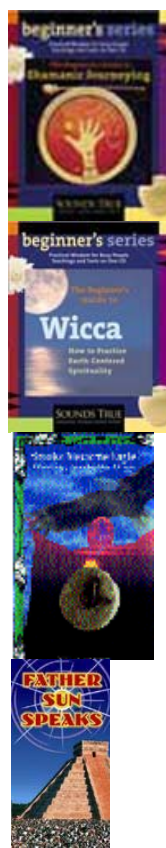
FATHER SUN SPEAKS – HUNBATZ MEN

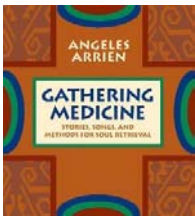
The message of the Maya, delivered by Mayan Elder, Hunbatz Men, (author of *Mayan Science of Religion*) celebrates the end of the 520-year Kaltun of "hell time" and marks the beginning of the age of knowledge. Drunvalo Melchizedek, Barbara Hand Clow and 3 Tibetan Lamas join the Mayan Council and 450 pilgrims from around the globe for this extraordinary historic event. Ceremony at the Spring Equinox reactivates sacred sites at Chichen Itza, Uxmal and Palenque. The prophecy Pacal Votan, the ancient Maya is illuminated.

Video 73 min. NTSC

FS1000

\$29.95





GATHERING MEDICINE

NEW!

What lessons can the modern seeker of truth gain from the shaman's way? Join respected anthropologist and folklorist Angeles Arrien as she bridges the past with the present to find powerful methods based on the shamanic tradition for gaining clarity and direction in your life.

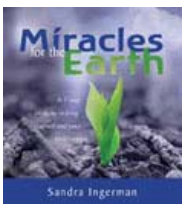
STAW0237D

\$19.95

The shamans' way, offers Angeles Arrien, is to "gather medicine" by reconnecting with yourself on the deepest internal level. This "soul work" utilizes imagery, reflective questioning, dream work, and storytelling to help you integrate inner and outer experiences. Thus you travel the "fourfold path" of the ancients to find your personal truth—the way back home. Gathering Medicine contains stories, spiritual teachings, and ideas for using timeless shamanic principles in your own modern-day life.

Topics include: your body's inner wisdom; the shape-shifter; the four rivers (inspiration, challenge, surprise, and love); three types of vocal energy; Rainbow Hoop and Medicine Wheel meditations; and much more.

2 CDs, 2 ½ hours



MIRACLES FOR THE EARTH: A 7-STEP GUIDE TO HEAL YOURSELF AND YOUR ENVIRONMENT
SANDRA INGERMAN

STAW0851D

\$19.95

A shamanic guide to harnessing your spiritual power-including the practice of "shape shifting" or "transfiguration" that has actually been demonstrated to purify water and soil in the physical environment.

1 CD 1.75 Hrs \$16.98

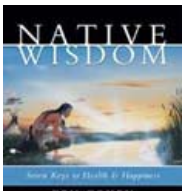


NATIVE AMERICAN HERBOLOGY

Learn: The nine most commonly used herbs for treating a variety of ailments, including ulcers, high blood pressure, colds, flu, rheumatism, immune system deficiencies, kidney problems, skin problems, asthmas, hemorrhoids, P.M.S., coughs, gas and more. * The Native American spiritual approach to herbology. * Internal and external applications of herbs. * Herbs in their natural environment shown close-up for easy identification.

SV3424

\$19.95



NATIVE WISDOM: SEVEN KEYS TO HEALTH AND HAPPINESS
KEN COHEN

STAW0733D

\$16.95

Seven principles for inner fulfillment drawn from the great teachings of the Native American, African, Siberian, Aboriginal, and Chinese indigenous traditions.

1 CD 1.25 Hrs



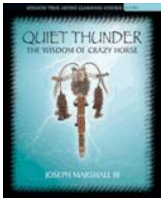
QUEST FOR WISDOM – BEAR HEART

In his unique, warm-hearted style, Bear Heart Williams, a traditional Muskogee Creek Elder, Medicine Man and spiritual teacher, teaches the sacred wisdom and philosophy of Native people, their relationship and intimate connection to nature, and the integral role that ceremony plays in daily life. Bear Heart uses gentle humor and song to teach how to live in harmony with all things.

WL102

\$19.95

Video 50 min. NTSC



QUIET THUNDER: THE WISDOM OF CRAZY HORSE

Mention the name Crazy Horse, and many of us will remember a history lesson about a fearless Indian warrior who defeated General George Custer at the Battle of the Little Big Horn. But beyond this singular event, who was this man? And what teaching did he offer to all peoples of every nation? On Quiet Thunder: The Wisdom of Crazy Horse, Lakota lineage holder Joseph Marshall III presents the first audio-learning program based entirely on the rich oral tradition of his people to share a vibrant portrait “painted with the brush of reality rather than the distortion of legend.” With him, you will meet a compassionate but purposeful man driven by the empowering vision of a “Thunder Dreamer”—one who “walked the path of giving as opposed to gaining,” honor instead of ego, and leadership through leading, not authority. **HIGHLIGHTS** • Crazy Horse’s remarkable “grace under pressure,” and how to develop this quality yourself • Sitting Bull, Red Cloud, Spotted Tail, and other influential figures in the life of Crazy Horse • Humility, compassion, and selflessness: three core values of the Lakotas • Eight immersive sessions: six hours of teaching stories and insights from the rich oral tradition of the Lakotas, and much more

STAF0894D \$69.95

6 CDs, 6.75 hours



SEEKING THE STONE

A uniquely eloquent perspective by Terence McKenna on the idea of a spiritual path for all and an impending transformation of the human world; the role of hallucinogenic plants in shamanism and their general impact on the evolution of human cultures and social forms; making choices about spiritual development & techniques; the historical foundations of modern spirituality and roles that each person plays in the unfolding of the post-historical future.

WL139 \$19.95
(PAL) WL139P \$24.95

Video 105 minutes

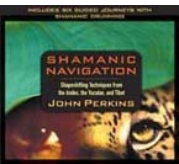


SHAMANIC JOURNEYING: A BEGINNER'S GUIDE. INCLUDES DRUMMING FOR THREE SHAMANIC JOURNEYS. SANDRA INGERMAN

STBK0784D \$19.95

Shamanic journeying is the inner art of traveling to the “invisible worlds” beyond ordinary reality to retrieve information for change in every area of our lives—from spirituality and health to work and relationships. With Shamanic Journeying, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.

1 Drumming CD 80-page hardcover book 62 min

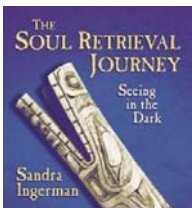


SHAMANIC NAVIGATION: SHAPESHIFTING TECHNIQUES FROM THE ANDES, YUCATAN, AND TIBET JOHN PERKINS

STAW0542D \$24.95

Listeners learn the shamanic practice of shapeshifting for healing, transformation, and harmony with our surroundings.

2 CDs 2.5 Hrs \$24.95



SOUL RETRIEVAL JOURNEY NEW!

Over 40,000 years ago, the first shamans ventured into the spirit realms in search of wisdom and healing. What they found, teaches Sandra Ingerman, was a secret world of teachers, animal spirits, and the soul fragments of those suffering in the ordinary world. The Soul Retrieval Journey reveals a stunning insight understood by those first shamans: that when lost parts of the soul return to the body, the mind, body, and spirit heal. On The Soul Retrieval Journey you will learn:

STAW0342D \$24.95

- Shamanic perspectives on illness
- Soul retrieval: a step-by-step description
- How to use rituals, song, dance, sacred space, prayer, and talismans to welcome your soul home; and much more.

3 CDs / 3 ¼ hours

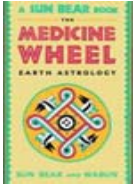


STORY OF THE WHITE BUFFALO WOMAN, THE

Brooke Medicine Eagle relates the ancient story of a Sacred Woman who brought the gift of the Pipe Ceremony to the western Native nations along with the gift of healing and rituals for providing health and happiness in the hardest of times. Its relevance to today is heightened with the prophetic birth of the white buffalo calf on August 22, 1994.
Video 60 minutes

SV3780

\$29.95



SUN BEAR, VISION OF THE MEDICINE WHEEL

Visit the late, visionary Sun Bear at his home on Vision Mountain during the final months of his Earth walk. Unite with kindred spirits working with responsible, productive solutions to the Earth Change Prophecies. Share with the family that is teaching us how to bring balance and healing back to ourselves and to Mother Earth. Experience the power of ritual and healing circles led by Wallace Black Elk, Brant Secunda, Wabun Wind, Brooke Medicine Eagle, Gilbert Walking Bull and others at the 56th Gathering held in 1991 in the mountains of northern Alabama.

SV3783

\$34.95

Video 60 minutes



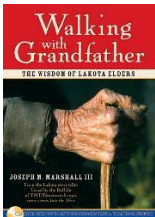
THE ARTIST AND THE SHAMAN

This story connects the lives of four people in a quest for life's deeper meaning. With the help of a modern "medicine man," the artist searches for the spirit of his departed father among the living, in the healing red rock country of Sedona, Arizona. This critically acclaimed documentary is a story of grief and transcendence, filled with music, art, beauty and native American wisdom.

UFK465

\$29.95

VHS Video, 75 min



WALKING WITH GRANDFATHER

NEW!

Native American lineage holders have long been cautious about sharing their spiritual truths because the essence of this wisdom has been so often misunderstood. In *Walking with Grandfather*, authentic Lakota lineage holder and award-winning storyteller Joseph M. Marshall breaks this silence with the very best from a lifetime of lessons passed on to him by his grandfather. With him, you will gain access to the timeless teachings that until now remained largely unheard outside the culture of the Lakota people.

STBK0956D

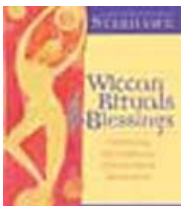
\$19.95

Part of an unbroken series of narratives dating back countless centuries, this rare new transmission includes Marshall's rendition of legendary stories such as:

- "Follow Me" — why it is not authority but character, compassion, and experience that make a good leader
- "The Way of Wolves" — surprising lessons about the meaning of family
- "The Bow and the Arrow" — the intricate dynamics of spiritual partnership
- "The Shadow Man" — how to honor the sacred warrior in all of us
- "The Wisdom Within" — the passage of truly becoming an elder — plus many more stories found both in the book and in the author's own words on the accompanying audio CD

"We believe that life's gift to us is wisdom," explains Joseph M. Marshall, "and that it is the one gift that must be given back." Join this master of traditional storytelling as he takes us through the rich oral history of the Lakota — and shows us how we can rediscover the invaluable wisdom of our elders.

118 page hardback book, CD 1.25 hours



WICCAN RITUALS AND BLESSINGS:

CELEBRATING THE TRADITIONS OF EARTH-BASED SPIRITUALITY STARHAWK

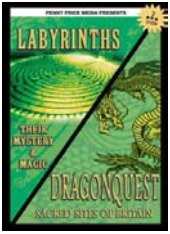
STAW0747D

\$15.95

Starhawk—a foremost voice in today's pagan renaissance and author of the perennial bestseller *The Spiral Dance*—shares a treasury of her favorite incantations for celebrating and healing.

CD 1.25 Hrs

SACRED GEOMETRY



LABYRINTHS & DRAGONQUEST

NEW!

LABYRINTHS: THEIR MYSTERY & MAGIC; Discover the power and history of Labyrinths. Learn their history, how to build and walk them, a labyrinth chakra meditation. With Richard Feather Anderson, Jeff Seward, Robert Ferre. Features amazing stories of the profound power, transformations and healings that have occurred after walking labyrinths.

PPME1

\$24.95

DRAGONQUEST: SACRED SITES OF BRITAIN: Discover the mysteries of the ley lines, the earth's chakra system, the "Paths of the Drago". Includes Stonehenge, Avebury, Glastonbury, Iona, Lindisfarne, and a multitude of stone circles in England.

DVD Disk 110min



THE MANDALA HEALING KIT

NEW!

Spark Your Sacred Geometry

STKKT0957D

\$29.95

Mandalas—from the Sanskrit for “circle”—have been used for millennia in cultures worldwide as a tool for spiritual growth, creativity, and physical and emotional healing. With The Mandala Healing Kit, you join Dr. Judith Cornell, an internationally recognized expert on mandalas and the best-selling author of *Mandala: Luminous Symbols for Healing*, for a powerful learn-at-home program that covers every aspect of a lifelong mandala practice. You'll find everything you need to begin creating and using your own mandalas immediately: A 96-page workbook that features two dozen exercises and 54 beautiful four-color illustrations.

- A guided audio CD of Dr. Cornell's most effective meditations and suggestions
- Mandala stencils and special paper
- And quality colored pencils and a gel pen.

This complete kit will teach you how to make mandalas for “healing the heart” and opening the wellspring of compassion you carry within, precise techniques for using sound and light to mend a sense of psychological “fragmentation” and express your hidden creative talents, mandala fire rituals for releasing attachments and purifying negative thought patterns, and much more.

CD, 1 hour, 96-page workbook, 15 symbolic stencils, 7 colored pencils, silver gel pen, black paper

SEXUALITY, MASSAGE AND TANTRA

(*) AN ASTERISK INDICATES THAT THESE TITLES CONTAIN SEXUALLY EXPLICIT MATERIAL. IF YOU ARE OFFENDED BY THIS TYPE OF MATERIAL, IT IS ILLEGAL IN YOUR COMMUNITY OR YOU ARE UNDER THE AGE OF 21, YOU ARE UNAUTHORIZED TO PURCHASE THIS MATERIAL. BY PURCHASING ANY OF THESE TITLES, YOU ARE ACCEPTING RESPONSIBILITY FOR THAT DECISION, AND AGREE TO HOLD HARMLESS LIGHTWORKS AUDIO & VIDEO INC., ITS EMPLOYEES, ASSOCIATES, AND SUPPLIERS FROM ANY CLAIMS ARISING FROM SAID DECISION. PLEASE BE ADVISED, CERTAIN TITLES MARKED WITH AN ASTERISK (*) ARE UNAVAILABLE IN SOME STATES. WHEN WE ARE UNABLE TO SHIP A TITLE TO A PARTICULAR STATE, YOUR CREDIT CARD WILL NOT BE CHARGED. THE FOLLOWING STATES MAY HAVE RESTRICTIONS ON SOME TITLES DUE TO LOCAL LAWS: FLORIDA, KENTUCKY, OKLAHOMA, AND TENNESSEE.

**

DISCLAIMER



101 LOVE POSITIONS (*)

Lovers, learn how to create greater excitement and more satisfaction **BMI1130DVD** **\$29.95**
 In your intimate relationship with these one-hundred-and-one sexual positions demonstrated in this sensual guide to enhancement. Couples can become better lovers by experimenting with a variety of sexual positions. See the best positions for women and men's favored sexual positions. Learn clitoral & G-spot stimulation and the secrets of total ecstasy.
 DVD 120 min



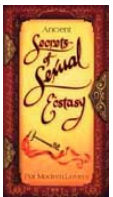
AGELESS DESIRE (*)

Ageless Desire features three truly committed couples, all over the age of fifty, who continue to experience passionate and fulfilling sexual relations. They enjoy kissing, caressing, oral-genital pleasuring, vaginal and when desired, anal intercourse. Ageless Desire shows that, with imagination and knowledge, sex can continue to be wild and wonderful as we advance in years. This program offers both men and women suggestions and erotic imagery to achieve the ultimate sexual pleasures for their entire life.
 DVD 55min Explicit



AL GROMER KHAN: KAMASUTRA (*)

The word immediately evokes erotic associations. Indian music is based on a system of scales and ragas that evoke particular emotions in the listener. From these principles emerged this homage devoted to sensuality in the form of two extensive ragas performed by KHAN on sitar and JOERG EVERS on keyboard.
AQ0227D **\$17.95**
 AQUARIUS INTERNATIONAL MUSIC CD



ANCIENT SECRETS OF SEXUAL ECSTASY (NOT EXPLICIT 73MIN) (*) (Explicit 90min)

A comprehensive video guide to the tantric & erotic arts of the east. (VHS) SV2010 **\$29.95**
 Featuring appearances by the leading authors & teachers of Eastern (PAL)SV2010B **\$39.95**
 sexual enhancement techniques & demonstrations by skilled Tantric SV2010DVD **\$39.95**
 couples. Discover a completely different approach to sexual experience.
 Learn the ancient secrets of extended, full body, and valley orgasm. Free female orgasm by awakening the Saspendana or "Goddess" spot. Learn powerful breath techniques to build and control sexual energy. Put new magic into your relationship.

Video NTSC



ANCIENT SECRETS OF THE KAMA SUTRA (*)

Experience new and lasting fulfillment with this classically romantic program as it reveals all the elements of lovemaking, including **BMI1127DVD** **\$29.95**
 ambiance, seduction, arousal, massage, kissing, oral love, extended orgasm, and an incredible variety of love positions to satisfy a couple. The Kama Sutra teaches a man how to give the greatest pleasure to his young bride or his lifelong partner in love. So open your mind and your heart and take an encompassing and sensitive exploration of the ancient secrets of intimacy and ecstasy for couples.

Video 60min Explicit



ART OF EXTENDED ORGASM, THE (*)

Learn to experience more powerful orgasms lasting up to one hour or more with this exclusive system created by world renowned sex specialist Kathryn Groesz, M.A. Discover manual stimulation, how to increase a woman's natural lubrication, the amazing G-Spot and the real truth (and pleasure) about female ejaculation. Real couples explicitly demonstrate positions and techniques that will drive both sexes to the heights of pleasure.
BMI2199DVD **\$29.95**

Video 89 min Explicit



ART OF ORGASM FOR WOMEN & MEN, THE - 2 VOL. DVD (*)

Host *Margot Anand* "It is my pleasure to host this exciting multi-orgasmic ecstasy training workshop which will demonstrate, step-by-step, how to attain the highest levels of sexual pleasure and intimate connection. Our instructors on this program are the esteemed Sky Dancing Tantra teachers *Kosha Deva* and *Sohini Genevieve*. This series provides detailed techniques for achieving: •Easy and effective communication during lovemaking •Profound ways of connecting 'Heart & Sex' which opens the path to a deeper intimacy •Thoroughly fulfilling whole body orgasms.

HLV1002DVD

\$39.95

2 DVDs 2hrs Explicit



COMPLETE GUIDE TO ORAL LOVEMAKING (*)

The Complete Guide To Oral Lovemaking is a sensual guide to over fifty easy-to-learn oral sex techniques that lovers can use to create exciting new pleasures for better orgasms. With the artful practice of cunnilingus and fellatio, couples can escalate their mutual arousal to never before imagined levels of ecstasy. Fully indexed and highlighted by fact-filled narration, this enlightening program can teach lovers - from foreplay to climax - the fine art of oral lovemaking.

BMI1111 DVD

\$29.95

Video 60min Explicit



COMPLETE GUIDE TO SEX TOYS & DEVICES (*)

The Complete Guide to Sex Toys & Devices is a sensual guide to over fifty 'sexual enhancement' devices that lovers can use to create exquisite new pleasures for themselves and their partners. Ten fact-filled sections teach couples how to experience new levels of arousal with vibrators, lotions, penile-shaped devices (dildos), stimulators, sleeves, self-arousal aids and more. Includes exclusive instructions on the G-Spot 'Wand', how to achieve the incredible Grafenberg Orgasm, and a guide to anal sex and devices.

BMI1110DVD

\$29.95

Video 60min Explicit



COMPLETE GUIDE TO SEXUAL POSITIONS (*)

The Complete Guide to Sexual Positions features one hundred and one fabulous lovemaking positions that partners can use to enhance their sexual repertoire. Discover how to locate the amazing G-Spot and learn to experience a whole body Grafenberg Orgasm. Also, learn how to use oral stimulation to escalate your partner's pleasure. Fully-indexed with fact-filled narration, including a sensitive guide to anal sex, this program can teach lovers how to enjoy their sexual pleasure in new and exciting ways.

BMI1108DVD

\$29.95

Video 60min Explicit



COMPLETE GUIDES 3 VOLUME COLLECTION - SET (*)

The Complete Guide to Sexual Positions features one hundred and one fabulous lovemaking positions that partners can use to enhance their sexual repertoire. The Complete Guide to Sex Toys & Devices is a sensual guide to over fifty 'sexual enhancement' devices that lovers can use to create exquisite new pleasures for themselves and their partners. The Complete Guide To Oral Lovemaking is a sensual guide to over fifty easy-to-learn oral sex techniques that lovers can use to create exciting new pleasures for better orgasms.

BMI1134DVD

\$79.95

3 Videos 3hrs Explicit



CONSCIOUS LOVING #1: SECRETS OF FEMALE SEXUAL ECSTASY (*)

This educational, erotic and visually stunning video will show you ways to more intimacy, passion and emotional connection than you can now imagine. Explicit, yet not X-rated, sexual loving is depicted with an innocence, beauty and wisdom that transform sex into a new art form for the 21st Century. You'll learn: Secrets of erotic kissing and touch; Facts about male ejaculatory control; Female sacred spot (G-spot) massage; Female ejaculation; Increased lovemaking skills. Join *Charles* and *Caroline Muir* America's sexual teachers.

SV3776

\$39.95

SV3776DVD

\$39.95

Video or DVD 80 min. NTSC



CONSCIOUS LOVING #2: TANTRA: ART OF CONSCIOUS LOVING (*)

In ancient India, sex was studied as an art form. It was known that sexual energy was a sacrament that, rightly used, would bring great harmony and joy in one's marriage, so that love could continue to grow over the course of a lifetime, deeply bonding partners in joyous union. This video introduces enlightened techniques that will enable you to join physically and energetically in a revolutionary "new way to make love." As taught by America's leading teachers of Tantra Yoga, Charles and Caroline Muir.
Video 80 min. NTSC

SV3810

\$29.95



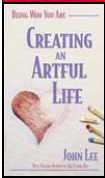
CONSCIOUS LOVING #3: FREEING THE FEMALE ORGASM

This is the audio version of the advanced Tantra course in "sexual healing" from Charles and Caroline Muir, renowned authorities on sexual intimacy and lovemaking.

A5764

\$29.95

Audio 140 min. Cassette (*)



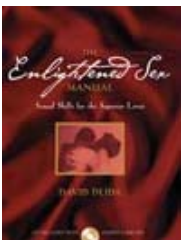
CREATING AN ARTFUL LIFE; BEING WHO YOU ARE

This funny fast paced presentation by best selling author John Lee (*The Flying boy & Facing the Fire*) describes what keeps us from loving, giving, receiving, and creating. Explore how you hold in, hold on, and hold back in order to keep yourself from really being seen, known and loved. Laugh all the way to enlightenment as John Lee inspires you to let go, be more genuine and more open to being loved for the person you really are. A PBS special. "BRILLIANT"

SV2110

\$19.95

Video 60 min. NTSC

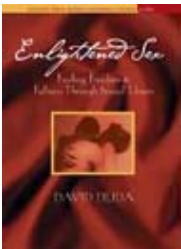


ENLIGHTENED SEX MANUAL, THE SEXUAL SKILLS FOR THE SUPERIOR LOVER - DAVID DEIDA

The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. The ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. Direct, provocative, and never before offered to the public, For men and women, singles and couples of every sexual orientation, The Enlightened Sex Manual provides a complete program for sustaining "whole-body recognition of love's light" in the wild play of sexuality. Includes an exercise-filled 80-minute guided practice CD.
1 CD 1.25 Hrs 136-page hardcover book

STBK0844D

\$24.95



ENLIGHTENED SEX: FINDING FREEDOM AND FULLNESS THROUGH SEXUAL UNION - DAVID DEIDA

Are You Ready for the Deepest Sex of Your Life? Maybe you've had great sex—but have you had enlightened sex? A union so profound that you and your lover dissolve open as one divine passionate light shining for the sake of all? On Enlightened Sex, bestselling author David Deida presents his first full-length audio curriculum for transforming your lovemaking. Through ten in-depth sessions of guided practices, sexual skills, and provocative insights into the nature of human sexuality, David Deida shows you how to sustain the ecstasy of deep sex so that during your intimate encounters—and in every minute of your life—you are a beacon of conscious light for everyone, beaming with the effulgence of Enlightened Sex.

STAF0839D

\$69.95

6 CDs in binder 7.5 Hrs



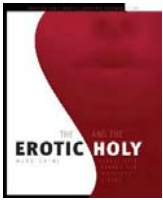
EROTICA FOR TWO: FINAL ECSTASY

Fan the flames of desire with 12 "foreplay-friendly" scenes of explicit one-on-one encounters! Don't miss Peter North play Krista Maze's body like a fine instrument atop a grand piano, or Shayla LaVeaux seduce Rick Masters with a slow striptease and playful fellatio. Tyffany Million heats things up when she eases her lover deep inside her begging-for-release backdoor (their fiery passion shows!) Jill Kelly's wedding night involves a tantric oil massage and tender, urgent thrusts. And you'll love it when Nina Hartley's lover uses minty "Sex Rocks" candy to heat up the oral action! MORE!

AE1839

\$29.95

Video 123 min



THE EROTIC AND THE HOLY

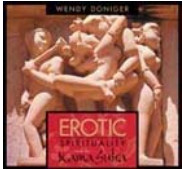
NEW!

STAF0914D

\$69.95

Imagine walking into your place of worship—your local church, synagogue, mosque, or meditation center—to find that all of the usual adornments have been replaced with statues and pictures of sexually intertwined cherubs. Chances are, you'd be quickly taken aback. But, according to Mark Gafni—best-selling author of Soul Prints—these were the precise images found atop the ark of the ancient Temple of Jerusalem. “These ‘angels of desire’ were, for the mystics, the very key to the mystery of love at the heart of our lives,” he explains. Now listeners can join him to explore the tantric secret of these cherubs, and experience eros in all of life’s activities—including the spiritual—with The Erotic and the Holy.

7 CDs, 7.5 hours



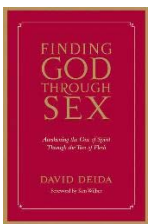
**EROTIC SPIRITUALITY AND THE KAMA SUTRA
WENDY DONIGER**

STAF0729D

\$69.95

The first full-length audio course on the Kama sutra reveals India's seductive tales and hidden insights into the art of living and lovemaking.

6 CDs 7.5 Hrs \$69.95



FINDING GOD THROUGH SEX

NEW!

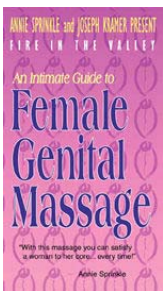
STBK0920

\$16.95

When it comes to sex, most of us want more. The question is: more of what? When the depth of intimacy you've been experiencing is no longer fulfilling to your heart and body—when you sense that sexuality should go far beyond an embrace of brief satisfaction—the time has come to explore your unique sexual path to the divine, teaches David Deida. In Finding God Through Sex, this brilliant writer and internationally renowned expert on spiritual sexuality presents a revolutionary new way to love—one in which sex literally becomes an erotic act of devotional surrender, “making love, magnifying love, from the boundless depth of your heart through every inch of your body and in merger with your lover.”

Through provocative vignettes that illuminate the many moods that color lovemaking, and direct instruction that speaks honestly to the masculine and feminine desires within each of us, Deida brings wisdom gained from 30 years' work with thousands of couples to illustrate the distinct yet complementary avenues men and women can skillfully travel toward untamed passion and sacred unity. What unfolds is an unparalleled roadmap to the place where we “love as the cosmos loves: One loving itself as an other, yet remembering itself as One.”

Book 304 pages



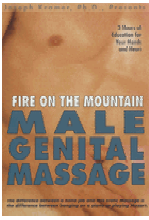
FIRE IN THE VALLEY (*)

BMI2351DVD

\$39.95

An Intimate Guide To Female Genital Massage. Fire In The Valley: An Intimate Guide To Female Genital Massage present the techniques developed by Annie Sprinkle (girlphoria.com film producer and pro-sex feminist activist) and Joseph Kramer (founder of San Francisco's massage school, The Body Electric) are "laid out" step by step in this nearly one hour long instructional video. The video begins with an introduction by Joe and Annie explaining the genesis of the idea for this collaboration then follows two couples, one lesbian couple and one heterosexual couple (the woman in this pairing is seven months pregnant) and a woman "solo-flying" in order to show how these techniques may be used upon oneself and others to maximum effect. The numerous massage techniques are taught by moving from one participant to the next with detailed voice over instruction from Annie and Joe. Over the past six years in their popular classes, sex educators Annie Sprinkle and Joseph Kramer have developed and refined the Fire in the Valley way of making love. Now, the most comprehensive female genital massage technique in the world is available for your home study. In this video you will learn over thirty different massage strokes on the vulva to wake up passion, to heal past traumas, to communicate love and to satisfy a woman to her core. The Lust Thrust, Womb Drumming, Crescent Moon, Rock Around the Clit Clock and Labia Shiatsu are just some of the strokes that will fire up her vulva. The lovemaking in this video includes Betsy massaging her lover - Emilie, David caressing his pregnant wife - Rachel, and Letta pleasuring herself. Join the thousands of men and women who have found this massage a profound way to both give and receive love.

DVD/VHS 55 min



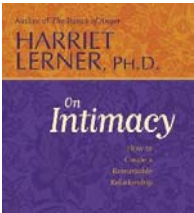
FIRE ON THE MOUNTAIN (*)

An Intimate Guide to Male Genital Massage. "The difference between a 'hand job' and Taoist Erotic Massage is the difference between banging on a piano or playing Mozart." - Joseph Kramer. "This instructive video introduces and celebrates the erotic facet of male premeassage that has been overlooked and ignored for too long." --Don Clark, Ph.D. Joseph Kramer, the preeminent master of sex education, demonstrates techniques of Taoist Erotic Massage from his world renowned courses. Joseph Kramer is the founder of The Body Electric School of Massage in Oakland, California, and a member of the Society for the Scientific Study of Sex. Joseph holds a degree in sexuality and spirituality from the Graduate Theological Union in Berkeley, California.

BMI2187DVD

\$39.95

DVD 45 min



HARRIET LERNER ON INTIMACY

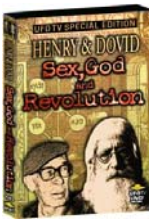
NEW!

Perhaps nothing is more important in our lives than enhancing relationships with our friends, lovers, and family. Yet at some point, it seems that even the healthiest relationships get stuck and resist our efforts to "fix" them. In this revealing and provocative session, psychologist Harriet Lerner confronts cherished myths about women and intimacy, and breaks new ground for every listener seeking the deeper truth about intimate relationships. This heart-to-heart session takes a careful look at those relationships where intimacy is most challenged—by emotional distancing or by too much intensity—and offers practical ideas for overcoming these primary obstacles. Enriched with many real-life examples from Dr. Lerner's work with women and their families.

STAW0266D

\$19.95

2 CDs, 1 ½ hours



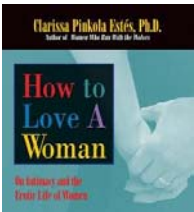
HENRY & DOVID: SEX, GOD & REVOLUTION

The Cabala and the Tarot are each vehicles to knowing the mystical reality that resides in all of us. Because of their intertwined history, the Tarot implicitly carries the energetic wisdom of the Cabalistic sages. Dovid Krafchow, the author of "Kabbalistic Tarot," shows us how to see this wisdom in today's world as he gives us a Cabalistic perspective of the work of Henry Miller, "one of the most infamous writers of the twentieth century and the Beat generation." As the Tarot is intertwined with the Cabala, so is esoterica with beat literature, sexuality with politics, and nature with art. Take a spellbinding, heart felt, journey with Dovid Krafchow in the hyper-creative atmosphere of the Henry Miller Library for a mind-bending, thought provoking discourse on Sex, God and Revolution.

UFK463

\$24.95

DVD 82 Min.



HOW TO LOVE A WOMAN

NEW!

For all men and women who thirst to love and be loved by a woman, these words and stories of guidance from Clarissa Pinkola Estés are aqua vitae, the "water of life" for the soul. Dr. Estés teaches that in love relationships, each partner challenges, nourishes, and transforms the other. To achieve this lifelong love requires an understanding of the mysterious internal cycles that fuel relationships. Through irresistible storytelling, How to Love a Woman shows how every relationship fades and expires, only to be reborn in a fresh and strengthened form.

STAW0222D

\$24.95

3 CDs, 3 hours



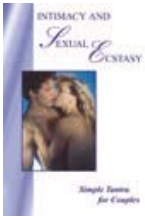
INTIMATE SECRETS OF SEX AND SPIRIT (*)

Artistically created as well as entertaining and erotic, this video presents sexually explicit, spiritually expansive techniques to "expand your envelope of pleasure" while sharing with your beloved! Using conscious intention, breath, sound, body positions and movement, the Silbeys (youthful, dynamic, happily married spiritual ministers in their 50's!) share a variety of ways to enhance experiencing your body as a vibrant temple of divine energy; created to be explored and celebrated in a spirit of innocence and play! ", G-spot plus toning, prostate massage plus toning, "double-doing", "the chord of pleasure", and more!

SV2939

\$24.95

Video 60 min. NTSC



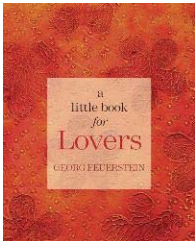
INTIMACY AND SEXUAL ECSTASY (*)

This highly acclaimed program presents the most powerful ways known for creating deep levels of love and sexual fulfillment in an intimate relationship. Hosted by renowned sex educators Dr. Suzanne Rapley, and licensed marriage and Family Counselor Jonathan Robinson. After the hosts introduce each topic, attractive couples artfully demonstrate methods for enhancing love and passion in a relationship. A full range of topics is presented, from effective communication to advanced sexual techniques. Viewers learn little known ways of creating more fun and romance, and adding variety to the art of lovemaking.

SV2950DVD

\$24.95

Video 55 min. NTSC



A LITTLE BOOK FOR LOVERS

NEW!

In A Little Book for Lovers, yogic philosopher and poet Georg Feuerstein presents an elegant book on finding the rich pulse of life between your lover and the world—"in which nothing be excluded from your embrace." With poetry and perceptivity, the mysteries behind finding harmony with your Beloved are revealed while returning you to the freshness and simplicity of love in all places, at all times. Whether quietly reading this book for personal reflection, reading it to your lover on your anniversary, or sharing it with a new couple as a wedding gift, this lyrical and heartfelt book will open you to deeper intimacy with those around you—and place you in communion with the wildly beating heart of the cosmos.

STBK1052

\$12.95

Book, 400 pages



LOVER'S GUIDE TO EXTENDED ORGASM (*)

Discover the easy-to-learn and scientifically proven methods to increase your partner's pleasure and build her arousal so she may reach a fully satisfying orgasm. This world-class program includes a unique combination of techniques that teach a man a blend of modern and ancient secrets about how to control his breath, how to properly position his body and how to maintain the pace of his lovemaking until the desired moment of orgasm is achieved. Any couple has the key to greater pleasure and longer, more satisfying orgasms with the total ejaculation control techniques featured in this extraordinary guide.

BMI1114

\$24.95

Video 45min Explicit



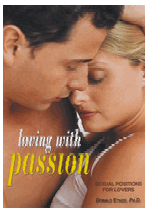
THE LOVER'S GUIDE TO SEXUAL ECSTASY (*)

The Lover's Guide to Sexual Ecstasy is the complete reference guide for all women and men who are seeking more romance and greater sexual pleasure. Loving couples tastefully and sensually demonstrate easy-to-master techniques on seduction, foreplay, oral lovemaking, fantasy role-playing (dominant and passive), plus there's a Complete Guide to Sexual Positions and much, much more. Included in this exciting encyclopedia of sex are detailed instructions on how a man can guide his lover through the Four Plateaus of Sexual Excitation to experience the whole body sensation of The Grafenberg Orgasm.

BMI1102

\$29.95

Video 75min Explicit



LOVING WITH PASSION (*)

Each of us is like a snowflake – we are creatures of nature with both beauty and individuality. Our ability to enjoy sexual pleasure is unique to each person and though the instinct for sharing passion is natural, the skills to successfully give and receive pleasure are learned. This comprehensive sex guide tastefully shows both men and women how to acquire the skills for greater sexual pleasure and more satisfying orgasms. The topics discussed include how to create a romantic atmosphere, caressing, kissing, sexual positions, oral lovemaking, massage, auto-arousal, clitoral stimulation, extended pleasure and many other details about achieving a deeper level of sexual intimacy. When lovers learn about each other's minds and hearts, as well as their bodies, a foundation of knowledge can be built to create incredible lovemaking and a long, satisfying relationship.

BMI1124DVD

\$29.95

DVD 55min Explicit



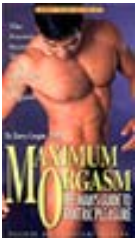
MALE MULTIPLE ORGASM, W/ JACK JOHNSTON, M.A. (*)

This breakthrough seminar teaches you how to separate orgasm from the physical limitations of ejaculation, without using squeeze techniques or other forms of holding back. Instead, you'll learn to bring on and express incredible orgasms as often as you want. This powerful information offers you a dramatic expansion of your erotic life! The Fourth Edition audio CD includes over an hour of Jack's detailed instructions that will guide you right through the process of teaching your body how to awaken to these intensely pleasurable multiple orgasm waves of pleasure. Jack shares with you the very latest techniques.

A5484

\$19.95

Audio-CD 60 min



MAXIMUM ORGASM – TANTRIC PLEASURE FOR MEN (*)

The ancient texts of Tantric sexuality teach a man that learning to embrace his own pleasure, through self-love, is the first step towards sharing physical and spiritual intimacy with another. This remarkable program teaches men how to unlock the natural sexual energy within them and how to reach the highest plateaus of prolonged orgasmic pleasure. Explore Chakras, the unseen energy points of the body and how the Tantrics believed that prostate stimulation energized the ‘root’ harka and was a significant source of pleasure for men. Learning to control the reservoir of your sexual energy through self-love is the essence of The Tantric Man.

BMI1123DVD

\$39.95

DVD 60min Explicit



MAXIMUM PERFORMANCE (*)

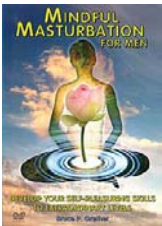
THE MAN'S GUIDE TO PENIS ENLARGEMENT & POTENCY TECHNIQUES

BMI1116DVD

\$29.95

"Maximum Performance" is for the man who is truly serious about enlarging his erection to it's fullest potential. This breakthrough instructional program features a unique state-of-the-art system to assist nearly any man in reaching his optimal sexual performance. See the latest devices to enjoy and prolong an erection that is bigger, firmer and more powerful. Contents include important up-to-date information about super-foods, vitamins, supplements, penis lengthening and thickening devices, ejaculation control, vacuum pumps and the latest surgical and medical techniques and dozens of tips about sexual potency. Also featured are the ancient Taoist secrets about enhancing the "male being" and the herbs and teas that historically have improved health and sexual performance. Achieving the largest and best erection is important for a man's self esteem and can be one of the most successful ways to please his sexual partner. Now, any man can learn to enjoy intercourse more than ever before. This revolutionary program is the new way to maximize your sexual pleasure.

DVD 60 Min



MINDFUL MASTURBATION (*) DEVELOP YOUR SELF-PLEASURING SKILLS TO EXTRAORDINARY LEVELS

BMI1117DVD

\$29.95

BRUCE P. GREYER has spent 9 years developing what he calls Mindful Masturbation for Men. He considers the process a crucial form of loving yourself better, which is important to loving others in a more balanced & fearless manner. This revolutionary complete course of instruction DVD, explains & demonstrates many ways to refine your self-pleasuring skills to produce high erotic states. Experiencing high erotic states for longer periods increases body awareness & restores the natural connection between emotional feelings & erotic sensations. Masturbating mindfully may be capable of helping you to achieve integral harmony within yourself, as well as allowing you to open your heart. This process is capable of changing your life!

100 minutes of encouragement, instruction, demonstration & inspiration. Total nudity

DVD 100 min Explicit



NINA HARTLEY'S ADVANCED GUIDE TO ORAL SEX (*)

If you think you know everything about giving and receiving oral sex, think again! This video shows you step-by-step how men and women can give their lover the best oral lovin' ever! Nina demonstrates advanced techniques with an erotic exploration of the male and female anatomy. Ever tried cunnilingus through cellophane? Find out the “ins-and-outs” of this and many other titillating ideas! The stars of this video get so turned on, they go ahead and indulge in some lusty sex! You’ll be ready to try the ideas presented first hand!

AE1132DVD

\$29.95

DVD 87 X-rated minutes.



NINA HARTLEY'S ADVANCED GUIDE TO SEX TOYS (*)

Nina Hartley opens her toy box and invites you to participate in this delicious and demonstrative video. In her open and fun approach to sexuality, Nina and her friends provide titillating turn-ons to spice up your love life. This video features Nina Hartley, Tyler Wood, Sindee Coxx, and more.

AE1456DVD

\$29.95

DVD 81 minutes



NINA HARTLEY'S GUIDE TO FELLATIO (*)

Nina Hartley, armed with charts, slides and Alex Sanders' hard dick, teaches the art and science of fellatio. Nina says good and hand mouth work practically guarantee a good fellatrix. She demonstrates oral coitus and Alex moans..."uuuh-mazing!" See her put her theory where her mouth is with "practice, practice, practice!"

DVD 63 X-rated minutes.

AE9215DVD

\$29.95



NINA HARTLEY'S GUIDE TO MAKING LOVE TO MEN (*)

With step-by-step instructions to increase both his pleasure and your own, NINA HARTLEY'S MAKING LOVE TO MEN offers seductive secrets to keep him surprised and satisfied for years to come. Naughty Nina practices what she preaches! See her lavish attention on Herschel Savage until he gives it right back! Nina demonstrates the proper techniques for kissing, fondling, condom application and intercourse as Dayton and Ian make love in the background.

AE1204DVD

\$29.95



NINA HARTLEY'S GUIDE TO MAKING LOVE TO WOMEN (*)

A lusty lesson in satisfying a woman's desire to the fullest. Perfect for a man or a woman who's interested in improving the act of love with their woman, Nina Hartley's Making Love To Women teaches you how to set the mood for lovemaking, warm her up with sensuous foreplay and stimulate her most erogenous zones. Learn what women really want with these step-by-step lessons sure to expand your lovemaking experiences.

AE1205DVD

\$29.95

DVD 140 minutes.



NINA HARTLEY'S GUIDE TO ORAL SEX (*)

Hall of Fame superstar Nina Hartley teaches everything you need to know about orally pleasing your partner in this revolutionary how-to video. In graphic detail, Nina explains and demonstrates various techniques, gives her own personal insights on arousing your partner and share her years of sexual experience. Celebrating a decade of erotic performing, Nina loving lovingly wrote and directed this video for everyone of you interested in expanding your sexual horizon – and pleasing your partner!

AE1000DVD

\$29.95



NINA HARTLEY'S GUIDE TO SENSUALLY DOMINATING A MAN (*)

It's about pleasing...each other! Nina Hartley tells and shows what it's like when a man trusts a woman to dominate him—TOTALLY! She'll review the roles, the fantasies, clothing and equipment (like ties, latex whips, or common household items) to make your wildest, most off-limits dreams come true. You can do this all safely within a level of intimacy you'll find eternally rewarding. Don't miss Amber, who rules with her tight ass! If you're starting out, or just thinking about this rapidly growing form of sex-play, Nina's guide is the best way to start!

