



Phoenix Rising Books

December 2008—New Releases Music and DVD's

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Food Matters

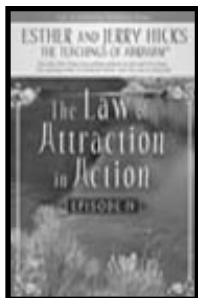
James Colquhoun and Laurentine ten Bosch DVD 29.95

Food Matters aims to further jolt the trillion dollar worldwide so-called 'sickness industry' by declaring a range of scientifically verifiable solutions for curing disease naturally. Nutritionists turned filmmakers James Colquhoun and Laurentine ten Bosch, have produced a bold film based on a challenging and potentially startling message; that with the right kind of foods, supplements and detoxification, we can prevent, arrest, and even reverse chronic illness. "This film will shatter the belief fed to us by modern medicine that there is 'a pill for every ill'," said Colquhoun. "There are simple lifestyle changes that we as individuals can make to start reversing the increasing levels of serious illness," said ten Bosch. At a time when our struggling health system is under review and global health care reform is urgent, *Food Matters* brings together the world's leaders in nutrition and natural healing to present astonishing new claims about ways to treat depression, obesity, alcoholism, heart disease, cancer, dementia, and a host of other debilitating conditions, without the need for drugs or surgery. The countries they visited the result is like a music-based time capsule of planet earth which include the most tuned-in artists, thinkers and images of the moment.



The Law of Attraction in Action Episode IV

Esther and Jerry Hicks DVD 29.95



Continuing the very popular series with the teachings on the non-entity Abraham, this DVD set covers a great deal of material ranging from the challenges of prisoners to manifest their true desires; the speed by which manifestation takes place; relationship contracts to name but a few.

The Brainwave Suite

Jeffrey Thompson CD's 65.00

This 4CD set is using leading edge technology to 'tune in' to your natural brainwaves. Each of us experiences many states of consciousness, from ordinary waking and sleeping to extraordinary states where we can find ourselves at peace, creative or even particularly aware. Each of these states has a unique pattern of brainwaves that can be mapped and measured. Brainwave Suite uses inaudible pulses of sound, based on these brain maps, to trigger your brain into the state that you want. CD 1 takes us to Alpha; CD2 is Theta; CD3 is Delta; and CD4 is Alpha-Theta.





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Songs of Kuan Yin

CD30.00

In the legend of Kuan Yin, the ascended bodhisattva turns away from the gates of Nirvana in order to stay in the world until all sentient beings are free from suffering. *Songs of Kuan Yin*, is a gathering of some of today's most passionate and talented female performers who bring you music inspired by this beloved deity – 10 devotional offerings to immerse you in the 'cool cleansing waters of Kuan Yin's compassion.



Joy is Now

Guru Ganesha Singh & Snatam Kaur —CD 30.00



Snatam Kaur is one of our most popular vocal artists. On this CD she has combined with Guru Ganesha Singh in some compelling duets and kirtan call-response. Their unforgettable voices create a counterpoint of masculine and feminine, strength and sweetness, earth and ether.

Guru Ganesha's signature guitar work enters new raga/jazz influenced realms in a sparkling conversation with a diverse ensemble of classical Indian instruments including sitar, sarod, esraj, flute and Indian violin.

A joy to listen to at many levels.

Garden of the Gods

Deuter CD's 27.00

The unparalleled celestial soundscapes that Deuter is best known for have attained an even more expansive quality with the addition of the heavenly vocal styling of Annette Cantor. The sonic textures of voice and keyboard create a profoundly relaxing musical sanctuary.



Yoga Mystique

Pravana CD 30.00



Some purist yoga teachers don't agree with using music with yoga practice as it is outside 'traditional yoga practices'. Times have changed, and particularly in the west, we are bombarded with noise and information every second of every day. The power of music to soothe and focus overloaded minds has been proven time over, and is a powerful and subtle tool to aid in 'letting go'. The music of Pravana is created with all this in mind and designed to be used as a tool to escape from the craziness. *Yoga Mystique* draws on sounds from North Africa and the Middle East. This combination is then blended with traditional sounds from India and the Australian didgeridoo. It creates a unique atmosphere to enhance your yoga experience. Hauntingly beautiful melodies and sensual rhythmic soundscapes will take you on a journey along the northern African Mediterranean coastline from Casablanca all the way to Turkey onboard an Indian pattamar. This music is the perfect companion for a yoga or meditation session or just chillin' out.