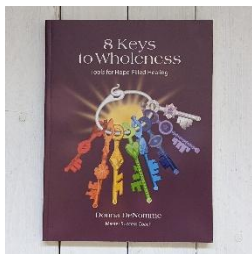


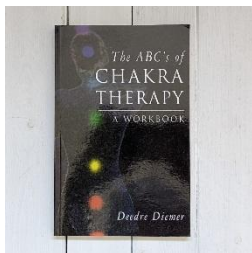


## Books on Ayurveda, Yoga, Energy Work, and Hindu Principles



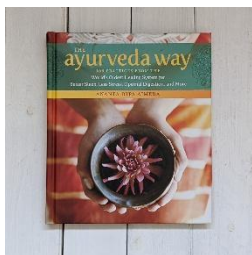
### **8 Keys to Wholeness** by Donna DeNomme \$19.95

Through writing that wraps its arms around you, 8Keys to Wholeness invites us to embrace our path of healing, to move toward our heart's desires, and our soul's longing. Along the way, we find enduring strength and unbeatable resilience. An award-winning, internationally published author, Donna DeNomme is a visionary who sees meaning in even the worst of our personal wounding, recognizing its value for our greater collective healing and human evolution.



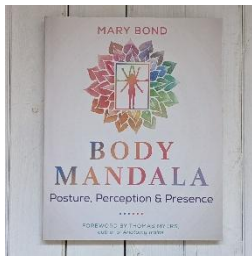
### **The ABCs of Chakra Therapy** by Deedra Deimer \$16.95

A practical, user-friendly workbook that leads readers on a journey of self-healing and transformation through the exploration of the chakras. The unique approach of this book incorporates a variety of therapies, including: visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, yoga, and other physical exercise. Illustrated with reading list.



### **The Ayurveda Way:** by Ananta Ripa Ajmera \$18.95 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More.

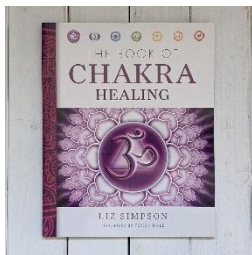
Ayurveda teacher Ananta Ripa Ajmera offers an introduction to this ancient Indian medical tradition, which complements and extends the health and wellness benefits of yoga. Through 108 short essays you will learn to approach optimal digestion, better sleep, less stress, and a more balanced life. Diet is key, and many essays are accompanied by recipes that incorporate into daily meals spices such as turmeric, cumin, ginger, and mustard seeds. In addition, meditation, yoga and breathing exercises, and self-care practices such as oil pulling and massage, make this time-tested wisdom available to contemporary holistic health enthusiasts — even beginners.



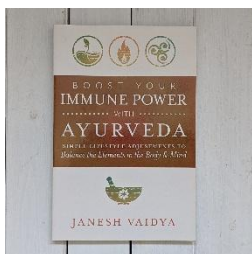
**Body Mandela:** Posture, Perception & Presence  
by Mary Bond \$24.99

Integrating movement theory, philosophy, neuroscience, fascia research, polyvagal theory, and personal story, Mary Bond teaches you to unlock your body's somatic wisdom. She reveals how the human body organizes and expresses movement through perception, looking in depth at the role of the fascial system as the preeminent organ of the mind-body connection. She also explains the process of internal perception, or "interoception," the body-mind's ability to identify, access, understand, and respond appropriately to its internal signals. Body Mandala invites you to awaken to the grace and wisdom of your body as a personal mandala that is always available for meditative focus, the author shows how conscious embodiment can help us not only improve our posture but also become more perceptive and more humane beings.

- Presents more than 50 physical self-explorations that invite you to transform your sensory experience, expand your awareness, and practice embodied presence
- Integrates movement theory, neuroscience, fascia research, and personal story to examine the structural foundation of the human body in motion and in stillness
- Includes streaming audio and video links for each practice



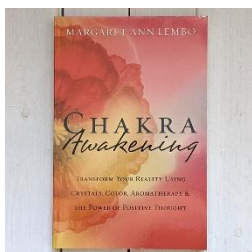
**The Book of Chakra Healing** by Liz Simpson \$18.99  
Restore your optimal physical, emotional, and spiritual self with chakra healing, an ancient Indian system that focuses on energies originating in seven centers of the body. Dip into this vital, easy-to-use, and lushly illustrated guide to learn about the archetypes associated with each chakra, find a feast of techniques and visualizations, and get information on every conceivable aspect of healing. Supplementary material provides basics on crystals, essential oils, and altars for your home, along with numerous charts and references.