AE1901DVD

\$29.95

81 X-rated minutes.



NINA HARTLEY'S GUIDE TO SENSUALLY DOMINATING A WOMAN

Learn how you'll BOTH love it! Sex superstar Nina Hartley takes you on a personal tour of the thrilling pleasures and challenges of sensually dominating a female partner. With her handpicked cast of sexy performers, Nina demonstrates EXPLICITLY what will work in your bedroom—and your relationship! Nina and Amber show you how "safe words" work during a little spank session...A real eye-opener! Directed by renowned fetish-style director Ernest Greene.

AE1309DVD

\$29.95

82 X-rated minutes.()



NINA HARTLEY'S GUIDE TO SENSUAL SUBMISSION TO A MAN

Adult superstar Nina Hartley presents The Art of Surrender! She shares her most intimate secrets in this erotic guide to submitting to a man. In this controversial introduction to Sensual Submission, Nina gives in to dominant Sean Michaels and instructs the viewer on power play between Amber Michaels and Frank Fortuna. Don't miss this delicious lesson in obedience!

AE2004DVD

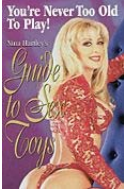
\$29.95

81 X-rated minutes. ()



NINA HARTLEY'S GUIDE TO SENSUAL SUBMISSION TO A WOMAN

Adult superstar Nina Hartley presents The Art of Surrender! **AE2026DVD** **\$29.95**
She knows turnabout is fair play! Here, she provides plenty of pointers on submitting to the "fairer sex" through erotic demonstration and helpful question-and-answer sessions. See Nina take control of a wet and willing Dru Berrymore before Joey Ray gives in to Flick Shagwell's dominant side. You won't want to miss this delicious lesson in obedience! Enjoy!
90 X-rated minutes. (*)



NINA HARTLEY'S GUIDE TO SEX TOYS (*)

If anyone knows what turns us on, it's Nina Hartley! Using **AE1131DVD** **\$29.95**
popular Adam & Eve toys, she explains each type of toy and how best to use them. 3 couples set out to pleasure each other as Nina offers pointers, and gets turned on herself. 87 X-rated minutes.



PREGNANCY MASSAGE VIDEO, THE

Hosted by actress Tracy Nelson and taught by certified massage **SV3610** **\$19.95**
therapist Lori Stewart, this video guides you and your partner step by step through a full body pregnancy massage. Lori has been teaching massage at the Institute of Psycho-Structural Balancing in Los Angeles for over 8 years. Her emphasis is on partners helping pregnant women through this often-uncomfortable time, bringing them to a closer understanding of what she is experiencing. The techniques taught in this video are safe and can dramatically improve how you feel.
Video 35 min. NTSC



TANTRIC SECRETS OF SACRED SEX, THE (*)

Highly Recommended! The best Tantra Video.... – Tantra Magazine **SV3825DVD** **\$29.95**
Learn the tantric secrets of sacred sex. Discover an art of loving that will forever transform your lovemaking into a truly intimate, fulfilling, spiritual experience. Based on the ancient Tantric belief that the hidden potency of sexual loving is the seed of all creativity and transcendence, this remarkable program teaches you how to awaken your own natural sexual energy and experience a deeper level of intimacy and connectedness with your love partner.
DVD 74 min

SINCLAIR INTIMACY INSTITUTE TITLES



10 SECRETS TO GREAT SEX (*)

Watch 13 loving couples reconnect with fiery passion in explicit scenes **AEI2207** **\$29.95**
including sex outdoors, at a workbench, in the office and even a bungee swing! Learn new ways to spice up sex play – including tips for choosing the right erotic videos, using toys and sure-fire strategies to overcome shyness. Open the door to great sex for you and your partner today!
60 X-rated minutes.



BETTER SEX GUIDE TO THE KAMA SUTRA SET, THE (*)

Winner of the 2005 Telly award! Written by Vatsyana in approx. 350 **AEI2835** **\$29.95**
ad, the Kama Sutra (principle's of love), connects all aspects of sexual life. These ancient and timeless teachings of the east are revealed in Sinclair's unique approach. Expert advice from noted Indian sexologist and Kama Sutra authority, prof. Prakash Kothari, MD, PHD, leads the exploration of this ancient wisdom sharing a highly developed expression of their erotic desires, real couples demonstrate positions outlined in the text and live the principles, "what's good for the body is good for sex". Included with this new DVD set is a CD (35 minutes) of the original music score from the video.
DVD 60 minutes + CD 35 min



**BETTER SEX VIDEO SERIES FOR BLACK COUPLES: #1 (*)
SEXUAL TECHNIQUES FOR LOVERS**

AEI2312

\$29.95

The first-ever sex ed video series created by black experts especially for black couples. Discover sexual techniques that will transform your lovemaking into something totally new and spontaneous. Watch three attractive couples explicitly demonstrate techniques to release inhibitions and intensify orgasms. Discover a variety of positions for intercourse. Learn oral sex techniques for stimulating the penis and the clitoris for prolonged mutual pleasure; Master techniques that will enhance sexual play and pleasure with the one you love.



**BETTER SEX VIDEO SERIES FOR BLACK COUPLES: #2 (*)
ADVANCED LOVE SKILLS (WITH TOYS AND FANTASIES)**

AEI2314

\$29.95

What's your secret sexual fantasy? And does your partner know? This video will have you talking about it and experiencing sex like never before. Learn valuable secrets to enhance your fantasy life and unlock the door to a world of never-ending pleasure. Conquer obstacles to experimentation. Discover how toys bring fun and variety to your lovemaking; Reveal the joys of gaining – and losing – control within the bounds of a loving, trusting sexual relationship. Expand and deepen your sexual satisfaction. So share the intimacy, the fantasy and fun with someone you love.



BETTER ORAL SEX TECHNIQUES (*)

AEI2264

\$29.95

With explicit depictions from real couples and step-by-step instructions by sex expert Dr. Marty Klein, you'll soon master a variety of creative techniques to help both you and you lover gain more from your oral endeavors. From cunnilingual "kisses" to suggestions for more deep throat control, this how-to video is perfect for both the oral novice and expert!



BIG O: EROTIC GUIDE TO ORGASM (*)

AEI2265

\$29.95

Ever left high and dry by sex? Want more powerful, frequent climaxes? Then "The Big O" is must-see viewing. Nationally recognized sex educator Dr. Marty Klein leads you through the latest findings on orgasms and explicit footage of attractive couples reaching the highest peaks of pleasure. Learn to "tune in" for a fulfilling climax without emotional "static". Why women need to avoid faking it. Ways to create multiple orgasms for both genders. Plus tips on your partner's pleasure, styles of arousal, and much more.



BREATH OF TANTRIC LOVE, THE

SV2148DVD

\$19.95

- If you would like to transform your intimate relationship with your partner into a more spiritual and satisfying experience, this program offers a clearly expressed and easy-to-master tantric breathing practice that will enhance your desire, calm your inner spirit and create the perfect setting for share expanded orgasmic pleasure. *The Breath of Tantric Love* has helped thousands of couples to embrace new perspectives in their physical and spiritual lovemaking. (approx 65 min. DVD)



CREATIVE POSITIONS FOR LOVERS (*)

AEI2160

\$29.95

Treat yourself and the one you love to a new position, or a variation on one you particularly enjoy. Learn how adjusting an angle here, or the pressure there can make the difference between "OK" and breathtaking intercourse or oral sex. You'll see new positions for oral sex, creative uses for your own space, and even erotic uses for a bungee swing. You needn't be an athlete to enjoy the new techniques you'll learn, just committed to your mutual pleasure.



DARE TO BARE: EROTIC SHAVING & SEXUAL PLEASURES (*)

AEI1019

\$29.95

Practiced by lovers for centuries, shaving the genitals is one of the most popular trends behind bedroom doors today. Let us introduce you to 5 loving couples willing to bare all to prove, "It's better bald." Get a front row seat as two lovers demonstrate how physical contact becomes more intimate, with orgasms unlike any they've ever experienced. Nude pubes put a fresh twist on oral sex too. 69 sex becomes more intensely arousing as full focus is on the delicious taste of juicy love. Whether your partner watches as you shave yourself or you choose to shave each other, it's a fun fantasy that's refreshingly clean and easy to try. Dare To Bare gives you tips on essential tools and techniques. You'll also discover the best positions for getting turned on during the process.



ENJOYING GUILTY PLEASURES (*)

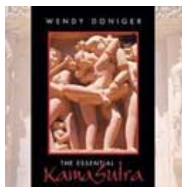
Winner of the 2005 Telly award

AEI1393

\$29.95

An erotic sampler of "kinky" sex acts that are actually healthy, imaginative and fun, The Better Sex Guide to Guilty Pleasures addresses myths about S&M, "taboo" subjects and the guilt often associated with "forbidden" fantasies. Couples experiment with the delicious delicacies of oral sex, establish essential rules for acting out exotic fantasies and role-play a ménage a trios using adult toys. The Better Sex Guide to Forbidden Pleasures teaches new tricks and techniques adding spice and variety to your lovemaking. Replacing guilt with knowledge is always a good thing

DVD 60 min



ESSENTIAL KAMASUTRA, THE WENDY DONIGER

STAW0696D

\$24.95

The cultivation of pleasure was brought to its height with the Kamasutra — the Hindu text of erotic love. This sophisticated and provocative teaching from ancient India has continued to intrigue us for generations, offering explicit instructions in the art of living and lovemaking. Now, Wendy Doniger, one of the world's foremost scholars of Sanskrit and Hindu mythology, offers a fresh and insightful new translation of this treasury of sensual secrets with The Essential Kamasutra. Here, for the first time through the spoken word, the long-hidden gems of the Kamasutra are revealed to bring the delicious fulfillment of love, deep connection, and enlightened pleasure to your life.

2 CDS 2.5 Hrs \$24.95

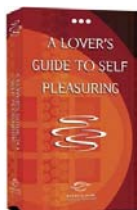


JOY OF EROTIC MASSAGE

AEI2267

\$29.95

The power to bring your lover to the ultimate heights of sexual satisfaction is now in your hands—literally! This hot, new instructional video features explicit uncensored scenes of loving couples demonstrating not just the basic techniques of erotic massage ... but also advanced methods of stimulation that are arousing and explosively satisfying! 60 X-rated minutes.



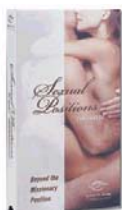
LOVERS GUIDE TO SELF PLEASURING (*)

AEI1350

\$29.95

Practiced Masturbation, often undiscussed, can be a key to sexual growth and better lovemaking. It is hard to know how to love others if you don't know how to love yourself. The Better Sex Guide to Masturbation and Self Pleasuring dispels myths and defines the many healthy benefits of masturbation. Watch and learn a variety of sensual techniques women enjoy, such as exciting the clitoris while stimulating the anus, locating the G-Spot with a vibrator and enjoying mutual masturbation. For men, there's more to the male pleasure zone than just the penis. Get the details on prostate stimulation, scrotum and perineum play and other erogenous zones. Learn how using male masturbation toys can enhance sexual enjoyment. Once you understand what turns you on, you can better share it with your lover, and together you can heighten your pleasure during lovemaking.

Video 60 min



SEXUAL POSITIONS FOR LOVERS (*)

AEI2206

\$29.95

How do couples continue the excitement, year after year? Join four couples as they illustrate 32 lovemaking positions in explicit detail. See special variations on the "rear entry" position and positions using props, like furniture. Learn how to achieve deeper penetration, prolonged intercourse and more satisfying sex, even for those with physical limitations such as back problems, arthritis and pregnancy. Explicit sexual content.

DVD 53 Minutes



TANTRIC GUIDE TO BETTER SEX (*)

AEI2310

\$29.95

Beyond intercourse, beyond intimacy lies the world of Tantric sex. Ancient philosophers believed sexual energy was one of the greatest forces of humankind. Attractive couples demonstrate the techniques that take orgasm out of the genitals and into the five senses for a long-lasting, full-body experience. Breathing, massage, and romantic ambiance enhance pleasure. Movement, erotic positions, and relaxation expand sexual awareness. The viewer will learn to prolong his or her orgasm, finally merging with their partner in a state of sexual ecstasy.

DVD



TOYS FOR BETTER SEX (*)

Explore the limitless regions of intimacy and arousal through this erotic, breakthrough guide to sex toys for two. Watch as couples demonstrate the use of up-to-date versions of dildos and donges, vibrators, pleasure balls, and specialty attachments. Toys For Better Sex contains explicit demonstrations to help you and your partner expand the boundaries of your sexual pleasure and uncover your lover's secret pleasure spots! America's leading sexuality experts offer guidance and perspective on ways to heighten her orgasmic intensity and moves to drive her wild.

AEI2490

\$29.95

(DVD)



UNLOCKING THE SECRETS OF THE G-SPOT (*)

Sexual satisfaction is redefined in this new video that teaches lovers how to push through the boundaries of their sexual practice to reach new levels of pleasure. Unlock the mystery of male multiple orgasms and explore the phenomena of G-Spot (Grafenberg) orgasms and female ejaculation. A must-see for couples still exploring the limits of their sexuality

AEI2205

\$29.95

DVD



TANTRA – THE ART OF CONSCIOUS LOVING (*)

In ancient India, sex was studied as an art form. It was known that sexual energy was a sacrament that, rightly used, would bring great harmony and joy in one's marriage. Love can continue to grow over the course of a lifetime, deeply bonding partners in joyous union. This video introduces enlightened techniques that will enable you to join physically and energetically in a revolutionary "new way to make love." It will show you the way to more intimacy and pleasure than you can now imagine, providing you with information we were never taught but always needed! As taught by America's leading teachers of Tantra Yoga, Charles and Caroline Muir.

SV3810

\$29.95



TANTRA TAI CHI FOR COUPLES(*)

Developed by Diana and Richard Daffner, Tantra Tai Chi is a series of easy-to-do movements that build intimacy, increase sexual awareness and awaken spiritual experience. The Daffners teach couples to move energy through physical, emotional and spiritual centers in their bodies, creating profound connection and preparing them for the highest form of sexuality.

SV3813

\$19.95

Video 32 min. NTSC



TANTRIC MASSAGE FOR LOVERS (*)

Tantric Massage for Lovers: with Steve & Lokita Carter - Touch is one of the essential keys to a lasting and satisfying intimate relationship. In this follow-along program, you learn how to create massages that arouse the senses, touch the heart and rekindle the flame of passion. Using Tantric touch, ritual, communication and energy consciousness, your love connection deepens and giving and receiving a massage merge into one. Tastefully presented by two couples. Skillfully guided by Steve & Lokita with sensitivity and humor. Accompanied by an original score of sensuous music to help set the mood and create the sacred space. Can be used over and over for continued Tantric delights!

BMI6542DVD

\$49.95

2-disc DVD set, 160 minutes Explicit



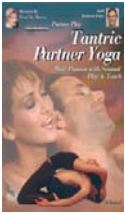
TANTRIC MASSAGE VIDEO (*)

Have you ever wanted to put on a massage video that you can just play along with? Something with beautiful, relaxing music and no narration that you have to pay attention to? Well, look no further. This is the kind of program you will want to use over and over again. Produced by certified sexologists Kenneth Ray Stubbs, PhD., and Louise-Andree Saulnier, PhD., this video's an ideal way to enjoy the art of Tantric massage simply by following along with the couple on screen. Contains explicit, sensitive, caring, meditative, massage instruction of the whole body. Includes nudity and genital massage.

SV3812DVD

\$29.95

DVD 60 min. NTSC



TANTRIC PARTNER YOGA

NEW!

Partner Play was created to give couples and partnered singles a variety of simple, fun tools to build intimacy and connection. It features a flowing series of non-sexual, tactile and sensual techniques including easy partner yoga, massage, and Tantric partner focusing. This playful, loving routine is beneficial for all levels of yoga, including beginners. (1 hr. & 30 minutes)

SV3814DVD

\$29.95



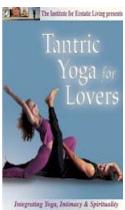
TANTRIC SECRETS OF SACRED SEX, THE (*)

Highly Recommended! The best Tantra Video.... – Tantra Magazine
Learn the Tantric secrets of sacred sex. Discover an art of loving that will forever transform your lovemaking into a truly intimate, fulfilling and spiritual experience. Based on the ancient Tantric belief that the hidden potency of sexual loving is the seed of all creativity and transcendence, this remarkable program teaches you how to awaken your own natural sexual energy and experience a deeper level of intimacy and connectedness with your love partner.

SV3825DVD

\$29.95

DVD 74 min



TANTRIC YOGA FOR LOVERS

NEW!

Do you want to improve the quality of your relationship and loving, and share gentle exercise with your partner? This DVD offers easy-to-learn yoga routines for lovers to increase the flow of sexual energy, develop a regular practice for toning your bodies, and balance body mind and spirit - in and out of the bedroom.

SV3830DVD

\$19.95

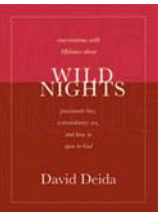


THE ULTIMATE KISS – ORAL LOVEMAKING (BOOK) (*)

The mouth is the most sensual part of the body. This tastefully composed photographic and text-filled manual has been designed to teach men and women about the mutual pleasure of oral love. With separate sections devoted to ‘male-to-female’ and ‘female-to-male’ techniques, this publication can teach lovers to take a simple kiss and make it the ultimate experience.

BMI1108

\$19.95



WILD NIGHTS (BOOK)

"Wild Nights cuts through the illusions of modern "spirituality" into the depth of life before God. Impure, soaked with all bodily liquids, pierced by clear recognition of death, wide opened with the power of love - "living as love" - in any moment of daily life. If you do not choose to be a hermit, if you want to practice awakening within relationships, in the realm where sex and death are such powerful momentums - you'd better read this book, and not only once." —Rabbi Ohad Ezrahi Author, Paths of Empowerment. Meet Mykonos: scurrilous madman—and voice of truth. Wild Nights presents David Deida’s remarkable account of his days with the unconventional teacher who revealed to him the deeper wisdom of the erotic path to the divine. From our very first encounter to the “burden of bliss” that is his parting gift, Mykonos challenges our understanding of what makes a spiritual life. Brutally candid, he offers his teaching to anyone ready to listen, with an uncanny ability to see into the hearts and minds of his students better than they can their own. Charged with provocative scenes of unbridled passion and play, Wild Nights explodes with spiritual insights into our choice to “open as love, or close and suffer” ... yogic sexual techniques including circular breathing and expanding feeling beyond the self and into the heart of a lover ... and why, for some, full sexual expression is a requirement of spiritual maturation. For its honest depiction of the spiritual teacher and student relationship—and the questions it demands we ask about our own sexuality—Wild Nights proclaims David Deida a guiding light in the often cloudy realm of sex and spirit.

STBK0881

\$15.95

softcover book, 192 pages



YOU CAN LAST LONGER (*)

Solutions For Ejaculatory Control! Here is the most enjoyable, comfortable way you and your partner can learn in the privacy of your own home. Dr. Derek C. Polonsky of Harvard Medical Scholl and certified sex therapist Marian E. Dunn lead you through this unique video guide for achieving better ejaculatory control. As you watch live couples demonstrate in explicit detail, you’ll learn the step-by step self-help techniques prescribed by sex therapists in private practice.

AEI2311

\$29.95

DVD



ZEN PUSSY (*)

A Meditation on Eleven Vulvas!!! Every vulva is an entire erotic universe waiting to be explored. This unique video from Annie Sprinkle and Joseph Kramer artfully presents wall-to-wall, extreme vulva close-ups of eleven of their erotically-gifted friends. Contemplating vulva can stimulate creativity, access ancient wisdom, dispel shame, bring about enlightenment and arouse plenty of good, old-fashioned erotic pleasure. Look into each mons mandala as you would a crystal ball or flames in the fireplace. Welcome visions, reflections, memories, feelings and questions.

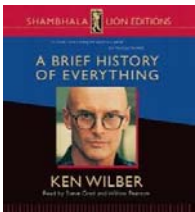
BMI6350DVD

\$24.95

DVD 60 Min

SPIRITUALITY, MEDITATION AND RELIGION

SEE "SOLAR MEDITATION CONFERENCE" GROUP OF TITLES



A BRIEF HISTORY OF EVERYTHING

NEW!

A Brief History of Everything is Ken Wilber's accessible and entertaining account of men and women's place in a universe of sex, soul and spirit. Wilber examines the course of evolution as the unfolding manifestation of Spirit, from matter to life to mind, including the higher stages of development where Spirit becomes conscious of itself. In each of these domains, there are recurring patterns, and by looking closely at them, we can learn much about the predicament of our world—and the direction we must take if "global transformation" is to become a reality. Wilber offers a series of striking and original views on many topics of current interest and controversy, including gender relations, modern liberation movements, environmental ethics, and the conflict between this-worldly and other-worldly approaches to spirituality. The result is an extraordinary and exhilarating ride through the Kosmos in the company of one of the great thinkers of our time. Read by Steve Grad and Willow Pearson

STAW0544D

\$39.95

6 CDs, 5¼ hours



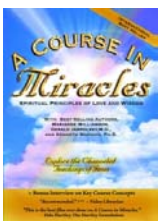
ACCESSING THE MYSTIC

Science and spirituality collide when biologist Rupert Sheldrake and postmodern theologian Matthew Fox, explore the practical aspects of mysticism and the attainment of higher levels of consciousness. In Accessing the Mystic you will learn how the marriage of science and spirituality can deepen the wonder and mystery in everyday life. Discover comprehensive steps you can take to personally access and experience higher levels of consciousness and a mystical reality that exists inside each of us. Learn four practical paths (Via Positiva, Via Negativa, Via Creativa, Via Transformativa) that lead to mysticism and how changing consciousness and creating mystical experiences can be a common daily occurrence. Exhilarating ideas and fascinating discussion for both the scientific and spiritually minded.

UFK467

29.95

2 DVD 134 minutest



A COURSE IN MIRACLES

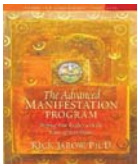
Spiritual Principles of Love and Wisdom

PPMD1A

\$24.95

“Discover why the lives of millions have been transformed by “the Course.” * Learn how releasing fear and practicing forgiveness brings about miracles of love, healing and peace and helps us with all of our interpersonal relationships. * Shot on Location and spanning the 75 year life of Course Founder, Helen Schucman, the video features internationally recognized spiritual leader Marianne Williamson.” DVD has Bonus Section of informative interview with Kenneth and Gloria Wappnick, foremost Course teachers explaining key concepts of the Course.

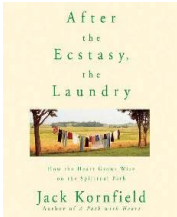
DVD Disk 120 min NTSC



**ADVANCED MANIFESTATION PROGRAM:
SHAPING YOUR REALITY WITH THE POWER OF YOUR DESIRE** STAF0950D \$69.96

The clues surround you wherever you go — messages and signs telling you how to live a more rewarding and fulfilling life. Have you ever wondered how your life would improve if you were to “tune in” to the information that the universe is offering to you? With The Advanced Manifestation Program, Rick Jarow introduces a powerful curriculum for heightening your awareness of synchronicities, opportunities, and serendipity (all of which have little to do with simple luck, teaches Jarow). Based on several decades of study of world religions, here is an incredibly effective way to align your own talents and desires with the hidden currents of the universe.

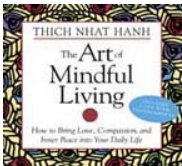
6 CDs, 6.25 hours



AFTER THE ECSTASY, THE LAUNDRY NEW! STAW0471D \$49.95

When does enlightenment come? At the end of the spiritual journey? Or the beginning? On *After the Ecstasy, the Laundry*, Jack Kornfield – author of the modern classic on American Buddhism, *A Path with Heart* – brings into focus the truth about satori, the awakened state of consciousness, and enlightenment practices today. Perfect enlightenment appears in many texts, Kornfield begins. But how is it viewed among Western teachers and practitioners? To find out, Kornfield talked to more than one hundred Zen masters, rabbis, nuns, lamas, monks, and senior meditation students from all walks of life. The result is this extraordinary look at the hard work we all must do – the laundry – no matter how often we experience ecstatic states of consciousness through meditation and other disciplines. Sweeping in its scope, and warmly told by one of American Buddhism’s most trusted voices, *After the Ecstasy, the Laundry* is both a work of deep inspiration and daily instruction that cuts through the confusion about what enlightenment really is, who it comes to, and how it continues to inform and guide our spiritual lives. An original audio adaptation of Jack Kornfield’s newest book, *After the Ecstasy, the Laundry*.

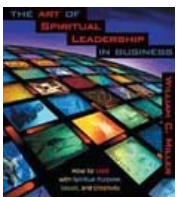
8 CDs, 9.5 hours



ART OF MINDFUL LIVING, THE STAE0499 \$24.95

Zen meditation master Thich Nhat Hanh offers his practical teachings about how to bring love and mindful awareness into our daily experience. Kind, purposeful, and illuminating – here is an abundant treasure of traditional gathas (teachings) that unify meditation practice with the challenges we face in today’s world. Enhanced features include Vietnamese music from Plum Village, video footage of Thich Nhat Hanh on mindfulness, and a text interview with the author.

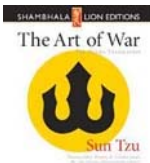
2 Enhanced CDs 2.5 Hrs \$24.95



**ART OF SPIRITUAL LEADERSHIP IN BUSINESS, THE
HOW TO LEAD WITH SPIRITUAL PURPOSE, VALUES, AND
CREATIVITY** STAW0655D \$34.95

The Art of Spiritual Leadership in Business William Miller Author William Miller shows listeners how the integration of spirituality, business, creativity, and profitability can help revitalize their companies from a heart-based foundation.

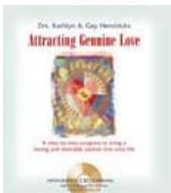
4 CDs 4 Hrs \$34.95



ART OF WAR, THE: THE DENMA TRANSLATION STAW0673D \$29.95

The Art of War is undisputedly one of the best-selling leadership books of all time. "This new translation ... helps bridge the gap between the ancient Chinese oral tradition and today's modern reader." - Publishers Weekly

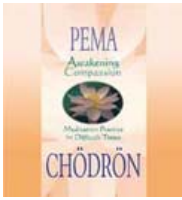
3 CDs 4 Hrs \$29.95



**ATTRACTING GENUINE LOVE
DRS. GAY & KATHLYN HENDRICKS** STBK0843D \$19.95

For nearly 30 years in their workshops and one-on-one sessions, Gay and Kathlyn Hendricks have helped thousands of singles find lasting, fulfilling love.

Book/CD 1.25 Hrs \$19.95

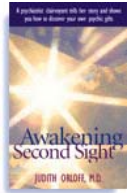


AWAKENING COMPASSION

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or "mind training," to transform difficulties into insights. Lojong training is grounded in a special meditation technique and complemented by 59 written maxims - a treasury of practical wisdom that inspires everyday awareness. On Awakening Compassion, Pema Chödrön, shows you how to use your own painful emotions as stepping stones to wisdom, compassion, and fearlessness. More than seven Hrs of practical, compassionate guidance for shedding your cocoon and meeting your world with fresh appreciation.

STAF0762D \$69.95

6 CDs 7 Hrs 9 Page Booklet \$69.95

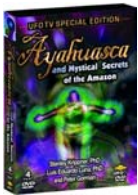


AWAKENING SECOND SIGHT

Judith Orloff, M.D., is a healer in two worlds: the world of traditional medicine, and the invisible world - the psychic realm. On Awakening Second Sight, Dr. Orloff shares the true story of her struggle to uncover her own psychic abilities - the patients who inspired her - and how to awaken your own "gifts of the spirit." Awakening Second Sight is a respected psychiatrist's compelling personal story, as well as a provocative guide to the psychic self, and how to develop it. Join Dr. Orloff in this daring, unique session.

STAW0325D \$29.95

3 CDs, 3.25 hours

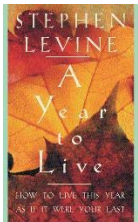


AYAHUASCA & MYSTICAL SECRETS OF THE AMAZON NEW!

One of the greatest mysteries of the Amazon is the shamanic use of sacred plants for inducing mystical and spiritual, visionary experiences. One of the most mysterious and miraculous plants of all is Ayahuasca. Now for the first time in this amazing series of programs you can learn the facts about this legendary plant, its mystery, its use for healing and its unique ability to trigger deeply moving, psychedelic, mystical and spiritual, visionary experiences. Includes four spellbinding full-length programs and presents the facts about Ayahuasca and its use, along with a fascinating series of live presentations with the best known, most credible Ayahuasca researchers in the world today. Packed with bonus features, expert analyses and unforgettable conclusions about this amazing plant. Exhilarating facts and fascinating discussion for both the scientific and spiritually minded. Features acclaimed Professor of Psychology and author, Stanley Krippner, PhD; Anthropologist and author Luis Eduardo Luna, PhD, and Peter Gorman, noted Drug War journalist and a former Editor-in-Chief of High Times magazine.

UFK647 \$89.95

4 DVD 334 min



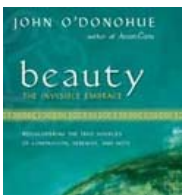
A YEAR TO LIVE

NEW!

If you had only one year left to live, what would you do? When Stephen Levine posed this question to himself, it led to a profound, year-long experiment in conscious living that is fully revealed in A Year to Live. Carefully planned as a series of month-by-month practices and meditations, A Year to Live brings the dying process into the full light of awareness. Join this bestselling author and caregiver as he explores: the "deathless nature" contained within each moment of life; why death is never to be feared; the practice of forgiveness; opening to love; and much more.

STAW0369D \$24.95

3 CDs, 3.25 hours

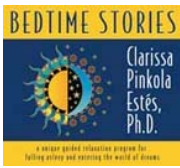


BEAUTY: THE INVISIBLE EMBRACE REDISCOVERING THE TRUE SOURCES OF COMPASSION, SERENITY, & HOPE

STAW0770D \$29.95

The human soul is hungry for beauty; we seek it everywhere—in landscape, music, art, clothes, furniture, gardening, companionship, love, religion, and in ourselves. When we experience the Beautiful, there is a wonderful sense of homecoming; we feel fully alive. Our lives become illuminated and we come to glimpse behind the shudder of appearances, the sure form of things. Irish poet and philosopher John O'Donohue invites us to remember and to awaken the Beautiful; it is always secretly there, awaiting but our attention and reverence to come alive.

4 CDs 5.25 Hrs \$29.95



BEDTIME STORIES:
A UNIQUE GUIDED RELAXATION PROGRAM STAW0600D \$15.95
FOR FALLING ASLEEP AND ENTERING THE WORLD OF DREAMS

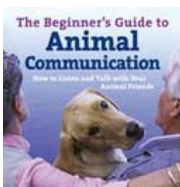
Dr. Clarissa Pinkola Estes sends us peacefully into the world of dreams with this all-new collection of comforting stories for listeners of all ages.

1 CD 1 Hr



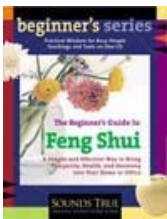
BEGINNER'S GUIDE TO CONTEMPLATIVE PRAYER STAW0659D \$15.95
 Discover Christianity's own unique tradition for experiencing God directly through meditation with The Beginner's Guide to Contemplative Prayer. Author James Finley, who as a young monk lived and prayed with Thomas Merton for six years at the Abbey of Gethsemani, shares the fruit of this authentic approach to prayer and its role at the center of Christian life. Beginning with a look at its meaning and origins, including the Christian mystics who first explored it, and concluding with step-by-step instructions for getting started with a contemplative practice of your own, here is the perfect introduction to the fundamental meditations and teachings.

1 CD



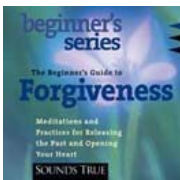
BEGINNER'S GUIDE TO ANIMAL COMMUNICATION, THE HOW TO LISTEN AND TALK WITH YOUR ANIMAL FRIENDS STAW0743D \$15.95
 Author and teacher Carol Gurney brings nearly 20 years' experience in interpreting and "intuiting" the language of animals for those seeking a heart-to-heart connection.

1 CD 1.25 Hr



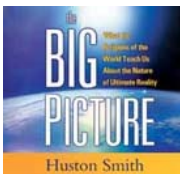
BEGINNER'S GUIDE TO FENG SHUI, THE: A SIMPLE AND EFFECTIVE WAY TO BRING PROSPERITY, HEALTH, AND HARMONY INTO YOUR HOME OR OFFICE STAW0681D \$15.95
 The Beginner's Guide to Feng Shui Ken Cohen Listeners learn Xing shi-revered in China as the simplest and most powerful means to harness the earth's energy to promote health, prosperity, and harmony in one's living space.

1 CD 1.25 Hrs



BEGINNER'S GUIDE TO FORGIVENESS, THE HOW TO FREE YOUR HEART AND AWAKEN COMPASSION STAW0656D \$15.95
JACK KORNFELD
 This respected meditation teacher and therapist teaches specific practices to forgive and to find the way out of our pain.

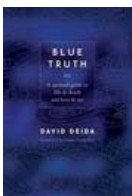
1 CD 1.25 Hrs



BIG PICTURE, THE - WHAT THE RELIGIONS OF THE WORLD TEACH US ABOUT THE ULTIMATE NATURE OF REALITY. STAW0602D \$24.95

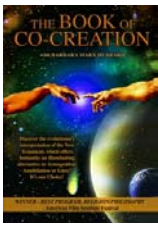
Over eight decades after his birth to missionary parents in China, Huston Smith now finds himself in an age of disbelief that has led to a spiritual crisis unlike any that history has previously known. On The Big Picture, Smith draws from his lifetime of scholarship to describe for us the nature of ultimate reality. His description combines the most up-to-date findings of science with the enduring truths of the world's greatest religions, an alignment that offers firm grounds for hope. The Big Picture is the culmination of his quest – the widest-angle view of the world that is available to the human mind at this point in history.

2 CDs 2.25 Hrs



BLUE TRUTH STBK0908 \$16.95
A SPIRITUAL GUIDE TO LIFE & DEATH AND LOVE & SEX
 Best-selling author and internationally acclaimed teacher David Deida presents skills and insights for uncovering and offering your true heart of purpose, passion, and unquenchable love.

Book 184 pages



BOOK OF CO-CREATION, THE

With grace, clarity and inspiring insights, Barbara Marx Hubbard, President of the Foundation for Co-Creation, co-founder of Global Family, mother of five, author, visionary and lecturer tells the story of her spiritual experience. The Book of Co-Creation leads us from our egocentric birth to God-centered universal life for all. This alternative to Armageddon is a perspective based on a co-creative relationship with God, each other and the earth. The video is divided into chapters so that viewers can reflect and discuss the subject matter contained within each chapter.

PPMD2A \$24.95

DVD Disk 90 min NTSC

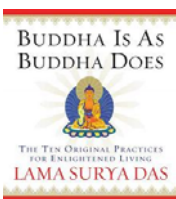


BREAKING THE DA VINCI CODE

Based on three best-selling books-*Breaking the Da Vinci Code*, *The DaVinci Deception* and *Cracking DaVinci's Code*-this program solves a 2000 year old mystery! Breaking the DaVinci Code answers all the lingering questions and finally sets the record straight-through interviews with book authors and the world's leading experts in archeology, theology, art history, philosophy and science.

GA11133 \$19.95

DVD 120 min incl bonus features



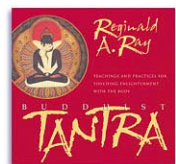
BUDDHA IS AS BUDDHA DOES

Calling All Spiritual Warriors: The World Wants You! Of all the Buddha's teachings, perhaps his greatest gift can be found in the bodhisattva ideal, a template for living in the world as an "awakener", a peacemaking spiritual warrior serving the highest good. With his previous bestsellers, including *Awakening the Buddha Within*, American-born Tibetan-Buddhist teacher Lama Surya Das has made the helpful, healing insights of the Buddha accessible to millions. Now, with *Buddha Is As Buddha Does: The Ten Original Practices for Enlightened Living*, he offers a 4-CD session based on his latest book to invite you to "be and become a bodhisattva." Join him to explore:

STAW1122 \$29.95

- How to cultivate bodhicitta, the "spirit-engine" of enlightenment that allows us to embody and actively practice the Buddha's teachings in the real world.
- How to actively practice the ten paramitas (transcendental virtues) in daily life: Generosity, ethics, patience, energetic effort, meditation, wisdom, skillful means, higher aspiration, powers, and pristine awareness
- Inspirational lessons from Lama Surya Das' personal teachers, including The Dalai Lama—plus contemporary examples of enlightened action based on the realization of the oneness of life. "As long as there is suffering in the world, there is spiritual work to do," explains Lama Surya Das. "We are the bodhisattvas, the future Buddhas of this world." Join this lucid guide to experience the sacred wisdom of the Buddha's greatest lessons, with *Buddha Is As Buddha Does*.

4 CDs, 5 hours



BUDDHIST TANTRA TEACHINGS AND PRACTICES FOR TOUCHING ENLIGHTENMENT WITH THE BODY

Reginald A. Ray's in-depth teachings and meditations on Tibetan Buddhism's tantric path to enlightenment through the body.

STAF0651D \$89.95

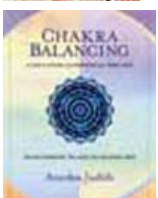
9 CDs 11.25 Hrs \$89.95



CAROLINE MYSS AUDIO COLLECTION, THE

This slipcased collector's edition includes the bestsellers *Spiritual Power*, *Spiritual Practice*; *Why People Don't Heal*; and *Spiritual Madness*. 6 CDs 7 Hrs 27-page study guide

STAW0588D \$49.95

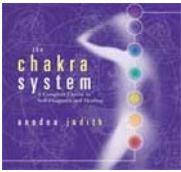


CHAKRA BALANCING - A GUIDE TO HEALING AND AWAKENING YOUR ENERGY BODY

Chakra Balancing Anodea Judith interactive learning kit One of the country's foremost experts on the therapeutic use of the chakra system presents a complete kit on this powerful path for healing and spiritual growth.

STAW0721D \$29.95

2 CDs 2.5 Hrs 102-page workbook



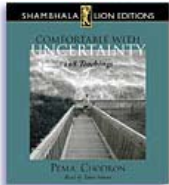
CHAKRA SYSTEM, THE A COMPLETE COURSE IN SELF-DIAGNOSIS AND HEALING

STAF0759D

\$69.95

Through her pioneering work with the chakra system, Anodea Judith has mapped the striking connections between the yogic healing arts and modern psychology. On The Chakra System, listeners join Judith in 12 sessions of personal, one-on-one guidance to learn how to use the seven chakras, or energy centers, to strengthen and focus their personal power, improve intimate relationships, enhance intuition, and enter into their highest spiritual wisdom. With The Chakra System, Anodea Judith responds with the first guided audio learning course on chakra work – the ultimate curriculum for tapping the hidden energy matrix of the body.

6 CDs 7.5 Hrs 29-page study guide



COMFORTABLE WITH UNCERTAINTY

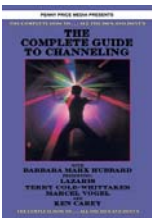
STAW0635D

\$29.95

Pema Chodron (Read by Tami Simon)

108 essential practices to become a "warrior-bodhisattva" who courageously takes up the path of awakening compassion for oneself and others.

3 CDs 3.5 Hrs



COMPLETE GUIDE TO CHANNELING, THE

NEW!

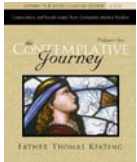
PPMB5

\$24.95

Learn how to talk with spirit – from connecting and hearing your inner self, or your Spirit Guide, or to channel a high being. With Lazaris, Barbara Marx Hubbard, Terry Cole Whittaker, Ken Carey and crystal expert, Marcel Vogel. Produced by Penny Price.

“It delivers a mine of information inspiring viewers to directly contact higher consciousness. Ken Carey is riveting.” - Alan Vaughan. “The viewer has an opportunity to sample many different approaches and gains a deeper understanding.” - INNER QUEST.

DVD Disk 58 min



THE CONTEMPLATIVE JOURNEY: VOLUME 1

NEW!

STAF0942D

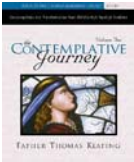
\$99.99

In the darkest hour of the darkest age, Christian monks developed a meditation tradition unique in the Western world. A 14th-century author described their profound mystical experience as entering "the cloud of unknowing." Yet during the 500 years after this great monastic flowering, this precious tradition - and the direct path to union with God it described - was virtually lost.

For decades Father Thomas Keating, together with other monks, examined this great question: could anyone enter the "cloud of unknowing" through a prayer practice specifically created to attain it? Keating reached back in time for clues about the prayer forms of the Christian mystics. He synthesized his work into a "Centering Prayer" method that has helped thousands of seekers travel the contemplative path to divine union.

From infancy, Father Keating teaches, we accumulate emotional layers, or "programs," as a result of traumatic experiences. The practice of Centering Prayer engages directly with the unconscious and loosens old traumas that hinder your spiritual development. This form of "divine therapy" draws from a contemplative method that has brought profound inner transformation into the lives of thousands of practitioners. The Contemplative Journey is Father Thomas Keating's great masterwork: a complete curriculum devoted to a Christian path for achieving the "still point" of resting in God. Includes a 31-page study guide.

12 CDs in slipcase, 10.75 hours, 31-page study guide



THE CONTEMPLATIVE JOURNEY: VOLUME 2 (12 CD SET)

In the darkest hour of the darkest age, Christian monks developed a meditation tradition unique in the Western world. A 14th-century author described their profound mystical experience as entering "the cloud of unknowing." Yet during the 500 years after this great monastic flowering, this precious tradition - and the direct path to union with God it described - was virtually lost.

STAF0943D

\$99.99

For decades Father Thomas Keating, together with other monks, examined this great question: could anyone enter the "cloud of unknowing" through a prayer practice specifically created to attain it? Keating reached back in time for clues about the prayer forms of the Christian mystics. He synthesized his work into a "Centering Prayer" method that has helped thousands of seekers travel the contemplative path to divine union.

From infancy, Father Keating teaches, we accumulate emotional layers, or "programs," as a result of traumatic experiences. The practice of Centering Prayer engages directly with the unconscious and loosens old traumas that hinder your spiritual development. This form of "divine therapy" draws from a contemplative method that has brought profound inner transformation into the lives of thousands of practitioners. The Contemplative Journey is Father Thomas Keating's great masterwork: a complete curriculum devoted to a Christian path for achieving the "still point" of resting in God. Includes a 37-page study guide.

12 CDs in slipcase, 10.5 hours, 37-page booklet

COURSE IN MIRACLES

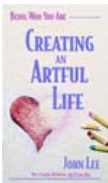
NEW!

Marianne Williamson, Dr. Gerald Jampolski, Kenneth Wapnick,. DVD has Bonus Section of informative interview with Kenneth and Gloria Wapnick, foremost Course teachers explaining key concepts of the Course. Learn how the Course has transformed millions. Discover the channeled teachings of Jesus and how releasing fear and practicing forgiveness creates miracles of peace, love, and healing. Produced by Penny Price.

PPMD1A

\$29.95

(DVD) 120 min

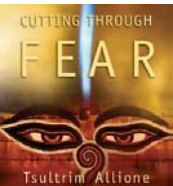


CREATING AN ARTFUL LIFE: BEING WHO YOU ARE

This very funny, fast-paced presentation by internationally recognized, best-selling author John Lee (The Flying Boy and Facing the Fire) describes just what it is that keeps us from loving, giving, receiving and creating. Originally aired as a PBS special, this highly acclaimed program reveals what we hold in, hold onto and hold back from those we love, and shows us ways of becoming more of the authentic being the person we wish we could be all the time.

