



Phoenix Rising Books

November 2008—New Releases—Music and DVD's

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Open 7 days a week

Not all Those That Wander are Lost

1 Giant Leap DVD 29.95

The 1 Giant Leap duo, Jamie Catto and Duncan Bridgeman are making their mark on Australian audiences with the launch this month of 'What About Me'. This DVD and CD album was their first collaboration, released in 2002. Using the mix of music, interviews and outstanding footage from 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.



Timewave 2013—the Future is Now

Sharon Rose, DVD 30.00

Following on from her earlier film – 2012- The Oddyssey, Sharron Rose asked the questions- Will we reach the destiny that awaits us? And What lies ahead for the human race?

She speaks to many of the world's expert's on mythology, alchemy, astrology, anthropology and ancient history. Journey with her to the Sacred Valley of peru where you will sit in ceremony with the Shamans of the Q'ero people and listen to their heartfelt prophecies for the future of humankind.

Birth Without Violence

Frederick Leboyer, DVD 30.00

The three films in this DVD were released in the 1970's. They take you into the heart of the mystery of what it means to be born and how fully conscious and exquisitely sensitive babies are from the start. Frederick Leboyer, physician, poet and philosopher, pays homage to both the ancient feminine wisdom and the crucial law of the mother-infant relationship in the shaping of our life and culture. Apart from a short introduction there is no commentary or voice-over. Leboyer's view is that talking is an expression of the mind thinking and that thinking is no more than an illusion. He recommends you to stop thinking while you watch, stop talking and quiet your mind and be pure attention.



The Workshop (R18+)

Jamie Morgan DVD 33.30

Stripping bare their bodies in search of their souls The Workshop is a confronting, spiritual roller-coaster ride into the meaning of life. Engaging, funny and at times painful it is also the debut documentary feature by Jamie Morgan. Morgan joins the 10 day workshop by the 72 year old Paul Lowe in which Lowe shares his unconventional views in a daily forum, promoting the transgression of social norms such as monogamy, which he sees as unnatural! Candid and provocative The Workshop peels away the layers of the participant's sheltered lives, questioning the way we construct our realities and challenging the belief system of our western society. Also included are a series of interviews with Paul Lowe and these are worth watching first to get a better sense of his ideology.





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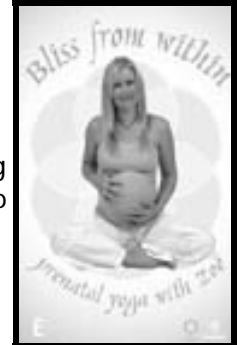
November 2008—New Releases—Music and DVD's

Be the Change You Want to See in the World™

Bliss From Within—Pre Natal Yoga

With Zoe DVD29.95

This DVD meets the needs of every Mum to be. Presented by Zoe, an experienced Yoga teacher who was 25 weeks pregnant with her fourth child during filming. Using her teaching skills and own experience she has designed these pre natal programs to open and strengthen the body, relieve various aches and pains and improve sleep. There are two 45 minute programs designed to cater for all levels of flexibility and stages of pregnancy.



The Teachings of Abraham, The Master Course

Esther and Jerry Hicks—CD's 69.95

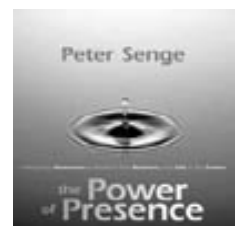
This 11-CD set is the most in-depth and comprehensive audio presentation on the teachings of the Non-Physical intelligence known as Abraham. The program runs over ten hours and is perfect for study groups, sharing and discussions.



The Power of Presence

Peter Senge CD's 30.00

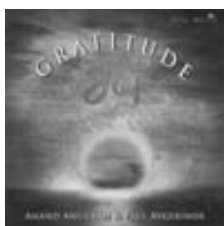
Peter Senge is a teacher at MIT and author of The Fifth Discipline. On this 2 CD set he takes you through his groundbreaking model – Theory U – a three stage process for attuning yourself both at an individual and collective level to every facet of a situation and then acting from your deepest wisdom. He also shares his tested tools for 'presencing' – his method for applying the serenity of living in the now to even those most demanding, high pressure challenges.



Gratitude Joy

Anand Anugrah and Paul Avgerinos CD 30.00

Ever since Osho gave the name Anugrah, meaning gratitude in Sanskrit, to Anand he says that he has become much more aware of feeling and expressing gratitude to existence for what it has given and is still giving him every day of my life. This album is an expression of his gratitude through a devotional singing of OM. The lyrics of the album consist of only three words - OM, HARI OM and SHIVA OM - sung from the heart of a devotee.



Best Music , DVD's and Audio Books , October

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| 1 What About Me! , 1 Giant leap | 2 The Peaceful Warrior DVD, Dan Millman |
| 3 Ashtanga Yoga: The Primary Series, Richard Freeman | 4 Into silence—Deva Premal |
| 5 Not All Who Wander.... DVD— 1 Giant leap | 6. Mini Meditations for Stress Free Living, Simonette Vaja |
| 7. Anand, Sdatum Kaur | 8. Celtic Lamentations, Aine Minogue |
| 9. Wise Heart, Audio Book, Jack Kornfield | 10. Sleepy Ocean and Rain, Jeffrey Thompson |