**Boost Your Immune Power with Ayurveda:** Simple Lifestyle Adjustments to Balance the Elements in the Body & Mind by Janesh Vaidya \$17.99

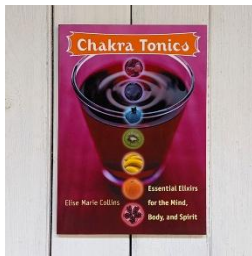
Optimize your immune power with simple practices for your specific body and mind type

**Boost Your Immune Power with Ayurveda** contains all you need to strengthen yourself in body, mind, and spirit through simple lifestyle adjustments.



**Chakra Awakening:** Transform Your Reality Using Crystals, Color, Aromatherapy & the Power of Positive Thought by Margaret Ann Lembo \$19.95

It is possible to design your own reality and live each day with prosperity, joy, and complete health. With gemstones, crystals, and the power of focused intent, you can transform your life using the amazing energy within—the chakras.



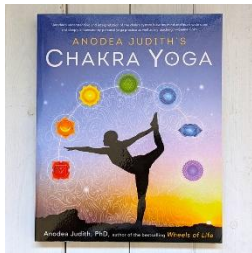
**Chakra Tonics:** Essential Elixirs for Mind, Body, & Spirit  
by Elise Marie Collins \$12.95

The art of chakra balancing has never been tastier! Spiritual counselor and yoga instructor Elise Collins has created the perfect guide and recipe book of smoothies, teas, and tonics set to boost energy healing and restoration.

Balance your Chakras with food. Our ancestors believed ingredients from the natural world cured not only physical ailments, but spiritual ones as well. Drawing on ancient wisdom, these restorative recipes contain powerful superfoods, herbs, minerals, and ph-balanced liquids designed to nourish the physical body and promote energy healing. Target your chakras with tonics. As you make your way through the chakra chart, find recipes that specifically target each chakra and clear out stale energy. And with bonus yoga techniques, learn how to release energy for Vedic vitality and a balanced mind.

Inside you'll find, recipes like:

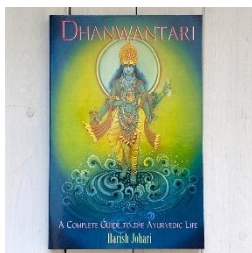
- Sunrise juice for the sacral chakra
- Prana rising smoothie for the root chakra
- Carmelite water for the heart chakra



**Anodea Judith's Chakra Yoga** by Anodea Judith PhD \$31.99

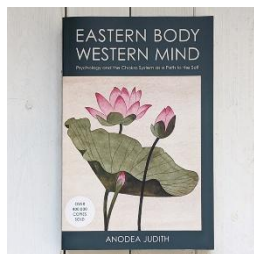
As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga.

With acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike.



**Dhanwantari:** A Complete Guide to the Ayurvedic Life  
by Harish Johari \$16.95

Named for the classical Indian god of medicine, Dhanwantari is a complete guide to living the Ayurvedic way. Chapters focus on diet, breathing, bathing, meditation, sleeping, exercising, medicine, jewelry, and sex. Anyone seeking a logical, scientific, and practical set of principles for daily life will discover an excellent guide in the time-tested system presented here. By improving the health of their bodies and minds, individuals will find that a greatly expanded breadth of life experiences is suddenly open to them.

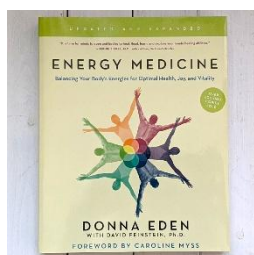


## **Eastern Body Western Mind**

by Anodea Judith PhD \$24.00

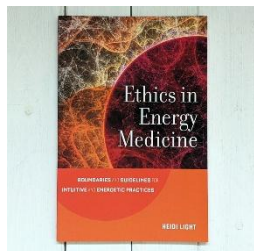
In *Eastern Body, Western Mind*, chakra authority Anodea Judith brings a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment.

Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics and then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance.



## **Energy Medicine** by Donna Eden \$22.00

In this updated and expanded edition of her alternative-health classic, Eden shows readers how they can understand their body's energy systems to promote healing.