SV2110

\$19.95



CUTTING THROUGH FEAR

NEW!

Within the ancient teachings of Tibetan Buddhism lies a meditation tradition for facing—and dissolving—our greatest fears and attachments in life. Now one of contemporary Tibetan Buddhism's most experienced and respected teachers, Tsultrim Allione, adapts this practice to the challenges unique to our time, on Cutting through Fear. Based on the traditional Tibetan practice of chöd (literally "to cut"), this method was developed by the legendary Tibetan yogini, Machig Lapdrön, almost 1,000 years ago and is practiced to this day in Tibet to treat mental and physical illness and as a path to awareness. Drawing from root visualization practices, Tsultrim Allione shares a four-step process that can help you meet and release what the ancient Tibetans called "demons"—fears and other unhelpful emotions and obsessions. Today we all encounter the "demons" of addiction, compulsion, anger, and other difficult emotions, too often as a daily event. Now we have a rare and useful tool to stop struggling against them, and instead liberate them, with Cutting through Fear.

STAW0461D

\$24.95

3 CDs, 3 hours



DEAR LOVER:YOUR CALL TO OPEN TO LOVE'S DEEPEST BLISS

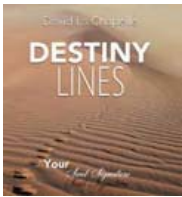
DAVID DEIDA

STBK0909

\$16.95

Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver—when you sense you've been settling for far less than you know in your heart is possible—how do you attract and keep a man capable of meeting what you most passionately yearn for? In Dear Lover, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his “dear lover,” here is this internationally acclaimed writer’s invitation to practice love as a living art, as you discover how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit.

181-page softcover book



DESTINY LINES: YOUR SOUL SIGNATURE

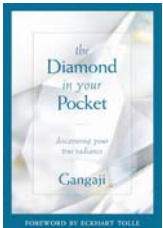
DAVID LA CHAPELLE

STAW0639D

\$24.95

A visionary author and healer's ground-breaking method for discovering your "soul signature," a map of the unique gifts only you possess.

2 CDs 2.5 Hrs



DIAMOND IN YOUR POCKET, THE (BOOK)

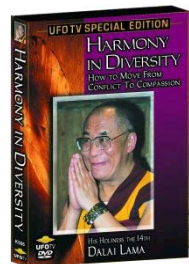
DISCOVERING YOUR TRUE RADIANCE

STBK0919

\$22.95

A master thief waited his whole life to acquire the most beautiful diamond in the world. When he heard it had been purchased, he spent three days trying to steal the rare jewel. He failed. Finally, the thief walked right up to the owner and asked, "How did you hide this precious jewel from me?" To which the owner replied, "I placed it where I knew you would never look—in your own pocket!" This insightful tale opens the first major book release from Gangaji, an American-born teacher who has influenced the lives of thousands of people through her public events. In her new book, The Diamond in Your Pocket, she describes our never-ending search as human beings to find fulfillment, which, paradoxically, already exists if only we will stop long enough to experience it within ourselves.

Hardcover Book



DALAI LAMA: HARMONY IN DIVERSITY

NEW!

UFK586

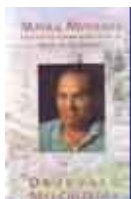
\$19.95

Join the 14th Dalai Lama of Tibet at New York City’s Cathedral of St.

John the Divine, for an extraordinary live presentation as the Dalai

Lama offers a far-reaching vision of the universal harmony that awaits in the celebration of diversity. In an amazing message of compassion and wisdom, the Dalai Lama speaks of personal and universal themes. Our future is dependent on our ability to build relationships and communities that bind us to common aspirations. Our world is, in his words, “a human garden,” beautiful because many different flowers grow in it. To help it grow, the Dalai Lama urges us to foster caring and respect for the many spiritual and cultural traditions in our world. Only by nurturing and teaching our children and each other, and protecting the world we share, will we move from a “century of violence” to a new “century of dialog” in which individual efforts create a mass movement toward a world of lasting peace and freedom.

DVD 50 Min



DRUNVALO MELCHIZEDEK, MAYAN MYSTERIES

Drunvalo Melchizadek - Planetary caretaker. There is a higher consciousness - a very high consciousness - here on Earth." Learn from one of our most prolific teachers about our destiny and how we can awaken to a beautiful transition to higher consciousness through deep love and patience.

(VHS)

\$24.95

FS3002DVD

\$24.95

Video 69 min. NTSC, DVD



ECKHART TOLLE AUDIO COLLECTION, THE

This special slipcased edition includes: The Realization of Being, Living the Liberated Life and Dealing with the Pain-Body, and Even the Sun Will Die.

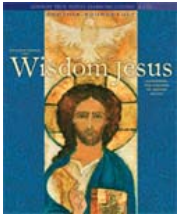
STAW0637D

\$59.95

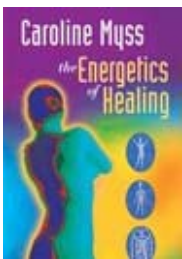
7.5 Hrs 7 CDs



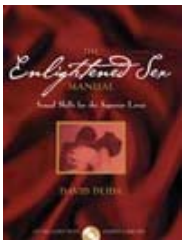
ECSTATIC SEX: BREATHING EXERCISES FOR HEIGHTENED PLEASURE AND DEEPER INTIMACY STAW0774D \$15.95
 Offers a series of proven breathing and visualization exercises—some to practice alone, some with a partner—that gives you the opportunity to experience a new level of sexual bliss.
 1 CD 1.25 Hrs



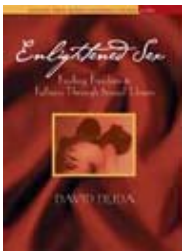
ENCOUNTERING THE WISDOM JESUS: QUICKENING THE KINGDOM OF HEAVEN WITHIN STAF0918D \$69.95
 The early Christians, teaches the Rev. Cynthia Bourgeault, were afire with the spirit of Jesus, inspired fully by his teaching of a total transformation of consciousness. How do we reclaim that fire today? On Encountering the Wisdom Jesus, this brilliant author and dynamic Episcopalian priest presents her first full-length audio course on rediscovering the “Master of Wisdom.” 12 immersive sessions cover: The parables as wisdom tools • Jesus’ teachings on kenosis (or “self-emptying”): a path as radical today as it was 2,000 years ago • Jesus as tantric master • “Centering Prayer”—an approach to meditation as Jesus lived it, and much more.
 6 CDs, 6.75 hours



ENERGETICS OF HEALING, THE STVT0790D \$39.95
 Now, on The Energetics of Healing, you can see Dr. Myss present her groundbreaking views on the human energy system and the unseen obstacles to total wellness. Join bestselling author and health authority Dr. Caroline Myss for a fascinating guided tour of this hidden dimension of the human body. Using computer graphics created especially for this program, Dr. Myss pulls back the curtain on the body's physical anatomy to reveal its energy anatomy. She guides you through all seven chakra centers and correlates them with daily practices for learning the physical language of the spirit - and the spiritual language of the body. The Energetics of Healing offers a bold new vision of the human body and the unseen obstacles to healing.
 2 DVDs 3 Hrs 6-page study guide



ENLIGHTENED SEX MANUAL, THESEXUAL SKILLS FOR THE SUPERIOR LOVER STBK0844D \$24.95
DAVID DEIDA
 The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. The ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. Direct, provocative, and never before offered to the public, For men and women, singles and couples of every sexual orientation, The Enlightened Sex Manual provides a complete program for sustaining “whole-body recognition of love’s light” in the wild play of sexuality. Includes an exercise-filled 80-minute guided practice CD.
 1 CD 1.25 Hrs 136-page hardcover book



ENLIGHTENED SEX: FINDING FREEDOM AND FULLNESS THROUGH SEXUAL UNION STAF0839D \$69.95
 Are You Ready for the Deepest Sex of Your Life? Maybe you’ve had great sex—but have you had enlightened sex? A union so profound that you and your lover dissolve open as one divine passionate light shining for the sake of all? On Enlightened Sex, bestselling author David Deida presents his first full-length audio curriculum for transforming your lovemaking. Through ten in-depth sessions of guided practices, sexual skills, and provocative insights into the nature of human sexuality, David Deida shows you how to sustain the ecstasy of deep sex so that during your intimate encounters—and in every minute of your life—you are a beacon of conscious light for everyone, beaming with the effulgence of Enlightened Sex.
 6 CDs in binder 7.5 Hrs

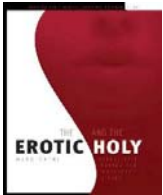


**ENTERING THE NOW: AN INVITATION TO
TRANSCEND THE THINKING MIND**

STAW0732D \$24.95

Bestselling author Eckhart Tolle has captivated nearly a million readers with his lessons on discovering the profound state of being he calls “presence.” On *Entering the Now*, an all-new title in the “Power of Now” teaching series, this remarkable speaker shares practices and insights to take listeners into “the timeless dimension”—a luminous place found only in this very moment that transcends the struggles and anxiety of our busy lives. For Eckhart Tolle’s growing audience, *Entering the Now* is a long-awaited practice program for making the awakened state of presence a consistent way of living in the world.

2 CDs 2.25 Hrs

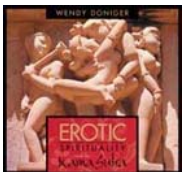


THE EROTIC AND THE HOLY

**NEW!
STAF0914D \$69.95**

Imagine walking into your place of worship—your local church, synagogue, mosque, or meditation center—to find that all of the usual adornments have been replaced with statues and pictures of sexually intertwined cherubs. Chances are, you’d be quickly taken aback. But, according to Mark Gafni—best-selling author of *Soul Prints*—these were the precise images found atop the ark of the ancient Temple of Jerusalem. “These ‘angels of desire’ were, for the mystics, the very key to the mystery of love at the heart of our lives,” he explains. Now listeners can join him to explore the tantric secret of these cherubs, and experience eros in all of life’s activities—including the spiritual—with *The Erotic and the Holy*.

7 CDs, 7.5 hours

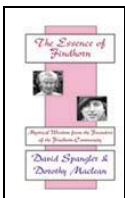


**EROTIC SPIRITUALITY AND THE KAMA SUTRA
WENDY DONIGER**

STAF0729D \$69.95

The first full-length audio course on the Kama sutra reveals India's seductive tales and hidden insights into the art of living and lovemaking.

6 CDs 7.5 Hrs \$69.95

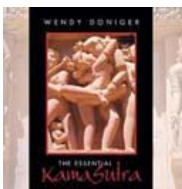


ESSENCE OF FINDHORN, THE

WL145 \$19.95

At the Los Angeles premiere of the film “Opening Doors Within,” Dorothy Maclean and David Spangler, principle builders of the world-famous Findhorn Community, in a rare public appearance together, share their philosophies and personal experiences with the devas and human visitors.

Video 60 min. NTSC

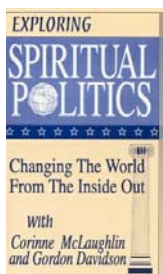


**ESSENTIAL KAMASUTRA, THE
WENDY DONIGER**

STAW0696D \$24.95

The cultivation of pleasure was brought to its height with the Kamasutra — the Hindu text of erotic love. This sophisticated and provocative teaching from ancient India has continued to intrigue us for generations, offering explicit instructions in the art of living and lovemaking. Now, Wendy Doniger, one of the world’s foremost scholars of Sanskrit and Hindu mythology, offers a fresh and insightful new translation of this treasury of sensual secrets with *The Essential Kamasutra*. Here, for the first time through the spoken word, the long-hidden gems of the Kamasutra are revealed to bring the delicious fulfillment of love, deep connection, and enlightened pleasure to your life.

2 CDS 2.5 Hrs \$24.95



EXPLORING SPIRITUAL POLITICS NEW!

PPME8 \$24.95

Inspirational, best-selling authors, and renown teachers of the Ageless Esoteric Wisdom, Corinne McLaughlin and Gordon Davidson, explain the metaphysical side of the founding of America, the hidden causes of world event, collective karma and souls of nations, reincarnation. Lecture with inspirational images. Revised Edition.

"Sets out ways for creating a happier, more peaceful world." -H. H. The Dalai Lama.

"Compelling and inspirational."- The Hartley Film Foundation.

DVD Disk 23 min NTSC



**FENG SHUI HOME STUDY COURSE, THE
DAVID DANIEL KENNEDY**

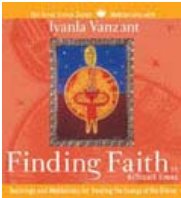
STAF0737D

\$129.00

If you're like most people who've tried Feng Shui, you've probably realized there's a lot more to this ancient Chinese art than clearing away clutter and rearranging the furniture. The answer is the Feng Shui Home Study Course—the first ever comprehensive audio curriculum for transforming your home environment into a place of peace, prosperity, health, and harmony. From David Daniel Kennedy—author of the bestseller *Feng Shui for Dummies®*—comes a landmark 11-hour curriculum that teaches you the philosophy, application, and best-kept secrets of this traditional means for generating health, wealth, happiness, and inner balance.

12 CDs 11.5 Hrs-hour course

includes 175-page workbook



FINDING FAITH IN DIFFICULT TIMESTEACHINGS

STAW0848D

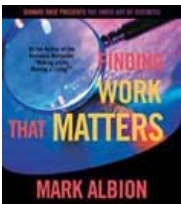
\$15.95

and Meditations for Trusting the Energy of the Divine

Are you in the midst of challenging circumstances? Iyanla Vanzant's

favorite meditations for finding your center and accessing it for strength in any situation. Includes many guided meditations.

1 CD 1 Hr



FINDING WORK THAT MATTERS

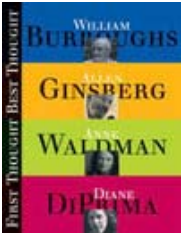
STAW0580D

\$29.95

Harvard Business School legend and former Fortune 500 consultant

Mark Albion shows you how to find or create work with purpose and passion-and still earn a good living.

3.25 Hrs 3 CDs



FIRST THOUGHT BEST THOUGHT

BURROUGHS GINSBERG WALDMAN DI PRIMA

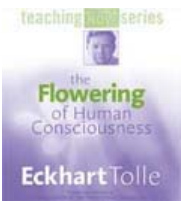
STAW0823D

\$29.95

From Naropa University's treasured archives, four groundbreaking

writers and literary mentors share the secrets of their craft, with an emphasis on expressing oneself with unfettered honesty and immediacy. William S. Burroughs teaching his breakthrough methods for generating fresh writing—including “the cut-up method,” chance operations, and dreamwork. Diane di Prima on how to survive as an artist: preserving your sensibility, creating a supportive artistic community, getting published, self-publishing, and much more. Allen Ginsberg exploring every stage of poetic activity—from inspiration, to composition, to revision, to performing your poetry in public. Anne Waldman on the elements of the poet's craft—from the raw material of the words themselves to the many aspects of the poem in performance.

4 CDs 4.25 Hrs



**FLOWERING OF HUMAN CONSCIOUSNESS, THE:
EVERYONE'S LIFE PURPOSE**

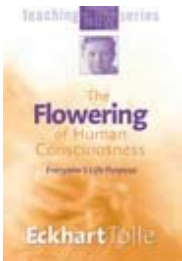
STAW0803D

\$24.95

Eckhart Tolle invites listeners to unfold the miraculous state of

“presence” they always carry within—our original way of being that is free from the relentless thoughts, fears, and ambitions created by the ego. From using the “inner body” to put an end to stress and suffering ... to insights into the nature of the “pain-body” and its role in relationship ... to accessing a creativity and intelligence far greater than the mind ... here is Eckhart Tolle's depiction of “a new world” that awaits us as we take the next step in our collective evolution, *The Flowering of Human Consciousness*.

3 CDs 3.5 Hrs



**FLOWERING OF HUMAN CONSCIOUSNESS, THE:
EVERYONE'S LIFE PURPOSE**

STVT0789D

\$39.95

In The Flowering of Human Consciousness, you will come face to face with Eckhart Tolle, for a transformational meeting with this respected teacher and influential author. In clear language, Eckhart explains the process of entering the “miraculous” state of presence that is always available to us. We are lost, he says, in the maze of our own compulsive thoughts. Only by ceasing this “mental noise” can we dissolve our egos, and enable the “flowering of a new consciousness” to proceed – a transformation that cannot be understood with the mind. From guidance about stress and career to insights into the nature of the ego and the delusion of time, here is a far-reaching session that documents the vision of this modern spiritual teacher, and the truth he brings.

2 DVDs 3.5 Hrs



**FLY WITHOUT FEAR: PROVEN BREATHING TECHNIQUES
FOR IN-FLIGHT RELAXATION**

STAW0773D

\$15.95

For millions of people, the thought of air travel can provoke enormous anxiety. But what can we do about it? With Fly without Fear: Proven Breathing Techniques for In-Flight Relaxation, psychologist Gay Hendricks offers a complete guided session on CD for overcoming airborne anxiety and fear.

1 CD 1.25 Hrs



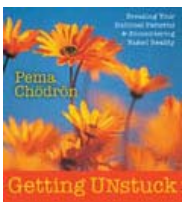
**FROM FEAR TO FEARLESSNESS:
TEACHINGS ON THE FOUR GREAT CATALYSTS OF
AWAKENING**

STAW0742D

\$24.95

Pema Chodron shows how to discover and cultivate the four "immeasurables" of Tibetan Buddhism—maitri (loving-kindness), compassion, joy, and equanimity.

2 CDs 2.5 Hrs



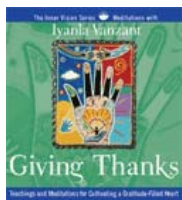
**GETTING UNSTUCK:
BREAKING YOUR HABITUAL PATTERNS
AND ENCOUNTERING NAKED REALITY**

STAW0886D

\$24.95

Pema Chödrön introduces a rare Tibetan teaching she received from her teacher, Dzigar Kontrul Rinpoche, and one that has become critical to her practice. Here, she unveils the mystery of an ineffable quality; a “pre-emotional” feeling that arises in us, brings us discomfort, and causes us to react by escaping the discomfort—often with harmful habits. Chödrön guides us through this “sticky feeling”—exploring the moments when we get hooked—and offers us tools for learning to stay with our uneasiness, soften our hearts toward ourselves and others, and live a more peaceful life in the fullness of the present moment.

3 CDs 3.5 Hrs



**GIVING THANKS (CD) – IYANLA VANZANT
TEACHINGS AND MEDITATIONS FOR CULTIVATING A
GRATITUDE-FILLED HEART**

STAW0897D

\$15.95

The expression of gratitude has profound and immediate effects on our physical, emotional, and spiritual well being. Our lives are transformed simply through the daily practice of taking note of our blessings. On Giving Thanks, bestselling author Iyanla Vanzant gently guides you into a state of remembrance itself through meditation and visualization exercises, awakening you to each of the gifts that surround you—but often go unnoticed. Now, with Giving Thanks, Vanzant teaches listeners how to nourish this innate wisdom of appreciation, and to sow the benefits of this simple yet transformative action.

CD 1.25 hours



**GIVING TO YOURSELF FIRST:
GUIDED MEDITATIONS FOR SELF-ACCEPTANCE
AND SELF-ESTEEM**

STAW0831D

\$15.95

Iyanla Vanzant, the bestselling author of In the Meantime, reminds us that in order to genuinely love others, we need to love ourselves more. Through a series of eloquent meditations, she teaches listeners how to cultivate self-acceptance and strengthen self-esteem, to allow them to better assist, support, and serve the people they love.

1 CD 1.25 Hrs



**GOOD MEDICINE:
HOW TO TURN PAIN INTO COMPASSION
WITH TONGLÉN MEDITATION**

STAE0504 \$24.95

From Pema Chodron, a revolutionary meditation for using human suffering as "good medicine" to heal ourselves and the world.

2 CDs 2.5 Hrs

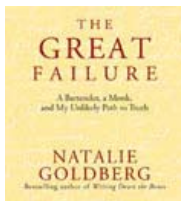


**GOOD MEDICINE:
HOW TO TURN PAIN INTO COMPASSION
WITH TONGLÉN MEDITATION**

STVT0014 \$49.95

The author of *When Things Fall Apart* shares the gift of tonglen, a Tibetan Buddhist meditation system for using the obstacles in life as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion. These traditional breathing meditations cut through obstacles "on the spot."

2 VHS, 3.5 Hrs 12-page study guide

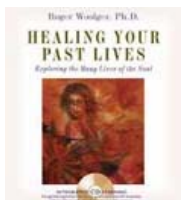


**GREAT FAILURE, THE
A BARTENDER, A MONK, AND MY UNLIKELY PATH TO TRUTH**

STAW0873D \$29.95

"The Great Failure is a boundless embrace, leaving nothing out. I wanted to learn the truth, to become whole. If I could touch the dark nature in someone else, I could know it in myself." Here, Goldberg makes sense of primary relationships between father and daughter, teacher and student, and exemplifies the accomplishment available when creating daily "writing practices". Natalie Goldberg has inspired millions to write to develop an intimate relationship with their minds, and a greater understanding of the world in which they live.

6 CDs 6.75 Hrs



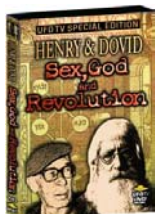
**HEALING YOUR PAST LIVES:
EXPLORING THE MANY LIVES OF THE SOUL TAG:
FIVE GUIDED DEEP MEMORY EXERCISES**

STBK0818D \$19.95

FOR PAST LIFE REGRESSION, RECALL, AND RESOLUTION

Could our memories of past-life experiences offer a key to unlocking the mysteries and questions we struggle with today? According to Dr. Roger Woolger, the answer is yes—and anyone can learn to explore these extraordinary memories to retrieve valuable healing insights.

CD 1 Hr 83-page hardcover book

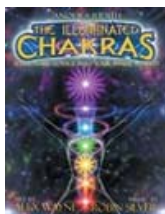


HENRY & DOVID: SEX, GOD & REVOLUTION

UFK463 \$24.95

The Cabala and the Tarot are each vehicles to knowing the mystical reality that resides in all of us. Because of their intertwined history, the Tarot implicitly carries the energetic wisdom of the Cabalistic sages. Dovid Krafchow, the author of "Kabbalistic Tarot," shows us how to see this wisdom in today's world as he gives us a Cabalistic perspective of the work of Henry Miller, "one of the most infamous writers of the twentieth century and the Beat generation." As the Tarot is intertwined with the Cabala, so is esoterica with beat literature, sexuality with politics, and nature with art. Take a spellbinding, heart felt, journey with Dovid Krafchow in the hyper-creative atmosphere of the Henry Miller Library for a mind-bending, thought provoking discourse on Sex, God and Revolution.

DVD 82 Min.



**ILLUMINATED CHAKRAS, THE:
A VISIONARY VOYAGE INTO YOUR INNER WORLD
ANODEA JUDITH**

STVT0735D \$19.95

The author of the perennial bestseller *The Wheels of Life* provides viewers a means to see and experience the subtle energies of the chakras.

1 DVD Disk 28 min

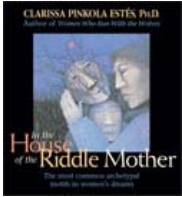


IMPROVE YOUR MEMORY

Gary Small, M.D., the author of The Memory Bible teaches a wealth of research-proven techniques including the "Look, Snap, and Connect" method for remembering information better; a guided relaxation session to reduce stress; "memory capacity in just 72 minutes. Improve Your Memory offers listeners powerful tools to boost their brain power, including nutritional advice, "mental aerobics," and a powerful technique for remembering names, faces—and anything else—better.

STAW0814D \$15.95

1 CD 1 Hr \$15.95



**IN THE HOUSE OF THE RIDDLE MOTHER
THE ARCHETYPAL POWER IN WOMEN'S DREAMS**

Every night of our lives, we experience between five and seven dreams, each reflecting our most intimate passions and conflicts. Dr. Clarissa Pinkola Estés compares each one to a riddle. Once solved, it can provide a surprising answer to an unresolved question buried within the psyche. On In the House of the Riddle Mother, Estés surveys the most common archetypal patterns women experience while dreaming. Based on 20 years of work, this audio seminar is a dense, poetic storehouse of information about the dream life of women. Information is divided into 17 instructive sections, each devoted to analyzing distinct dream motifs.

STAW0152D \$19.95

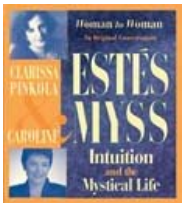
2 CDs, 2.5 hours



INSIGHT- MEDITATION KIT

The number of Buddhist meditation centers in North America has doubled in little more than a decade, confirming the ever-widening appeal of this ancient approach to inner peace and self-understanding. Designed to respond to this burgeoning interest, Insight Meditation makes it simple to start meditating in the Buddhist tradition. This elegant gift-boxed set includes two exclusive compact discs with authentic guided meditations, complemented by study cards and a special instruction book with the beginner in mind. Join the popular cofounders of America's oldest center for the study of Buddhist vipassana (or "insight") meditation, Sharon Salzberg and Joseph Goldstein, for this complete introduction to meditation as the Buddha first taught it. If you are curious about meditation but don't know how to get started, here is the answer – in a box – Insight Meditation.

STAW0553 \$29.95

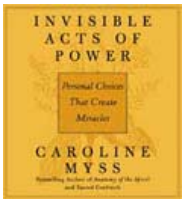


INTUITION AND THE MYSTICAL LIFE

Best-selling authors Caroline Myss and Dr. Clarissa Pinkola Estes are together for the first time on audio to teach listeners how to surrender to the process of transformation.

STAW0739D \$24.95

2 CDs 2.5 Hrs

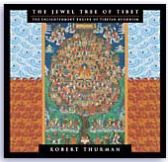


INVISIBLE ACTS OF POWER: PERSONAL CHOICES THAT CREATE MIRACLES

A young man, tattooed and pierced, ran to help an older woman with a bundle of packages at the risk of missing his oncoming bus. That act, coupled with her own experience of receiving a helping hand just when she needed it, got Caroline Myss thinking: what are the long-range consequences that result from even the smallest favors offered to others? What really takes place in the energetic field of life when someone responds to someone else in need? Caroline Myss chronicles the many ways you can create small yet profound miracles, gain a greater sense of spirituality, and transform your own life and others' in an instant.

STAW0833D \$29.95

4 CDs 5 Hrs



**JEWEL TREE OF TIBET, THE:
THE ENLIGHTENMENT ENGINE OF TIBETAN BUDDHISM**

Tibetans call their cherished tradition of Buddhism a "wish-fulfilling jewel tree" for its power to generate bliss and enlightenment within all who absorb its teachings. This path to enlightenment, it is taught, requires more than a sitting meditation practice alone. With The Jewel Tree of Tibet, honored scholar and teacher Robert Thurman brings these insights to you as they were meant to be transmitted – through the spoken word. As a young seeker almost 40 years ago, Thurman first journeyed to Dharamsala, where he became the first Westerner ordained by His Holiness the Dalai Lama. Now, Thurman guides you lucidly through the unifying principles of Tibetan Buddhism’s many branches. You will discover Tibetan Buddhism’s detailed map of the "the bliss state of enlightenment"; the principles of tantra for opening the doors to "infinite compassion and continuity"; and how to overcome the dangers of the spiritual quest to discover states of consciousness that transcend even death. Finally, here is Robert Thurman on audio, offering a rich and intellectually riveting retreat program – complete with many specific meditations and spiritual practices to fully immerse you in the mysteries of The Jewel Tree of Tibet.

STAF0937D \$79.95

12 CDs, 9.5 hours \$79.95

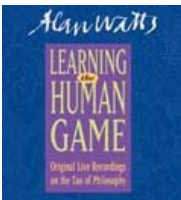


KOSMIC CONSCIOUSNESS: FROM DIRT TO DIVINITY

Meet and learn with Ken Wilber-one of the most provocative and lucid thinkers of our time-as he shares a feast of ideas to inspire you.

STAF0758D \$99.95

10 CDs 12.5 Hrs

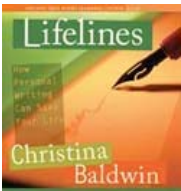


**LEARNING THE HUMAN GAME:
ORIGINAL LIVE RECORDINGS ON THE TAO OF PHILOSOPHY
ALAN WATTS**

STAB0130D \$24.95

This former Anglican priest, author, Zen scholar, and teacher surveys Eastern teachings on what it means to be human and how we fit within the universe.

3 CDs 2.5 Hrs

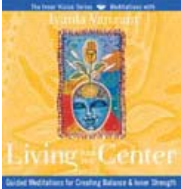


**LIFELINES:
HOW PERSONAL WRITING CAN SAVE YOUR LIFE**

STAF0876D \$69.95

Christina Baldwin shows you how to use personal writing as a "lifeline" to your inner strength, creativity, healing, and spiritual growth. Includes 13 exercise cards.

6.5 Hrs 6 CDs

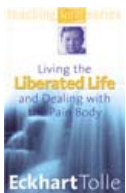


**LIVING FROM YOUR CENTER
THE INNER VISION SERIES:
MEDITATIONS WITH IYANLA VANZANT**

STAW0828D \$15.95

Now, Iyanla Vanzant's millions of readers can experience her favorite meditations for finding balance and inner strength with Living from Your Center.

1 CD 1.25 Hrs

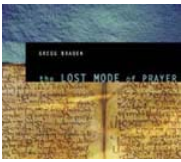


LIVING THE LIBERATED LIFE, ECKHART TOLLE

Spoken Wisdom from the Author of “The Power of Now: A Guide to Spiritual Enlightenment” Eckhart Tolle points a way out of the conditioned mind that keeps us trapped, helpless, and unhappy. In simple language, he describes a deeper level of consciousness beyond the limited thinking mind, and the way to make it available to you. He teaches that only by fully accepting this moment in time can you free yourself from the “pain-body” – the accumulated pain of your past – and from your fears about the future.

STAW0585D \$27.95

3 CDs, 3 hrs

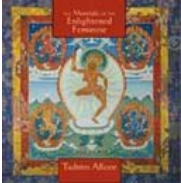


LOST MODE OF PRAYER: THE

Is there a forgotten spiritual tool that offers each one of us the ability to heal ourselves, our relationships with others, and even our endangered planet? On *The Lost Mode of Prayer*, Gregg Braden - the author of the phenomenal book *Awakening to Zero Point* - examines evidence from both modern science and ancient texts to shed light on a secret lost to humanity in the year 325. Now, through newly translated texts preserved by the authors of the Dead Sea Scrolls, Braden reveals the inner workings of this powerful force sleeping in the mists of our ancient memory - and how to use this "inner technology" to create profound changes in ourselves and those around us.

STAW0408D \$19.95

2 CDs 2.5 Hrs

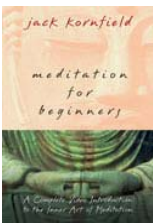


MANDALA OF THE ENLIGHTENED FEMININE, THE

Tsultrim Allione guides listeners through 12 sessions of meditations and visualizations to show how to embody the wisdom energy of the five dakinis-Tibetan Buddhist female archetypes of transformation.

STAF0708D \$59.95

5 CDs 6.25 Hrs

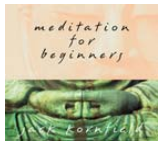


MEDITATION FOR BEGINNERS

Meditation is a doorway to freedom open to anyone at any time. *Meditation for Beginners* is a complete video introduction to this ancient art, which shows you step by step how meditating can help you feel truly alive and connected with the treasure each moment brings. Jack Kornfield introduces you to the "insight" practice of meditation, showing you how to use its principles to cultivate a profound inner calm and gain freedom from needless mental suffering.

STVT0001D \$19.95

DVD 1.5 Hrs 15-page study guide

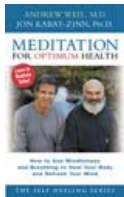


MEDITATION FOR BEGINNERS

If you have never meditated before, you will find *Meditation for Beginners* a highly accessible doorway into this proven, transformative practice. Now you can discover how easy it is to use your breath, physical sensations – and even difficult emotions – to create tranquility and loving kindness in your everyday life. This simple, elegant practice is so easy to learn, in fact, that you can begin meditating today.

STAW0523D \$24.95

2 CDs, 2 hrs

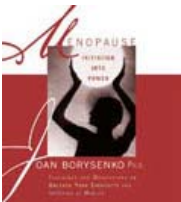


MEDITATION FOR OPTIMUM HEALTH

The First Easy-to-Learn Meditation Guide for Achieving Optimum Mind/Body Health The same ability that helps ordinary men and women achieve extraordinary success is also the secret to optimizing your lifespan, letting go of stress, and even enhancing your body's self-healing powers. Join bestselling authors Dr. Andrew Weil and Dr. Jon Kabat-Zinn for a practical introduction that makes it simple to enjoy the life-changing benefits of meditation – even if you've never tried it before.

STAW0531D \$24.95

2 CDs, 2 ½ hrs



**MENOPAUSE: INITIATION INTO POWER
TEACHINGS AND MEDITATIONS TO UNLEASH YOUR
AUTHENTICITY, CREATIVITY, AND INTUITION AT MIDLIFE**

STAW0822D \$29.95

Are You Ready for the Most Creative and Powerful Time of Your Life? If you're a woman who is now or soon to be experiencing menopause, you are about to become a force to be reckoned with. An authoritative and inspiring guide from the best-selling author, teacher, and scientist Joan Borysenko, Ph.D.

4 CDs 4.5 Hrs

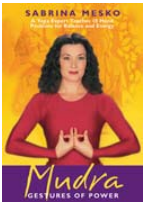


**MINDFUL MOVEMENTS:
GENTLE CONTEMPLATIVE PRACTICES WITH THE
MONKS AND NUNS OF PLUM VILLAGE**

STVT0008 \$19.95

Zen master Thich Nhat Hanh teaches a gentle, flowing series of "meditations in motion" to cultivate a joyful awareness of the body and breath.

1 VHS 38 min

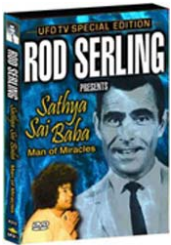


MUDRA: GESTURES OF POWER

Join yoga expert and Mudra authority Sabrina Mesko to discover an elegant, yet powerful, system for connecting your intention with the flow of energy through every cell in your body. “Mudra” is a Sanskrit word meaning “seal” or “sign” used by the yogis of India to describe the ritual hand gestures they practiced during deep meditation. These early priests secretly investigated how we can actualize inner states through outer expression with asanas or postures, including positions for the hands and fingers. From fearlessness, to patience, to energy, to enlightenment—every higher quality we aspire to can be “sealed” and activated with its own Mudra. Now you can investigate for yourself one of the oldest esoteric arts for strengthening your body, clarifying your thoughts, and deepening your meditations. Covers 18 specific mudras. The only practice video on the art of Mudra.

STVT0011D \$29.95

DVD Disk 45 min poster



**MYSTERIOUS MIRACLES V3:
MAN OF MIRACLES - SATYA SAI BABA**

NEW!

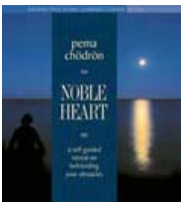
UFK578 \$19.95

You are about to witness the apparently spontaneous manifestation of objects from thin air or, perhaps, another dimension. This particular phenomenon is only one among many attributed by his followers to a man of extraordinary mystical powers, an Indian mystic and guru known throughout the world as Sathya Sai Baba

Some of the psychic powers reported by his followers are the ability to read minds and see into the future, to cure disease by miraculous means, to project his astral body anywhere in the world and to adopt other forms, both human and animal.

In this film you will witness events which may be unbelievable. However, try to keep an open mind, for some of this man's feats have been captured on film, and you will see them now as they actually happened.

DVD Disk * 50 min

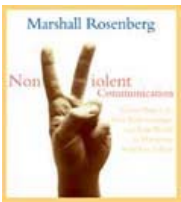


NOBLE HEART

You can't get away from suffering. That's the good news, teaches Pema Chödrön. For at the core of your most painful experiences, perhaps more than anywhere else, you will find the seeds of your awakening. On The Noble Heart, this beloved American-born Buddhist nun shows you how vulnerability is your greatest spiritual resource on the path through life's difficulties. The noble heart, Ane Pema teaches, is one that sheds its armor, opening itself fearlessly to both heartache and delight. Using special meditations and traditional teachings, Pema Chödrön leads you, step by step, toward a full realization of your true strength, the strength that can come only through embracing the pain of your own

STAF0877D \$79.95

12 CDs 9.5 Hrs 45 page study guide

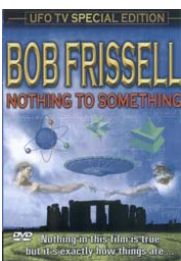


NONVIOLENT COMMUNICATION

Marshall Rosenberg, a renowned teacher of peace presents his complete system for changing the way we speak-to defuse tension, honor our emotions, and create accord in even the most volatile situations.

STAW0805D \$29.95

4 CDs 5 Hrs



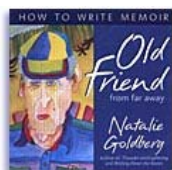
**NOTHING TO SOMETHING: BOB FRISSELL
SPECIAL EDITION**

NEW!

UFK461 \$24.95

If conventional explanations of life dont make much sense to you anymore, the ideas in this film just might. Bob Frissell presents a unique account of our planetary ascent into higher consciousness, a big screen view of earth drama through his investigation, and a journey into the experience of ascended masters and spiritual guides including a witness from the 13th dimension known to many as Drunvalo Melchizedek. Frissell also explains the details of earth changes, pole shifts, cataclysmic events, UFOs, Aliens, sacred geometry, creation, spirituality, ascension, conspiracy theories, and the human creative process. Ultimately your perception of reality will be turned inside out by the facts presented in this amazing mind-blowing program. Perhaps youre one of the many who sense that the inhabitants of the planet earth are destined to experience miraculous change in the not-too-distant future. Bob Frissell is the author of the classic underground book Nothing in this Book is true, but its Exactly how things are.

DVD Disk 60 min.

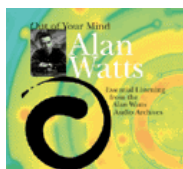


**OLD FRIEND FROM FAR AWAY:
HOW TO WRITE MEMOIR (CD)**

STAW0598D \$24.95

Natalie Goldberg's CD shows the pleasure of the memoir---retrieving and writing about the people, places, and events we carry only in memory---opened for old and young writers alike.

2 CDs 2.5 Hrs

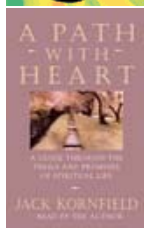


**OUT OF YOUR MIND: ESSENTIAL LISTENING FROM THE ALAN WATTS
AUDIO ARCHIVES**

STAF0801D \$99.95

A philosophical tour de force from this legendary spiritual teacher---12 lucid sessions of his wisdom, humor, and profound insights.

14.25 Hrs 12 CDs



**PATH WITH HEART, A:
A GUIDE THROUGH THE PERILS AND PROMISES
OF SPIRITUAL LIFE**

STAW0370D \$19.95

A classic guide to the key principles of Buddhism's cherished vipassana (insight) tradition, complete with many special meditations and other practices.

3.25 Hrs 3 CDs

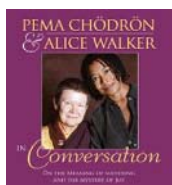


**PEACEMAKING: HOW TO DO IT, HOW TO BE IT
THICH NHAT HANH**

STAW0625D \$24.95

Looking deeply into the roots of anger, this legendary peace activist and Zen master emerges with real solutions to the violence we commit against ourselves and each other.

2 CDs 2.5 Hrs



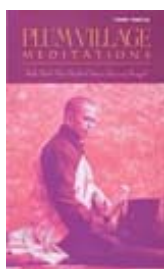
**PEMA CHODRON AND ALICE WALKER IN CONVERSATION:
ON THE MEANING OF SUFFERING AND THE MYSTERY OF JOY**

**NEW!
STAW0411D \$14.95**

How can human suffering become "good medicine?" Through tonglen: the ancient Tibetan meditation that transforms pain into compassion on the medium of your own breath. Pema Chödrön and Alice Walker in Conversation reveals the revolutionary power of tonglen through a dialogue between two hearts and minds forged in very different cultures – and yet deeply joined in the simple practice of compassion.

Take a front-row seat as the Pulitzer Prize-winning author Alice Walker and American-born Buddhist nun Pema Chödrön reflect on anger, joy, fear, and the union of spirituality and social activism. Hear their personal experiences of the "giving and taking" meditation and how it has helped heal their lives. Let their combined wisdom illuminate the realm, available to us all, where the barriers between self and others dissolve. Recorded live at San Francisco's Palace of Fine Arts, Pema Chödrön and Alice Walker in Conversation comes with a 7-page booklet covering tonglen instructions and suggestions for further reading. Audio edition includes a lively Q and A session.

CD, 1 hour, 7-page study guide



PLUM VILLAGE MEDITATIONS

STAW0347D \$15.95

Brings you four authentic meditations just as they are taught at this celebrated Zen sanctuary and peace center in southern France, including a 45-minute bell-sounding meditation introduced and rung by Thich Nhat Hanh, plus three additional guided meditations led by Sister Jina: conscious breathing for calming the mind and cultivating joy; body appreciation and attunement practice; and transforming your anger into seeds of kindness. Ideal support for a daily sitting practice, these meditations grow more fruitful each time you return to them.

1 CD 1.25 Hrs



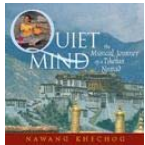
PRESENT MOMENT, THE: RETREAT ON THE PRACTICE OF MINDFULNESS, A - THICH NHAT HANH

STAF0760D

\$69.95

Buddhism teaches that the present moment contains the seeds of all things, including liberation from samsara (the world of suffering). In this live audio retreat with Thich Nhat Hanh, you experience first-hand the traditional Buddhist practices designed to "touch the energy of mindfulness" you carry within and help you open to the joy that is always present and waiting to enter our lives. The seeds of internal and external peace are already inside you, he teaches. You need only learn to contact and nurture them. This is the path to transcending fear and anger; this is the path to a more peaceful world. You will learn a treasury of detailed meditations to help you walk, breathe, communicate - even cope with traffic - more deeply and consciously. Over seven hours of direct instruction from this living master of Buddhist meditation techniques.

6 CDs 7.5 Hrs 6 page study guide



QUIET MIND (CD)

Born of Tibetan nomads, Nawang Khechog discovered in childhood a deep affinity with the bamboo flute. In 1959, he fled to India and spent 11

STMM0001D

\$16.98

years as a Buddhist monk before bringing his music to the West. Despite worldwide praise for his work, Nawang resolved in 1991 to return to mountain seclusion – until the Dalai Lama himself encouraged him to continue to share the power of his music with others. With didgeridoo, Incan panpipes, and ocarina.

CD, 55 min.



RADICAL PRAYER: LOVE IN ACTION MATTHEW FOX

STAF0753D

\$69.95

With 24 books in print, including the bestseller Original Blessing and Creativity: Where the Divine and Human Meet, perhaps no one is more qualified than Matthew Fox to offer a curriculum on using the power of prayer to change our world. In a major publishing event, this passionate speaker and writer presents Radical Prayer, his audio opus on prayer—the “utterance of our hearts.” This compelling 6-session course covers: what prayer is, and why it works; recovering the sacred masculine and feminine; exploring the “dark night of the soul”; “deep ecumenism”—lessons from history’s great mystics in every tradition, and more.

7.5 Hrs 6 CDs



RADICAL SELF-ACCEPTANCE - TARA BRACH

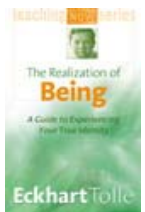
THE PRACTICE OF SELF-ACCEPTANCE, TAUGHT BY A BUDDHIST CLINICAL PSYCHOLOGIST

STAW0468D

\$24.95

How would your life change if you genuinely accepted yourself, just the way you are? According to Dr. Tara Brach, feelings of shame and unworthiness are the source of many problems we experience with our relationships, careers, creative endeavors, and most fundamentally, our spiritual unfolding. On Radical Self-Acceptance, this respected clinical psychologist and Buddhist meditation teacher shows you how to free yourself from the grip of your insecurities about being “good enough.” With insights from both Eastern contemplative traditions and Western psychotherapies, Dr. Brach guides you through a full program of meditations and skills you need to become more compassionate toward the “unforgivable” parts of your self. As Dr. Brach says, the most difficult – and pervasive – challenge to Westerners today is the suffering caused by our feelings of unworthiness and self-aversion. Radical Self-Acceptance offers a way to break out of this emotional prison, so you can discover the freedom that comes with kindness and true appreciation of yourself and others.

3 CDs, 3.25 hours



REALIZATION OF BEING, ECKHART TOLLE

“Words are useful signposts,” Eckhart begins, but our main spiritual teacher is stillness. This powerful energy field is always available to us through meditation. In simple language he explains how to “listen with your entire body,” while working with the body, mind, and attention in order to “merge with this moment.” As we go beyond the need for thought, he teaches, we achieve the meditative state of “no mind” or “presence” that is effortless, joyful, and natural.

STAW0587D

\$24.95

2 CDs, 2 ¼ hrs.



**REALIZING THE POWER OF NOW:
AN IN-DEPTH RETREAT WITH ECKHART TOLLE**

STAF0702D

\$69.95

Recorded at a momentous four-day retreat lead by Tolle, here is an invitation to transcend the finite world and touch your true essence—that which has "no form, no time, and no name." Perhaps you can recall a time when you felt more alive than at any other moment—when you had a sudden recognition of beauty, a feeling of deep contentment, and a sense of connection with life greater than you had ever thought possible. And then, this fleeting moment was gone. What if you could recapture that remarkable opening, and make it a consistent way of living in the world? Throughout Europe and North America, a man named Eckhart Tolle has emerged as a teacher with the unique ability to draw us into the awakened state he calls "presence." With *Realizing the Power of Now: An In-Depth Retreat with Eckhart Tolle*, you have an unparalleled opportunity to immerse yourself in the timeless dimension — "a place within us that always is and ever will be beyond the turmoil of life, a world of calm beyond words, of joy that has no opposite."

6 CDs 7 1/2 Hrs



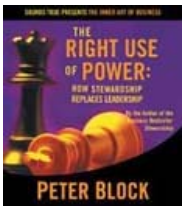
RETURN OF THE GODS: 4 VOL SET

UFK462

\$69.95

In spectacular Cinematic style this series of programs will sweep you to the four corners of the spiritual world. Along this journey you will visit the most dramatic sacred sites, explore the world's major faiths, and the global future of religion and of spirituality itself. An enriching cinematic experience.

2 DVD Disks 240 min NTSC



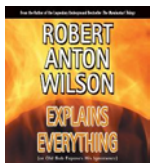
**RIGHT USE OF POWER, THE:
HOW STEWARDSHIP REPLACES LEADERSHIP**

STAW0569D

\$29.95

From Peter Block, the author of *The Empowered Manager* and *Flawless Consulting*, a visionary curriculum for overturning the "class system" of managers versus workers-to create a profitable, principle-centered business. "Stewardship is our best response to our search for better leaders. It finally acknowledges the fact that we are all in this together. Leadership as we know it tries to answer the question 'What's in it for me?' Wrong question. The only question that matters is 'What do we want to create together?' This is the most compelling question we can ask in business today." The words of Peter Block, convey the essence of his revolutionary message. On *The Right Use of Power*, this bestselling author and distinguished management consultant fast forwards us to the business model of the future: a self-governing, accountable organization where power is shared equally, and work has meaning far beyond conventional measures. Concluding with a tough question-and-answer session with Peter Block, *The Right Use of Power* will help prepare you for the changes, challenges, and rewards coming in the new era of business – an era that has already begun.

3 CDs 3 Hrs



ROBERT ANTON WILSON EXPLAINS EVERYTHING

NEW!

STAW0574D

\$34.95

From the author of the legendary underground bestseller *The Illuminatus! Trilogy* and more than thirty other books comes a long-awaited audio event: *Robert Anton Wilson Explains Everything*. This once-in-a-lifetime, 12-session recording captures one of the most unconventional and brilliant writers of this century in conversation, and makes available to Wilson's legion of fans a refreshing insider's view of this enigmatic (and often misunderstood) author. Robert Anton Wilson discusses such topics as futurist psychology, the paranormal, God, conspiracies real and imagined, James Joyce, "guerrilla ontology" – plus rare personal reflections on his extraordinary life.

5 CDs, 6 hours



RUMI: VOICE OF LONGING

In the seven centuries since the death of Jelaluddin Rumi in 1273, the world has come to know and thrill to his sacred poetry. In concert with the tabla and sitar, his writing is part of a religious tradition that is believed to excite “spiritual heroism,” embracing the holiness of love, lamentation, battle, and the longing for God. Rumi: Voice of Longing collects nearly one hundred of Rumi’s most memorable quatrains, presented here on two superbly remastered CD recordings for the first time ever.

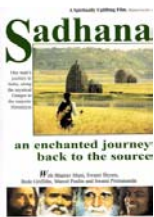
STAW0492D

\$24.95

Translated and performed by the Rumi scholar Coleman Barks, these works echo with a spiritual complexity that defies their outward simplicity. As Sufism acknowledges the truth of other religions, so does Rumi’s poetry reflect universal themes: the search for the highest truth, the mystery of surrender, the longing to overcome ego imprisonment. Rumi: Voice of Longing captures the silence, the love, and the playfulness that make each experience with this work one of sacred wonder.

With musical accompaniment by Marcus Wise on tablas and David Whetstone on sitar. Special appearance by Robert Bly.

2.5 HRS / 2 CDs



SADHANA: BACK TO THE SOURCE

NEW!

A must for all seekers interested in India’s spiritual legacy. This is the journey of a young seeker who follows the call of his soul, from the Majestic Himalayas to the Mythical Ganges, offering insight into the living spirit of Hinduism. Travel through India with a young seeker, Marcel Poulin. See religious & sacred events including the Kumbha Mela. Meet extraordinary Holy men, Bede Griffiths and others discuss the meaning of life. Stunning visuals. Compared to *Siddhartha* and *Meetings with Remarkable Men*.

PPMD3A

\$24.95

“Breathtaking. It teaches us to understand the world by understanding the self.”-Toronto Fest. “A compelling docudrama & spiritually uplifting film.” - Montreal Gazette.

DVD Disk 160min

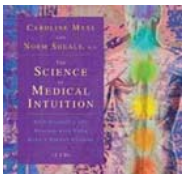
SCIENCE OF ENLIGHTENMENT, THE: TEACHINGS AND MEDITATIONS FOR AWAKENING THROUGH SELF-INVESTIGATION

STAF0879D

\$99.00

What is enlightenment? Is it a myth or is it real? On The Science of Enlightenment, you will learn that the liberated state is as real as the sensations you are having right now. For it is through the investigation of your own thoughts and feelings that you can awaken to clear insight and a happiness independent of conditions: the state of enlightenment. Through his expertise in both science and spirituality, meditation teacher Shinzen Young demystifies the principles of awakening hidden within the world’s great spiritual traditions and shows you how to use them in your own life

12 CDs 17 Hrs



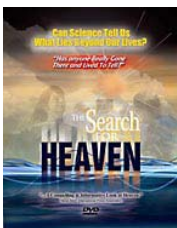
SCIENCE OF MEDICAL INTUITION, THE: SELF-DIAGNOSIS AND HEALING WITH YOUR BODY’S ENERGY SYSTEMS

STAF0640D

\$199.00

Almost 20 years ago, a Harvard-trained neurosurgeon and researcher named Norman Shealy was introduced to a young woman with a special gift: she could “see” illness in other people with only her intuition to guide her. After extensive testing, Dr. Shealy concluded that her ability to diagnose illness – even from remote distances – was 93% accurate. Today that “medical intuitive” – Caroline Myss – is a legend in the field of intuition and energy healing. The Science of Medical Intuition is designed to help listeners take control of their total health, through intuitive self-diagnosis and healing techniques.

12 CDs 12.75 Hrs 92-page study guide



SEARCH FOR HEAVEN, THE:

Our lives are filled with joy and sorrow, challenges and change – all linked to growing up and growing old. Is the inevitable conclusion to life’s exciting journey the termination of the human spirit and a plot in the local cemetery? Or is there something beyond this life – a spiritual realm of some kind where the soul resides when we lay this body down? Is there really a place called Heaven? What if there is proof beyond faith that Heaven exists? Do scientific discoveries and cutting edge research actually prove the existence of Heaven?

GA11113

\$19.95

We’ll examine scientific studies, personal testimonies and experiences of those who say they’ve had a Near Death Experience in which they’ve been to Heaven and back!

DVD 120 min, incl. special features



**SECOND HALF OF LIFE, THE:
OPENING THE EIGHT GATES OF WISDOM
ANGELES ARRIEN**

STBK0900

\$21.95

“There is a grace in this book, an invitation to beautiful, deep wisdom, a banquet to refresh your spirit for the years ahead.” JACK KORNFELD, Author of *A Path with Heart*. “Angeles Arrien maps the elder hero’s journey and guides the mature person through succeeding gates of wisdom. She offers archetypal tools to an expanded awareness that takes advantage of our extended lifespan.” RABBI ZALMAN M. SCHACHTER-SHALOMI, Co-author of *From Age-ing to Sage-ing*. “A wise, hope filled, and nourishing book by a wise and insightful teacher.” LAUREN ARTRESS, Author of *Walking a Sacred Path* “Woven beautifully from symbol, reflection, poetry, narrative, and astute analysis, Angeles Arrien offers the pilgrim who has entered middle age a fascinating landscape of adventure and awakening.” JOHN O’DONOHUE, Author of *Anam Cara* and *Conamara Blues*. When you find the courage to change at mid-life,” Angeles Arrien teaches, “a miracle happens.” Your character is opened, deepened, strengthened, softened. You return to your soul’s highest values. You are now prepared to create your legacy: an imprint of your dream for our world—a dream that can fully come true in *The Second Half of Life*.

Book 208 pages



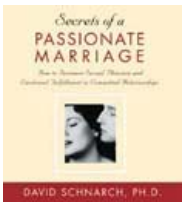
**SECOND HALF OF LIFE, THE:
OPENING THE EIGHT GATES OF WISDOM
ANGELES ARRIEN**

STAW0936D

\$19.95

In every culture, in every age, the wise have observed that in the middle of our years, we encounter a series of great "thresholds" we must cross in order to fulfill the final stage of our destiny. "We are all born with a great dream for our lives," explains cultural anthropologist Angeles Arrien, "a dream which may have been derailed along the way by family and career responsibilities or submerged by our own choices. In the second half of life, after your roots have gone deeply into the world, it is time to resurrect this dream." On *The Second Half of Life*, Dr. Arrien introduces you to the Eight Gates of Initiation. Through images, poetry, and timeless metaphors from diverse world cultures, you will learn to understand their lessons and gifts, harvest the meaning and purpose of your life, and come into spiritual maturity. Follow this gifted storyteller as she takes you step by step through each gate to deepen your most valuable relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the magnificent elder you were meant to become.

2 CDs, 2.5 hours



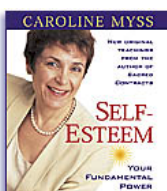
**SECRETS OF A PASSIONATE MARRIAGE:
HOW TO INCREASE SEXUAL PLEASURE AND
EMOTIONAL FULFILLMENT IN COMMITTED RELATIONSHIPS
DR. DAVID SCHNARCH**

STAW0712D

\$24.95

Revolutionary principles for keeping love and sexual intimacy alive in a relationship. If you think you need to change your marriage, think again. It may well be that your marriage is trying to change you. In *Secrets of a Passionate Marriage*, Dr. David Schnarch shares a revolutionary approach thousands have used to take their relationships to new and lasting heights of sexual ecstasy and intimacy. “Emotionally committed relationships,” he teaches, “are people-growing machines,” and sexual difficulty and other challenges are actually signs of a healthy, maturing relationship. Emotional gridlock — why this critical phase is necessary for the healthy evolution of all relationships. How to “self-soothe” your anxieties and open to the full range of human eroticism. The psychology of sex — how to make an ally out of what you’re really thinking during sex, and much more With many proven exercises to “electrify” your sex life, heighten passion, and renew commitment, *Secrets of a Passionate Marriage* is sure to help your relationship reach its full potential, both in and out of bed. From David Schnarch, Ph.D., the director of the Marriage and Family Health Center in Evergreen, Colorado.

2 CDs 2.5 Hrs



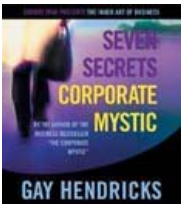
SELF ESTEEM: YOUR FUNDAMENTAL POWER

Caroline Myss redefines self-esteem as an actual "core power" essential to our evolutionary progress-and shows how we can use this potent gift.

STAW0687D

\$34.95

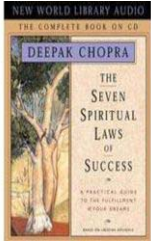
4 CDs 4.75 Hrs



SEVEN SECRETS OF THE CORPORATE MYSTIC

According to Dr. Gay Hendricks, today you are just as likely to find a **STAW0570D** **\$34.95** mystic in a corporate boardroom as in a monastery. Now this respected psychologist and bestselling author shares the secrets of these “visionaries with their feet on the ground” – on Seven Secrets of the Corporate Mystic. Based on Dr. Hendricks’ work with over 700 business leaders and their companies, here is your 21st-century guide to embodying the higher principles shared by business and spiritual leaders alike – all with the power to transform not only your life, but the lives of those around you.

4 CDs 5 Hrs



THE SEVEN SPIRITUAL LAWS OF SUCCESS

NEW!

DEEPAK CHOPRA'S The Seven Spiritual Laws of Success is a Virtual **SV3779** **\$19.95** Reality tool-kit for the 21st-century spiritual traveler. - Peter Guber, Ex-Chairman, Sony Pictures Based on natural laws which govern all of creation, this presentation shatters the myth that success is the result of hard work, exacting plans or driving ambition. Deepak Chopra, M.D. distills the essence of his spiritual teachings into seven simple yet powerful principles that can easily be applied to create success in all areas of your life.

Video 90 minutes

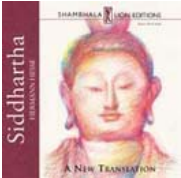


SHINING SOUL-HELEN KELLER'S SPIRITUAL LIFE & LEGACY **NEW!**

AWARD WINNER 2006 - HOUSTON FILM FESTIVAL, TELLY, US **PPMD4** **\$24.95** **INTERNATIONAL FILM & VIDEO FESTIVAL.** Discover the keys to Helen Keller's extraordinary life. Time Magazine named her one of the most influential people of the twentieth-century. Learn about spiritual and philosophical beliefs. How did a blind and deaf child find the inner resources to become an accomplished writer, and go on to enhance opportunities for all disabled people, and to inspire generations to come? (With open-captioning option) Seen on PBS.

“She was the most totally alive human being I have ever met.” - Jean Houston.
"This portrait of Helen Keller should be shown in every school, every workplace and in every home across the world no matter what our respective circumstances, intellect or beliefs. Helen's life is a gift to each and every one of us".- Dr.Evelyn Glennie, Musician, Composer, Speaker.

DVD 58 min



SIDDHARTHA CD

Siddhartha Hermann Hesse Translated by Sherab Chidzin Kohn A **STAW0558D** **\$34.95** profound new version of this classic tale of one man's spiritual quest. Kohn's flowing, poetic translation conveys the inner nuances of Hermann Hesse's text, paying special attention to the qualities of meditative experience. On the subject of sacred literature, Hesse once said: "The very oldest works age the least." The same may one day be said of his Nobel prize-winning masterpiece, as astonishing today as when it was first published nearly eighty years ago.

4 CDs 5 Hrs

SOLAR MEDITATION CONFERENCE

DOMINGO DIAZ PORTA

The Director of the Universal Solar Brotherhood shares the wisdom of **FS1006** **\$19.95** the traditions of indigenous American peoples, showing us how their reinstatement in our modern society would bring us to state of greater harmony with the cycles of nature and laws of the cosmos.

Video 80 min



DRUNVALO MELCHIZEDEK, MAYAN MYSTERIES

Drunvalo Melchizadek - Planetary caretaker. There is a higher **FS1002** **\$24.95** consciousness - a very high consciousness - here on Earth." Learn from **FS3002DVD** **\$24.95** one of our most prolific teachers about our destiny and how we can awaken to a beautiful transition to higher consciousness through deep love and patience.

Video 69 min. NTSC, DVD

SHELDON NIDLE AND PEGGY MCCONNELL

Nidle charts numerous ET contacts contributing to earth's transformation. McConnell communicates with the spiritual hierarchy, stones, animals, etc.

FS1008

\$19.95

Video 58 minutes

CAROL PARRISH – MINISTER, AUTHOR, TEACHER

Discover how ancient wisdom connects all people and how initiates have historically emerged from every mystery school to help us meet the challenges of planetary transformation.

FS1009

\$19.95

Video 66 min.

PERCIVAL

The author of numerous works on Quetzalcoatl, reveals ways for us to have total life awareness and to create a solar art society with the power to create an enlightened world - offering peace and compassion for all.

FS1011

\$19.95

Video 69 min.

PRESENTER PANEL DISCUSSION

no description

FS1013

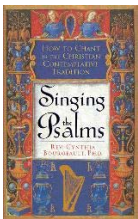
\$19.95

ALBERTO RUZ – ILLUMINED ELEPHANT

no description

FS1005

\$19.95



SINGING THE PSALMS

NEW!

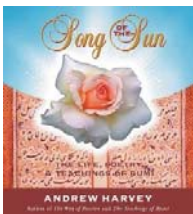
Authentic Benedictine Chants You Can Learn at Home

STAW0379D

\$29.95

Fifteen hundred years ago, St. Benedict established a system of ora et labora – prayer and work – that monastics still follow today. Central to this prayerful integration of body and spirit is psalmody, or chanting the psalms. On *Singing the Psalms*, Episcopal priest Cynthia Bourgeault shows how the psalms can awaken rich spiritual and psychological insights – accessible to you today, whatever your level of vocal skill or theological understanding. Includes a mini-psalter (psalm book) with instructions, musical notations, rhythmic and melodic suggestions, and more.

4 CDs, 4.25 hours



SONG OF THE SUN

NEW!

It is customary, when referring to the life and work of a poet, to speak in academic terms. But with Jalal-ud-Din Rumi, this custom does not apply.

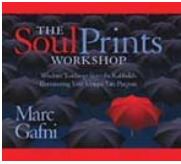
STAW0427D

\$34.95

His direct and indirect influence on both our spiritual lives and world literature over the past seven centuries has been immeasurable. Not only does his writing continue to set sales records, he is also remembered as the founder of Mevlevi Sufism—the "whirling dervishes"—whose followers in this century have numbered in the millions.

Who was Rumi, and how does he continue to speak to us today? On *Song of the Sun*, Andrew Harvey, the Oxford-trained authority on Rumi and author of several modern spiritual classics, takes us inside the extraordinary life and teachings of this prophet and poet. Harvey sifts through the many legends and tales associated with Rumi's life, to reveal a rich and inspiring portrait of what a human being in love with and empowered by God can become. He mines the thousands of odes and quatrains composed by Rumi, and shares the most sumptuous and ecstatic works, all with clear relevance to our spiritual lives today. At a time when we are hungry for a divine vision of our world as it can be—and should be—*Song of the Sun* is an invitation to Rumi's most sacred and glorious feast.

5 CDs, 6 hours



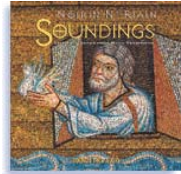
**SOUL PRINTS WORKSHOP, THE:
WISDOM TEACHINGS FROM THE KABBALAH
ILLUMINATING YOUR UNIQUE LIFE PATH**

STAF0799D

\$69.95

The wisdom masters of the Kabbalah teach that your unique fingerprint and DNA code are but a physical expression of what philosopher Kabbalist Marc Gafni has termed your “soul print”—miraculous as a snowflake that never melts, and longing to unfold. On The Soul Prints Workshop, Gafni, the brilliant new voice behind the national bestseller Soul Prints, unpacks the ancient tradition of the soul print to reveal a long-hidden path to personal realization. What is your soul print? “It is the frequency of divine light refracted through the prism of your uniqueness,” teaches Gafni. “It is the song only you can sing, the singular instrument of your destiny.” With The Soul Prints Workshop, now you have the tools to naturally express the full promise of what Gafni calls your “radical uniqueness.”

6 CDs 7 Hrs of deep teaching stories soul print practices, meditation, song, and more



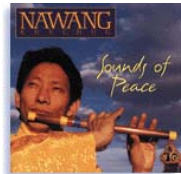
**SOUNDINGS - CD
NOIRIN NI RIAIN**

STMM0272D

\$16.98

Fourteen spiritual classics from many world traditions: the Shakers, Irish laments, Hildegard of Bingen, and more. Chamber orchestra accompaniment.

1 CD 49 min

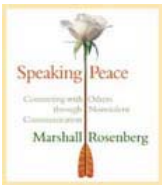


**SOUNDS OF PEACE - CD
NAWANG KHECHOG**

STMM0296D

\$16.98

A blissful, deeply felt prayer for the ears and spirit by Nawang Khechog. Tibetan bamboo flute with didgeridoo and bells. "An astounding variety of sounds and textures ... his music can advance the cause of world peace."



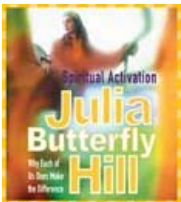
**SPEAKING PEACE: CONNECTING WITH OTHERS
THROUGH NON-VIOLENT COMMUNICATION
MARSHALL ROSENBERG**

STAW0710D

\$24.95

A legendary peacemaker teaches the skill of Nonviolent Communications for creating accord in families, schools, and businesses.

2 CDs 2.25 Hrs



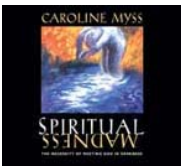
**SPIRITUAL ACTIVATION:
WHY EACH OF US DOES MAKE THE DIFFERENCE**

STAW0650D

\$24.95

Of this generation’s new heroes and heroines, Julia Butterfly Hill has established herself as a unique voice: representing the highest spiritual principles, she has attracted the attention of the world with her living example of how one person can truly alter the course of global events. Spiritual Activation shares Julia’s hope-giving message for a more sacred world, a place where we consciously consider the impact of our choices and act from a center of “power, responsibility, and love.” Julia Butterfly Hill continues to receive hundreds of letters a week from people seeking connection as they look for ways to honor the preciousness of all life. Spiritual Activation presents her personal response: a testimony affirming that “... we are all powerful beyond our wildest imaginations – we are all the one who can make the difference.”

2 CDs 2.5 Hrs



SPIRITUAL MADNESS

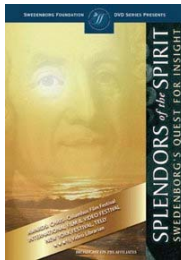
CAROLINE MYSS

STAW0550D

\$24.95

If you are living a spiritual life, it is inevitable that one day you will be plunged into darkness, what Saint John of the Cross described as "the dark night of the soul." Through the ages, every mystic has experienced this interior trial. What of today's "modern mystics," who seek the divine while holding down jobs and caring for their families? On *Spiritual Madness*, Dr. Caroline Myss describes a path for the modern mystic, a way open to people from all walks of life who seek the first step toward true mystical experience. Today, spiritual seekers are faced with conflicts no monk ever faced, leading to a "dark night" unique to our age. This deep and rich "madness" is an inescapable part of the contemporary mystical journey. *Spiritual Madness* is a unique and daring session that reaches to the borderland of spiritual experience, where the inner mysteries of the divine are fully opened in the outer world of career and family. 2 CDs, 3 Hrs

2 CDs 2.5 Hrs



SPLENDORS OF SPIRIT: SWEDENBORG'S QUEST FOR INSIGHT

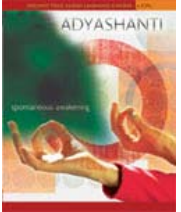
Telly Award - Chris-Columbus Film Festival. 3 1/2 Stars, Video

PPMD5A

\$24.95

Librarian. "An engrossing exploration of our immortality through the eyes of a genuine seer ..." - Marianne Williamson, author of *The Healing of America*. A provocative and wise program, and a very great spiritual achievement for our everyday world." - *The Book Reader*. Emmy-award winning producer Penny Price portrays the fascinating life and thought of the Swedish Enlightenment scientist and spiritual visionary Emanuel Swedenborg, whom Zen scholar D.T. Suzuki revered as the "great King of the mystical realm." Interweaving breathtaking nature photography, expert interviews, computer animation and rare archival stills with dramatic re-enactment featuring acclaimed actor Lilian Gish and contemporary documentary footage, this program conveys the essential and ever-relevant insights brought back by Swedenborg from his unprecedented explorations of the spiritual worlds. Swedenborg documented the death experience as the soul departs its expired material form, awakens into the afterlife realm, and is stripped of every accretion of personality to finally gravitate to the precise level of the upper or nether regions that corresponds perfectly to its innermost nature.

DVD 58 min



SPONTANEOUS AWAKENING CD

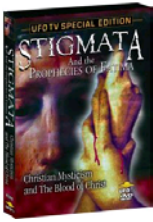
ADYASHANTI

STAF0916D

\$69.95

The buzz about this earnest, clear-minded, Northern California Zen teacher is growing louder. Adyashanti's retreats have become known as profoundly liberating events that open the heart of realization and true understanding. Now, in his first national audio release, listeners can join this sought-after spiritual teacher on retreat in their own homes with *Spontaneous Awakening*. For those who are seeking a path of simplicity, not bound by the trappings of spiritual practice, Adyashanti brings a fresh and humble approach to Zen wisdom. "Don't think that awakening is the end," teaches Adyashanti. "Awakening is the end of seeking, the end of the seeker, but it is the beginning of a life lived from your true nature." Learn more about: • How genuine spiritual discovery is self-authenticating. • Finding for yourself "what is the most important thing" • Lucid dreaming: a powerful analogy for the process of awakening • A guided meditation to "Allow Everything to Be As It Is" • Why genuine spiritual knowing requires mental subtraction—not addition • Discover the link between personal awareness and awareness itself • How attachment can lead to complete freedom and unattachment • Self-inquiry: how to use this potent catalyst for awakening • The all or nothingness of every moment • How holding even one idea about what is true can be an obstacle • The teacher-student relationship: is there a correct form? • How paradoxical teachings can help your mind relax • Learn to identify and disengage from spiritual bypassing • More than 7 hours of teachings, including two complete guided meditations and an exclusive interview, for discovering your own "direct path to realization"

6 CDs, 7.75 hours



STIGMATA AND THE PROPHECIES OF FATIMA•

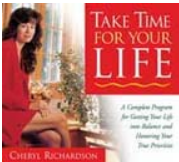
NEW!

Stigmata, in Christian mysticism, are bodily marks resembling the wounds suffered by Jesus Christ when he was crucified on the cross over 2,000 years ago. From the 14th to the 20th Century, more than 330 people have been identified as having been stigmatized. Even today these wounds have mysteriously manifested, without scientific explanation, on the hands, on the feet, near the heart, and on the head and shoulders of those afflicted with this condition. On May 13, 1917 a luminous apparition of the Virgin Mary appeared to three peasant children and delivered a prophecy that would change the world. History records that this event was witnessed by over 70,000 onlookers. This investigative program presents the amazing facts surrounding the phenomenon of stigmata and a shocking connection to the 1917 miracle and prophecies of Fatima.

UFK588

\$19.95

• DVD Disk • 50 min



TAKE TIME FOR YOUR LIFE

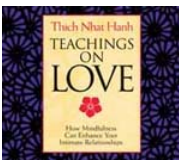
CHERYL RICHARDSON

STAW0501D

\$34.95

Take Time for Your Life Cheryl Richardson From America's foremost life skills coach, an incredibly effective program for life change, complete with value-based principles, checklists, exercises, and inspiring case studies.

4 CDs 4.5 Hrs



TEACHINGS ON LOVE

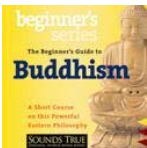
THICH NHAT HANH

STAW0560D

\$24.95

Provides Buddhism's time-proven path that anyone can follow to nurture intimate, fulfilling relationships-what Thich Nhat Hanh calls "a miracle."

2 CDs 2.5 Hrs \$24.95



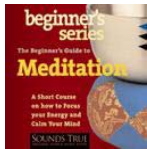
THE BEGINNER'S GUIDE TO BUDDHISM

Author and teacher Jack Kornfield immerses you in this time-honored approach to living fully and compassionately in the present moment. Join him as he illuminates Buddhism's most essential teachings, and how they make it possible to overcome the mental states that challenge us every day, such as fear, selfishness, confusion, and anger.

STAW0534D

\$15.95

CD, 73 min.



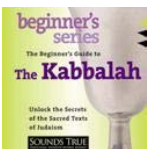
THE BEGINNER'S GUIDE TO MEDITATION

What if scientists discovered a way to calm and clarify the mind ... transform fatigue into energy ... and even improve your health – all at the same time? They have: it's called meditation. With The Beginner's Guide to Meditation, you will learn how to start using simple yet effective techniques – proven at medical centers and clinics worldwide to promote physical and emotional health. Respected teacher Shinzen Young explains how meditation works, what different methods offer, and guides you through specific practices that can radically improve the way you think, feel, work, and connect with others.

STAW0505D

\$15.95

CD 73 min.



THE BEGINNER'S GUIDE TO THE KABBALAH

Guarded for centuries, its secrets once passed by word of mouth only; the Kabbalah remains one of our oldest mystical paths for union with the divine. What is the Kabbalah, and why are its teachings so treasured by those who know them? Join Rabbi David Cooper for an uplifting introduction to this living cornerstone of Judaism's esoteric tradition. Join him as he lifts the veil on the Kabbalah's core teachings and practices, and their potential to "decode the secrets of the universe."

STAW0529D

\$15.95

CD, 73 min.



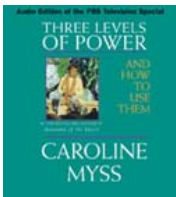
THE PLACES THAT SCARE YOU

The Places That Scare You Pema Chodron (Read by Tami Simon) America's most beloved Buddhist nun provides practical methods to open our hearts and minds to our own suffering and that of others.

STAW0565D

\$24.95

4 CDs 4.5 Hrs



**THREE LEVELS OF POWER AND HOW TO USE THEM (CD)
THE POWER BEHIND YOUR SPIRITUAL DEVELOPMENT**

STAW0381D

\$19.95

Learn about the unacknowledged role that power plays in your spiritual development with Three Levels of Power and How to Use Them. Through wise management of your power, Dr. Myss teaches, you can stop wasting energy on events from the past – and start using it for your ultimate development as a human being. She explains the profound spiritual implications for shifting to the highest level of personal power; a shift that, she shows, is already taking place. The original public TV broadcast on audio.

2 CDs, 2.5 hours



THROUGH THE EYES OF A CHILD – DRUNVALO MELCHIZEDEK

SV3853

\$39.95

SV3854DVD

\$39.95

Join one of America's most prolific teachers for an adventure into higher consciousness! In this two-volume set, Drunvalo Melchizedek presents cutting-edge information on the evolution of human DNA and the impact higher consciousnesses are having on this planet. With his awakened gift of synthesis, he discusses: Three New Races of Children, Conscious Water, The Bible Code, UFOs, Crop circles...and more! Watch this amazing video and see Drunvalo in action, revealing evidence that shows how our lives-at this very moment-are being altered forever.

2 PK Video 220 min NTSC, DVD



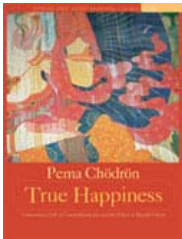
**TOUCHING THE EARTH
THICH NHAT HANH**

STAW0233D

\$14.95

Teaches the Five Prostrations, a fundamental Buddhist meditation uniting mind and body. With illustrated six-page study guide.

1 CD 1.25 Hrs



**TRUE HAPPINESS (CD)
THICH NHAT HANH**

STAF0892D

\$69.95

Happiness is your birthright—and it is readily available at any given moment, teaches Pema Chödrön. So, why do we live in such suffering? "The potential for happiness is not based on outer things—they come and go, causing us misery," she begins. "We're always chasing after something, trying to avoid the difficult places. But there are a lot of small sweetnesses that we ignore because they're so fleeting." On True Happiness, Pema Chödrön guides you through simple-yet-effective practices that show you how to recognize and nurture these moments of delight, cultivating them until they become more and more frequent, accessible, and real as a constant influence in our lives. Recorded at Gampo Abbey Monastery in Nova Scotia, True Happiness gives you the opportunity to spend yarne—or winter retreat—with Pema Chödrön in the warmth and comfort of your own home. Join this bestselling author and teacher as she guides you through seven hours of effective meditations and practices to dissolve the barriers to your heart, reconnect with the source of basic goodness, and cultivate a sense of happiness—if only to touch upon it for brief but precious moments at a time.

6 CDs in slipcase, 7 hours



TRUTH IS A PATHLESS LAND

STAW0698D

\$24.95

Truth Is a Pathless Land J. Krishnamurti Krishnamurti discusses a constellation of philosophical issues: love, greed, violence, separation, time, death, conflict, and fear.

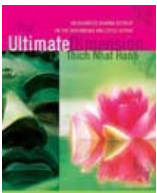
2 CDs 2.5 Hrs



**ULTIMATE ANTI-CAREER GUIDE, THE:
THE INNER PATH TO FINDING YOUR WORK IN THE WORLD** STAF0779D \$69.95

According to the perennial wisdom teachings, your vocation is not a means of survival in the world - it is a pure expression of your life force. Vocation arises, not as a response to external forces, but authentically from within your own body. To the modern mind, this approach to work sounds radical. But for more than 3,000 years, sacred traditions in the East and West have allowed vocation to serve as a platform for spiritual and material growth. The Ultimate Anti-Career Guide is the first audio curriculum which adapts this classic approach to right livelihood to the challenges unique to our place and time. An "anticareer" is a manifestation of the unique blueprint for your destiny encoded in your body since birth. The key to this revolutionary approach is your body's chakra system, the seven centers that govern the free flow of prana, or life force, through your body. Through a program of powerful meditations, you gain direct access to your chakras, clearing and aligning them with the energetic forces that make everything in life possible.

8 CDs 9 Hrs



**ULTIMATE DIMENSION, THE:
AN ADVANCED DHARMA RETREAT ON THE AVATAMSAKA AND LOTUS SUTRAS** STAF0830D \$69.95

The Ultimate Dimension Thich Nhat Hanh An advanced meditation retreat with this beloved Zen master, centered on the Avatamsaka and Lotus sutras.

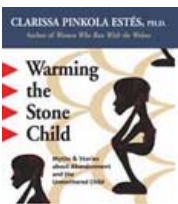
6 CDs 6.75 Hrs



UNCONDITIONAL SELF-ACCEPTANCE STAF0885D \$69.95

"If self-improvement worked, it would have by now," teaches Cheri Huber. "Getting where you want to be has everything to do with awareness, and nothing to do with willpower." On Unconditional Self-Acceptance, this Zen-trained teacher offers us an effective process to release the blocked energies and conditioned messages that keep us from attaining our personal and professional goals. In this full-length audio retreat, listeners will learn more about: How to be your own mentor • "The Five Steps of Acceptance": transforming difficult emotions into sources of strength • How to develop reflective listening skills for interacting with others—as well as ourselves • Ten guided imagery sessions, including a simple practice that can be used in any situation when overwhelmed by strong feelings, and more. HIGHLIGHTS • Five steps to unconditional self-acceptance • Learn to stop "knee-jerk" reactions to events with the gentle energy of "witness consciousness" • Key meditations for sparking compassionate self-awareness • A complete 6-hour, guided "do it yourself" retreat that won't make you any better—just a lot happier and much more alive!

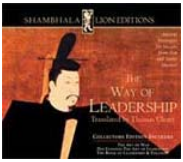
6 CDs, 6.25 hours



WARMING THE STONE CHILD STAW0104D \$19.95

The pain of abandonment—both real and metaphorical—can cast a shadow over our entire adult experience. Warming the Stone Child investigates the abandoned child archetype in world myths and cultures to find clues about the process of healing the "unmothered" child within us all. Spiced with Dr. Estés' wonderful storytelling, Warming the Stone Child is a unique listening experience with a practical edge.

2 CDs, 1.5 Hrs



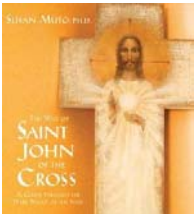
WAY OF LEADERSHIP, THE: ANCIENT STRATEGIES FOR SUCCESS FROM ZEN AND TAOIST MASTERS

STAW0788D

\$29.95

In times of peace and war alike, the Zen and Taoist masters of ancient China knew the key to successful leadership: enlightened conduct. The personal qualities they identified for mastery over any position of authority remain the same today as they were 2,000 years ago. Now three of China's greatest classical works on strategy, power, and warriorship are collected together for the first time on The Way of Leadership. These exceptional translations by the renowned scholar Thomas Cleary include: The Art of War Perhaps the most influential book of strategy in the world today. Achieve victory without battle, and strength through understanding, with this timeless guide to competition and conflict. Read by David Warrilow. Zen Lessons: the Art of Leadership Core teachings of China's greatest Zen masters for anyone in a position of power. Covers how to inspire respect; leadership and spiritual practice; decision making; and much more. Read by Michael O'Keefe. The Book of Leadership and Strategy The culmination of the ancient Chinese leadership tradition. Eight Taoist masters of the early Han dynasty offer a leadership philosophy for self-mastery and success. Four-part program covers state and society, warfare, peace, and wisdom. Read by David Warrilow.

4 CDs 3.5 Hrs



THE WAY OF ST. JOHN OF THE CROSS

NEW!

STAW0509D

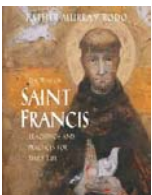
\$34.95

For Anyone Who Has Faced a "Dark Night" in Their Lives, Wisdom from a Beloved Mystic

Is there a true seeker among us who has not endured what St. John of the Cross first called the "dark night of the soul" — a crisis, a betrayal, a sadness seeming without end? On The Way of St. John of the Cross, you will meet this towering figure — mystic, poet, healer of souls, and lover of God — and hear how this great explorer of mystical experience left an unfailing map to guide us through the "dark nights" of our own lives, one that promises eternal joy to all with the courage to follow it. Scholar and author Susan Muto offers a new and accessible approach to St. John's "secret wisdom of dark contemplation," and brings to life the full glory of his story, and the sacred ideal of mysticism and service that he embodied.

Mining the four great masterpieces St. John wrote (at times on mule back, and as a prisoner in his own monastery), Muto immerses us in the transformational concepts, symbols, and metaphors at the heart of St. John's writing. His message is clear: the events which stretch our faith to the breaking point are in fact our greatest teachers. Without them, St. John taught, it is virtually impossible to know the truth of the spiritual life, and the perfection of divine love. With many vivid examples from John's own extraordinary love affair with God, here is a trustworthy and uplifting guide to dwelling in the "blessings darkness bestows on us," with The Way of St. John of the Cross.

5 CDs, 6.25 hours



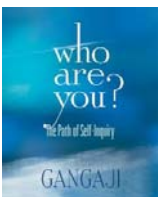
WAY OF ST. FRANCIS

NEW!

STAW0402D

\$24.95

Who was medieval Italy's Francis of Assisi? Millions know him as the saint who first received the stigmata of Christ, as a champion of the poor, and as a mystic who possessed a divine rapport with the natural world. But few know that Saint Francis also created an extraordinary system of spiritual practices to radiate joy inward to the soul and outward to the world. On The Way of Saint Francis, Father Murray Bodo reveals the life of this celebrated saint and shares specific meditations, prayers, and teachings to cultivate the five great keys of Franciscan spirituality. Through them you will learn to open the door to "the cell within"—a sacred inner space available to us at any time and in any situation.



WHO ARE YOU?

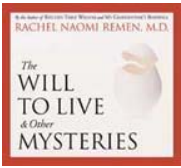
NEW!

STAW0311D

\$19.95

In the search for truth, there is only one question that needs to be answered: Who am I? This inquiry into the self is the core of advaita vedanta (radical non-dualism) – a timeless teaching for breaking free of mental bonds and reclaiming your true identity: the Infinite that is beyond death. On Who Are You? American-born spiritual teacher Gangaji spells out the bedrock principles of self-inquiry – a cluster of no-nonsense concepts that reveal how to effortlessly step outside limited psychological conditioning and mental constructs into the freedom, expansiveness, and peace of your own true nature.

2 CDs, 2.25 hours



**WILL TO LIVE AND OTHER MYSTERIES, THE
RACHEL NAOMI REMEN, M.D.**

STAW0556D \$24.95

As an honored physician and teacher, Rachel Naomi Remen has spent a lifetime immersed in the world of science. Yet today, after four decades of face-to-face experience with cancer patients, medical academia, and her own chronic illness, she has come to see that life is best defined not by science, but by mystery. In *The Will to Live and Other Mysteries*, this bestselling author and beloved "healer of the heart" probes the experience of mystery, and illuminates its power to literally transform our lives. Complete with step-by-step exercises that Dr. Remen has taught to thousands of people, *The Will to Live and Other Mysteries* will touch you, strengthen you, and awaken you to the mysterious innate power to heal that is within us all.

2 CDs 2 Hrs

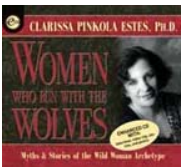


**WOMAN'S SPIRITUAL RETREAT, A:
TEACHINGS, MEDITATIONS, AND RITUALS TO CELEBRATE
YOUR AUTHENTIC FEMININE WISDOM**

STAF0776D \$69.95

Women are different. Not just in our bodies, but in the ways that we think, feel, and connect with spirit, teaches Joan Borysenko. In celebration of those differences, you are invited to *A Woman's Spiritual Retreat*—a full-length audio course that shows you how to create a daily personal practice rich in meditations, prayers, and sacred rituals to enter the gates of your own spiritual path. More than 7 Hrs of guided meditations, journal exercises, and powerful guidelines for creating a universal spiritual practice you can adapt to fit your own needs, and much more

6 CDs 7.5 Hrs

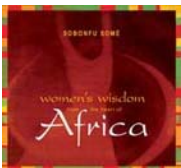


**WOMEN WHO RUN WITH THE WOLVES
CLARISSA PINKOLA ESTES, PH.D.**

STAE0503 \$24.95

First published three years before the print edition of *Women Who Run With the Wolves* made publishing history, this original audio edition quickly became an underground bestseller. For its insights into the inner life of women, it established Dr. Clarissa Pinkola Estes as one of the most important voices of our time in the fields of Jungian psychology, myth, and women's mysteries. Drawing from her work as a psychoanalyst and cantadora (keeper of the old stories), Dr. Estes uses myths and folktales to illustrate how societies systematically strip away the feminine spirit. Through an exploration into the nature of the wild woman archetype, Dr. Estes helps listeners rediscover and free their own wild nature. The magical storytelling, myths, and commentary on *Women Who Run With the Wolves* continue to inspire a new level of self-knowledge among listeners young and old.