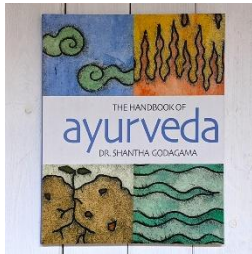
## **Ethics in Energy Medicine: Guidelines for Intuitive and Energetic Practices** by Heidi Light \$16.95

Heidi Light, a family counselor and certified hypnotherapist, asserts that we are in desperate need of guidance and standards so that we can approach the world of intuition, energy, and mysticism from a healthy and respectful place.

Drawing from her more than forty years as a medical intuitive empath, and energy tracker, as well as twenty years as a counselor in private, clinical, and institutional settings, Light offers practical, simple solutions to the alarming lack of boundaries in the fields of intuition and energy medicine.

From massage therapists who just throw in a little extra energy work, to psychics who read your sister instead of you, or to practitioners who tell you to take your clothes off, Light shares case studies and vignettes of ethical boundaries mistakenly being crossed.

This book explains the traditional psychological model of ethics that counselors and psychologists are taught and outlines an ethical energetics model as a framework for moving through the process of accessing intuitive information and working with energy. Experience energy workers, those new to the field and just opening to their intuition, and those who come to them for services need to know these ethical guidelines of boundaries and consent.

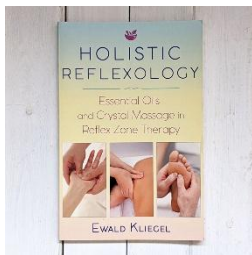


**The Handbook of Ayurveda** by Shantha Godagama \$15.95

This practical and inspirational handbook touches on every aspect of Ayurveda, a traditional healing system of India, for beginners, and serves as a refresher course for more seasoned students.

Written by one of the world's leading Ayurveda practitioners and teachers, this guide offers a complete overview and lays out the principal areas of the system—involving eight branches that include medicine, toxicology, and geriatrics—in ways that are easy to follow yet not oversimplified.

The author outlines the history, terminology, and practice, and includes a glossary of terms and a well-researched treatment section. The book also contextualizes Ayurveda within Buddhism, and recommends therapies and the herbs and plants that best accompany them.

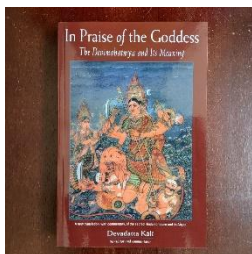


**Holistic Reflexology: Essential Oils and Crystal Massage in Reflex Zone Therapy** by Ewald Kliegel \$24.99

A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing

- Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso
- Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing
- Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements

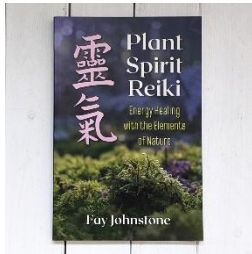
Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso.



**In Praise of the Goddess: The Devimahatmya and Its Meaning** by Devadatta Kali (Translator) \$22.95

Hindu Devi, the Divine Mother. This spiritual classic, the Devimahatmya, addresses the perennial questions of the nature of the universe, humankind, and divinity. How are they related, how do we live in a world torn between good and evil, and how do we find lasting satisfaction and inner peace?

The Devimahatmya speaks to us across the ages of the experiences and beliefs of our ancient ancestors. We sense their enchantment at nature's bounty and their terror before its destructive fury, their recognition of the good and evil in the human heart, and their understanding that everything in our experience is the expression of a greater reality, personified as the Divine Mother.

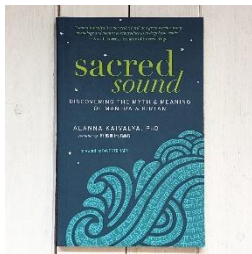


**Plant Spirit Reiki: Energy Healing with the Elements of Nature**  
by Fay Johnstone \$16.99

Enrich your Reiki practice by connecting with the healing spirit of plants and the natural world.

- Explores a new way of channeling Reiki energy for both personal healing and professional practice by intuitively connecting with plants and the natural world
- Provides simple exercises, meditations, and Reiki practices to help the reader intuitively work in partnership with plants as part of their Reiki practice
- Emphasizes healing exchange with plants and the self-practice of Reiki in partnership with the spirit of plants to heal our essential nature
- Explains how to raise the vibration of your community and the world by connecting with green spaces, nature beings, and habitats under threat

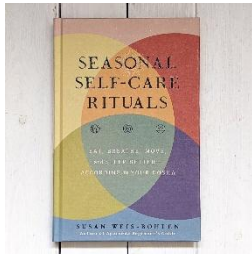
In this practical workbook, Fay Johnstone demonstrates how energy healers and Reiki practitioners can partner with plant spirit allies and the forces of nature for powerful healing for themselves, others, and our planet. She explains how to include plants and nature in your Reiki practice, both the spiritual/etheric components of plants and the physical plants themselves. She offers many practical exercises, techniques, and meditations as well as case studies and personal experiences to show how best to harness the power of plants on all levels, along with other energy flows, to support the healing process in much the same way that crystals are used as energetic healing aids. She explains how plants connect with the Reiki principles and explores plant spirit allies, chakra work, and healing with the elements of nature. She details how to enhance self-healing and Reiki treatments for others through “bringing the outside in,” creating a healing space, use of plant preparations, and other sacred forms of plant medicine.