2 CDs 2.5 Hrs

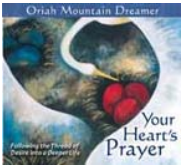


**WOMEN'S WISDOM FROM THE HEART OF AFRICA
SOBONFU SOMÉ**

STAF0797D \$69.95

Sobonfu Somé—author, teacher, and the first woman empowered by the Dagara elders to impart their teachings to the West—invites you to peer into a world where people remain closely connected to nature, their ancestors, and spirit, and to learn how to use powerful rituals to restore balance within yourself and with those around you. She was raised in her small village and sent by her elders to continue her education in the United States. With *Women's Wisdom from the Heart of Africa*, Somé shares authentic spiritual teachings of her tribe that were formerly handed down only within the circle of Dagara village life. These teachings are founded on a worldview that honors animals, plants, and trees as our elders, and human beings as the newcomers. From this revered relationship with the natural world, we learn how to live in unity with our environment, and create a deeper connection with spirit.

6 CDs 7 Hrs

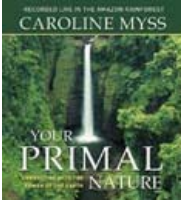


**YOUR HEART'S PRAYER
ORIAH MOUNTAIN DREAMER**

STAW0620D \$24.95

From the author of *The Invitation*, her new program for uncovering-and realizing-the soul's deepest desires. Somewhere beneath the surface of our wants and needs lies a deeper longing a yearning that connects us to who and what we are in our essential being. On *Your Heart's Prayer*, Oriah Mountain Dreamer takes you on an inspirational "journey into the soul's desires," bringing a new vision to what it is that matters most. Addressing a lack of fulfillment felt all too commonly in our culture today, Oriah draws from her training in the tradition of shamanic medicine to show you how to recognize and respond to your soul's true calling. With poetry, meditations, exercises, and a blend of ruthless honesty and humor, she details the way to narrow the gap between how we want to live and how we're actually living.

2 CDs 2.5 Hrs

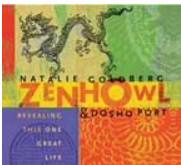


**YOUR PRIMAL NATURE:
CONNECTING WITH THE POWER OF THE EARTH**

STAW0668D \$16.95

On *Your Primal Nature*, renowned medical intuitive Caroline Myss explores the natural energy of the earth, its awesome potential for transforming our lives, and our instinctual need to connect with it. Myss brings us face with our spiritual roots in the pagan past, and explores why our spirits long for the wild, sensual energy that only nature can provide. Without the cooperation of nature and its energy, she says, we can never integrate our instincts with our higher spiritual functions, such as intuition. Recorded deep in the Amazon rainforest, and including a guided visualization for connecting with the energy of the earth, *Your Primal Nature* — available only on audio — is a welcome guide for harmonizing our spiritual lives with the phenomenal forces of the natural world.

1 CD, 1.25 Hrs



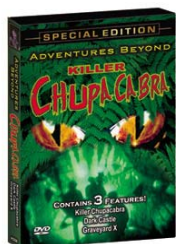
**ZEN HOWL: REVEALING THIS ONE GREAT LIFE
NATALIE GOLDBERG & DOSHO PORT**

STAW0683D \$24.95

"Zen howl is the sound of our masks falling away," teaches Natalie Goldberg. When the masks we hide behind wither and die, there is immediate intimacy between ourselves and the world. This hint of intimacy – of touching something out of reach – is what ignites our longing to write and our desire to practice meditation. On *Zen Howl*, the bestselling author of *Writing Down the Bones* (published in eight languages and more than 1,000,000 sold) joins Zen teacher Dosho Port to explore the natural (and sometimes unnatural) connections between writing and Zen. Rich with teachings and exercises gathered by these two insightful teachers over the past 25 years, *Zen Howl* will show you how to drop your mask and witness in even the briefest moments of your life, a whole world waiting to be expressed.

2 CDs 2.5 Hrs

SUPERNATURAL, REMOTE VIEWING, ESP



ADVENTURES BEYOND: KILLER CHUPACABRA SPECIAL EDITION

NEW!

UFU556

\$24.95

KILLER CHUPACABRA: Join the Adventures Beyond film crew in the Rain Forests of El Yunque, the woods in Canovanas and Dorado, and ultimately, to a mysterious and dangerous hidden cave deep within the countryside that is said to be the home of El Chupacabra. Adventures Beyond is the first in-depth documentary-investigation on this creature. Includes exclusive footage and high-tech computer imaging of El Chupacabra based on eye witness accounts.

DARK CASTLE: Next the Adventures Beyond film crew investigate the most Evil and Foreboding Castles in Europe. Hermitage Castle in the South of Scotland. The Adventures Beyond film crew are the only brave souls in hundreds of years to spend the night in a castle reported to be the most Haunted and Evil Castle in all of Europe.

GRAVEYARD X: Then it's off to a very remote secluded region of the Central Midwestern United States where strange unexplainable apparitions have been captured on film coming out of graves. Through the use of advanced Night Vision technology, you'll actually sit in on the most dramatic live Seance ever captured on video and see the most startling ghost pictures ever captured on film.

DVD Disk 70 min



AGE OF THE PSYCHICS.

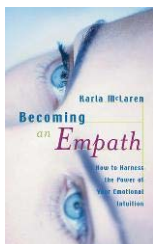
Are psychics, prophets, and spiritual healers pathfinders to a new world?

UFK575

\$19.95

What you are about to see in this film may be quite different from anything you have ever witnessed before. There are no actors involved, and the events have been filmed as they actually occurred. You'll meet some of the people who claim extraordinary psychic powers and experience their world yourself. Includes the story of Beatrice Kline who communicates with animals telepathically. Kebrina Kincade who uses her psychic powers to help solve missing children and murder cases for the Los Angeles Police Department. Bernadine Villanueva who describes what it's like to witness all of the horrors of a plane crash before it happens and discover one of the best-kept secrets of World War II, that the Allied nations used astrology as a counter-weapon against Adolph Hitler. Includes amazing demonstrations of psychic powers that defy scientific explanation along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible paranormal authorities in the world today

Dvd 50 minutes



BECOMING AN EMPATH

NEW!

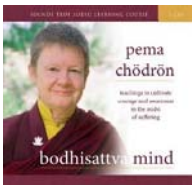
The Power of Your Emotional Intuition—How to Use It in Any Situation.

STAW0442

\$24.95

Did you ever sense that someone was upset, even when no one else seemed to notice? Or had a strong, gut feeling that went against common sense—and learned later that you were absolutely right? If so, teaches Karla McLaren, you have already demonstrated the gifts of an “empath”—a person who uses the skill of emotional intuition to understand and connect with others more deeply. On *Becoming an Empath*, Karla McLaren brings together her thirty years of study into the skills of “reading” and experiencing the emotions of others to offer this practical course for discovering and using your own empathic abilities effectively. In four guided training sessions, you will learn how to create healthy emotional boundaries, navigate your emotions in an agile and skillful way, and tune in to the feelings of those around you with unprecedented depth and clarity. “Empathic awareness,” says McLaren, “is essential for psychotherapists, health care providers, teachers, and parents – or anyone else who must rely on this instinctual power of perception every day.” With *Becoming an Empath*, you now have a way to master this vital inner skill yourself.

3 CDs, 2.75 hours



BODHISATTVA MIND: TEACHINGS TO CULTIVATE COURAGE AND AWARENESS IN THE MIDST OF SUFFERING **NEW!**

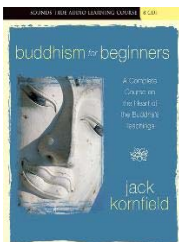
A bodhisattva is one who seeks liberation from suffering not only for oneself, but for all beings. If you were a bodhisattva, how would you respond in the face of chaos and difficulty? Is it possible to find calm in the middle of a storm? On Bodhisattva Mind, Pema Chödrön explores timeless insights and practices from the teachings of an eighth-century Buddhist classic, Shantideva's *The Way of the Bodhisattva*, to reveal a powerful core truth that can move us all closer to the bodhisattva ideal. An Unlikely Voice on Living a Virtuous Life In the eyes of his fellow Indian scholars, Shantideva seemed lazy and uninterested in his studies and was greatly resented. So they invited the young "slacker" to give a prestigious talk—an honor reserved for only the most realized Buddhist masters—hoping to humiliate him and force him to leave the school. Instead, he delivered the timeless jewel known today as *The Way of the Bodhisattva*. Paradoxically, the key to true liberation, he taught, is in taming the mind. Like a wild elephant, the distracted mind causes emotions to escalate. But if the mind is trained to be steady and open, no matter what comes at you, you will remain solid in the immediacy of your experience. On *Bodhisattva Mind*, Pema Chödrön leads you through an all-new series of practices inspired by Shantideva to help you "tether" your thoughts and emotions—not as a limiting force—but as a means to restore yourself in the freedom of the present moment. Experience the Spaciousness Available in Every Moment

STAF1091D

\$69.95

"If we approach the wildness of our mind like a horse whisperer—using gentleness, compassion, and kindness—we return to our natural state of expansiveness that is always available to us," says Pema Chödrön. Encompassing a rich span of insights from this gifted teacher, *Bodhisattva Mind* shows us how to connect with the spacious, clear, and unbiased nature of our minds, and experience the joy of complete freedom. Master recordings for *Bodhisattva Mind* graciously provided by Great Path Tapes.

7 CDs, 8 hours



BUDDHISM FOR BEGINNERS:

A COMPLETE COURSE ON THE HEART OF BUDDHA'S TEACHINGS

STAF0988D

\$69.95

Known for bringing "insight" meditation to the West and for his many best-selling books, including *A Path with Heart* (over 100,000 copies in print), Jack Kornfield now offers a collection of his most popular teachings with *Buddhist Meditation for Beginners*. Specially designed gift set includes four complete audio learning courses:

- *The Beginner's Guide to Buddhism*—Jack Kornfield illuminates Buddhism's most essential teachings, and how they make it possible to overcome challenging mental states such as fear, confusion, and anger.

- *Meditation for Beginners*—Comprehensive introduction to the vipassana ("insight") practice of meditation to cultivate a profound inner calm and awaken to the truth. Exercises include four complete meditations.

- *Meditations of the Heart*—Step-by-step meditations cast light on Buddhism's cornerstone, the Four Noble Truths. These meditations take less than ten minutes each to practice, yet will take you to the heart of essential Buddhist teachings on opening to the truth, forgiveness, fearlessness, and more.

- *The Beginner's Guide to Forgiveness*—Drawing from his background in meditation and psychology, Jack Kornfield reveals the path to forgiveness and the way out of our pain. Jack Kornfield's best-selling meditation programs present him at his best: engaging, intelligent, helpful—and easy to follow.

6 CDs, 6 ¼ hours



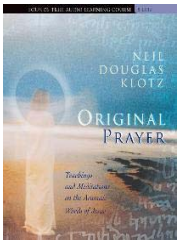
ELASTIC ZENITH, THE

"This is a metaphysical adventure into higher consciousness through the eyes of Artists, Healers and Visionaries. Two women unsure about their pregnancies, the sage wisdom of a 96-year-old Hope Indian and a band of spiritual explorers, delve into the mysteries of the paranormal and metaphysics on the powerful vortexes in Sedona, Arizona. This fast-paced and visually stunning film moves you from Earth to the mysteries of the Universe when these seekers encounter another dimension that holds the answers to mankind's greatest questions."

TMC149DVD

\$19.95

DVD 55 min NTSC



ORIGINAL PRAYER:

TEACHINGS AND MEDITATIONS ON THE ARAMAIC WORDS OF JESUS STAF0972 \$69.95

On Original Prayer, acclaimed teacher and author Dr. Neil Douglas-Klotz immerses us in the language and philosophy of Jesus’ world to reveal a practice with the power to change forever the way we experience sacred scripture. Neil Douglas-Klotz begins by revealing the rich layers of meaning enfolded within the Lord’s Prayer in Aramaic – the language that Jesus and his disciples actually spoke. Through his insightful Aramaic translations, Douglas-Klotz opens a window into the Lord’s Prayer that allows us to hear and understand the teachings of Jesus as he authentically taught them two thousand years ago. A Way to Experience Scripture Directly, through the Body Verse by verse, Original Prayer guides us through a series of 24 specific practices of “body prayer” – the original Middle Eastern form of meditation that uses chant, breathing, and awareness to engage the entire body and spirit in contemplation of scripture.

These are the same kinds of devotions used by the first Christians to delve into the Gospels – not as a scholarly exercise – but as a living and breathing experience of God. In the fertile spiritual landscape of the ancient Middle East, prayer, meditation, and scriptural study were practiced as a single contemplative path. Now, with Original Prayer, you have within your reach the definitive resource for experiencing this luminous practice, using one of the most enduring cornerstones of the Christian faith – the Lord’s Prayer. 8 CDs in slipcase, 8.5 hours, 39-page study guide



PREPARING FOR CONTACT

Lyssa Royal, channeling Germane, brings forward information about how we on Earth can prepare ourselves and our society for the inevitable contact with different extraterrestrial civilizations. Lyssa is seen regularly on television and in Connecting Link Magazine, is co-author of several books including The Prism of Lyra, Future Sex and Visitors from Within, and travels extensively throughout Japan, America, and Australia.

WL141 \$19.95

Video 50 min. NTSC

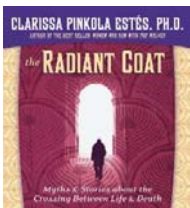


PROPHECY- THE NEXT 1000 YEARS

“From the Producers of “Inside The Cold War with David Frost” and “Terror on the Titanic,” shocking revelations about today’s headlines and our future. Prophecies from the Egyptians, the Bible, the Mayans, Hopi Indians, Nostradamus and Edgar Cayce all agree that the world will face a series of cataclysmic disasters over the next one hundred years. Millennium Alert weaves a fascinating web of seemingly unrelated events that, when taken together, reveal an astonishing similarity to prophecies from thousands of years ago.

UFK460 \$24.95

Video 90 min NTSC



THE RADIANT COAT

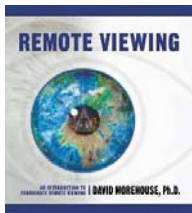
NEW!

As an analyst working with the dying, Dr. Clarissa Pinkola Estés has developed seminal methods to help ease the fear that can accompany the dying process. On The Radiant Coat, this best-selling author shares myths and stories first told at the bedsides of the dying to comfort them and their loved ones. For other cultures, Dr. Estés teaches, death holds no terror. It is in fact characterized as an ally, a wise and caring figure, leading departed souls through the starry night into the next day. This application of storytelling as a precious medicine for the terminally ill has attracted worldwide attention to the work of Dr. Estés. Fusing stories with useful psychological analysis, she removes the cloak of fear that surrounds the dying process. The Radiant Coat is a uniquely helpful collection of teaching stories, offered to help all listeners who seek to understand death—not as the end of life—but as another beginning.

STAW0118D \$19.95

Additional Contents: Death as a companion; consciously preparing for death; the four tasks in crossing between the worlds; dreams of the dying; medical intervention; the split archetype of the doctor as both life-bringer and escort through the doorway of death. Stories include: "Godfather Death"; "The Water Glass"; "The Radiant Coat"; and more.

2 CDs, 1½ hours



REMOTE VIEWING: AN INTRODUCTION TO COORDINATE REMOTE VIEWING **NEW!** **STAW0888D** **\$29.95**
Have you ever had flashes of insight about events that happened miles away from you, or that were about to happen in the future? If so, you have tapped into a gift that we all possess, according to David Morehouse—one that you can develop with the right training. With Remote Viewing: An Introduction to Coordinate Remote Viewing, here is your chance to learn from the leading authority on this remarkable practice for unlocking your innate psychic ability. The program includes:

- An introduction to Remote Viewing: the science and history of a practice that applies focus and discipline to human extrasensory powers
- Preparing for your journey—clearing your obstacles and setting yourself up for success in the practice
- A basic, practical overview of the protocol of Remote Viewing for beginning students
- Three guided “target sessions”—go step-by-step with David Morehouse to experience Remote Viewing for yourself. Includes target feedback on DVD to measure your level of mastery
- What’s next? The power of Remote Viewing to revolutionize your life

David Morehouse has taught tens of thousands of Remote Viewing practitioners how to unlock their ability to look across vast distances of space and time. Now here is your chance to get your first taste of your own limitless potential with Remote Viewing.

4 CDs, 4 ¼ hours



REMOTE VIEWING: TRAINING COURSE BY DAVID MOREHOUSE **STAF0840D** **\$239.95**
PRINCIPLES AND TECHNIQUES OF COORDINATE REMOTE VIEWING

Learn to "transcend the physical world to view people, places, and things remote in time and space," with this unprecedented home study course by the author of Psychic Warrior.

21 CDs, 22 hours, 284-page workbook,
3 sealed missions, and eye mask

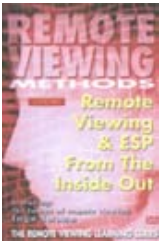
REMOTE VIEWING SERIES 6 DVD SET **NEW!** **UFK488** **\$119.95**



REMOTE VIEWING METHODS: 2 DISK SET
VOL. 1 REMOTE VIEWING & REMOTE INFLUENCING - HOW DO YOU DO IT WITH CRV, PRESENTED BY LYN BUCHANAN; **UFK485** **\$54.95**
VOL. 2 REMOTE VIEWING SECRETS REVEALED, PRESENTED BY LYN BUCHANAN.
2 DVD 4 hours



REMOTE VIEWING VIDEO LEARNING SERIES 3 DISK SET
VOL. 1 MARTIAL ART FOR THE MIND, GABRIELLE PETTINGELL; **UFK487** **\$99.95**
VOL. 2 DEVELOPING SENSORY AWARENESS, PATRICK MARSOLEK;
VOL. 3 THE BEST TECHNIQUES FOR SUCCESSFULLY REMOTE VIEWING THE FUTURE, PAM CORONADO;
VOL. 4 REMOTE VIEWING AND DIRECTION FINDING (RVDF), DICK ALLGIRE;
VOL. 5 HOW TO SUCCEED AT NOT FAILING, LYN BUCHANAN;
VOL. 6 REMOTE VIEWING'S BIGGEST BUGABOO, PAUL H. SMITH.
3 DVD Disks • 380 min



REMOTE VIEWING METHODS: INGO SWANN 2 DVD

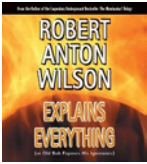
NEW!

UFK486

\$39.95

Ingo Swann is considered a preeminent parapsychologist, and the acknowledged father of Remote Viewing. Analysts of science and parapsychology generally concede that his work and the high levels of official sponsorship he obtained provided positive proof of the validity of ESP and psychic abilities in all human beings. Ingo Swann is the author of 11 books and is featured here in this rare television appearance presenting his unique insights about ESP and Remote Viewing. Learn the history and the latest applications of this amazing field of “intuitive science,” and discover for yourself how to develop and use your own ESP – Remote Viewing skills.

2 DVD Disks • 180 min



ROBERT ANTON WILSON EXPLAINS EVERYTHING

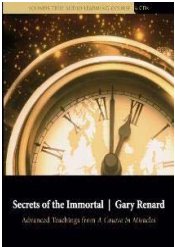
NEW!

STAW0574D

\$34.95

From the author of the legendary underground bestseller The Illuminatus! Trilogy and more than thirty other books comes a long-awaited audio event: Robert Anton Wilson Explains Everything. This once-in-a-lifetime, 12-session recording captures one of the most unconventional and brilliant writers of this century in conversation, and makes available to Wilson’s legion of fans a refreshing insider’s view of this enigmatic (and often misunderstood) author. Robert Anton Wilson discusses such topics as futurist psychology, the paranormal, God, conspiracies real and imagined, James Joyce, “guerrilla ontology” – plus rare personal reflections on his extraordinary life.

5 CDs, 6 hours



SECRETS OF THE IMMORTAL:

NEW!

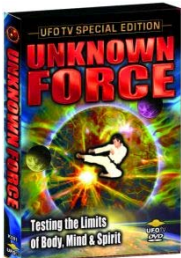
ADVANCED TEACHINGS FROM A COURSE IN MIRACLES

STAF1023D

\$69.95

What if you could accelerate your spiritual progress so greatly that you would never have to "come back" to learn more lessons? Is it possible that a form of "advanced forgiveness"—if fully understood and achieved—could bring you perfect peace? According to Gary Renard, all the instructions to transcend human suffering and dissolve the illusions of this world are contained in A Course in Miracles. Now, with Secrets of the Immortal, this best-selling author guides you through the complex layers of this modern classic, to help you fully understand its core spiritual teachings.

6 CDs, 7¼ hours



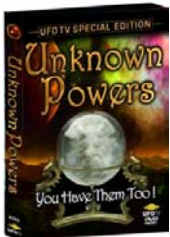
UNKNOWN FORCE **NEW!**

UFK581

\$19.95

From the dawn of time, mystics, shamans and saints have proclaimed that we as human beings have unlimited power at our fingertips but fail to perceive its existence because it is beyond our five senses. This amazing program presents the fascinating story of the scientists who are developing the technology to measure these imperceptible energies and the exploration of an untapped life force energy that is available to all of human kind which can revolutionize and improve the quality of our lives in dramatic ways. Includes stunning extrasensory evidence that can no longer be denied, epic proof of spectacular human potential and amazing demonstrations of life force energy that defy scientific explanation, along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible paranormal authorities in the world today

DVD 51 Min



UNKNOWN POWERS

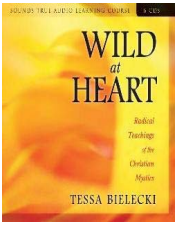
NEW!

UFK582

\$29.95

This amazing fact filled, feature length program is the most comprehensive exploration of paranormal phenomena ever attempted on film. Examine in authentic, graphic detail - ESP, astrology, telepathy, psychokinesis, pyramid power, faith healing, materializations, ectoplasms, and even life after death. Explore the fascinating men and women of today whose extraordinary powers and strange “gifts” are challenging the dogmas of modern science. Includes stunning extrasensory evidence that can no longer be denied, epic proof of spectacular human potential and amazing demonstrations of life force energy that defy scientific explanation, along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible paranormal authorities in the world today.

DVD 98 Min



WILD AT HEART

NEW!

STAF1074D

\$69.95

Is an intimate experience of the Divine meant only for saints and mystics? Ask Tessa Bielecki, and the answer is an emphatic no. "Mystical experience is as natural to us as breathing," she explains. "It erupts spontaneously and graciously when we live on the spot and savor the real." Wild at Heart presents her call to you, the ordinary seeker, for a loving realization of God that is your divine birthright.

A former Carmelite nun and abbess of a monastic community, Tessa Bielecki guides you through six hours of practical, easy-to-follow teachings—stemming from her forty years of communal worship—and an in-depth study of Christian mystics, including Saint Teresa of Avila, Saint John of the Cross, Saint Augustine, and others. Join her to rediscover the radiant heart of Christianity, and bring the mystic's depth of passion to your own spiritual practice.

6 CDs, 6 ¼ hours



WORLD OF THE UNKNOWN

NEW!

UFK583

\$19.95

Has there been a conspiracy to hide the truth regarding the lost continent of Atlantis, the Bermuda Triangle, UFOs, Mind Control and faith healing? An ancient city has been discovered beneath the waters of the Bermuda Triangle which may be the lost remains of the legendary civilization of Atlantis. Today an ever-increasing number of individuals claim to have received messages directly from God or from spacemen, angels, spirits and other super-human entities. David Shepherd and Chris Kennedy are two extraordinary youngsters, who are able to move and bend metal objects with the power of their minds. All these facts and more are explored in this mind-boggling film. Includes stunning extrasensory evidence that can no longer be denied, epic proof of spectacular human potential, amazing demonstrations of life force energy that defy scientific explanation, along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible paranormal authorities in the world today..

DVD 50 Min

TRAVEL AND SACRED SITES



BARAKA, A WORLD BEYOND WORDS

SV2105

\$29.95

Baraka, an ancient Sufi word with forma in many languages, translates as a blessing, or as the breath or essence of life from which the evolutionary process unfolds. A transcendently poetic tour of the globe, *Baraka* was shot in breathtaking 70mm in 24 countries on six continents. Set to the life affirming rhythms of varied religious rituals and natures own raw beat, *Baraka* is visualization or the interconnectedness humans share with the earth. *Baraka* captures both the harmony and calamity upon the Earth. However, mere words do not do the film justice. *Baraka* must be seen, felt, and experienced to be understood.

Video 92 min. NTSC

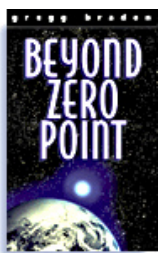


BARAKA - COLLECTOR'S EDITION - DVD

SV2106

\$29.95

'Two thumbs up!' An awesome cinematic world tour.'-Stephen Holden, New York Times 'Magnificent! Visionary, shimmeringly beautiful. A film as awesome as its images. A dazzling collection of life on this planet.' --Kevin Thomas, Los Angeles Times *Baraka*, an ancient Sufi word with forms in many languages, translates as a blessing, or as the breath or essence of life from which the evolutionary process unfolds. A transcendently poetic tour of the globe, *Baraka* was shot in breathtaking IMAX 70mm format in 24 countries on 6 continents. *Baraka* must be seen, felt and experienced!



BEYOND ZERO POINT

On Beyond Zero Point, Earth scientist and author Gregg Braden offers a stunning theory – that our planet has now entered a geophysical phase predicted millennia ago, a "Shift of the Ages" that is transforming your consciousness even as you read this. Hidden within the ancient prophecies of the Essenes, Hopis, Mayans, Egyptians, and others, asserts Braden, is a universal and sacred set of technologies. The secret of these tools is knowing how the outer world mirrors our inner conditions. With this knowledge, each of us can transcend ordinary consciousness, align ourselves with the forces around us, and directly participate in the great challenges that lie ahead. Are these the lost keys to the next phase of human evolution? Listen and decide for yourself as Gregg Braden takes you on an unforgettable excursion Beyond Zero Point.

STAW0407D

\$19.95

2 CDs, 3 hours



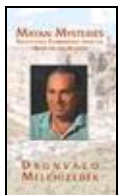
CLOAK OF THE ILLUMINATI: 2 DVD SET STARGATE SECRETS

Thousands of years ago Stargate technology of the gods was lost. Mayan Prophecy says it will return by the year 2012, along with our alignment with the center of our galaxy. This will bring the birth of a new matrix and a new human. According to ancient texts, what is needed is the Cloak of the Illuminati, a super skin with astounding supernatural power which makes safe passage through Stargates possible. In this program, investigative mythologist and author William Henry explores the secrets of the Illuminati and reveals the true power of the Cloak and the Illuminated, even in the modern world.

UFK373

\$59.95

DVD 240 min.



DRUNVALO MELCHIZADEK – MAYAN MYSTERIES

Drunvalo Melchizedek - Planetary caretaker. There is a higher consciousness - a very high consciousness - here on Earth." Learn from one of our most prolific teachers about our destiny and how we can awaken to a beautiful transition to higher consciousness through deep love and patience.

FS1002

\$24.95

FS3002DVD

\$24.95

Video 69 min. NTSC, DVD



FATHER SUN SPEAKS – HUNBATZ MEN

The message of the Maya, delivered by Mayan Elder, Hunbatz Men, (author of *Mayan Science of Religion*) celebrates the end of the 520-year Kaltun of "hell time" and marks the beginning of the age of knowledge. Drunvalo Melchizedek, Barbara Hand Clow and 3 Tibetan Lamas join the Mayan Council and 450 pilgrims from around the globe for this extraordinary historic event. Ceremony at the Spring Equinox reactivates sacred sites at Chichen Itza, Uxmal and Palenque. The prophecy Pacal Votan, the ancient Maya is illuminated.

FS1000

\$29.95

Video 73 min. NTSC



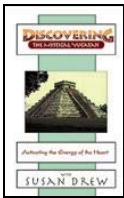
GREGG BRADEN AUDIO COLLECTION, THE

Where is human evolution taking us? To answer this question, bestselling author Gregg Braden continues to break ground, merging the wisdom of lost prophecy and ancient prayer with the latest in scientific research on the destiny of humankind. The Gregg Braden Audio Collection brings together for the first time his revolutionary works—including a bonus CD with all-new teachings, available nowhere else. Boxed set includes: • Beyond Zero Point—Introduces Gregg Braden's pioneering theory that hidden within the earliest prophecies of the Essenes, Hopis, Egyptians, and others lies a universal and sacred set of technologies with the capacity to alter the future of civilization. • The Isaiah Effect—Bridging new insights into the physics of time with ancient wisdom from the Dead Sea Scrolls, Braden reveals how to harness the awesome potential of both prayer and prophecy to create "the Isaiah Effect"—a transformative tool for healing ourselves and the planet. • The Lost Mode of Prayer—Through freshly translated texts of the Dead Sea Scrolls, Braden exposes the inner workings of a potent force for creating profound changes in ourselves and those around us. • Plus an all-new 60-minute CD on the practice of prayer and how to give and receive the gift of blessing. Includes a special extended guided blessing exercise.

STAW0899D

\$39.95

7 CDs, 8.5 hours

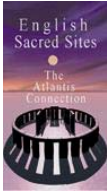


SACRED SITES #1: DISCOVERING THE MYSTICAL YUCATAN

Activating The Energy Of The Heart. Journey to the land of the Mayans with psychotherapist, past-life facilitator and channeller Susan Drew as she leads a small group to the sacred sites of Chichen Itza, the Loltun caves, Uxmal, Kabah, Sayil, Cabo and Tulum. Be a part of the activation of the Yucatan's tremendous powers of vibrational transformation for the entire earth as we enter the time of the heart. Videotaped during the powerful acceleration of the Time Shift Energy (July 26, 1992) as designated by Jose Arguelles.
Video 60 min. NTSC

SV4401

\$19.95

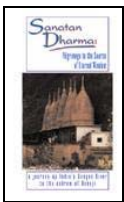


SACRED SITES #2: ENGLISH SACRED SITES THE ATLANTIS CONNECTION

Discover powerful evidence that links Stonehenge, Avebury, Glastonbury and many other mystical locations throughout England to an advanced ancient order that had a direct connection with Atlantis. Travel along a set of prehistoric "tracks" that run hundreds of miles through the English countryside – evidence of a highly developed science that was capable of engineering the construction of incredibly inspiring structures that continue to radiate their sacred energies to this day.
Video 60 min. NTSC

SV2513

\$19.95



SACRED SITES #3: SANATAN DHARMA

Pilgrimage To The Source Of Eternal Wisdom ... ineluctable, dazzling and exalting. Don't miss it. - Humo. In the foothills of the Himalayas, at the headwaters of the Ganges River in Northern India, lies the sacred Ashram of Babaji, where Westerners practice a form of devotion together with the Indian community. Through this personal and moving video, experience the inner and outer journey of Dutch filmmaker Henk Poncin as he writes home about his awakening to the values of truth, simplicity and love that comprise the eternal, universal religion he found there – Sanatan Dharma.

SV3760

\$29.95

Video 43 min. NTSC

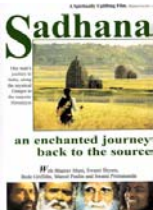


SACRED SITES: 3 VOL SERIES (BUY ALL 3, SAVE \$4.90)

This amazing collection takes the viewer into the heart of some of the most powerful places on our planet. Journey to Central America in *Vol 1: Discovering The Mystical Yucatan*. Observe advanced engineering thousands of years old in *Vol 2: English Sites – The Atlantis Connection*. Witness the sublime wisdom of Indian spirituality in *Vol 3: Sanatan Dharma*.
3 Videos 163 min. NTSC

SAC1003

\$59.95



SADHANA BACK TO THE SOURCE NEW!

A must for all seekers interested in India's spiritual legacy. This is the journey of a young seeker who follows the call of his soul, from the Majestic Himalayas to the Mythical Ganges, offering insight into the living spirit of Hinduism. Travel through India with a young seeker, Marcel Poulin. See religious & sacred events including the Kumbha Mela. Meet extraordinary Holy men, Bede Griffiths and others discuss the meaning of life. Stunning visuals. Compared to *Siddhartha* and *Meetings with Remarkable Men*.
"Breathtaking. It teaches us to understand the world by understanding the self."-Toronto Fest. "A compelling docudrama & spiritually uplifting film." - Montreal Gazette.
DVD Disk 160min

PPMD3A

\$24.95



THROUGH THE EYES OF A CHILD – DRUNVALO MELCHIZEDEK

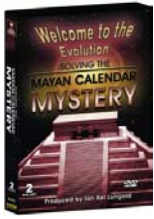
Join one of America's most prolific teachers for an adventure into higher consciousness! In this two-volume set, Drunvalo Melchizedek presents cutting-edge information on the evolution of human DNA and the impact higher consciousnesses are having on this planet. With his awakened gift of synthesis, he discusses: Three New Races of Children, Conscious Water, The Bible Code, UFOs, Crop circles...and more! Watch this amazing video and see Drunvalo in action, revealing evidence that shows how our lives-at this very moment-are being altered forever.
2 PK Video TSC, DVD

SV3853

\$39.95

SV3854DVD

\$39.95



WELCOME TO THE EVOLUTION :SOLVING THE MAYAN CALENDAR

For 525 years, adventures and archeologists have studied the Mayan civilization for clues about their calendar system. Due to the translation of Mayan writing, discoveries of calendar inscriptions at Mayan ruins and the availability of scientific facts about Earth history, we now have the answer to the Mayan calendar mystery. Ian Xel Lungold, presents scientific evidence that demonstrate the Maya centered their civilization around the actual schedule of the evolution of consciousness and the unfolding of creation; galaxies, life and history.
2 DVD • 150 min

UFK456

\$39.95

UFOS, ALIENS

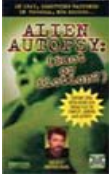


ABDUCTION & SURGICAL REMOVAL OF ALIEN IMPLANTS

"Dr. Roger K. Leir and UFO researcher Derrel Sims present an explanation of surgeries performed for the removal of suspected Alien implants from UFO Abduction victims in August of 1995. The material, somewhat graphic in detail, also shows some video scenes of the surgeries being performed and the objects being removed."
DVD 133 min

UFU515

\$29.95

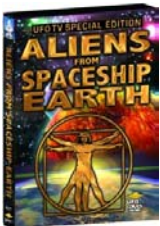


ALIEN AUTOPSY: FACT OR FICTION?

<The Extended Version> See for yourself the compelling documentary that examines in detail the Ray Santilli alien autopsy footage that everyone is talking about. Hosted by Jonathan Frakes of Star Trek The Next Generation.

SV2007

\$19.95



ALIENS FROM SPACESHIP EARTH

While the "aliens" in this film may seem to be quite human, one must realize that this film is dealing with close encounters of the fourth kind. An inner space journey triggered by the drug culture and rebellion of the sixties, and the non-violent search for self that continues among people in today's culture. Could this be due to some influence from a "higher spiritual consciousness"? The world's "alien" leaders are well represented in this film: Baba Muktananda, Swami Satchidananda, A. C. Bhaktivedanta, Guru Maharaj Ji, Yoga Bhanan, Sri Sathya, Sai Baba, Maharishi Mahesh Yogi, Father Yod, Baba Ram Das, and well-known personalities who present their views on seeking their own terrestrial individuality. Whether inspired by a more highly evolved race than earthlings, or from a visit millions of years ago by space aliens, "Aliens from Spaceship Earth" are causing great changes on our planet today.

UFK577

\$29.95

DVD 91 min



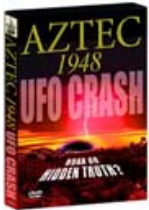
ARE WE ALONE? IN THE UNIVERSE

In a set of 6000-year-old stone tablets the Sumerians of Mesopotamia vividly describe cataclysmic planetary events which billions of years ago gave our solar system its current configuration, fashioning our own planet in the process. Sumerian records also mention the existence of an additional planet in our solar system referred to as Nibiru, which is currently unknown to modern science, and is the recorded home of our human ancestors, according to these ancient records. Eminent scientists agree that calculations tend to confirm the accuracy of the ancient Sumerian creation story. In the eighties, unmanned U.S. space probes photographed pyramids and other strange features on the surface of Mars, suggesting this was once the site of an alien space base. Join Zecharia Sitchin, author of Genesis Revisited and The 12th Planet, as we embark on an exciting journey into uncharted territory; a provocative reassessment of who we are and where we stand in the Universe.

UFU290

\$19.95

DVD Disk • 60 min



AZTEC 1948: UFO CRASH

On March 25, 1948 a UFO spacecraft of extraterrestrial origin crashed in a place called Aztec, New Mexico. 16 alien bodies were discovered dead inside. The alien bodies and all evidence of their spacecraft were soon transported by government officials to Wright Patterson Air force Base, where all traces of this event disappeared in secrecy. This program documents the shocking facts around this disturbing mystery and includes interviews with leading UFO researchers, a walking tour of the crash site, a tour of the secret US radar station that tracked the UFO crash and the story of an intensive government investigation into alien biology and space technology.

UFU553

\$24.95

DVD Disk • 60 min • \$24.95



BEST UFO SIGHTINGS OF THE 1990'S,

The 1990s have been hailed as the greatest decade ever for film and video taped evidence that UFOs exist. The film is produced to provide a timeline and the context with which these events occurred. This film is a great addition to any library and fun to share with friends. Recommended!

UFKU426

\$24.95



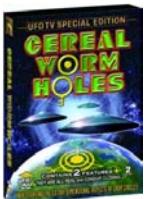
BOB LAZAR VIDEO, THE - EXCERPTS FROM THE GOVERNMENT BIBLE

Bob Lazar shatters the cloak of secrecy surrounding the Governments most highly sensitive operations at an area known as S4 of Area 51 in Nevada! Hear a full account of alien spacecraft hidden at S4 with details on their propulsion and how they operate. Learn answers to: How do you generate a gravitational field? What is the power source for interstellar travel? Are we being turned into a race of hybrids? Are we breeding material for Alien offspring? Is the Government involved in some kind of New World Order experiment?

UFU536

\$19.95

DVD Disk • 55 min



CEREAL WORM HOLES

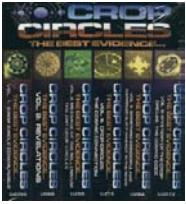
NEW!

Prepare to embark on a mind bending journey through the worlds of science, secret art and alien states of consciousness. For thousands of years an alien presence here on Earth has made us aware of their existence through miraculous signs and wonders, such as the ancient Nazca Lines of Peru, the Sphinx and Pyramids of Egypt, Stonehenge in England, and now, the global phenomena of Crop Circles. Presented here for the first time in this explosive program are the details of an investigation into the extra-dimensional aspects of the Crop Circle phenomena. Now drawing on shocking new discoveries from the world's greatest scientific minds, this epic set of programs presents factual proof of alien influences today that have shaped history and human evolution for thousands of years. Includes spectacular cinematography of alien Crop Circles and an amazing series of spellbinding interviews with researchers, experiencers, and the best known most credible Crop "Circle authorities in the world today. Ultimately your perception of reality will be turned inside out by the facts presented in this amazing program.

UFU645

\$34.95

2 DVD 132 min



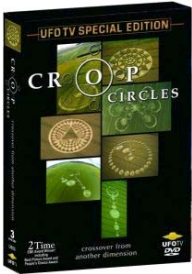
CROP CIRCLE BEST EVIDENCE – 7 DVD SET

The Crop Circle phenomenon continues to mystify scientists and the public alike. The Crop Circle Archives contains the largest collection of films, photographs and research ever assembled on the Crop Circle phenomenon. Each film represents a different filmmaker’s perspective and collectively represents the largest body of evidence ever assembled on this phenomenon. Witness for yourself the stunning beauty and grandeur of Crop Circles in this amazing video series.

UFU445

\$99.95

DVD 7 1/2 hours



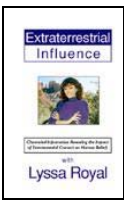
**CROP CIRCLES: CROSSOVERS FROM ANOTHER DIMENSION
3 DVD SET**

Discover the hidden secrets of a timeless mystery in this award winning film about the greatest Crop Circle formations ever created. The creators of these paranormal formations still remain a mystery. After years of painstaking research, scientific evidence still points to alien influences that are responsible for this phenomena. One thing is certain, what you are about to see in this amazing film can only be described as miraculous. Evidence of a secret art form that continues to defy explanation. Includes spectacular cinematography of the latest, greatest and most up to date Crop Circles and a fascinating series of spellbinding interviews with researchers, experiencers, and the best known, most credible Crop Circle authorities in the world today. Packed with bonus features, expert analyses and an exclusive cinematic archive of the latest and greatest Crop Circle formations ever captured on film.

UFU653

\$39.95

3 DVD 240 min



EXTRATERRESTRIAL INFLUENCE

A channeled workshop exploring how early humans had their beliefs shaped by their extraterrestrial forefathers - and how many have these beliefs still influence us today. Presented by Lyssa Royal. An internationally acclaimed channel whose work is seen regularly in Connecting Link Magazine, Lyssa is the co-author of the books: "The Prism in Lyra" and "Future Sex". She works extensively with American, Japanese and Australian clients and has appeared nationally and internationally on television and radio.

WL142

\$19.95

Video 90 min. NTSC



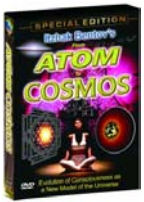
FLYING SAUCERS ARE REAL - COLLECTORS 2 PAK

"Nuclear Physicist Stanton T. Friedman presents the final evidence that we are not alone. These programs document UFO landings, with photos and videotaped evidence of UFOs from around the world and reveal the startling story of the governments "Cosmic Watergate", a massive effort to keep UFO information from the public. Discover where some Alien visitors to earth are likely to originate and learn about the GAO study on the Roswell incident and the most important government documents ever leaked to the public."

UFU435

\$34.95

DVD 84 min



FROM ATOM TO COSMOS, ITZHAK BENTOV

Itzhak Bentov was a scientist, inventor, and an early pioneer in the research of consciousness. By blending analytical knowledge and intuitive insight, Itzhak Bentov was the first to develop what is now widely accepted today as a holographic model of reality. **UFK466 \$24.95**

"I am attempting to build a model of the universe that will satisfy the need for a comprehensive picture of 'what our existence is all about.'" - Itzhak Bentov.

This program is based on Itzhak Bentov's two books, "Stalking The Wild Pendulum," on the mechanics of consciousness, and "A Cosmic Book" on the mechanics of creation.

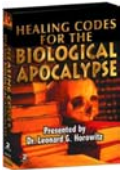
Includes a rare recording of Itzhak Bentov's last television appearance and his inspirational exploration of consciousness and the cosmos, presented in its original form by his wife Mirtala. Ultimately your perception of reality will be turned inside out by the facts presented in this critically acclaimed program.

"A ground breaking work. Bentov offers a revolutionary image on the human mind and the universe." - Dr. Stanislav Grof.

"An astonishing work, an absolute must for any pioneer on the spiritual journey." - Judith Hollister

In loving memory of Itzhak Bentov 1923 - 1979 and his contributions to science and consciousness research.