**Sacred Sound: Discovering the Myth and Meaning of Mantra and Kirtan**  
by Alanna Kaivalya \$16.95

In yoga practice, mantra and kirtan (call-and-response devotional chanting) get short shrift in the West because they are not well understood, though they are an integral part of almost every Eastern spiritual practice. They are designed to provide access into the psyche while their underlying mythology helps us understand how our psychology affects daily life. *Sacred Sound* shares the myths behind the mantras and kirtans, illuminating their meaning and putting their power and practicality within reach of every reader.

Each of the twenty-one mantras and kirtans presented includes the Sanskrit version, the transliteration, the translation, suggestions for chanting, the underlying myth, and its modern-day implications. Based on the author’s years of teaching and studying the myths and sacred texts, this book offers a way into one of the most life-changing aspects of yoga practice.

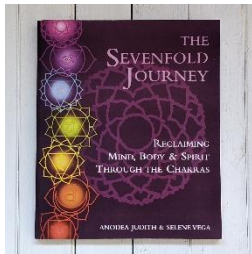


## **Seasonal Self-Care Rituals:** Eat, Breathe, Move, and Sleep Better According to Your Dosha by Susan Weis-Bohlen

Drawing on more than a decade of experience, Chopra-certified teacher Susan Weis-Bohlen guides you through simple yet profoundly effective shifts to take a more holistic approach to your health, in line with traditional wisdom but adapted to modern lifestyles. In this book you will find:

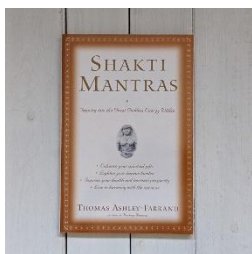
- An Introduction to Ayurvedic practices, including meditation, breath work, chakras, mantras, yoga, and aromatherapy and essential oils
- A dosha quiz to assess your mind-body constitution
- A practical guide to the seasons explaining their relationship to each dosha
- Personalized Guidance to build a daily routine for each season
- Food as medicine recipes like Golden Milk for Sleep and Good Digestion and Spring Detox Soup

An essential guide to year-round health, *Seasonal Self-Care Rituals* will lead you through healing rituals and natural remedies to support your ideal body weight, increased focus and mental clarity, a healthier gut and microbiome, improved stamina, better sleep, and emotional wellness.



## **The Sevenfold Journey:** Reclaiming Mind, Body, and Spirit Through the Chakras by Anodea Judith Ph.D. and Selene Vega \$23.99

Combining yoga, psychotherapy, movement, and ritual, the authors weave ancient and modern wisdom into a powerful tapestry of techniques for facilitating personal growth, healing, and transformation. **The Sevenfold Journey** provides a step-by-step approach to healing and balancing one's life using contemporary psychotherapeutic techniques, yoga, bioenergetics, journal exercises, meditation, dance, and ritual.

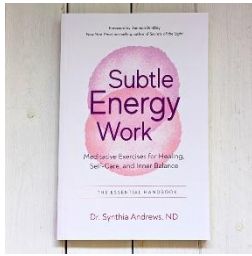


## **Shakti Mantras:** Tapping into the Great Goddess Energy Within by Thomas Ashley-Farrand \$17.00

Tap into the Great Goddess Energy Within

- Enhance your spiritual gifts
- Lighten your karmic burden
- Improve your health and increase prosperity
- Live in harmony with the universe

By sharing enchanting Hindu myths and astonishing true stories from his own practice, Ashley-Farrand helps us to understand the real power that this age-old art awakens in those who perform it. Through dozens of actual mantras—each one presented with phonetic spelling for easy pronunciation and recommendations for specific applications—he enables us to increase our “shakti” (power) and use it to solve problems, ensure abundance, create health and well-being, summon protection, and invoke personal and universal peace.