DVD 90 Min

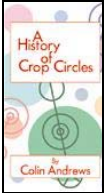


HEALING CODES FOR THE BIOLOGICAL APOCALYPSE

Join Dr. Leonard Horowitz as he explores more than 2000 years of religious and political persecution by a secret cabal that has waged ceaseless wars, famines, plagues and propaganda campaigns against Earth's people. Includes the details about ancient musical and mathematical codes linked to creation, destruction, and miracles, including the repair frequency of DNA – the genetic blueprint of life. **UFK476 \$49.95**

Learn why fungi and prion crystals, associated with Creutzfeldt-Jakob disease, are most likely being spread through infected grains. Like silicon biochips, they theoretically provide an electromagnetic frequency receiver and internal energy transmitter to enslave, sicken, and control world populations.

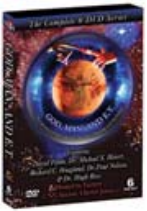
2 DVD 4 Hours



HISTORY OF CROP CIRCLES, A

The Graduate Course in Crop Circles – from the first sightings to the present day – is offered by Colin Andrews in an insightful and personable, anecdote-filled presentation that includes evidence in dozens of color slides as well as an overview (up to 1992) on the evolving worldwide developments of this dramatic phenomenon. Recorded before a live audience. (Formerly entitled Crop Circle Update.) **SV2012 \$19.95**

Video 120 min. NTSC



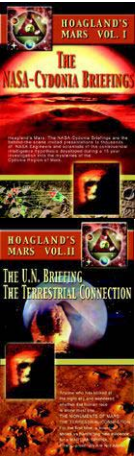
HOAGLAND'S GOD, MAN & ET – 7 DISK COLLECTOR'S SET

On October 25, 2003, scholars, theologians and scientists came together at the University of Wisconsin for an all-day, thought provoking discourse on the questions of "God, Man, and E.T." This series of programs is the result of that historic event and compelling, wide-ranging discussion, and features the following contributors: Dave Flynn - "The Mars/Earth Connection: Cydonia in Ancient Science and Mythology." Dave Flynn, well-known mythologist in the Christian community, and expert on Cydonia / Mars anomalies and Biblical teachings, occult mythology, and zodiacal and processional phenomena. Author of "Cydonia and the Mysteries of Mars" Dr. Michael S. Heiser - "No Room ant the Inn? Can the Judeo - Christian Worldview Accommodate an Intelligent ET Reality?" Mike Heiser, Ph.D., received his degree for the University of Wisconsin, has taught biblical studies/theology and does translation work in a dozen middle-eastern languages. Author of the "The Façade", a novelization of UFOs, ET the Paranormal and The Bible Code Myth. Richard C. Hoagland - "The Gods of Cydonia: the Case for Ancient Artificial Structures in the Solar System" Richard C. Hoagland - Former CBS Science Advisor for Walter Cronkite, and a former NASA consultant to the Goddard Space Flight Center, is Founder and Principal Investigator of The Enterprise Mission. Author of the international best seller, "The Monuments of Mars" - now in it's Fifth Edition. Dr. Hugh Ross - "Does ET Have a Home? The Probability for Life's Existence Elsewhere in the Universe." Dr. Ross received his degree from Cal Tech and is a leading figure in the Intelligent Design movement and has authored several books, including "Lights in the Sky and Little Green Men: A Rational Christian Look at UFOs and Extraterrestrials." Dr. Paul Nelson - "If ET Called, How Would We Know It?" Dr. Nelson received his Ph.D. from the University of Chicago in Philosophy, and has published articles in such journals as Biology & Philosophy, and chapters in the anthologies "Intelligent Design" and "Creationism & Its Critics."

UFU552

\$119.95

6 DVD Disks • 8 ½ hours



HOAGLAND'S MARS I: NASA-CYDONIA BRIEFINGS NEW!

Official NASA photos show a "face" and a collection of structures in the Cydonia Region or Mars, laid out in extraordinary, redundant, mathematical design, which strongly suggests an intelligent, encoded message? but what is it trying to tell us? The conclusions presented will astound you.

UFU411

\$24.95

DVD Disk * 84 min



HOAGLAND'S MARS II: UN BRIEFINGS NEW!

Richard Hoagland presents his evidence to the United Nations. In non-technical language, using official NASA photos, stunning computer graphics and other video images, Richard Hoagland, as head of an independent Mars investigation team, makes a case for crucial connections between ancient structures on the landscape of the planet Mars and the ruins of ancient civilizations on Earth. This multimedia video presents new research not included in the original NASA Cydonia Briefings.

UFU412

\$29.95

DVD Disk • 115 min

HOAGLAND'S MARS III: MOON MARS CONNECTION NEW!

Ancient Alien ruins on the Moon? Is it possible? The Moon/Mars Connection uses NASA's own data to make a compelling scientific case for the existence of ancient alien artifacts on the earth's nearest neighbor in the Solar System. As no one has done before, Hoagland uses state-of-the-art computer image processing and other analytical techniques to take the viewer into an extraordinary world of possible gigantic structures where NASA says there are none. Have some officials within the U.S. Government, for over 30 years, been hiding the truth? The Moon/ Mars Connection opens the mind to these amazing possibilities. Richard C. Hoagland, author of The "Monuments of Mars," is a former science consultant to NASA and CBS News.

UFU413D

\$44.95

2 DVD Disk • 180 min



HOAGLAND'S MARS 4 TAPE COLLECTORS SET

The Moon/Mars Connection, The NASA/Cydonia Briefing and The Terrestrial Connection U.N. Briefing present a powerful scientific case, with NASA data, that the Earth and Solar System have been visited by intelligence from other worlds. Richard C. Hoagland, as head of an independent Mars investigation team, makes a case for crucial connections between ancient structures on the landscape of our moon, the planet Mars and the ruins of ancient civilizations on Earth.

UFU410 \$89.95

DVD 390 min NTSC



JOURNEY, THE

Presenting the most extraordinary film evidence to date of an active and ongoing UFO presence in our skies. Over one year in the making, this documentary tells the remarkable story of one man's efforts to record some of the most extraordinary UFO footage ever seen. For the past few years, Anthony Woods has somehow attracted UFOs on a scale unprecedented in the history of ufology. What you will see is considered by UFO experts to be the greatest daylight UFO footage ever recorded.

UFU511 \$29.95

DVD 90 min

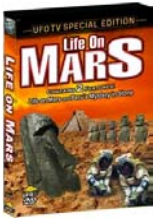


KECKSBURG, THE UNTOLD STORY

Many people believe the government is not telling the truth about its involvement in the retrieval of a crashed UFO in Kecksburg, PA in 1965. Now for the first time, many witnesses reveal startling information related to the Kecksburg incident. Follow the events of December 9th, 1965, as twenty-one witnesses describe what they saw in regards to the object in the sky and on the ground, the news media's involvement and the military's removal of the object to and Air Force base in Ohio."

UFU431 \$24.95

Video 92 min NTSC



LIFE ON MARS / PERU'S MYSTERY IN STONE

NEW!

As seen on ABC, CBS and Fox News. Scientists announce the discovery of startling artificial structures found among recently released NASA / JPL photos taken by the Mars Global Surveyor and that these artificial structures are stunning proof that Mars once was inhabited by an intelligent civilization. Includes a spectacular collection of new photographs presented by Dr. Tom Van Flanders, former Chief Astronomer for the United States Naval Observatory and former NASA Astronaut, Dr. Brian O'Leary. See remarkable monuments, "T" shaped craters, gigantic glass tube systems, ancient forest remains and grand edifices that will leave you speechless. As a bonus to this program investigators explore the ancient and mysterious stone and cliff monuments of Peru and present amazing evidence of an ancient advanced culture that came from the stars.

UFU648 \$24.95

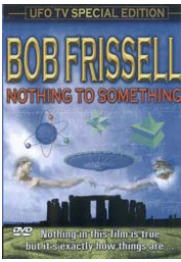
DVD 72 min

MIAMI CONTACTS (WHILE SUPPLIES LAST)

This rare, out-of-print title, features the work of UFO researcher Randolph Winters. Known for his pioneering work with the original materials from the UFO case of Swiss farmer Billy Meier, Mr. Winters takes his investigation to Miami for what may be a sequel to the multiple visitations that happened in the Swiss countryside. This latest case details the ongoing contacts with a Florida man named Adrian who has taken many photos and videotapes of Pleadian craft from his apartment window overlooking Miami's inter-coastal. Even more amazing is this man's story and the beings from the Pleiades he calls his parents!

SV3605 \$39.95 ON SALE \$19.95

Video 60 minutes

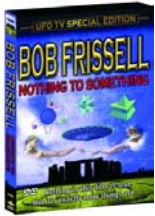


NOTHING TO SOMETHING: BOB FRISSELL SPECIAL EDITION **NEW!**

If conventional explanations of life don't make much sense to you anymore, the ideas in this film just might. Bob Frissell presents a unique account of our planetary ascent into higher consciousness, a big screen view of earth drama through his investigation, and a journey into the experience of ascended masters and spiritual guides including a witness from the 13th dimension known to many as Drunvalo Melchizedek. Frissell also explains the details of earth changes, pole shifts, cataclysmic events, UFOs, Aliens, sacred geometry, creation, spirituality, ascension, conspiracy theories, and the human creative process. Ultimately your perception of reality will be turned inside out by the facts presented in this amazing mind-blowing program. Perhaps you're one of the many who sense that the inhabitants of the planet earth are destined to experience miraculous change in the not-too-distant future. Bob Frissell is the author of the classic underground book *Nothing in this Book is true, but it's Exactly how things are.*

UFK461 \$24.95

DVD Disk 60 min.



NOTHING TO SOMETHING: BOB FRISSELL SPECIAL EDITION

If conventional explanations of life don't make much sense to you anymore, the ideas in this film just might. Bob Frissell presents a unique account of our planetary ascent into higher consciousness, a big screen view of earth drama through his investigation, and a journey into the experience of ascended masters and spiritual guides including a witness from the 13th dimension known to many as Drunvalo Melchizedek. Frissell also explains the details of earth changes, pole shifts, cataclysmic events, UFOs, Aliens, sacred geometry, creation, spirituality, ascension, conspiracy theories, and the human creative process. Ultimately your perception of reality will be turned inside out by the facts presented in this amazing mind-blowing program. Perhaps you're one of the many who sense that the inhabitants of the planet earth are destined to experience miraculous change in the not-too-distant future. Bob Frissell is the author of the classic underground book *"Nothing in this Book is true, but it's Exactly how things are."*

UFK461 24.95

DVD Disk • 60 min.

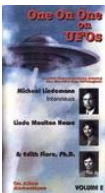


ONE ON ONE ON UFOs #1: COVER-UPS & SECRET BASES

Join UFOlogist Linda Moulton Howe (the creator of *Sightings*) as she teams up with John Lear and Bill Hamilton to probe the reasons for the US Government's cover-up of its clandestine underground UFO experiments. John Lear gives his firsthand insights into the Government's UFO cover-up, his own eye-witness account of flying objects over Area 51, the information still being withheld from the public and the reasons why. Bill Hamilton probes the reasons for the U.S. Government's UFO cover-up projects.

(PAL)UFU101P \$24.95

Video 70 min. NTSC

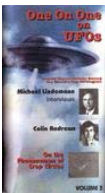


ONE ON ONE ON UFOs #2: ALIEN ABDUCTIONS

Investigative journalist & UFOlogist Michael Lindemann, questions two of the most respected experts on this serious, growing and disturbing incursion - two credible professionals who offer sensible perspectives that may help people cope with a topic that can evoke much fear and denial. Featuring Linda Moulton Howe, author, film producer and authority on animal mutilations and abductions, and Dr. Edith Fiore, Ph.D., a clinical psychologist -- whose practice specializes in treating abductees.

**(VHS) UFU102 \$19.95
(PAL)UFU102P \$24.95**

Video 60 Min. NTSC

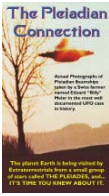


ONE ON ONE ON UFOs #3: PHENOMENON OF CROP CIRCLES

This is probably the most profound phenomenon on the planet and the phenomenon is ongoing. One courageous man, Colin Andrews, is working tirelessly, consulting with U.S. State Department, British intelligence and United Nations officials, to inform mankind of the profound implications of these beautiful and mystifying events. He proves why the man-made hoax explanation should be ruled out and illustrates his case with photographs of some of the most intriguing patterns. Michael Lindemann hosts.

**(VHS)UFU103 \$19.95
(PAL)UFU103P \$24.95**

Video 60 min. NTSC

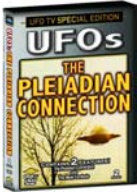


PLEIADIAN CONNECTION, THE

"Planet Earth is being visited by extraterrestrials from a small group of stars called The Pleiades, and its time you know about it. This is the unparalleled case of a one-armed Swiss farmer named Billy Meier, who has instructed telepathically to meet "beamships" on dozens of occasions – bringing back stunning 8mm films and dazzling photographs of ET ships and artifacts of their propulsion systems. From UFO researcher Randolph Winters, author of *The Pleiadian Mission*."

(PAL) (SAVE \$10.00)
SV3604P \$39.95

Video 60 min NTSC



PLEIADIAN CONNECTION - 2 DVD SPECIAL EDITION NEW!

In 1975, Eduard "Billy" Meier, a humble Swiss farmer, began a series of personal contacts with extraterrestrial beings from a cluster of stars known as the Pleiades. The information contained in this fascinating two part series is based on Billy Meier's many incredible conversations with "Semjase," a Pleiadian cosmonaut. Author / Lecturer, Randolph Winters and Researcher / Lecturer, Michael Horn who have been studying this UFO case for many years, share Pleiadian messages about Earth's history, man's spiritual development, the laws of creation, how the Pleiadian cosmonauts use beamships for interstellar travel and many more fascinating subjects. Includes remarkably accurate, prophetic, scientific, and world event related information, published by Billy Meier from his contacts with the Pleiadians, years to even decades before the events actually occurred. Features two spellbinding full-length programs and an unprecedented collection of over 100 spectacular photographs and film footage of real Pleiadian beamship spacecraft in flight. Includes two feature length programs: The Pleiadian Connection and The Meier Contacts.

UFU442 \$29.95

2 DVD 128 min

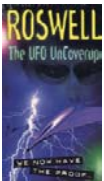


ROSWELL REMEMBERED, A CITY ON THE EDGE OF HISTORY

The crash at Roswell has been the longest running flying saucer case in history. After nearly 50 years, this remarkable event is still shrouded in mystery. The answers are found in this fascinating documentary featuring Kevin D. Randle, the author of "The UFO Crash at Roswell", "The Truth about The UFO Crash at Roswell", and "A History of UFO Crashes". "Roswell Remembered" takes an in-depth look at the story, the people, and the research that has made Roswell, New Mexico a city on the edge of time.

SV3740 \$29.95

Video 60 min. NTSC

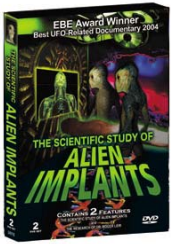


ROSWELL VOL. 6: THE UFO UNCOVER-UP

Winner of 3 EBE Awards! People's Choice Award, Best Picture/ UFO Related Theme and Best Music - International UFO Congress Film Festival. For the first time in this program, see actual UFO crash debris tested and found to be truly extraterrestrial. Going beyond the question "Did it really happen?" This program focuses on the more compelling aspects – scientific evidence, personal testimonies, expert analysis and cosmic implications.

UFU438 \$19.95

VHS Video Tape or DVD Disk • 60 min



**SCIENTIFIC STUDY OF ALIEN IMPLANTS
2 DVD SPECIAL EDITION**

NEW!

UFU559

\$29.95

Investigate alien abduction implant victims. Witness the surgical removal of alien implants. Discover results from laboratory tests and the pathology of alien implants.

Presented here in shocking detail is hard evidence the medical community has long denied. Scientific proof that physical alien implants are real. Medical doctors have no scientific explanation.

For the first time in history, see an actual alien "claw" found at the scene of a location known for repeated alien abductions. Results from scientific analysis confirm they did not come from Earth, and they all possess the unmistakable characteristics of alien origin.

Dr. Roger Leir a true pioneer in this extraordinary field of scientific research investigates this disturbing mystery and the surgical removal of alien implants from abduction victims. This story and the trail of medical and scientific discovery that followed provide positive proof that we are not alone.

The question remains: are we the beneficiaries of alien implantation or its victims? Never before has a DVD of this magnitude and depth, pertaining to this subject ever been made available to the general public.

DVD Disk 120 min



SECRET NASA TRANSMISSIONS: THE SMOKING GUN

"On March 11, 2000, in front of an assembled audience of UFO enthusiasts and the media, evidence was presented that would appear to indicate the existence of not one, but two types of unknown extraterrestrial life forms. Labeled "Phenomena One" and "Phenomena Two" by a man who spent several years recording and logging thousands of hours of NASA space shuttle transmissions, this "historic" footage and the story that lay behind its discovery can now be revealed..."

UFU291

\$29.95

DVD 90 min



SECRET NASA TRANSMISSIONS: RAW FOOTAGE VOL. 2

In one of the most candid and revealing interviews ever, Martin Stubbs details the extraordinary story of how high-ranking officials within the Canadian Space Association, as well as leading scientists, reacted to seeing anomalous activity recorded by space shuttle video cameras, and names all of the participants. Along with other new and remarkable testimony, Stubbs presents undeniable evidence of how computer software on a tethered satellite was mysteriously reprogrammed after being lost during NASA's STS-75 mission.

UFU423

\$24.95

DVD 90 min



SECRET NASA TRANSMISSIONS - 4 TAPE SET

Produced by the UK-based UFO Magazine and narrated by its editor Graham W. Birdsall, this award-winning series features extraordinary footage of space-based anomalous objects filmed during Space Shuttle and Mir missions. For five years, Martyn Stubbs, a Canadian cable TV station manager, accessed and recorded 2,500 hours of Space Shuttle transmissions. This collection also features interviews with key participants, plus 90 minutes of 'raw footage' - including the world-famous STS-75 'Tether' sequence!

UFU422

\$79.95

4 DVDs 6hrs



SECRETS OF DREAMLAND - 2 TAPE COLLECTORS SET

Classified Government documents reveal a connection between US government black budget programs & alien technology at Area 51. Norio Hayakawa, a leading expert on US government black budget programs and technology, reveals alleged super aeronautics and avionics, military software programs, worldwide data control systems, simulation technology & hosts of startling mind-control weaponry. This two-tape collector's set features both of Norio Hayakawa's legendary presentations for one low price.

UFU436

\$39.95

2 DVD Disks 270 min



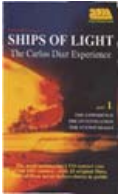
SECRET NASA TRANSMISSIONS: TWO - 3 DVD SET NEW!

Do you already own a copy of the film: The Secret NASA Transmissions: The Smoking Gun? This three-tape set was created for you. Includes: **THE SECRET NASA TRANSMISSIONS: 2, THE SECRET NASA TRANSMISSIONS: THE RAW FOOTAGE & THE SECRET NASA TRANSMISSIONS: MARTYN STUBBS LIVE AT LEEDS UNIVERSITY**, all for one special low price.

3 DVD Disks 5 hours

UFU514

\$59.95



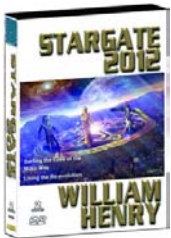
SHIPS OF LIGHT - THE CARLOS DIAZ EXPERIENCE - 2 DVD SET

EBE Award Winner! Best UFO Feature Film - International UFO Congress Film Festival. The most spectacular UFO contact case of the 21st century. In 1981 on a lonely road in the mountains of Mexico, Carlos Diaz had an encounter with UFOs that changed his life forever. 20 years later, the contacts continue. 12,000 eyewitnesses have now encountered this phenomenon. Learn about messages received by Carlos Diaz from his UFO encounters and what we may learn from them.

2 DVD 164 min

UFU440

\$39.95



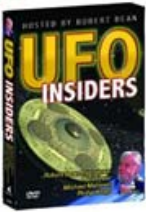
STARGATE 2012: SURFING THE TIDES OF THE MILKY WAY NEW!

Thousands of years ago, Stargate technology from an ancient alien civilization on Earth was lost. The keepers of this technology were regarded as gods. Mayan prophecy predicts that this lost Stargate technology will be rediscovered by the year 2012, marking the dawn of a new age, the birth of a new type of human, and a shift in the matrix of reality. Disk 1: Surfing the Tides of the Milky Way. Nobody knows for sure what will happen in the year 2012. However, ancient legend speaks of a giant pulsating beam or wave of light consisting of "enlightenment particles" that will emanate from heaven, penetrating the planet and all life on Earth. Join investigative mythologist and author William Henry on a journey of discovery to explore our galactic core and a new "Milky Way based Metaphysics. Using stunning Hubble telescope images of galaxies and amazing images of crop circles that defy explanation, William Henry will untie the "superstrings" of Stargate 2012, and unite crop circles with the Milky Way, and ancient Egypt with this rising new spirituality. Surf's up in hyper space! It's Stargate 2012 time. Disk 2: Living the Re-Evolution An ancient prophecy, a miraculous new spiritual technology, a bright new world. In the books Cloak of the Illuminati, Oracle of the Illuminati and Empire of the Illuminati investigative mythologist William Henry has analyzed the most cryptic symbols of 2012. In this program, you will see how the pieces of this puzzle, together with Sumerian, Egyptian and Mayan artwork and symbolism, reveal a shared vision held by these diverse cultures – a vision of the "Stargate of the Gods," which was considered to be a Stairway to Heaven according to their shared beliefs. Join investigative mythologist and author William Henry as he compares these images with those of modern science to present the background for a revival of the human race which is beginning to unfold right now, before our eyes..•

2 DVD Disks • 210 min •

UFK642

\$39.95



UFO INSIDERS

(NEW)

Retired command Sergeant Major Robert O. Dean is considered one of the most important witnesses today of government involvement with extraterrestrial. As a former intelligence analyst for the military, Sergeant Major Dean had direct access to a Top Secret study conducted by NATO in the 1960s called "An Assessment." It was given the highest classification that NATO had which was and still is, COSMIC TOP SECRET. In an effort to inform the public about extraterrestrial life and our government's connection, Robert Dean came together with UFO researchers and authors for a thought provoking discourse on the question of alien life, and the implications of an alien presence here on Earth. This series of programs is the result of that historic event and compelling, wide-ranging discussion, and features the following contributors: Neil Freer - The New Human Stepping Into Interstellar Society. Robert Dean and philosopher/author Neil Freer discuss our history and the alien connection, the role of the Catholic Church, politics and more. Philip Krapf - A Journalist's Encounter with Aliens. Robert Dean and former LA Time's copy editor and author Philip Krapf, discuss his book "The Contact Has Begun." A look into the formerly skeptical Krapf's unexpected 1997 introduction to an alien culture that has been monitoring our world for thousands of years. Michael Mannion - Project Mindshift: Reconnecting With the Cosmos. Robert Dean and Michael Mannion, author of the book "Project Mindshift," reveal the shocking truth of government and media manipulation of the American public regarding the history of extraterrestrial contact.

UFU555

\$69.95

4 DVD Disks • 240 min



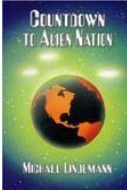
UFO INVESTIGATOR SERIES (5 VOLUME SET)

Rare source material from the world's top UFO investigators. Information you won't find on commercial television. The series begins with details about the United States' attempts to "cover-up" it's alien encounters, and discusses the possible consequences of governmental disclosure. Further discussions include eyewitness accounts of UFO flight, underground bases, joint human-alien interaction, and first-hand accounts of attempts to "back engineer" alien craft.

SV3900

\$89.95

Video 425 min. NTSC



UFO INVESTIGATOR #1: COUNTDOWN TO ALIEN NATION

In this presentation, Michael Lindemann reveals the phases of the government's cover-up beginning in 1947 with the UFO crash retrieval incident at Roswell, New Mexico, leading to the present day denial of the existence of flying saucers and alien beings. Suggesting that a small group of powerful elite use spin control of media events along with other political tactics to consolidate power and wealth on a planetary scale, Lindemann shows what is behind this attempt to create a New World Order. The information in this in-depth workshop can help prepare you for the unprecedented changes ahead!

WL136

\$19.95

Video 115 min. NTSC



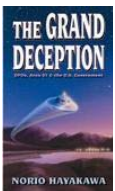
UFO INVESTIGATOR #2: FLYING SAUCERS THE COVER-UP

In 1989 John Lear, son of William Lear -- inventor of the Lear Jet, witnessed a metallic flying disc over a secret installation in the desert of Nevada. Since then he has become a leading researcher and lecturer on the UFO phenomenon. In Flying Saucers he details his harrowing experiences with Bob Lazar, the controversial physicist who worked at Area 51 on top-secret efforts to back-engineer an alien craft. As a former contract pilot to the CIA and other security agencies, Lear shares his extensive knowledge of the current state of the U. S. Government UFO cover-up and the information being withheld from the public.

WL132

\$19.95

Video 90 min. NTSC



UFO INVESTIGATOR #3: GRAND DECEPTION: UFOS, AREA 51

A secret international government will stage an extraterrestrial event to bring about conditions leading to a New World Order, an ominous totalitarian system long prophesied, according to Norio Hayakawa. In this updated video, Hayakawa reveals possible sinister aspects such as mind control technology being tested at Area 51. Includes actual footage of unusual aerial objects in flight over Groom Lake's S-4 site and scenes of Hayakawa's Japanese TV crew being buzzed by low-flying unmarked helicopters!

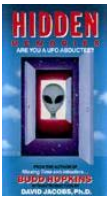
WL121

\$19.95

(PAL)WL121P

\$24.95

Video 100 min. NTSC

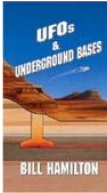


**UFO INVESTIGATOR #4: HIDDEN MEMORIES:
ARE YOU A UFO ABDUCTEE?**

As an abduction researcher with over 70 cases, I found Hidden Memories an excellent diagnostic tool when evaluating each new case in the course of my practice. -Yvonne Smith, Certified Hypnotherapist & Director, Close Encounter Research Organization America's foremost authority on the abduction phenomenon. Budd Hopkins examines the symptoms commonly reported by adults and children who may have been abducted.

SV2828 \$19.95
(PAL)SV2828P \$24.95

Video 92 min.

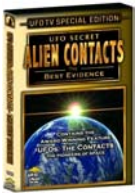


UFO INVESTIGATOR #5: UFOS & UNDERGROUND BASES

Since the early '50s, in remote parts of the American southwest, the U.S. Government has been constructing and operating huge underground bases that some individuals have linked to the military's clandestine UFO program. In this presentation, William Hamilton reveals the testimony of an eyewitness who worked for the government inside the secret base beneath Archuleta Mesa near Dulce, New Mexico, including details of the multi-layered installation and joint human-alien interactions!

WL119 \$19.95

Video 120 min. NTSC

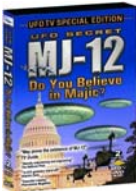


UFO SECRET: ALIEN CONTACTS – THE BEST EVIDENCE NEW!

For thousands of years an Alien presence here on Earth has made itself known through miraculous signs and wonders. Alien visitors and their spacecraft have been depicted in stone age cave paintings and recorded in the sacred writings of virtually every ancient culture in human history. This amazing feature length program presents the evidence of alien visitations that shaped the ancient world and still continue to effect our lives today. Includes the true story of world famous UFO Contactee and author George Adamski and many others who made UFO history in the 1950s and 60s as the first people to speak in public and show physical proof of their experiences with UFOs and aliens from another world. Includes 40 original film clips of alien UFO spacecraft in flight and an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best known, most credible UFO authorities in the world today.

UFU441 \$29.95

DVD 120 min



UFO SECRET: MJ-12 - DO YOU BELIEVE IN MAJIC NEW!

What does the United States government truly know about UFOs and alien visitors on Earth? Evidence exists today that some military officials may no more than we realize. One example is the MJ-12 documents which are signed by United States presidential order and describe strict official protocols and procedures on how military personnel are to handle and investigate real alien and UFO encounters. After years of painstaking research many UFO researchers believe the MJ-12 documents are authentic and prove that the Earth has been visited by aliens from another world. Includes the shocking facts behind this amazing story and a fascinating series of spellbinding interviews with researchers and the best known, most credible UFO authorities in the world today. Packed with bonus features, expert analyses, in-depth commentary and unforgettable conclusions about this amazing mystery.

UFU655 \$29.95

2 DVD 151 min

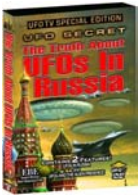


UFO SECRET THE ROSWELL CRASH: THE BEST EVIDENCE - 2 DVD SPECIAL EDITION

The most intelligent, in-depth documentary ever produced on the single most significant UFO incident known to man. Based on the research of Kevin Randle and Don Schmitt - two of the foremost UFO investigators on the Roswell crash - and written, produced and directed by Mark Wolf, this in-depth documentary required over 400 interviews and more than 2 years to produce, and is considered the definitive exposé on the Roswell crash incident. The story is fascinating, the facts, the facts compelling and the possibilities unnerving.

UFU650 \$24.95

2 DVD 146 min. NTSC



UFO SECRET: THE TRUTH ABOUT UFOS IN RUSSIA NEW!

Since the dawn of human history humanity has been observing and recording celestial phenomena and mystical events in the sky. Now with modern technology we have the ability to record these events on film as they occur. In this film you will join Italian UFO investigator Georgio Bongiovanni and his camera crew as they meet with high ranking Russian military officials and former KGB agents at the Russian Anti-Aircraft Academy of Defense in Tver, Russia as they reveal solid evidence that both Russia and the United States are withholding information regarding the existence of UFOs. This program reveals shocking new evidence from the Russian military and the Russian space program, which proves that there is an alien presence in our skies. Includes photos and video of alien spacecraft, along with an unprecedented collection of spellbinding interviews with researchers, eyewitnesses, experiencers, and the best known, most credible UFO authorities in the world today. Packed with expert analyses and unforgettable conclusions about this amazing mystery. Includes two features: The Truth About UFOs In Russia and UFOs and The Alien Presence.

UFU562

\$19.95

1 DVD 77 min



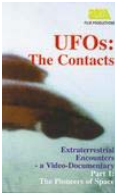
UFO SECRET: TUNGUSKA - THE RUSSIAN ROSWELL NEW!

In the United States the modern flying saucer era began in the desert of Roswell, New Mexico in 1947, but in Russia, the modern flying saucer era began in 1908, as villagers from a sparsely populated area of central Siberia, near the Tunguska River, witnessed a large glowing object streak across the sky and explode in midair with the force of an atomic blast equal to over 40 megatons, completely destroying miles of forest. Light from the blast was witnessed from thousands of miles away. Secrecy since the days of Stalin and the former Soviet Union have kept the truth about this event hidden until now. Hear from one of the last living eyewitnesses of this event as well as the experts, including a former KGB officer who describes the cover-up surrounding this event, and how metallic evidence of an alien spacecraft gathered by the soviet military from the site was discovered and then disappeared in secrecy. Includes the shocking facts behind this amazing story along with a fascinating series of photos, film footage and spellbinding interviews with researchers and the best known, most credible UFO authorities in the world today. Packed with bonus features, expert analyses, in-depth commentary and unforgettable conclusions about this amazing mystery.

UFU565

\$19.95

1 DVD 55 min



UFO TRILOGY #1: UFOs - THE CONTACTS

Since the early 1950's, people from around the world claim to have encountered visitors from outer space. This is their story. We interviewed eyewitnesses, investigated their evidence and inquired about their messages; featuring live interviews with: Zecharia Sitchin, Dr. Richard Thompson, Dr. Berthold Schwarz, Lord Desmond Leslie, George Adamski, Howard and Connie Menger, Dr. Daniel Fry, Major Hans C. Petersen (Royal Danish Air Force), Glen and Ingrid Steckling, Madeleine Rodeffer, William Sherwood (Kodak), Col. Colman Von Keviczky (UN) and Bob Oechler (NASA).

SV3919

\$29.95

Video 120 min. NTSC



UFO TRILOGY #2: UFOs - THE SECRET EVIDENCE

Researcher/author Michael Hesemann's video succeeds at covering contemporary phenomenon worldwide like none other -- by including interviews with leading experts like Col. Wendelle Stevens, Zecharia Sitchin, Bob Lazar, Robert Dean and more -- while also incorporating a rich body of evidence that includes 44 authentic rare film clips of actual UFOs from around the world.

SV3922

\$29.95

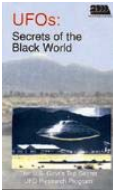
(PAL) SV3922P

\$49.95

(DVD)UFU433

\$29.95

DVD orVideo 110 min. NTSC



UFO TRILOGY #3: UFOS- SECRETS OF THE BLACK WORLD

The nefarious operations being conducted at the top-secret facilities around Area 51 in Nevada are examined in detail through interviews with George Knapp, John Lear, Bob Lazar, Col. Wendelle Stevens, Bill Hamilton, Norio Hayakawa, Gary Schultz, Sean Morton, Jim Goodall and actual unidentified base workers! See what dozens of eyewitnesses have seen flying over the mountains around Groom Lake during nightly aerial displays!

SV3923 \$29.95
(DVD)UFU432 \$29.95

DVD or Video 135 min. NTSC



UFO'S: A NEED TO KNOW

This in-depth documentary features never before seen interviews with: George Knapp * Bob Lazar * Travis Walton * Linda Mouton Howe * Stanton Friedman * Kevin Randle * Col. Wendelle Stevens (Ret.) * Don Schmitt * Tony Pelham, and many more. Also includes photos and drawings made from eyewitness descriptions.

SV3921 \$29.95

Video 90 min. NTSC



UFOS & AREA 51: SECRETS OF THE BLACK WORLD: THE WHOLE STORY

Space technology transfer consultant and former rocket whiz kid David Adair speaks out for the first time on camera in this interview about his remarkable encounters with an alien engine, DOD agents, and Air Force General Curtis Lemma in 1971 at Groom Lake, Nevada. Hear first hand testimony about advanced alien technology and our military's most closely guarded secrets surrounding the UFO phenomena.

UFU551 \$54.95

DVD 40 min NTSC



UFOS & AREA 51: VOL. 1: SECRETS OF THE BLACK WORLD

Area 51 in the U.S. State of Nevada - also referred to as "Dreamland" or "Groom Lake" - is the most secret military test facility in the world.

UFU432 \$29.95

Insiders claim that even recovered spacecraft of extraterrestrial origin are studied and test flown here. In a three-year investigation, a German film crew dove deeply into the secrets of "Dreamland," interviewing top scientists and security personnel who worked inside Area 51 and claim to have seen the recovered discs. This program includes film footage of the remarkable maneuvers of these mysterious craft secretly recorded during test flights.

DVD • 135 min •

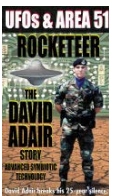


UFOS & AREA 51: VOL. 2: BOB LAZAR VIDEO, THE

Nuclear Physicist, Bob Lazar shatters the cloak of secrecy surrounding the government's most highly sensitive operations located at an area known as "S4" of Area 51 in the Nevada Air Force Range. Lazar gives a full account of Alien spacecraft the Government has hidden at S4 as well as details on their propulsion systems and how they operate. Bob Lazar was part of the reverse-engineering team. As part of this team his job was to understand and attempt to duplicate the propulsion systems of these craft. This film presents the details of his research.

UFU536 \$19.95

DVD Disk • 55 min • \$19.95

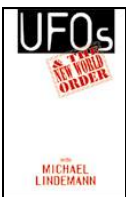


UFOS & AREA 51: VOL. 3: THE DAVID ADAIR STORY

Space technology transfer consultant and former rocket whiz kid David Adair speaks out for the first time on camera in this interview about his remarkable encounters with an alien engine, DOD agents, and Air Force General Curtis Lemma in 1971 at Groom Lake, Nevada. Hear first hand testimony about advanced alien technology and our military's most closely guarded secrets surrounding the UFO phenomena.

UFU537 \$19.95

DVD Disk 40 min NTSC

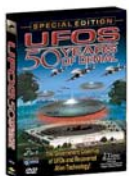


UFOS & THE NEW WORLD ORDER

In his credible, coherent style, Michael Lindemann presents his dramatic research revealing evidence that alien beings are present on Earth, a secret government faction has kept this covered up for over 40 years and this elite behind-the-scenes government is attempting to consolidate power and wealth on a planetary scale to preserve order during the coming times of upheaval. He balances the doom-and-gloom scenario with the fact that millions of people are waking up - ready to enter the galactic community of intelligence.

WL135 \$19.95

Video 48 min. NTSC



UFOS, 50 YEARS OF DENIAL SPECIAL EDITION

Col. Phillip J. Corso, a member of President Eisenhower's National Security Council and Head of the U.S. Army's Foreign Technology Division at the Pentagon speaks of overseeing the recovery of alien spacecraft and the harvesting of technology from recovered crash debris of extraterrestrial origin. Apollo 14 Astronaut Dr. Edgar Mitchell reveals that the Roswell UFO crash of 1947 was a real incident and discusses the 50 years of cover-up that followed. Command Sgt. Major (ret.) Robert O. Dean, former intelligence analyst, discusses a top secret study conducted by NATO in the 1960s entitled "An Assessment", classified as "Cosmic Top Secret". William Perry, former Secretary of Defense under Presidents Reagan and Bush confirms the existence of Area 51. All this and more is revealed for the first time in this explosive award winning program. Includes 60 minutes of BONUS FOOTAGE.

UFU640 \$24.95

DVD 120 min

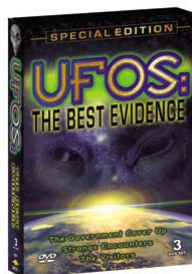


UFOS: LEAH HALEY – LOST WAS THE KEY, ALIEN ABDUCTION

Leah Haley was leading a relatively normal life with no active interest in UFOs when an innocent conversation at her parents' home sparked her curiosity. Exploring memories of her childhood sighting and a vivid dream about being aboard an alien craft led her on an odyssey filled with intrigue. In this video presentation, Leah Haley discusses her initial awareness regarding her ongoing abductions and her hypnosis sessions that eventually brought the encounters to light.

SV2806 \$29.95

Video 60 min. NTSC



UFOS: THE BEST EVIDENCE 3 DVD - SPECIAL EDITION NEW!

Now presenting the most anticipated and requested series of programs ever made on UFOs, from award-winning investigative journalist GEORGE KNAPP! Features the most comprehensive examination of the UFO phenomenon ever produced for home viewing! Includes three spellbinding full-length programs, photos, video and documents, along with an unprecedented collection of interviews with researchers, eyewitnesses, experiencers, and the best-known, most credible UFO authorities in the world today.

UFU561 \$49.95

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Disc Two: STRANGE ENCOUNTERS: Explores terrifying tales of alien abductions, disturbing animal mutilation cases and mysterious crop formations.

Disc Three: THE GOVERNMENT COVERUP: Examines how governments, especially our own, have been hiding the truth about secret UFO studies, astronaut encounters and military battles with alien craft. We also take viewers along with us on our unprecedented trip to Russia, where we investigate UFO secrets from behind the once Iron Curtain.

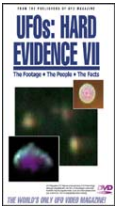
DVD * 190 min



UFOS: THE HARD EVIDENCE – 6 VIDEO OR DVD COLLECTION

Includes the first six editions from the "Hard Evidence" series. Produced by the UK-based UFO Magazine and narrated by its editor Graham W. Birdsall, each volume of 'UFOS: Hard Evidence' features exclusive interviews with many of the best-known figures in international UFO research; striking UFO footage from the UK and overseas; in-depth case studies; and a plethora of topical UFO-related features. Informative throughout, 'UFOS: Hard Evidence' cuts to the chase and serves up a myriad of newsworthy topics that broadcasters elsewhere consider too hot to handle
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UFU600 \$99.95
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UFOs: THE HARD EVIDENCE VOL. 7

Presented in this edition: 90 Minutes of Reports-Interviews-Footage and Analysis. Russel Callaghan examines UFO Footage from around the world and UFO sighting reports from Police and Law Enforcement. Gary Baker confirms Radar events at the time of the Rendlesham Forest Incident. Andy Ellis exposes some NASA Secrets and Chris Martin shares memories of OZ.

UFU421 \$29.95

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UFOs: THE FOOTAGE ARCHIVES, 5 PAK 1950-2000

"UFOs CAUGHT ON CAMERA! UFOs: The Footage Archives is the largest collection of UFO - films ever released on Video, presenting the 400 best original UFO film and video clips ever from 27 countries on four continents, 1950-2000, in a unique video edition. This is not a documentary but a complete archive of UFO film and video clips with music. EBE- AWARD WINNER! Best Footage - International UFO Congress: UFO Film Festival"

UFU39258 \$89.95

UFU439 \$89.95

Video 426 min NTSC



UFOs: THE SECRET EVIDENCE

Researcher/author Michael Hesemann's video succeeds at covering contemporary phenomenon worldwide like none other - by including interviews with leading experts like Col. Wendelle Stevens, Zecharia Sitchin, Bob Lazar, Robert Dean and more -- while also incorporating a rich body of evidence that includes 44 authentic rare film clips of actual UFOs from around the world.