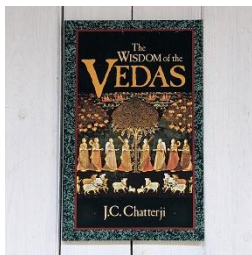
**Subtle Energy Work:** Meditative Exercises for Healing, Self-Care, and Inner Balance by Synthia Andrews \$22.95

Learning to consciously interact in the domain of subtle energy is the next step in personal and planetary transformation. *Subtle Energy Work* is a unique guide to principles, practices, and exercises to help you access your energy awareness and live a more empowered life.

In the book are 13 meditations that activate patterns of light within your energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step-by-step written directions augmented with line drawings, and an interpretive illustration of the completed energy pattern. There are also daily energy clearing and detoxification exercises.

**Subtle Energy Work** is a guide to living with expanded consciousness. Included are techniques that build energy awareness and use this skill to deepen your spiritual path, intimacy in relationships, align with earth energy, clear space, create protection, manifest goals, facilitate healing, and more.

Previously published as *The Path of Energy* (ISBN 9781601631725), this edition contains updates, and a new chapter.



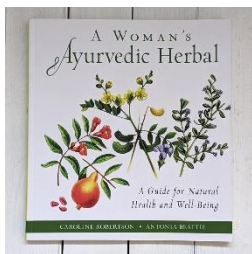
**The Wisdom of the Vedas** by Jagadish Chatterji \$14.95

How did the universe come into being? What is the nature of God? Of the human spirit?

All who seek understanding will find this book an illuminating presentation of India's oldest and most profound religious and philosophical tradition. **The Wisdom of the Vedas** was first published in 1931 by Kailas Press under the title *India's Outlook on Life*. The present 1992 edition was edited to reflect the modern use of inclusive language, and includes an introduction by Vedic scholar David Frawley. Mr. Frawley explains to the Western reader, "The Vedas are the original scripture or source teaching of the Hindu tradition, from which its many branches of Vedanta, Yoga, and Tantra have emerged through time, and to which they all look back with reverence."

The study of the Vedas is important to understanding many different Eastern teachings. The author is from India, and has an unusual ability to frame the subtleties of Eastern thought for the Western world.

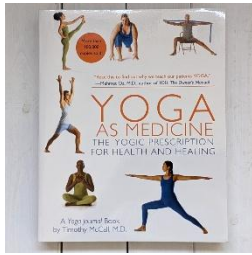
**A Woman's Ayurvedic Herbal:** A Guide for Natural Health and Well-Being by Caroline Robertson, Antonia Beattie



Designed specifically for women, this book will introduce the system of Ayurvedic medicine, one of the most ancient and holistic forms of medicine known in human history. Developed in India over 5,000 years ago, Ayurveda is a complete system for healing and rebalancing the body.

This fascinating book features an A-Z of herbs with their description, history and uses, and easy-to-prepare home remedies. There is also an A-Z section of ailments that details symptoms and how to treat them using Ayurvedic remedies.

Authoritative text, an easy-to-use format, and delightful original botanical illustrations will make this volume a pleasure to own and a useful home reference.

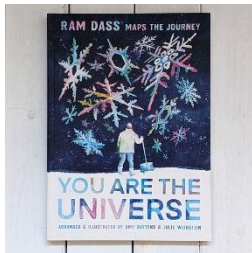


**Yoga as Medicine:** The Yogic Prescription for Health and Healing  
by Yoga Journal, Timothy McCall \$24.99

Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit and provides illustrated instructions on starting a yoga practice geared to your fitness level and health status. Yoga as Medicine offers a wealth of practical information, including how to:

- Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness
- Master the art of becoming more in tune with your body
- Communicate more effectively with your doctor
- Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications

An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.



**You Are the Universe:** Ram Dass Maps the Journey (Be Here Now; YA Graphic Novel; Meditation for Teens) by Amy Buetens, Julie Weinstein \$22.99

*You Are the Universe* is an impactful guidebook, chronicling the unconventional journey and self-discovery of Ram Dass, one of the world's most beloved spiritual teachers.

Sourced from five decades of recordings, Ram Dass shares his life story and transformative teachings in his own words with honesty and humor. He offers teens and adults of all ages life-altering inspiration for understanding universal truths, navigating their unique paths with compassion and awareness, and living a meaningful life.

Vibrant hand-drawn and water-colored images illustrate Ram Dass's captivating story of transformation. *You Are the Universe* offers an accessible perspective on our world through Ram Dass's eyes, and explores timeless answers for today's most urgent questions.