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STAF0759D	COMPLETE COURSE IN SELF-DIAGNOSIS AND HEALING	\$69.95	CD	ALT
STAW0615D	COMPLETE COURSE ON HOW TO FEEL BETTER, LIVE LONGER, AND ENHANCE YOUR HEALTH - NATURALLY	\$69.95	CD	ALT
PPMB5	COMPLETE GUIDE TO CHANNELING, THE (DVD)	\$29.95	DVD	MET
BMI1111DVD	COMPLETE GUIDE TO ORAL LOVEMAKING (DVD)	\$29.95	DVD	SEX
BMI1110DVD	COMPLETE GUIDE TO SEX TOYS AND DEVICES (DVD)	\$29.95	DVD	SEX
BMI1108DVD	COMPLETE GUIDE TO SEXUAL POSITIONS (DVD)	\$29.95	DVD	SEX
BMI1134DVD	COMPLETE GUIDES 3 VOLUME DVD COLLECTION - SET	\$79.95	DVD	SEX
STVT0819D	COMPLETE PRACTICE OF VINYASA FLOW YOGA DVD	\$29.95	DVD	HOL
STAW0200D	CONSCIOUS AGING (2 CDS)	\$19.95	CD	SPI

STAW1094D	CONSCIOUS BUSINESS: HOW TO BUILD VALUE THROUGH VALUES (3 CD SET)	\$24.95	CD	MET
STBK1071	CONSCIOUS BUSINESS: HOW TO BUILD VALUE THROUGH VALUES (BOOK)	\$24.95	BOOK	MET
STAF0940D	CONSCIOUS BUSINESS: TRANSFORMING YOUR WORKPLACE (AND YOURSELF) BY CHANGING THE WAY YOU THINK, ACT, AND COMMUNICATE (12 CD SET)	\$69.95	CD	MET
UFK510	CONSPIRACY BEHIND CLOSED DOORS – 5DVD SET	\$89.95	DVD	CON
UFK517	CONSPIRACY: SECRET HISTORY 1 – THE FEDERAL RESERVE	\$19.95	DVD	CON
UFK518	CONSPIRACY: SECRET HISTORY 2 – THE C.I.A. AND DRUGS	\$19.95	DVD	CON
UFK519	CONSPIRACY: SECRET HISTORY 3 – AMERICAN DRUG LORDS	\$19.95	DVD	CON
UFK497	CONSPIRACY: SECRET HISTORY 4 – THE BIG FIX 2000	\$19.95	DVD	CON
UFK498	CONSPIRACY: SECRET HISTORY 5 – MOHAMED ATTA	\$19.95	DVD	CON
UFK499	CONSPIRACY: THE SECRET HISTORY – 5 PAK EDITION	\$89.95	DVD	CON
STAF0942D	CONTEMPLATIVE JOURNEY, THE: VOLUME 1 (12 CD SET)	\$99.95	CD	SPI
STAF0943D	CONTEMPLATIVE JOURNEY, THE: VOLUME 2 (12 CD SET)	\$99.95	CD	SPI
STAW0263D	CONTEMPLATIVE PRAYER (CD)	\$24.95	CD	SPI
AQ7951	COSMIC ENERGY: CHAKRA MEDITATION	\$17.95	CD	MUS
PPMD1A	COURSE IN MIRACLES (DVD)	\$24.95	DVD	SPI
SV2110	CREATING AN ARTFUL LIFE; BEING WHO YOU ARE	\$19.95	V	ALT
STAW0211D	CREATIVE FIRE, THE (3 CD SET)	\$24.95	CD	MET
UFU445	CROP CIRCLE BESTEVIDENCE – 7 DVD SET	\$99.95	DVD	UFO
UFU653	CROP CIRCLES: CROSSOVERS FROM ANOTHER DIMENSION	\$39.95	DVD	UFO
STAW0528D	CROWN OF AGE, THE: THE REWARDS OF CONSCIOUS AGING	\$19.95	CD	ALT
WL152	CRYSTAL ENERGY GRID SYSTEMS	\$19.95	V	ALT
STAW0461D	CUTTING THROUGH FEAR (3 CD SET)	\$24.95	CD	ALT
UFK586	DALAI LAMA: HARMONY IN DIVERSITY	\$19.95	DVD	SPI
SV2150	DANCING AWAKE THE DRUM	\$34.95	DVD	MUS
STMM0322D	DARKEST MIDNIGHT, THE	\$16.98	CD	MUS
UFK473	DAVID ICKE: THE REPTILLIAN AGENDA	\$59.95	DVD	CON
UFK470	DAVID ICKE: FREEDOM ROAD	\$59.95	DVD	CON
UFK471	DAVID ICKE: FROM PRISON TO PARADISE	\$59.95	DVD	CON
UFK472	DAVID ICKE: REVELATIONS OF A MOTHER GODDESS	\$39.95	DVD	CON
UFK530	DAVID ICKE: SECRETS OF THE MATRIX	\$59.95	DVD	CON
STBK0909	DEAR LOVER	\$16.95	Book	SEX
STMM1031D	DEEP REST (CD)	\$16.98	CD	HOL
STAW0639D	DESTINY LINES: YOUR SOUL SIGNATURE	\$24.95	CD	ALT
STAW0826D	DETOX BOX, THE	\$24.95	CD	ALT
STMM0114D	DHOLA MARU	\$16.98	CD	MUS
STBK0919	DIAMOND IN YOUR POCKET, THE	\$22.95	Book	SPI
SV24231	DIDJERIDOO - INLAKESH	\$19.95	V	MUS
SV2445DVD	DISCOVERING CHI #1: BEGINNER	\$19.95	DVD	ALT
SV2446DVD	DISCOVERING CHI #2: INTERMEDIATE	\$19.95	DVD	ALT
SV2447DVD	DISCOVERING CHI #3: EMOTIONAL VITALITY	\$19.95	DVD	ALT
SV2448DVD	DISCOVERING CHI #4: CHI GONG/TAI CHI	\$19.95	DVD	ALT
SV2444DVD	DISCOVERING CHI SERIES: 4 VOLUME SET	\$79.80	DVD	ALT
UFB600	DISCOVERY NOAH'S ARK 1: BEST EVIDENCE	\$19.95	DVD	ANC
UFK458	DISCOVERY OF NOAH'S ARK, THE: THE WHOLE STORY	\$34.95	DVD	ANC
STMM0300D	DIVINE BLISS	\$16.98	CD	MUS
STAF0051D	DIVINE SINGING (8 CDS)	\$69.95	CD	MUS
UFK560	DNA – PIRATESOF THE SACRED SPIRAL, LEN HOROWITZ	\$49.95	DVD	CON
STAW0964D	DO YOU DO IT OR DOES IT DO YOU? (4 CD SET)	\$29.95	CD	SPI
DM107	DOLPHIN POSTER: AFFINITY (30"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM109	DOLPHIN POSTER: ECSTASY (36"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM105	DOLPHIN POSTER: HARMONY (32"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM106	DOLPHIN POSTER: IDIOSYNCRASY (36"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM108	DOLPHIN POSTER: PROPINQUITY (24"x32") – DANIEL McCULLACH	\$28.00	POSTER	DOL

DM104	DOLPHIN POSTER: REUNION (32"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM202	DOLPHIN POSTER: SCENERY – BAJA MOON (32"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM201	DOLPHIN POSTER: SCENERY – NA PALI MIST (32"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM101	DOLPHIN POSTER: SYNCHRONICITY (36"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM102	DOLPHIN POSTER: SYNCHRONICITY II (36"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
DM103	DOLPHIN POSTER: TRANQUILITY (36"x24") – DANIEL McCULLACH	\$28.00	POSTER	DOL
SV2464	DOLPHIN STORY, THE	\$19.95	V	DOL
SV2466	DOLPHIN'S GIFT, THE	\$19.95	V	DOL
SV2467DVD	DOLPHIN'S GIFT, THE (DVD)	\$19.95	DVD	DOL
FS1006	DOMINGO DIAS PORTA	\$19.95	V	SPI
STAW0615D	DR. ANDREW WEIL'S GUIDE TO OPTIMUM HEALTH	\$69.95	CD	ALT
STKT0994D	DR. ANDREW WEIL'S MIND-BODY TOOL KIT (KIT)	\$24.95	KIT	ALT
STAF0949D	DR. QUANTUM PRESENTS: A USER'S GUIDE TO YOUR UNIVERSE	\$69.95	CD	FRE
STAW0976D	DR. QUANTUM PRESENTS: MEET THE REAL CREATOR - YOU! (4 CD SET)	\$29.95	CD	FRE
STAF1064D	DREAM GATES (8 CDS)	\$69.95	CD	MET
STMM0003D	DROPS OF EMPTINESS	\$16.98	CD	MUS
STAW0684D	DROPS OF NECTAR: YOGA RELAXATION FOR REJUVENATION AND HEALING	\$24.95	CD	ALT
STMM0323D	DRUM! (CD)	\$16.98	CD	MUS
FS1002	DRUNVALO MELCHIZADEK: MAYAN MYSTERY	\$24.95	V	SPI
FS3002DVD	DRUNVALO MELCHIZADEK: MAYAN MYSTERY (DVD)	\$24.95	DVD	SPI
STAW1000D	EARTH MAGIC: SACRED RITUALS FOR CONNECTING WITH NATURE'S POWER (4 CD SET)	\$29.95	CD	SPI
UFK377	EARTH UNDER FIRE: MYTHOLOGY AS SCIENCE OF THE PAST	\$19.95	DVD	ANC
STAW0637D	ECKHART TOLLE AUDIO COLLECTION, THE	\$59.95	CD	SPI
STVT0811D	ECSTATIC DANCE COLLECTION, THE – GABRIELLE ROTH	\$49.95	DVD	HOL
STBK0945D	ECSTATIC KABBALAH (BOOK/CD)	\$19.95	BOOK/CD	HOL
STAW0774D	ECSTATIC SEX: BREATHING EXERCISES FOR HEIGHTENED PLEASURE AND DEEPER INTIMACY	\$15.95	CD	SEX
TMC149DVD	ELASTIC ZENITH, THE (DVD)	\$19.95	DVD	ALT
SV2505	ELEGANT SIMPLICITY OF REFLEXOLOGY	\$19.95	V	ALT
UFK592	EMERGING VIRUSES	\$29.95	DVD	CON
STAF0987D	EMOTIONAL GENIUS: HOW YOUR EMOTIONS CAN SAVE YOUR LIFE (8 CD SET)	\$69.95	CD	HOL
UFK548	EMPEROR OF HEMP	\$19.95	DVD	CON
STBK1038	EMPTINESS DANCING (BOOK)	\$18.95	BOOK	HOL
STAF0918D	ENCOUNTERING THE WISDOM JESUS	\$69.95	CD	SPI
STAW1041D	END OF REINCARNATION: BREAKING THE CYCLE OF BIRTH AND DEATH (2 CD SET)	\$19.95	CD	SPI
AG5170D	ENDLESS WAVE	\$15.95	CD	MUS
STAF0689D	ENERGETIC BOUNDARIES: PROTECTION	\$69.95	CD	ALT
STVT0790D	ENERGETICS OF HEALING, THE (DVD)	\$39.95	DVD	ALT
STAW0533D	ENERGY ANATOMY CD	\$69.95	CD	ALT
STAW0858D	ENERGY MEDICINE KIT, THE	\$29.95	Kit	ALT
UFK528	ENGLISH SACRED SITES-THE ANTLANTIS CONNECTION	\$19.95	DVD	ANC
STBK0844D	ENLIGHTENED SEX MANUAL, THE SEXUAL SKILLS FOR THE SUPERIOR LOVER	\$24.95	Book/CD	SEX
STAF0839D	ENLIGHTENED SEX: FINDING FREEDOM AND FULLNESS THROUGH SEXUAL UNION	\$69.95	CD	SEX
STAF0971D	ENNEAGRAM, THE (8 CD SET)	\$69.95	CD	MET
STAW0732D	ENTERING THE NOW: AN INVITATION TO TRANSCEND THE THINKING MIND	\$24.95	CD	SPI
STAF0914D	EROTIC AND THE HOLY, THE (7 CD SET)	\$69.95	CD	SPI
STAF0729D	EROTIC SPIRITUALITY AND THE KAMA SUTRA	\$69.95	CD	SEX
AE1839	EROTICA FOR TWO: FINAL ECSTASY (DVD)	\$29.95	DVD	SEX
STAW0696D	ESSENTIAL KAMASUTRA, THE	\$24.95	CD	SEX
STAW0883D	ESSENTIAL QIGONG TRAINING COURSE: 100 DAYS TO INCREASE ENERGY (5 CD / 3 DVD SET)	\$99.00	CD/DVD	ALT
STAW0606	EVEN THE SUN WILL DIE (CASSETTE)	\$19.95	A	SPI
STAW0607D	EVEN THE SUN WILL DIE: AN INTERVIEW WITH ECKHART TOLLE	\$24.95	CD	ALT
STAW0607D	EVEN THE SUN WILL DIE: AN INTERVIEW WITH ECKHART TOLLE	\$17.95	CD	MET
STAF0069D	EXPERIMENTS IN TRUTH (8 CDS)	\$69.95	CD	SPI

PPME8	EXPLORING SPIRITUAL POLITICS (DVD)	\$24.95	DVD	SPI
STAW0332D	EXPLORING VIBRATIONAL MEDICINE	\$29.95	CD	ALT
STAW0332D	EXPLORING VIBRATIONAL MEDICINE (4 CD SET)	\$29.95	CD	ALT
WL142	EXTRATERRESTRIAL INFLUENCE	\$19.95	V	UFO
UFK241	FACE READING: THE ULTIMATE ADVANTAGE	\$24.95	DVD	ALT
FS1000	FATHER SUN SPEAKS - HUNBATZ MEN	\$29.95	V	SPI
STAW0261D	FEEDING THE HUNGRY HEART (4 CD SET)	\$29.95	CD	ALT
STBK0896D	FENG SHUI FOR ABUNDANCE	\$19.95	Book/CD	ALT
STAF0737D	FENG SHUI HOME STUDY COURSE, THE	\$129.00	CD	MET
SV2545	FENG SHUI: CREATING SACRED SPACE	\$23.96	V	ALT
SV2542	FENG SHUI: SIMPLE STEPS	\$19.95	V	ALT
SV2543DVD	FENG SHUI: SIMPLE STEPS (DVD)	\$19.95	DVD	ALT
SV2542P	FENG SHUI: SIMPLE STEPS (PAL FORMAT)	\$24.95	PAL	ALT
SV2544	FENG SHUI: THE CHINESE ART OF DESIGN	\$22.50	V	ALT
STAW0848D	FINDING FAITH IN DIFFICULT TIMESTEACHINGS AND MEDITATIONS FOR TRUSTING THE ENERGY OF THE DIVINE	\$15.95	CD	ALT
STBK0920	FINDING GOD THROUGH SEX (BOOK)	\$16.95	BOOK	SEX
STAW0580D	FINDING WORK THAT MATTERS	\$29.95	CD	ALT
BMI2351DVD	FIRE IN THE VALLEY (DVD)	\$39.95	DVD	SEX
BMI2187DVD	FIRE ON THE MOUNTAIN (DVD)	\$39.95	DVD	SEX
STAW0823D	FIRST THOUGHT BEST THOUGHT	\$29.95	CD	ALT
STAW0469D	FLIGHT: RHIANNON'S INTERACTIVE GUIDE TO VOCAL IMPROVISATION	\$24.98	CD	MET
STAW0803D	FLOWERING OF HUMAN CONSCIOUSNESS	\$24.95	CD	SPI
STVT0789D	FLOWERING OF HUMAN CONSCIOUSNESS (DVD)	\$39.95	DVD	SPI
STAW0773D	FLY WITHOUT FEAR: PROVEN BREATHING TECHNIQUES FOR IN-FLIGHT RELAXATION	\$15.95	CD	ALT
UFU435	FLYING SAUCERS ARE REAL - COLLECTORS 2 PAK	\$34.95	DVD	UFO
STAW0926D	FOLLOW YOUR NORTH STAR (4 CD SET)	\$29.95	CD	MET
STBK0953D	FORCE OF KINDNESS, THE (CD)	\$19.95	CD	SPI
UFK598	FRANKENSTEIN SCIENCE: ANIMAL TRANSGENICS	\$39.95	DVD	FRE
UFK597	FRANKENSTEIN SCIENCE: HUMAN CLONING	\$39.95	DVD	FRE
SV3451P	FREE ENERGY - NEW ENERGY SERIES VOL. 1 - TOM BEARDEN (PAL FORMAT)	\$34.95	PAL	FRE
SV3452P	FREE ENERGY - NEW ENERGY SERIES VOL. 2 - JOHN HUTCHISON (PAL FORMAT)	\$34.95	PAL	FRE
SV3453P	FREE ENERGY - NEW ENERGY SERIES VOL. 3 - JOSEPH NEWMAN (PAL FORMAT)	\$34.95	PAL	FRE
SV3454P	FREE ENERGY - NEW ENERGY SERIES VOL. 4 - TROY REED (PAL FORMAT)	\$34.95	PAL	FRE
SV3455P	FREE ENERGY - NEW ENERGY SERIES VOL. 5 - DENNIS LEE (PAL FORMAT)	\$34.95	PAL	FRE
SV3450P	FREE ENERGY NEW ENERGY SERIES: 5 VOL SET BUY 4 GET 1 FREE (PAL FORMAT)	\$139.95	PAL	FRE
SV2536	FREE ENERGY: THE RACE TO ZERO POINT	\$34.95	V	FRE
SV2537DVD	FREE ENERGY: THE RACE TO ZERO POINT (DVD)	\$34.95	DVD	FRE
SV2536P	FREE ENERGY: THE RACE TO ZERO POINT (PAL FORMAT)	\$34.95	PAL	FRE
WL110	FREE YOURSELF FROM THE EFFECTS OF PAST LIVES	\$19.95	V	MET
UFK466	FROM ATOM TO COSMOS, ITZHAK BENTOV	\$24.95	DVD	UFO
STAW0742D	FROM FEAR TO FEARLESSNESS: TEACHINGS ON THE FOUR GREAT CATALYSTS OF AWAKENING	\$24.95	CD	SPI
PPME4	FROM SCIENCE TO GOD (DVD)	\$24.95	DVD	MET
STVT0811D	GABRIELLE ROTH ECSTATIC DANCE COLLECTION DVD SET	\$49.95	DVD	HOL
AQ0016	GARY THOMAS AND ALAN DARGIN: DIDGERIDUO	\$17.95	CD	MUS
AQ0010D	GARY THOMAS: DIDGERIDOO - ANCIENT SOUND OF THE FUTURE	\$17.95	CD	MUS
STAW0237D	GATHERING MEDICINE (2 CD SET)	\$19.95	CD	NAT
UFK534	GEOMUSIC	\$34.95	DVD	ANC
STAW0886D	GETTING UNSTUCK: BREAKING YOUR HABITUAL PATTERNS AND ENCOUNTERING NAKED REALITY	\$24.95	CD	ALT
GC100	GIFT CERTIFICATE FOR \$100	\$100.00		
GC025	GIFT CERTIFICATE FOR \$25	\$25.00		
GC050	GIFT CERTIFICATE FOR \$50	\$25.00		
GC075	GIFT CERTIFICATE FOR \$75	\$75.00		

STAW0228D	GIFT OF STORY, THE (CD)	\$14.95	CD	SPI
STAW0897D	GIVING THANKS: TEACHINGS AND MEDITATIONS FOR CULTIVATING A GRATITUDE-FILLED HEART	\$15.95	CD	SPI
STAW0381D	GIVING TO YOURSELF FIRST	\$15.95	CD	SPI
PPME5	GLOBAL BRAIN / WHITE HOLE IN TIME (DVD)	\$29.95	DVD	MET
STAE0504	GOOD MEDICINE: HOW TO TURN PAIN INTO COMPASSION WITH TONGLÉN MEDITATION	\$24.95	CD	ALT
STVT0014D	GOOD MEDICINE: HOW TO TURN PAIN INTO COMPASSION WITH TONGLÉN MEDITATION	\$49.95	V	ALT
STAW0996D	GOSPEL OF THOMAS, THE (2 CD SET)	\$19.95	CD	SPI
STAW0873D	GREAT FAILURE, THE: A BARTENDER, A MONK, AND MY UNLIKELY PATH TO TRUTH	\$29.95	CD	SPI
STAW0899D	GREGG BRADEN AUDIO COLLECTION, THE	\$39.95	CD	ALT
STAW0437D	GRIEF PROCESS, THE (3 CD SET)	\$24.95	CD	MET
STAW0370D	GUIDE THROUGH THE PERILS AND PROMISES OF SPIRITUAL LIFE	\$19.95	CD	SPI
STAW0743D	GUIDE TO ANIMAL COMMUNICATION, THE - HOW TO LISTEN AND TALK WITH YOUR ANIMAL FRIENDS	\$15.95	CD	ALT
STAW0744D	GUIDE TO ASTROLOGY, THE	\$15.95	CD	ALT
STAW0534D	GUIDE TO BUDDHISM, THE	\$15.95	CD	ALT
STAW0659D	GUIDE TO CONTEMPLATIVE PRAYER IN THE CHRISTIAN TRADITION	\$15.95	CD	ALT
STAW0681D	GUIDE TO FENG SHUI, THE: A SIMPLE & EFFECTIVE WAY	\$15.95	CD	ALT
STAW0658D	GUIDE TO FINDING YOUR PERFECT JOB	\$15.95	CD	ALT
STAW0656D	GUIDE TO FORGIVENESS, THE	\$15.95	CD	ALT
STAW0851D	GUIDE TO HEAL YOURSELF AND YOUR ENVIRONMENT	\$19.95	CD	ALT
STAW0583D	GUIDE TO HEALTHY BREATHING, THE	\$15.95	CD	ALT
STAW0682D	GUIDE TO HEALTHY EATING, THE DR. ANDREW WEIL ON EATING FOR OPTIMUM HEALTH AND PLEASURE	\$15.95	CD	ALT
STAW0657D	GUIDE TO HUMOR AND HEALING - DR. BERNIE SIEGEL'S PRESCRIPTION	\$15.95	CD	ALT
STAW0529D	GUIDE TO KABBALAH, THE	\$15.95	CD	SPI
STBK0908	GUIDE TO LIFE & DEATH AND LOVE & SEX	\$16.95	Book	ALT
STBK0906	GUIDE TO MASTERING CHALLENGES OF WOMEN, WORK, SEXUAL DESIRE	\$17.95	Book	SPI
STAW0505D	GUIDE TO MEDITATION, THE	\$15.95	CD	ALT
STAW0552D	GUIDE TO THE CHAKRAS	\$15.95	CD	ALT
STAF0778D	GUIDE TO THE CONTEMPLATIVE TEACHINGS OF THOMAS MERTON	\$69.95	CD	MET
STAW0469D	GUIDE TO VOCAL IMPROVISATION	\$24.98	CD	ALT
STAW0664D	GUIDE TO WICCA HOW TO PRACTICE EARTH-CENTERED SPIRITUALITY	\$15.95	CD	ALT
STAW0746D	GUIDE TO YOGA	\$15.95	CD	ALT
STAF0779D	GUIDE, THE: THE INNER PATH TO FINDING YOUR WORK IN THE WORLD	\$69.95	CD	ALT
STAW0622D	GUIDED CD'S ON THE ART OF PRANAYAMA	\$24.95	CD	HOL
STBK0818D	GUIDED DEEP MEMORY EXERCISES FOR PAST LIFE REGRESSION, RECALL AND RESOLUTION	\$19.95	Book/CD	ALT
STAW0771D	GUIDED IMAGERY EXERCISES FOR RELAXATION & ACCELERATED HEALING	\$15.95	CD	ALT
STAW0772D	GUIDED IMAGERY EXERCISES TO EASE LABOR & DELIVERY	\$15.95	CD	ALT
STAW0824D	GUIDED IMAGERY EXERCISES TO SOOTHE, RELAX AND HEAL	\$15.95	CD	ALT
STAW0825D	GUIDED IMAGERY EXERCISES TO SOOTHE, RELAX AND RESTORE BALANCE	\$15.95	CD	ALT
STAW0767D	GUIDED IMAGERY: HOW TO USE THE POWER OF YOUR MIND TO HEAL YOUR BODY	\$19.95	CD	ALT
STBK0783D	GUIDED MEDITATIONS AND INDUCTIONS-FOR LUCID DREAMING	\$19.95	Book/CD	ALT
STAW0831D	GUIDED MEDITATIONS FOR SELF-ACCEPTANCE AND SELF-ESTEEM	\$15.95	CD	ALT
STAW0966D	GUIDED MINDFULNESS MEDITATION (4 CD SET)	\$29.95	CD	HOL
STAW0727D	GUIDED PRACTICES TO UNIFY BODY, BREATH AND MIND	\$16.98	CD	ALT
STAW0597D	HAFIZ: THE SCENT OF LIGHT	\$15.95	CD	SPI
STMM0108D	HAMDULILLAH	\$21.98	CD	MUS
STAW1118D	HAPPINESS (2 CDS)	\$19.95	CD	SPI
STMM0901D	HARMONIC MEDITATIONS (CD)	\$16.98	CD	MUS
STAW0266D	HARRIET LERNER ON INTIMACY (2 CD SET)	\$19.95	CD	SEX
STAW0824D	HEADACHE RELIEF: GUIDED IMAGERY EXERCISES TO SOOTH RELAX AND HEAL	\$15.95	CD	ALT
STAW0963D	HEAL YOURSELF WITH MEDICAL HYPNOSIS: HOW TO USE THE MIND-BODY CONNECTION TO PROMOTE HEALTH AND WELL BEING (2 CD SET)	\$19.95	CD	

STAW0477D	HEAL YOURSELF WITH SOUND AND MUSIC: THE COLLECTOR'S SERIES ON MUSIC AND SOUND HEALING (4 CD SET)	\$39.95	CD	ALT
STAF0706D	HEALING BREATH, THE: BODY-BASED MEDITATIONS ON THE ARAMAIC BEATITUDES	\$69.95	CD	ALT
UFK621	HEALING CELEBRATIONS 4 DVD SET	\$99.95	DVD	ALT
UFK476	HEALING CODES FOR THE BIOLOGICAL APOCALYPSE	\$49.95	DVD	UFO
STAW0977D	HEALING DIDJERIDO, THE (CD)	\$19.95	CD	ALT
STKT0930D	HEALING DRUM KIT, THE	\$49.95	KIT	ALT
PPMA2	HEALING EXERCISES FOR BODY, MIND & SPIRIT – PART 1 & 2 (DVD)	\$29.95	DVD	ALT
STAW0455D	HEALING MANTRAS: SACRED CHANTS FROM INDIA	\$16.98	CD	ALT
AQ0901D	HEALING MEDITATION (CD)	\$17.95	CD	MUS
STBK0895D	HEALING TRAUMA	\$19.95	Book/CD	ALT
STAF0941D	HEALING TRAUMA: RESTORING THE WISOM OF THE BODY (6 CDS)	\$69.95	CD	ALT
STBK0818D	HEALING YOUR PAST LIVES	\$19.95	CD	SPI
STAW0105D	HEALING YOURSELF WITH YOUR OWN VOICE (CD)	\$14.95	CD	ALT
STKT1086D	HEALTHY BRAIN KIT, THE (KIT)	\$26.95	KIT	HOL
STAW0329D	HEALTHY BREATHING (CD)	\$15.95	CD	HOL
STAW0951D	HEART CHAKRA MEDITATIONS (2 CD SET)	\$19.95	CD	HOL
STAW0660D	HEART OF YOGA - LIBERATE YOUR VITAL LIFE ENERGY	\$39.95	CD	ALT
STBK0946D	HEBREW ILLUMINATIONS (BOOK)	\$29.95	BOOK	SPI
UFK590	HEMPLANDS CONSPIRACY – 2 DVD SPECIAL EDITION	\$29.95	DVD	CON
UFK463	HENRY & DOVID: SEX, GOD AND REVOLUTION	\$24.95	DVD	SEX
SV2827S	HERBAL HEALTH SERIES 3 VOL SET (HHS)	\$49.95	V	ALT
SV3424	HHS #1 NATIVE AMERICAN HERBOLOGY	\$19.95	V	NAT
SV3612	HHS #2 PREPARING HERBS	\$19.95	V	NAT
SV2390	HHS #3 CULINARY HERBS BETTER HEALTH	\$19.95	V	NAT
UFK520	HIDDEN AGENDA #1 THE CAPITALIST CONSPIRACY	\$24.95	DVD	CON
UFK521	HIDDEN AGENDA #2 THE SUBVERSION FACTOR: TREASON	\$29.95	DVD	CON
UFK522	HIDDEN AGENDA #3 THE TRUTH ABOUT COMMUNISM	\$29.95	DVD	CON
UFK523	HIDDEN AGENDA #4 ANARCHY USA, CIVIL RIGHTS	\$29.95	DVD	CON
UFK524	HIDDEN AGENDA #5 KATANGA, U.N. BETRAYAL EXPOSED	\$19.95	DVD	CON
UFK525	HIDDEN AGENDA #6 STRATEGY & TACTICS OF TERRORISM	\$19.95	DVD	CON
UFK477	HIDDEN AGENDA: REAL CONSPIRACIES TODAY, 6 DISC SET	\$119.95	DVD	CON
STAW0429D	HIDDEN GOSPEL, THE (3 CD SET)	\$24.95	CD	SPI
SV3408DVD	HIDDEN TRUTH DVD	\$19.95	DVD	ANC
SV3409	HIDDEN TRUTH, THE	\$19.95	V	ANC
SV2012	HISTORY OF CROP CIRCLES, A	\$19.95	V	UFO
UFU410	HOAGLAND'S MARS – 4 TAPE COLLECTORS SET	\$89.95	DVD	UFO
UFU411	HOAGLAND'S MARS I: NASA-CYDONIA BRIEFINGS	\$24.95	DVD	UFO
UFU412	HOAGLAND'S MARS II: UN BRIEFINGS	\$29.95	DVD	UFO
UFU413	HOAGLAND'S MARS III: MOON MARS CONNECTION	\$44.95	DVD	UFO
PPMA5	HOME ENLIGHTENMENT MADE EASY (DVD)	\$24.95	DVD	ALT
WL123	HOW TO FEEL REAL GOOD IN 0-60 SECONDS	\$19.95	V	MET
STAW0222D	HOW TO LOVE A WOMAN (3 CD SET)	\$24.95	CD	SEX
STAW0113D	HUMOR AND HEALING (CD)	\$14.95	CD	ALT
STMM0121D	HUSH	\$16.98	CD	MUS
AQ0092D	HUSH (CD)	\$16.95	CD	MUS
STAW0488D	I WANT BURNING: THE ECSTATIC WORLD OF RUMI, HAFIZ, AND LALLA	\$16.98	CD	SPI
STVT0734	ILLUMINATED CHAKRAS: VISIONARY VOYAGE INTO YOUR INNER WORLD	\$19.95	V	ALT
STVT0735D	ILLUMINATED CHAKRAS: VISIONARY VOYAGE INTO YOUR INNER WORLD (DVD)	\$19.95	DVD	ALT
STAW0814D	IMPROVE YOUR MEMORY	\$15.95	CD	ALT
STAW0714D	IMPROVE YOUR MEMORY NOW: MAXIMIZE YOUR BRAIN POWER	\$24.95	CD	ALT
STAW0152D	IN THE HOUSE OF THE RIDDLE MOTHER	\$19.95	CD	ALT
STMM1100D	INCREASE VITALITY (CD)	\$17.98	CD	ALT

STAW0718D	INCREASE VITALITY ACUPRESSURE & GENTLE YOGA SESSIONS	\$15.95	CD	ALT
MM325742	INDIGO THE MOVIE (DVD)	\$24.95	DVD	MET
SV2939	INITIMATE SECRETS OF SEX AND SPIRIT	\$24.95	V	ALT
STAF0777D	INNER ART OF MEDITATION, THE	\$39.95	CD	ALT
STVT0809D	INNER WAVE (DVD)	\$19.95	DVD	ALT
STAF0874D	INSIGHT MEDITATION	\$199.00	CD	ALT
STAW0553	INSIGHT MEDITATION KIT: A STEP-BY-STEP COURSE	\$29.95	CD	ALT
STBK1073D	INSTRUCTION MANUAL FOR RECEIVING GOD, THE (BOOK)	\$22.95	BOOK	SPI
STKT0948	INTEGRAL OPERATING SYSTEMS, THE	\$39.95	KIT	ALT
SV2950DVD	INTIMACY AND SEXUAL ECSTASY (DVD)	\$24.95	DVD	SEX
SV2940	INTIMACY AND SEXUAL ECSTASY	\$24.95	V	SEX
STAW0739D	INTUITION AND THE MYSTICAL LIFE	\$24.95	CD	SPI
STAW0833D	INVISIBLE ACTS OF POWER: MIRACLES	\$29.95	CD	ALT
STMM1062D	INVOCATION (CD)	\$16.98	CD	HOL
STBK1072D	INVOKING ANGELS: FOR BLESSINGS, PROTECTION AND HEALING (BOOK)	\$19.95	BOOK	SPI
STBK0999D	INVOKING MARY MAGDALENE: ACCESSING THE WISDOM OF THE DIVINE FEMININE (CD)	\$19.95	CD	SPI
STMM0816D	INVOKING THE MUSE	\$16.98	CD	MUS
TMC22DVD	IRIDOLOGY	\$19.95	DVD	ALT
STAW0974D	IS THERE LIFE AFTER DEATH? (2 CD SET)	\$19.95	CD	SPI
STAW0493	ISAIAH EFFECT, THE	\$19.95	CD	ALT
STAW0490D	IT WON'T HURT FOREVER: GUIDING YOUR CHILD THROUGH TRAUMA	\$19.95	CD	ALT
STAW0490D	IT WON'T HURT FOREVER: GUIDING YOUR CHILD THROUGH TRAUMA (2 CD SET)	\$19.95	CD	ALT
STMM1044D	JALA (CD)	\$16.98	CD	MUS
STAF0937D	JEWEL TREE OF TIBET, THE:	\$79.95	CD	SPI
UFK547	JOURNEY TO LIGHT	\$19.95	DVD	ALT
UFK546	JOURNEY TO THE HOLLOW EARTH	\$19.95	DVD	ANC
WD2002	JOURNEY TO WILD DIVINE, THE: COMBO PACK	\$199.95	KIT	HOL
WD1001	JOURNEY TO WILD DIVINE, THE: THE PASSAGE	\$159.95	KIT	HOL
WD1002	JOURNEY TO WILD DIVINE, THE: WISDOM QUEST	\$59.95	KIT	HOL
WD3000	JOURNEY TO WILD DIVINE, THE: HEALING RHYTHMS	\$295.00	KIT	HOL
UFU511	JOURNEY, THE	\$29.95	DVD	UFO
STMM1078D	KABBALAH KIRTAN (CD)	\$17.98	CD	SPI
STAW0268D	KABBALAH MEDITATION: JUDAISM'S ANCIENT SYSTEM	\$19.95	CD	SPI
UFU431	KECKSBURG, THE UNTOLD STORY	\$24.95	DVD	UFO
STAW1051D	KEEP GOING: THE ART OF PERSEVERANCE (4 CD SET)	\$29.95	CD	MET
STMM0922D	KERALA DREAM (CD)	\$16.98	CD	SPI
STMM0337D	KEUR MOUSSA: SACRED CHANTS AND AFRICAN RHYTHMS FROM SENEGAL	\$16.98	CD	MUS
STAW0740D	KIRTAN! THE ART AND PRACTICE OF ECSTATIC CHANT	\$24.95	CD	SPI
SV3132DVD	KITCHEN, THE (DVD)	\$29.95	DVD	ALT
AQ0094	KLAUS WIESE: EL-HADRA (CD)	\$17.95	CD	MUS
STAF0758D	KOSMIC CONSCIOUSNESS: FROM DIRT TO DIVINITY	\$99.95	CD	SPI
SV3150	KRIYA KUNDALINI YOGA WORKOUT	\$19.95	V	ALT
PPME1	LABYRINTHS & DRAGONQUEST (DVD)	\$24.95	DVD	SAC
STAF0958D	LANGUAGE OF ARCHETYPES, THE (11 CD SET)	\$99.00	CD	MET
STAW0924D	LANGUAGE OF YOGA, THE: (BOOK/CD)	\$24.95	BOOK/CD	HOL
STAB0130D	LEARNING THE HUMAN GAME: ORIGINAL LIVE RECORDINGS (3 CDS)	\$24.95	CD	SPI
UFK475	LEN HOROWITZ: ANTHRAX AND SMALLPOX & THE MARK OF THE BEAST - 2 PAK	\$39.95	DVD	CON
UFK474	LEN HOROWITZ: STAR WARS WEAPONS & END TIMES WARFARE	\$49.95	DVD	CON
STAF1075D	LET YOURSELF GO: THE FREEDOM AND POWER OF LIFE BEYOND (6 CD SET)	\$69.95	CD	MET
STAW0959D	LIBERATION UPON HEARING IN THE BETWEEN (4 CD SET)	\$29.95	CD	MET
UFU648	LIFE ON MARS / PERU'S MYSTERY IN STONE	\$24.95	DVD	ANC
STAF0876D	LIFELINES: HOW PERSONAL WRITING CAN SAVE YOUR LIFE	\$69.95	CD	SPI
STAW0828D	LIVING FROM YOUR CENTER: MEDITATIONS WITH IYANLA VANZANT	\$15.95	CD	ALT
STAW0585D	LIVING THE LIBERATED LIFE AND DEALING WITH THE PAIN-BODY	\$27.95	CD	ALT

STKT1035D	LIVING WISDOM (KIT)	\$29.95	KIT	UFO
STAW0408D	LOST MODE OF PRAYER: THE	\$19.95	CD	ALT
UFK489	LOST SCIENCE OF THE SOUL: BREAKINGTHE REPTILLIAN CODE	\$119.95	DVD	CON
UFK654	LOST SECRETSOF THE MAYA	\$39.95	DVD	ANC
STAF0644D	LOST TEACHINGS OF YOGA: HOW TO FIND HAPPINESS	\$69.95	CD	ALT
STMM0997D	LOVELAND: MUSIC FOR DREAMING AND AWAKENING (CD)	\$16.98	CD	MUS
BMI1114	LOVERS GUIDE TO EXTENDED ORGASM (*)	\$24.95	V	SEX
BMI1102	LOVERS GUIDE TO SEXUAL ECSTASY (*)	\$29.95	V	SEX
STAW0287D	LOVING KINDNESS MEDITATION	\$19.95	CD	ALT
BMI1124DVD	LOVING WITH PASSION (DVD)	\$29.95	DVD	SEX
STBK0783D	LUCID DREAMING	\$19.95	CD	MET
STVT0921D	LUNAR FLOW YOGA (DVD)	\$16.95	DVD	HOL
SV3300	MACROBIOTIC CUISINE	\$19.95	V	ALT
STBK1024	MAGDALEN MANUSCRIPT, THE (BOOK)	\$18.95	BOOK	SPI
AEI2143	MAKING SEX FUN	\$29.95	DVD	SEX
A5484	MALE MULTIPLE ORGASM	\$19.95	CD	SEX
STKT0957D	MANDALA HEALING KIT, THE (KIT)	\$29.95	KIT	ALT
STAF0708D	MANDALA OF THE ENLIGHTENED FEMININE, THE	\$59.95	CD	ALT
STAW0845D	MANTRA HEALING COLLECTION, THE	\$29.95	CD	ALT
STAW0750D	MANTRA MEDITATION FOR ATTRACTING & HEALING RELATIONSHIPS: 40 DAY PROGRAM	\$15.95	CD	ALT
STAW0748D	MANTRA MEDITATION FOR CREATING ABUNDANCE: A FORTY DAY PROGRAM USING THE POWER OF SACRED SOUND	\$15.95	CD	MUS
STAW0749D	MANTRA MEDITATION FOR PHYSICAL HEALTH	\$15.95	CD	ALT
STBK0812D	MANTRA MEDITATION: CHANGE KARMA	\$19.95	Book/CD	ALT
STAF0780D	MANTRA: SACRED WORDS OF POWER	\$69.95	CD	ALT
STAW0648D	MANTRAS FOR ABUNDANCE: SACRED CHANTS TO ATTRACT HEALTH, LOVE, AND FULFILLMENT INTO YOUR LIFE	\$15.95	CD	ALT
STAW0566D	MANTRAS FOR RELEASING FEAR	\$15.95	CD	ALT
STAW1025D	MARY MAGDALEN ENERGY MEDITATIONS (CD)	\$16.95	CD	HOL
BMI1123DVD	MAXIMUM ORGASM - TANTRIC PLEASURE FOR MEN (DVD)	\$39.95	DVD	SEX
BMI1116DVD	MAXIMUM PERFORMANCE (DVD)	\$29.95	DVD	SEX
STAW0670D	MEDITATING WITH THE BODY: SIX TIBETAN BUDDHIST MEDITATIONS FOR TOUCHING ENLIGHTENMENT WITH THE BODY	\$34.95	CD	ALT
STAW0523D	MEDITATION FOR BEGINNERS	\$24.95	CD	SPI
STBK0781D	MEDITATION FOR BEGINNERS - 6 MEDITATIONS	\$19.95	Book/CD	MUS
STVT0001D	MEDITATION FOR BEGINNERS (DVD)	\$19.95	DVD	SPI
STAW0755D	MEDITATION FOR CHRISTIANS: PRACTICES AND TEACHINGS FOR ENTERING THE MIND OF CHRIST	\$24.95	CD	ALT
STAW0531D	MEDITATION FOR OPTIMUM HEALTH: HOW TO USE MINDFULNESS AND BREATHING TO HEAL YOUR BODY AND REFRESH YOUR MIND	\$24.95	CD	ALT
STAW1012D	MEDITATION IN A NEW YORK MINUTE (2 CD SET)	\$19.95	CD	HOL
STBK1013	MEDITATION IN A NEW YORK MINUTE (BOOK)	\$12.95	BOOK	HOL
STMM0118D	MEDITERRANEA: SONGS OF THE MEDITERRANEAN	\$16.98	CD	MUS
STAW0822D	MENOPAUSE: INITIATION INTO POWERTEACHINGS AND MEDITATIONS TO UNLEASH YOUR AUTHENTICITY, CREATIVITY, AND INTUITION AT MIDLIFE	\$29.95	CD	ALT
SV3605	MIAMI CONTACTS, THE	\$19.95	V	UFO
STAW0700D	MIDLIFE AND THE GREAT UNKNOWN	\$24.95	CD	SPI
A5498	MIND CONTROL IN AMERICA	\$11.95	A	CON
STAW0836D	MINDFUL LIVING	\$39.95	CD	SPI
BMI1117DVD	MINDFUL MASTURBATION (DVD)	\$29.95	DVD	SEX
STVT0008	MINDFUL MOVEMENTS: GENTLE CONTEMPLATIVE PRACTICES	\$24.95	CD	SPI
STAW0103D	MINDFULNESS AND PSYCHOTHERAPY (3 CD SET)	\$24.95	CD	HOL
STAW1043D	MINDFULNESS FOR BEGINNERS (2 CD SET)	\$19.95	CD	HOL
UFK484	MIRACLE / FREE ENERGY 2 DVD SET	\$39.95	DVD	FRE
STAW0312D	MIRACLE EYESIGHT METHOD (3 CD SET)	\$24.95	CD	ALT
UFKF79	MIRACLE HEALERS	\$19.95	DVD	ALT
STAW0851D	MIRACLES FOR THE EARTH	\$19.95	CD	NAT

UFK457	MONUMENTS TO LIFE, 2 PAK, HANCOCK AND BAUVAL	\$39.95	DVD	ANC
STMM0927D	MOON ON THE WATER (2 CD SET)	\$19.98	CD	MUS
SV3377	MOONTIME- MENARCHE TO MENOPAUSE	\$29.95	V	ALT
PPMA4A	MORE THAN STRETCH - SENIOR FITNESS FOR GOOD HEALTH (DVD)	\$19.95	DVD	HOL
TMA7002DVD	MORE THAN STRETCH-SENIOR FITNESS FOR GOOD HEALTH	\$19.95	DVD	HOL
SV3381	MOVING YOGA WITH DUNYA #1: RELAXING AND CIRCULATING	\$19.95	V	HOL
SV3383	MOVING YOGA WITH DUNYA #3: CHALLENGING, STRENUOUS ENERGIZING	\$19.95	V	HOL
STVT0011D	MUDRA: GESTURES OF POWER (DVD)	\$29.95	DVD	SPI
STMM0855D	MUSIC AS MEDICINE: HEALING MUSIC DRAWN FROM THE TIBETAN AND NATIVE AMERICAN TRADITIONS	\$16.98	CD	MUS
STMM0768D	MUSIC FOR YOGA AND OTHER JOYS	\$16.98	CD	MUS
STAB0131D	MYSELF: A CASE OF MISTAKEN IDENTITY (2 CD SET)	\$19.95	CD	MET
UFK459	MYSTERIES OF THE DEAD SEA SCROLLS-3 PAK	\$54.95	DVD	ANC
UFK578	MYSTERIOUS MIRACLES V3: MAN OF MIRACLES – SATYA SAI BABA	\$19.95	DVD	SPI
UFK535	MYSTERIOUS MIRACLES VOL. 8: WORLD BEYOND DEATH	\$19.95	DVD	ANG
UFK526	MYSTERY OF THE SPHINX	\$24.95	DVD	ANC
STMM0756D	MYSTICAL IRELAND: SACRED VOICES OF BENEDICTINE MONKS	\$39.95	CD	MUS
STAW0448D	MYSTICAL KABBALAH, THE (6 CD SET)	\$29.95	CD	MET
SV3410	NAKED TRUTH, THE	\$29.95	V	CON
SV3411DVD	NAKED TRUTH, THE (DVD)	\$29.95	DVD	CON
STMM1045D	NATARAJA: MUSIC FROM YOGA TRANCE DANCE WITH SHIVA RHEA (CD)	\$17.98	CD	MUS
UFK643	NATIONAL TREASURES: SECRET SIGNS & SYMBOLS OF THE US FOUNDING FATHERS	\$19.95	DVD	ANC
STAW0733D	NATIVE WISDOM: SEVEN KEYS TO HEALTH AND HAPPINESS	\$16.95	CD	SPI
STAW0400D	NATURAL BREATHING	\$24.95	CD	ALT
STVT00019D	NATURAL MEDITATION: TIBETAN	\$19.95	DVD	ALT
STBK0925D	NATURAL RADIANCE: AWAKENING TO YOUR GREAT PERFECTION (CD)	\$19.95	CD	HOL
STAW0905D	NATURAL VISION IMPROVEMENT KIT, THE	\$26.95	Kit	ALT
TMC13947DVD	NEAR DEATH EXPERIENCE (DVD)	\$29.95	DVD	ANG
ND1020B0D	NET DISCOUNT OF 10% OFF YOUR ORDER OF \$100 OR MORE*			HOL
SV3460DVD	NEW ENERGY SERIES (5 DVD SET)	\$119.95	DVD	FRE
SV3461DVD	NEW ENERGY SERIES#1- TOM BEARDEN	\$29.95	DVD	FRE
SV3462DVD	NEW ENERGY SERIES#2 – JOHN HUTCHINSON	\$29.95	DVD	FRE
SV3463DVD	NEW ENERGY SERIES#3 – JOSEPH NEWMAN	\$29.95	DVD	FRE
SV3464DVD	NEW ENERGY SERIES#4 – TROY REED	\$29.95	DVD	FRE
SV3454P	NEW ENERGY SERIES#4 – TROY REED	\$35.95	PAL	FRE
SV3465DVD	NEW ENERGY SERIES#5 – DENNIS LEE	\$29.95	DVD	FRE
SV3455P	NEW ENERGY SERIES#5 – DENNIS LEE	\$35.95	PAL	FRE
STAW0548D	NEW PHYSICS OF HEALING, THE: A GROUNDBREAKING LOOK AT YOUR BODY'S NATURAL LIFE-CHANGING POWERS	\$24.95	CD	ALT
WL122	NEW SPIRITUAL MAGIC	\$19.95	V	MET
AE1132DVD	NINA HARTLEY'S GUIDE TO ADVANCED ORAL SEX (DVD)	\$29.95	DVD	SEX
AE1456DVD	NINA HARTLEY'S GUIDE TO ADVANCED SEX TOYS (DVD)	\$29.95	DVD	SEX
AE9215DVD	NINA HARTLEY'S GUIDE TO BETTER FELLATIO (DVD)	\$29.95	DVD	SEX
AE1204DVD	NINA HARTLEY'S GUIDE TO MAKING LOVE TO MEN (DVD)	\$29.95	DVD	SEX
AE1205DVD	NINA HARTLEY'S GUIDE TO MAKING LOVE TO WOMEN (DVD)	\$29.95	DVD	SEX
AE1000DVD	NINA HARTLEY'S GUIDE TO ORAL SEX (DVD)	\$29.95	DVD	SEX
AE2004DVD	NINA HARTLEY'S GUIDE TO SENSUAL SUBMISSION TO A MAN (DVD)	\$29.95	DVD	SEX
AE2026DVD	NINA HARTLEY'S GUIDE TO SENSUAL SUBMISSION TO A WOMAN (DVD)	\$29.95	DVD	SEX
AE1901DVD	NINA HARTLEY'S GUIDE TO SENSUALLY DOMINATING A MAN (DVD)	\$29.95	DVD	SEX
AE1039DVD	NINA HARTLEY'S GUIDE TO SENSUALLY DOMINATING A WOMAN (DVD)	\$29.95	DVD	SEX
AE1131DVD	NINA HARTLEY'S GUIDE TO SEX TOYS (DVD)	\$29.95	DVD	SEX
STAF0877D	NOBLE HEART	\$79.95	CD	SPI
STAW0805D	NONVIOLENT COMMUNICATION	\$29.95	CD	SPI
STHH1022D	NONVIOLENT COMMUNICATION TRAINING COURSE (9 CD SET)	\$149.95	CD	MET
UFK461	NOTHING TO SOMETHING: BOB FRISSELL	\$24.95	DVD	SPI

SV3480	OCEANIA: HUMAN / DOLPHIN CONNECTION	\$19.95	V	DOL
SV3481DVD	OCEANIA: HUMAN DOLPHIN CONNECTION (DVD)	\$19.95	DVD	DOL
STAW0598D	OLD FRIEND FROM FAR AWAY: HOW TO WRITE MEMOIR (CD)	\$24.95	CD	SPI
PPMF5	ONE LIGHT - HEALING TOUCH, EXPLORING (DVD)	\$24.95	DVD	ALT
UFU101P	ONE ON ONE UFOS #1: COVER-UPS AND SECRET BASES	\$24.95	PAL	UFO
UFU102P	ONE ON ONE UFOS #2: ALIEN ABDUCTIONS	\$24.95	PAL	UFO
UFU103P	ONE ON ONE UFOS #3: PHENOMENON OF CROP CIRCLES	\$24.95	PAL	UFO
A5605	OPENING TO ANGELS (AUDIO 83 MIN)	\$14.95	A	ANG
SV3507DVD	OPENING TO ANGELS (DVD)	\$19.95	DVD	ANG
SV3505P	OPENING TO ANGELS (PAL FORMAT)	\$24.95	PAL	ANG
SV3505	OPENING TO ANGELS (VIDEO 60 MIN)	\$19.95	V	ANG
TMA7004DVD	OPTIMAL HEALTH SERIES: HEALING EXERCISES FOR BODY, MIND & SPIRIT, THE (DVD)	\$29.95	DVD	ALT
STAF0972D	ORIGINAL PRAYER:TEACHINGS AND MEDITATIONS ON THE ARAMAIC WORDS OF JESUS (8 CD SET)	\$69.95	CD	SPI
STAF0801D	OUT OF YOUR MIND: ESSENTIAL LISTENING FROM ALAN WATTS	\$99.95	CD	SPI
STAW0815D	PAIN RELIEF	\$15.95	CD	ALT
SV3603	PARADISE BLUE	\$19.95	V	MUS
STAW0370D	PATH WITH HEART, A	\$19.95	CD	SPI
STMM0902D	PEACE MANTRAS: SACRED CHANTS FROM INDIA TO MANIFEST PEACE IN YOURSELF AND OTHERS (CD)	\$16.98	CD	HOL
STAW0625D	PEACEMAKING: HOW TO DO IT, HOW TO BE IT	\$24.95	CD	SPI
STAB0138D	PEBBLES AND PEARLS (2 CD SET)	\$19.95	CD	HOL
STAW0411D	PEMA CHODRON AND ALICE WALKER IN CONVERSATION	\$14.95	CD	SPI
STAW0846D	PEMA CHODRON AUDIO COLLECTION, THE	\$39.95	CD	SPI
FS1011	PERCIVAL	\$19.95	V	SPI
STAW0693D	PERSONAL HEALING: CAROLINE MYSS	\$15.95	CD	ALT
STAW0486D	PILGRIM OF THE HEART (3 CDS)	\$24.95	CD	MUS
STAW0565D	PLACES THAT SCARE YOU, THE	\$24.95	CD	SPI
UFU442	PLEIADIAN CONNECTION – 2 DVD SPECIALEDITION	\$29.95	DVD	UFO
SV3604P	PLEIADIAN CONNECTION, THE - PAL FORMAT	\$39.95	PAL	UFO
STAW0347D	PLUM VILLAGE MEDITATIONS	\$15.95	CD	SPI
STAW0989D	POSITIVE ENERGY PRACTICES: HOW TO ATTRACT UPLIFTING PEOPLE AND COMBAT ENERGY VAMPIRES (2 CD SET)	\$19.95	CD	ALT
AQ0088D	POUMI: RUDRAKSHA (CD)	\$17.95	CD	MUS
TMC01	POWER OF CRYSTALS	\$19.95	DVD	ALT
STAE0500	POWER OF QI	\$24.95	CD	MET
STVT0810D	POWER WAVE (DVD)	\$19.95	DVD	HOL
STMM0898D	PRANAYAMA	\$24.95	CD	HOL
SV3610	PREGNANCY MASSAGE VIDEO, THE	\$19.95	V	SEX
STAW0772D	PREPARING FOR CHILDBIRTH	\$15.95	CD	ALT
WL141	PREPARING FOR CONTACT	\$19.95	V	SUP
STAW0771D	PREPARING FOR SURGERY	\$15.95	CD	ALT
STAF0760D	PRESENT MOMENT, THE: RETREAT ON MINDFULNESS	\$69.95	CD	SPI
FS1013	PRESENTER PANEL DISCUSSION	\$19.95	V	SPI
TMW7202DVD	PRIMARY LONG BOXING (DVD)	\$29.95	DVD	HOL
UFK460	PROPHECY: THE NEXT 1000 YEARS	\$24.95	DVD	SUP
STAW0479D	PURE MEDITATION	\$19.95	CD	SPI
STVT0025D	QI HEALING: ENERGY MEDICINE TECHNIQUES TO HEAL YOURSELF AND OTHERS	\$39.95	DVD	ALT
STVT0932D	QIGONG FOR LONG LIFE: CLEANSE AND BUILD INNER QI (DVD)	\$17.95	DVD	ALT
STVT0931D	QIGONG FOR LONG LIFE: CULTIVATE LONGEVITY FOUNDATIONAL PRACTICES (DVD)	\$17.95	DVD	ALT
STVT0933D	QIGONG FOR LONG LIFE: DEVELOP QI STRENGTH AND POWER (DVD)	\$17.95	DVD	ALT
STAW0088D	QIGONG MEDITATIONS (CD)	\$14.95	CD	ALT
STVT0002	QIGONG: TRADITIONAL CHINESE EXERCISES FOR HEALING	\$19.95	DVD	ALT

UFK557	QUANTUM HOLOGRAM & E.S.P., THE	\$19.95	DVD	MET
WL102	QUEST FOR WISDOM – BEAR HEART	\$19.95	V	NAT
STMM0001D	QUIET MIND: THE MYSTICAL JOURNEY OF A TIBETAN NOMAD	\$16.98	CD	MUS
STAF0894D	QUIET THUNDER	\$69.95	CD	NAT
STAW0118D	RADIANT COAT, THE (2 CD SET)	\$19.95	CD	MET
STAF0753D	RADICAL PRAYER: LOVE IN ACTION	\$69.95	CD	SPI
STAW0468D	RADICAL SELF-ACCEPTANCE:	\$24.95	CD	ALT
STMM1050D	RARE ELEMENTS (CD)	\$16.98	CD	MUS
STAW0587D	REALIZATION OF BEING, ECKHART TOLLE	\$24.95	CD	SPI
STAF0702D	REALIZING THE POWER OF NOW: RETREAT W/ECKHART TOLLE	\$69.95	CD	SPI
STAW0202D	RED SHOES, THE (CD)	\$14.95	CD	MET
STAW0230D	REFLECTIONS ON THE ARTIST'S WAY (3 CD SET)	\$24.95	CD	MET
STKT0973D	REIKI TOUCH, THE (KIT)	\$39.95	KIT	ALT
STMM1099D	RELAX AND DE-STRESS (CD)	\$17.98	CD	HOL
STAW0720D	RELEASE BACK PAIN: ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE	\$15.95	CD	ALT
UFK485	REMOTE VIEWING METHODS – 2 DISK SET	\$54.95	DVD	SUP
UFK486	REMOTE VIEWING METHODS: INGOSWAN 2 DVD SET	\$39.95	DVD	SUP
STAF0840D	REMOTE VIEWING TRAINING COURSE: RV PRINCIPLES TECHNIQUES	\$239.95	CD	SUP
UFK487	REMOTE VIEWING VIDEO LEARNING SERIES 3 DISK SET	\$99.95	DVD	SUP
STAW0888D	REMOTE VIEWING: AN INTRODUCTION TO COORDINATE REMOTE VIEWING (4 CDS / 1 DVD)	\$29.95	CD/DVD	SUP
UFK462	RETURN OF THE GODS: 4 TAPE SET	\$69.95	DVD	ANC
STMM0923D	RHYTHMS OF AWAKENING (CD)	\$16.98	CD	MUS
STMM0294D	RHYTHMS OF PEACE	\$16.98	CD	MUS
STMM0006D	RHYTHMS OF THE CHAKRAS (CD)	\$16.98	CD	MUS
STAW0569D	RIGHT USE OF POWER: HOW STEWARDSHIP REPLACES LEADERSHIP	\$29.95	CD	SPI
STAW0419D	ROAD SAGE (CD)	\$14.95	CD	HOL
STAW0574D	ROBERT ANTON WILSON EXPLAINS EVERYTHING (5 CD SET)	\$34.95	CD	SPI
UFK464	ROLLING THUNDER: HEALER OF META TANTAY	\$24.95	DVD	ALT
STAF1019D	ROOTS OF BUDDHIST PSYCHOLOGY (8 CDS)	\$69.95	CD	SPI
SV3740	ROSWELL REMEMBERED, A CITY ON THE EDGE OF HISTORY	\$29.95	V	UFO
	ROSWELL VOL. 5: TUNGUSKA, THE RUSSIAN ROSWELL	\$	DVD	UFO
UFU438	ROSWELL VOL. 6: THE UFO UNCOVER-UP	\$19.95	DVD	UFO
STAW0492D	RUMI: VOICE OF LONGING	\$24.95	CD	SPI
STAW0576D	SACRED CONTRACTS, CAROLINE MYSS (CD)	\$34.95	CD	SPI
SV4401	SACRED SITES #1: MYSTICAL YUCATAN	\$19.95	V	ANC
SV2513	SACRED SITES #2: ENGLISH SACRED SITES	\$19.95	V	ANC
SV3760	SACRED SITES #3: SANATAN DHARMA	\$29.95	V	ANC
SAC1003	SACRED SITES: 3 VOL SERIES	\$59.95	V	ANC
STAW1060D	SACRED YES, THE (4 CD SET)	\$29.95	CD	MET
STBK1061	SACRED YES, THE (BOOK)	\$24.95	BOOK	MET
STMM1058D	SADHANA (CD)	\$16.98	CD	MUS
PPMD3A	SADHANA (DVD)	\$24.95	DVD	SPI
UFK533	SASQUATCH SCIENCE: SEARCHING FOR BIGFOOT	\$39.95	DVD	FRE
AQ8933D	SAYAMA: REIKI HANDS (CD)	\$17.95	CD	MUS
STAF0879D	SCIENCE OF ENLIGHTENMENT, THE: TEACHINGS AND MEDITATIONS FOR AWAKENING THROUGH SELF-INVESTIGATION	\$99.00	CD	SPI
STAF0640D	SCIENCE OF MEDICAL INTUITION, THE: SELF-DIAGNOSIS AND HEALING WITH YOUR BODY'S ENERGY SYSTEMS	\$199.00	CD	ALT
UFK558	SCIENCE: BEHIND CLOSED DOORS # 6 – HOLES IN HEAVEN	\$24.95	DVD	FRE
UFU559	SCIENTIFIC STUDY OF ALIEN IMPLANTS – 2 DVD SPECIAL EDITION	\$29.95	DVD	UFO
GA11113	SEARCH FOR HEAVEN, THE (DVD)	\$19.95	DVD	SPI
SV3775	SECOND COMING OF SCIENCE	\$29.95	V	FRE
STBK0900	SECOND HALF OF LIFE, THE	\$21.95	Book	ALT
STAW0936D	SECOND HALF OF LIFE, THE	\$19.95	CD	ALT

STAF1092D	SECOND HALF OF LIFE, THE (8 CDS)	\$69.95	CD	MET
UFU422	SECRET NASA TRANSMISSIONS: 4 DISK SET	\$79.95	DVD	UFO
UFU423	SECRET NASA TRANSMISSIONS: RAW FOOTAGE VOL. 2	\$24.95	DVD	UFO
UFU291	SECRET NASA TRANSMISSIONS: THE SMOKING GUN	\$29.95	DVD	UFO
UFU514	SECRET NASA TRANSMISSIONS: TWO – 3 DVD SET	\$59.95	DVD	UFO
SV3777	SECRETS NATURAL HORMONE THERAPY VIDEO	\$19.95	V	SEX
STAW0712D	SECRETS OF A PASSIONATE MARRIAGE: HOW TO INCREASE SEXUAL PLEASURE AND EMOTIONAL FULFILLMENT IN COMMITTED RELATIONSHIPS	\$24.95	CD	SEX
UFU436	SECRETS OF DREAMLAND – 2 DISK COLLECTORS SET	\$39.95	DVD	UFO
SV3776DVD	SECRETS OF FEMALE SEXUAL ECSTASY (DVD)	\$39.95	DVD	SEX
SV3777P	SECRETS OF NATURAL HORMONE THERAPY, THE (PAL FORMAT)	\$24.95	PAL	ALT
STAF1023D	SECRETS OF THE IMMORTAL: ADVANCED TEACHINGS FROM A COURSE IN MIRACLES (6 CD SET)	\$69.95	CD	SPI
WL139	SEEKING THE STONE: TERENCE McKENNA	\$19.95	V	MET
STAW0687D	SELF ESTEEM: YOUR FUNDAMENTAL POWER	\$34.95	CD	SPI
STAW0638D	SELF HEALING STRATEGIES: SIMPLE MEASURES FOR PROTECTING YOUR HEALTH, STAYING WELL, AND LIVING LONGER	\$34.95	CD	ALT
STAW0767D	SELF HEALING WITH GUIDED IMAGERY	\$19.95	CD	ALT
STAW0842D	SELF HEALING WITH SOUND AND MUSIC	\$19.95	CD	ALT
STAW0991D	SELF HYPNOSIS DIET, THE (3 CD SET)	\$24.95	CD	ALT
STBK1056D	SELF HYPNOSIS DIET, THE (BOOK/CD)	\$21.95	BOOK/CD	ALT
STHH0947D	SELF HYPNOSIS HOME STUDY COURSE (18 CD SET)	\$199.99	CD	ALT
STAW1057D	SERVANT LEADER TRAINING COURSE: ACHIEVING SUCCESS THROUGH CHARACTER, BRAVERY AND INFLUENCE, THE (4 CD SET)	\$29.95	CD	MET
STAW0570D	SEVEN SECRETS OF THE CORPORATE MYSTIC	\$34.95	CD	SPI
SV3779	SEVEN SPIRITUAL LAWS OF SUCCESS, THE	\$19.95	DVD	SPI
STAW0671D	SEXUAL HEALING: TRANSFORMING THE SACRED WOUND	\$24.95	CD	ALT
STMM0820D	SHAKTI RHYTHMS: SOUNDS OF THE YOGA REVOLUTION	\$16.98	CD	MUS
STMM0301D	SHAKUHACHI MEDITATION MUSIC	\$18.98	CD	MUS
STBK0784D	SHAMANIC JOURNEYING: A BEGINNER'S GUIDE	\$19.95	Book/CD	NAT
STAW0542D	SHAMANIC NAVIGATION: SHAPESHIFTING TECHNIQUES FROM THE ANDES, YUCATAN, AND TIBET	\$24.95	CD	NAT
FS1008	SHELDON NIDLE AND PEGGY MCCONNELL	\$19.95	V	SPI
PPMD4	SHINING SOUL-HELEN KELLER'S SPIRITUAL LIFE & LEGACY (DVD)	\$24.95	DVD	SPI
UFU440	SHIPS OF LIGHT – THE CARLOS DIAZ EXPERIENCE – 2 DVD SET	\$39.95	DVD	UFO
STAW0558D	SIDDHARTHA CD	\$34.95	CD	SPI
AEI2207	SII: 10 SECRETS TO GREAT SEX (DVD)	\$29.95	DVD	SEX
AEI2314	SII: ADVANCED LOVE SKILLS (DVD)	\$29.95	DVD	SEX
AEI2264	SII: BETTER ORAL SEX TECHNIQUES (DVD)	\$29.95	DVD	SEX
AEI2835	SII: BETTER SEX GUIDE TO THE KAMA SUTRA SET, THE (DVD)	\$29.95	DVD	SEX
AEI2265	SII: BIG O: EROTIC GUIDE TO ORGASM (DVD)	\$29.95	DVD	SEX
AEI2160	SII: CREATIVE POSITIONS FOR LOVERS (DVD)	\$29.95	DVD	SEX
AEI1019	SII: DARE TO BARE: EROTIC SHAVING & SEXUAL PLEASURES (DVD) (*)	\$29.95	DVD	SEX
AEI1393	SII: ENJOYING GUILTY PLEASURES (DVD) (*)	\$29.95	DVD	SEX
AEI2267	SII: JOY OF EROTIC MASSAGE (DVD)	\$29.95	DVD	SEX
AEI1350	SII: LOVERS GUIDE TO SELF PLEASURING (DVD) (*)	\$29.95	DVD	SEX
AEI2206	SII: SEXUAL POSITIONS FOR LOVERS (DVD)	\$29.95	DVD	SEX
AEI2312	SII: SEXUAL TECHNIQUES FOR LOVERS (DVD)	\$29.95	DVD	SEX
AEI2310	SII: TANTRIC GUIDE TO BETTER SEX (DVD)	\$29.95	DVD	SEX
AEI2490	SII: TOYS FOR BETTER SEX (DVD)	\$29.95	DVD	SEX
AEI2205	SII: UNLOCKING THE SECRET OF THE G-SPOT (DVD)	\$29.95	DVD	SEX
STAW0341D	SING YOUR HEART OUT	\$24.95	CD	MUS
STAW0379D	SINGING THE PSALMS (4 CD SET)	\$29.95	CD	MUS
RM2001	SIT & GET FIT FOR SENIORS #1: UPPER BODY	\$19.95	V	ALT
RM2002	SIT & GET FIT FOR SENIORS #2: LOWER BODY	\$19.95	V	ALT
RM2000	SIT & GET FIT FOR SENIORS 2 VOLUME SET	\$39.90	V	HOL

STAW0717D	SLEEP BETTER: ACUPRESSURE & GENTLE YOGA SESSIONS YOU CAN USE ANYWHERE	\$15.95	CD	ALT
STVT0889D	SOLAR FLOW YOGA (DVD)	\$16.95	DVD	HOL
STAW0427D	SONG OF THE SUN (5 CD SET)	\$34.95	CD	ANC
STMM1026D	SONGS OF MAGDALEN (CD)	\$16.98	CD	MUS
SV37798	SONIC APOTHECARY	\$19.95	V	FRE
STAF0799D	SOUL PRINTS WORKSHOP, THE: WISDOM TEACHINGS FROM THE KAB ILLUMINATING YOUR UNIQUE LIFE PATH	\$69.95	CD	SPI
STAW0342D	SOUL RETRIEVAL JOURNEY (3 CD SET)	\$24.95	CD	NAT
STVT1088D	SOUL SWEAT: HOT MOVES WORLD GROOVES (DVD)	\$19.98	DVD	MUS
STMM0272D	SOUNDINGS (CD)	\$16.98	CD	MUS
STMM0296D	SOUNDS OF PEACE (CD)	\$16.98	CD	MUS
UFK480	SPACE: THE SECRET HISTORY	\$34.95	DVD	CON
STAW0710D	SPEAKING PEACE: CONNECTING WITH OTHERS THROUGH NON-VIOLENT COMMUNICATION	\$24.95	CD	SPI
STAF1009D	SPIRAL DYNAMICS INTEGRAL (6 CD SET)	\$69.95	CD	MET
STAW0650D	SPIRITUAL ACTIVATION: WHY EACH OF US DOES MAKE THE DIFFERENCE	\$24.95	CD	SPI
STAW0550D	SPIRITUAL MADNESS	\$24.95	CD	SPI
STAE0498	SPIRITUAL POWER, SPIRITUAL PRACTICE CD W/ ENHANCEMENTS	\$24.95	CD	SPI
PPMD5A	SPLENDORS OF SPIRIT - SWEDENBORG'S QUEST FOR INSIGHT (DVD)	\$24.95	DVD	MET
TMA7003DVD	SPLENDORS OF SPIRIT: SWEDENBORG'S QUEST FOR INSIGHT	\$19.95	DVD	SPI
STAF0916D	SPONTANEOUS AWAKENING	\$69.95	CD	SPI
UFK642	STARGATE 2012: SURFING THE TIDES OF THE MILKY WAY	\$39.95	DVD	UFO
UFK588	STIGMATA ANDTHE PROPHECIES OF FATIMA	\$19.95	DVD	SPI
STMM0270D	STOR AMHRAN	\$16.98	CD	MUS
SV3780	STORY OF THE WHITE BUFFALO WOMAN, THE	\$29.95	V	NAT
STAW0719D	STRESS RELIEF: ACUPRESSURE & GENTLE YOGA SESSIONS	\$15.95	CD	HOL
STAW0868D	STUDIO TALKS: BREATHING & BANDHAS	\$24.95	CD	HOL
STAW0870D	STUDIO TALKS: GAZING	\$24.95	CD	HOL
STAW0869D	STUDIO TALKS: PRANA	\$24.95	CD	HOL
STAW0871D	STUDIO TALKS: PROCESS OF YOGA	\$24.95	CD	HOL
SV3783	SUN BEAR VISION OF THE MEDICINE WHEEL	\$29.95	V	NAT
STVT0850D	SUN SALUTATIONS (DVD)	\$16.95	DVD	HOL
SV3800	TAI CHI CHI KUNG, LEE HOLDEN	\$19.95	V	HOL
STAW0501D	TAKE TIME FOR YOUR LIFE CD	\$34.95	CD	ALT
STAW0630D	TAKING CARE OF YOURSELF: STRATEGIES FOR EATING WELL, STAYING FIT, AND LIVING IN BALANCE	\$34.95	CD	ALT
STMM0890D	TANDAVA	\$16.98	CD	MUS
SV3810	TANTRA – THE ART OF CONSCIOUS LOVING	\$29.95	V	SEX
SV3813	TANTRA TAI CHI FOR COUPLES	\$19.95	V	SEX
SV3812DVD	TANTRIC MASSAGE (DVD)	\$29.95	DVD	SEX
SV3822DVD	TANTRIC MASSAGE FOR LOVERS: 2 DVD SET -- WITH STEVE & LOKITA CARTER (DVD)	\$29.95	DVD	SEX
SV3814DVD	TANTRIC PARTNER YOGA	\$29.95	DVD	SEX
SV3825DVD	TANTRIC SECRETS OF SACRED SEX, THE (DVD)	\$29.95	DVD	SEX
SV3830DVD	TANTRIC YOGA FOR LOVERS	\$19.95	DVD	SEX
STAW0382D	TAOISM	\$29.95	CD	SPI
STAW0206D	TAOIST HEALING IMAGERY (CD)	\$14.95	CD	HOL
STMM0117D	TARANTATA: DANCE OF THE ANCIENT SPIDER	\$16.98	CD	MUS
SV3817	TAROT & YOU	\$19.95	V	MET
SV3818DVD	TAROT & YOU (DVD)	\$19.95	DVD	MET
STAW0560D	TEACHINGS ON LOVE	\$24.95	CD	SPI
UFK537	TECHNOLOGIES OF THE GODS	\$19.95	DVD	CON
UFK375	TESLA, NIKOLA – THE GENIUSWHO LIT THE WORLD	\$29.95	DVD	FRE
UFK289	TESLA, NIKOLA: THE SECRET OF NIKOLA TESLA – THEMOTIE	\$29.95	DVD	FRE
STAW1087D	THE 1-2-3 OF GOD (4 CDS)	\$29.95	CD	SPI
STAF0982D	THEATRE OF THE IMAGINATION: VOLUME 1 (6 CD SET)	\$69.95	CD	MET

STAF0983D	THEATRE OF THE IMAGINATION: VOLUME 2 (6 CD SET)	\$69.95	CD	MET
SV3845	THERE AND BACK / NEAR DEATH EXPERIENCES	\$19.95	DVD	ANG
STAW0466D	THOMAS ASHLEY-FARRAND'S HEALING MANTRAS: LEARN SOUND AFFIRMATIONS	\$16.98	CD	MUS
STAF0778D	THOMAS MERTON'S PATH TO THE PALACE OF NOWHERE	\$69.95	CD	MET
STAW0381D	THREE LEVELS OF POWER AND HOW TO USE THEM	\$19.95	CD	ALT
STMM0112D	THROUGH ETERNITY: HOMAGE TO MOLAVI (RUMI)	\$16.98	CD	MUS
SV3854DVD	THROUGH THE EYES OF A CHILD-DRUNVALO MELCHIZEDEK - 2PK DVD	\$39.95	DVD	SPI
SV3853	THROUGH THE EYES OF A CHILD-DRUNVALO MELCHIZEDEK - 2PK VHS	\$39.95	V	SPI
STAW0990D	THROUGH THE OPEN DOOR (2 CD SET)	\$19.95	CD	MET
STAE0497	TIBETAN DREAM YOGA - LAMA SURYA DAS	\$24.95	CD	SPI
STVT0018D	TIBETAN ENERGY YOGA: A TRADITIONAL WORKOUT (DVD)	\$19.95	DVD	HOL
STVT0018D	TIBETAN ENERGY YOGA: A TRADITIONAL WORKOUT (DVD)	\$19.95	DVD	ALT
STMM0127D	TIBETAN HEALING MUSIC	\$39.95	CD	MUS
STMM1109	TIBETAN MEDITATION MUSIC	\$17.98	CD	MUS
STBK1011D	TIBETAN SOUND HEALING (BOOK)	\$19.95	BOOK	ALT
STAF1021D	TIBETAN WISDOM FOR LIVING AND DYING (8 CDS)	\$69.95	CD	SPI
STAW0233D	TOUCHING THE EARTH, CD	\$14.95	CD	MUS
STAW0487D	TRANSFORMING YOUR RELATIONSHIP WITH MONEY (4 CD SET)	\$39.95	CD	MET
STAF0892D	TRUE HAPPINESS	\$69.95	CD	SPI
STAW1095D	TRUE HAPPINESS (2 CD SET)	\$19.95	CD	MET
STAW1040D	TRUE MEDITATION (3 CD SET)	\$24.95	CD	HOL
STBK1046D	TRUE MEDITATION (CD)	\$19.95	CD	HOL
STAW0698D	TRUTH IS A PATHLESS LAND	\$24.95	CD	SPI
UFU555	UFO INSIDERS	\$69.95	DVD	UFO
WL136	UFO INVESTIGATOR #1: COUNTDOWN TO ALIEN NATION	\$19.95	V	UFO
WL132	UFO INVESTIGATOR #2: FLYING SAUCERS THE COVER UP	\$19.95	V	UFO
WL121P	UFO INVESTIGATOR #3: GRAND DECEPTION: UFOS, AREA 51	\$24.95	PAL	UFO
WL121	UFO INVESTIGATOR #3: GRAND DECEPTION: UFOS, AREA 51	\$19.95	V	UFO
SV2828	UFO INVESTIGATOR #4 HIDDEN MEMORIES: ARE YOU AN ABDUCTEE?	\$19.95	V	UFO
SV2828P	UFO INVESTIGATOR #4 HIDDEN MEMORIES: ARE YOU AN ABDUCTEE? (PAL FORMAT)	\$24.95	PAL	UFO
WL119	UFO INVESTIGATOR #5:UFOS AND UNDERGROUND BASES	\$19.95	V	UFO
SV3900	UFO INVESTIGATOR SERIES (5 VOLUME SET)	\$89.95	V	UFO
UFU441	UFO SECRET: ALIEN CONTACTS – THE BEST EVIDENCE	\$29.95	DVD	UFO
UFU655	UFO SECRET: MJ-12 – DO YOU BELIEVEIN MAJIC	\$29.95	DVD	UFO
UFU650	UFO SECRET: THE ROSWELL CRASH – THE BEST EVIDENCE – 2 DVD SPECIAL EDITION	\$24.95	DVD	UFO
UFU562	UFO SECRET: THE TRUTH ABOUT UFOS IN RUSSIA	\$19.95	DVD	UFO
UFU565	UFO SECRET: TUNGUSKA – THE RUSSIAN ROSWELL	\$19.95	DVD	UFO
SV3919	UFO TRILOGY #1: UFO'S - THE CONTACTS	\$29.95	V	UFO
SV3922P	UFO TRILOGY #2: SECRET EVIDENCE - PAL	\$49.95	PAL	UFO
SV3922	UFO TRILOGY #2: SECRET EVIDENCE - VHS	\$29.95	V	UFO
UFU433	UFO TRILOGY #2: UFOS - THE SECRET EVIDENCE	\$29.95	DVD	UFO
SV3923	UFO TRILOGY #3: SECRETS OF BLACK WORLD	\$29.95	V	UFO
UFU432	UFO TRILOGY #3: UFOS – SECRETS OF THE BLACK WORLD	\$29.95	DVD	UFO
UFU551	UFOS & AREA 51: SECRETS OF THE BLACK WORLD: THEWHOLESTORY	\$54.95	DVD	UFO
UFU536	UFOS & AREA 51: VOL 2: BOB LAZAR VIDEO, THE	\$19.95	DVD	UFO
UFU537	UFOS & AREA 51: VOL 3: THE DAVID ADAIR STORY	\$19.95	DVD	UFO
UFU640	UFOS, 50 YEARS OF DENIAL SPECIAL EDITION	\$24.95	DVD	UFO
SV3921	UFO'S: A NEED TO KNOW	\$29.95	V	UFO
SV2806	UFOS: LEAH HALEY - LOST WAS THE KEY	\$29.95	V	UFO
UFU561	UFOS: THE BEST EVIDENCE 3 DVD – SPECIAL EDITION	\$49.95	DVD	UFO
UFU414	UFOS: THE HARD EVIDENCE – 6 VIDEO OR DVD COLLECTION	\$99.95	DVD	UFO
UFU421	UFOS: THE HARD EVIDENCE VOL 7.	\$29.95	DVD	UFO
SV3922P	UFOS: THE SECRET EVIDENCE	\$39.95	PAL	UFO
STAF0779	ULTIMATE ANTI-CAREER GUIDE, THE	\$69.95	CD	SPI

STMM1027D	ULTIMATE BRAIN, THE (9 CD SET)	\$99.00	CD	ALT
STAF0830D	ULTIMATE DIMENSION, THE	\$69.95	CD	SPI
STAF0885D	UNCONDITIONAL SELF ACCEPTANCE	\$69.95	CD	ALT
STMM0122D	UNDER THE MOROCCAN SKY: THE FES FESTIVAL OF WORLD SACRED MUSIC, VOLUME III	\$16.98	CD	MUS
STAW0627D	UNDERSTANDING ISLAM	\$15.95	CD	SPI
STMM0694D	UNIVERSAL LOVE	\$16.98	CD	MUS
UFK581	UNKNOWN FORCE	\$19.95	DVD	SUP
UFK582	UNKNOWN POWERS	\$29.95	DVD	SUP
STAW1001D	UNLEASHING THE SOUL OF MONEY (2 CD SET)	\$19.95	CD	MET
STMM0320D	VIRGIN'S LAMENT, THE	\$16.98	CD	MUS
WL133	VIRTUAL REALITY	\$19.95	V	MET
STAW0432D	VISIONARY ARTIST, THE (4 CD SET)	\$29.95	CD	ALT
UFK483	VIVA LITTLE MAN: WILHELM REICH	\$29.95	DVD	FRE
STAF0878D	VOCAL AWARENESS	\$49.95	CD	MET
STVT0912D	VOCAL AWARENESS (DVD)	\$24.95	DVD	MET
STAW0929D	VOCAL TONING THE CHAKRAS (2 CD SET)	\$19.95	CD	HOL
STAW1126D	VOICE OF A LEADER (3 CDS)	\$24.95	CD	MET
STMM0318D	VOX DE NUBE	\$16.98	CD	MUS
A5901	WAKE UP AMERICA!	\$14.95	A	CON
STAF1083D	WAKING FROM THE TRANCE (7 CD SET)	\$69.95	CD	ALT
STBK1054	WALKING MEDITATION (BOOK/CD/DVD)	\$24.95	CD	HOL
STBK0956D	WALKING WITH GRANDFATHER (BOOK/CD)	\$19.95	BOOK/CD	NAT
STAW0993D	WALKING: THE ULTIMATE EXERCISE FOR OPTIMAL HEALTH (2 CD SET)	\$19.95	CD	HOL
STAW0104D	WARMING THE STONE CHILD	\$19.95	CD	SPI
STVT0808D	WAVE, THE - GABRIELLE ROTH (DVD)	\$19.95	DVD	HOL
STAW0788D	WAY OF LEADERSHIP, THE: ZEN/TAO STRATEGIES	\$29.95	CD	SPI
STAW0402D	WAY OF ST. FRANCIS (3 CD SET)	\$24.95	CD	SPI
STAW0509D	WAY OF ST. JOHN OF THE CROSS, THE (5 CD SET)	\$34.95	CD	SPI
STBK0906	WAY OF THE SUPERIOR MAN: GUIDE TO MASTERING CHALLENGES OF WOMEN, WORK, SEXUAL DESIRE (BOOK)	\$19.95	BOOK	MET
STAW0944D	WAY OF THE SUPERIOR MAN: THE TEACHING SESSIONS (4 CD SET)	\$29.95	CD	MET
AW5232	WELLNESS 1 FORBIDDEN CANCER CURES	\$16.95	A	ALT
AW5720	WELLNESS 2 SECRETS NAT. HORMONE THERAPY	\$16.95	A	ALT
AW5162	WELLNESS 3 EATEN ALIVE	\$16.95	A	ALT
AW5003	WELLNESS AUDIO SERIES (3 AUDIO TAPES)	\$49.95	A	ALT
UFK481	WHAT HAPPENED ON THE MOON	\$49.95	DVD	UFO
STAF0955D	WHEN FOOD IS FOOD AND LOVE IS LOVE (6 CD SET)	\$69.95	CD	ALT
STBK1004	WHEN THE IMPOSSIBLE HAPPENS (BOOK)	\$18.95	CD	SUP
STAW0539D	WHEN THINGS FALL APART CD	\$24.95	CD	SPI
STAW0311D	WHO ARE YOU? (2 CD SET)	\$19.95	CD	SPI
STAW0378D	WHY PEOPLE DON'T HEAL & HOW THEY CAN (3 CD SET)	\$24.95	CD	ALT
STAW0536D	WHY PEOPLE DON'T HEAL CD	\$24.95	CD	ALT
STAW0747D	WICCAN RITUALS AND BLESSINGS: CELEBRATING THE TRADITIONS OF EARTH-BASED SPIRITUALITY	\$15.95	CD	NAT
STAF1074D	WILD AT HEART (6 CD SET)	\$69.95	CD	SPI
STBK0881	WILD NIGHTS	\$15.95	Book	SEX
STAW0556D	WILL TO LIVE AND OTHER MYSTERIES, THE	\$24.95	CD	SPI
STAW0366D	WISDOM FROM THE CELTIC WORLD (9 CD SET)	\$59.95	CD	ANC
STAF1076D	WISDOM OF YOUR CELLS, THE (8 CD SET)	\$79.95	CD	FRE
STMM0110D	WISH, A	\$16.98	CD	MUS
STAW0457D	WOMAN'S KABBALAH, THE (2 CD SET)	\$19.95	CD	MET
STAF0776D	WOMAN'S SPIRITUAL RETREAT, A: TEACHINGS, MEDITATIONS, AND RITUALS TO CELEBRATE YOUR AUTHENTIC FEMININE WISDOM	\$69.95	CD	SPI
STMM0004D	WOMEN IN CHANT	\$17.98	CD	MUS
STMM0123D	WOMEN IN CHANT: RECORDARE	\$18.98	CD	MUS

STAE0503	WOMEN WHO RUN WITH THE WOLVES	\$24.95	CD	SPI
SV4157	WOMEN'S BODIES, WOMEN'S CHOICES	\$29.95	V	ALT
STVT0028D	WOMEN'S WARRIOR WORKOUT, THE (DVD)	\$19.95	DVD	HOL
STAF0797D	WOMEN'S WISDOM FROM THE HEART OF AFRICA	\$69.95	CD	NAT
UFK583	WORLD OF THE UNKNOWN	\$19.95	DVD	CON
STAW0409D	WRITING DOWN THE BONES (7 CDS)	\$44.95	CD	MET
STAW0443D	WRITING LIFE, THE (2 CD SET)	\$19.95	CD	MET
TMA7005DVD	YANTRA - THE POWER OF CRYSTALS (DVD)	\$29.95	DVD	ALT
STAW0622D	YOGA BREATHING	\$24.95	CD	HOL
STAW0563D	YOGA CHANT	\$24.95	CD	HOL
STAW0852D	YOGA CHANTS: DEEPEN YOUR YOGA PRACTICE WITH AUTHENTIC SANSKRIT CHANT	\$19.95	CD	HOL
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STVT0763D	YOGA FOR YOUR EYES (DVD)	\$29.95	DVD	HOL
STAW0837D	YOGA JOURNAL'S YOGA STEP-BY-STEP HOME PRACTICE SYSTEM	\$26.95	CD	HOL
STAF0761D	YOGA MATRIX, THE	\$69.95	CD	HOL
STBK0975D	YOGA NIDRA: THE MEDITATIVE HEART OF YOGA (BOOK/CD)	\$19.95	BOOK/CD	HOL
STAW0452D	YOGA OF WORK, THE (2 CD SET)	\$19.95	CD	HOL
STVT0854D	YOGA PRAYER: AN EMBODIED CHRISTIAN SPIRITUAL PRACTICE (DVD)	\$19.95	DVD	HOL
STMM0126D	YOGA RHYTHMS: MUSIC TO ENERGIZE OF FLOW YOGA	\$16.98	CD	MUS
STAW0436D	YOGA SANCTUARY (CD)	\$24.95	CD	HOL
STVT0819D	YOGA SHAKTI	\$29.95	DVD	HOL
STAW0562D	YOGA TRANCE DANCE – SHIVA REA (CD)	\$24.95	CD	HOL
STAW0675D	YOGA WISDOM: TEACHINGS ON HAPPINESS, PEACE, AND FREEDOM	\$24.95	CD	HOL
TMA7007DVD	YOGA: ASANAS (DVD)	\$29.95	DVD	HOL
TMA7030DVD	YOGA: GENERAL HEALTH (DVD)	\$29.95	DVD	HOL
TMA7006DVD	YOGA: MIND, BODY, CONNECTION (DVD)	\$29.95	DVD	HOL
AEI9908	YOU CAN LAST LONGER	\$29.95	V	SEX
AEI2311	YOU CAN LAST LONGER (DVD)	\$29.95	DVD	SEX
STAW0451D	YOUR BODY IS YOUR SUBCONSCIOUS MIND	\$19.95	CD	ALT
STBK1003D	YOUR BODY SPEAKS YOUR MIND (CD)	\$19.95	CD	ALT
STAW0620D	YOUR HEART'S PRAYER	\$24.95	CD	ALT
STAW1081D	YOUR NAKED VOICE (3 CD SET)	\$24.95	CD	MET
STAW1111D	YOUR POWER TO CREATE (2 CDS)	\$19.95	CD	SPI
STAW0668D	YOUR PRIMAL NATURE: CONNECTING WITH THE POWER OF THE EARTH	\$16.95	CD	NAT
STHH1059D	YOUR UNSEEN POWER (9 CD SET)	\$149.00	CD	MET
STMM0109D	ZAGHAREED: MUSIC FROM THE PALESTINIAN HOLY LAND	\$16.98	CD	MUS
STAW0683D	ZEN HOWL: REVEALING THIS ONE GREAT LIFE	\$24.95	CD	SPI
BMI6350DVD	ZEN PUSSY - THE DVD	\$24.95	DVD	SEX