



BODY AND MIND Advanced Chakra Wisdom

Cyndi Dale CD's 100.00 ISBN 9781591798965

Most of us are familiar with the seven chakras of our physical body and the healing power within each of them. Now for the first time Cyndi Dale has synthesised the wisdom traditions from across the world to deliver a myriad of techniques for applying chakra practice to every aspect of your life. She starts with an introduction to the 12 major chakras giving an overview of the properties within each energy centre and then moves on to the healing elements; spiritual 'bindings'. Included are guided meditations, which bring you into direct contact with your chakras, one by one. In total seven hours of excellent instruction.

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The Power of You

Elizabeth Powell CD RRP25.00
ISBN20241

This is a meditation with a difference. Elizabeth takes you back to the time and place where you decided with fellow souls what your lessons were to be in the life. She guides you back to the deep memory of your amazing power. She guides you to remember the strengths you possess, the

soul relationships you set up and the lessons of growth you agreed on. Her voice is soothing as well as supportive. As you listen your energy body is filled with universal love and wholeness.

TOP AUDIO, DVD'S

1. The Mindful Brain
Daniel J. Siegel
2. The Law of Attraction in Action-
Episode 3
Esther and Jerry Hicks
3. The Peaceful Warrior DVD
Dan Millman
4. As it is in Heaven
Kay Pollack
5. Artmind
Alex Grey
6. Essence
Deva Premal
7. How to Meditate
Pema Chodron
8. Om Deeksha
Maneesh de Moor
9. Healing the Luminous Body (DVD)
Alberto Villoldo
10. How to Know God (DVD)
Deepak Chopra

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MEDITATION

MUSIC

More than Music -
the Deva Premal and
Miten Story Book and CD 35.00
ISBN 4036067140096

Since 1991 Deval Premal and Miten have been a couple in both their professional and private lives. This book and CD tells their respective stories of growing up, the influences toward their choices, how they met and their lifelong commitment to sacred music. Included is a CD with 10 of their most popular mantras.



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OCTOBER 2008

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- MUSIC



CITY OF SYDNEY
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Events at Phoenix
Meditation with Denise,
Every Wednesday @ 7.00pm

Oneness Blessing every
Tuesday @7.15pm with
Gaynor Foster

Tarot Readings with Sarah,
every Saturday and Sunday

For details on all these
events visit www.phoenixrisingbooks.com/pb/phenixevents.htm
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LEAD TITLE

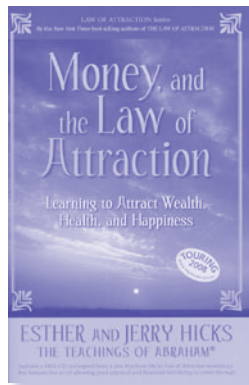
What About Me?

Duncan Bridgeman and Jamie Catto DVD 34.95
ISBN 0316512000270

Following the success of their first double Grammy nominated film & album, What About Me? is the latest offering from 1 Giant Leap. This visionary project took Jamie Catto and Duncan Bridgeman to over 50 locations as they explore through music an inspiring and alarming view of our collective insanity: how we are ego driven-, needy in relationships; insatiable in desire; addicted to status; wounded by childhood and unable to stop thinking, yet still managing to be inspired and creative! Covering universal topics such as God, Sex, Death and Money, What About Me? features an incredibly diverse collection of collaborators from Noam Chomsky, Ram Dass, Deepak Chopra, Bob Geldof to Will Young, Maxi Jazz Tim Robbins, Billy Connolly, Eckhart Tolle and Baaba Mal, among many others. The 2 DVD set includes the 2 hour movie which follows our journey from childhood through old age and beyond, 12 short films each exploring a big life theme, the seven TV episodes taken across the globe as Duncan and Jamie meet their heroes.



STOP PRESS: *In conjunction with One World Music we will be hosting screenings and Q&A sessions with Duncan Bridgeman during November. Check our website for details – www.phoenixrisingbooks.com.au*



ABUNDANCE

Money and the Law of Attraction

Esther and Jerry Hicks PB and CD 26.95 ISBN 9781401918811

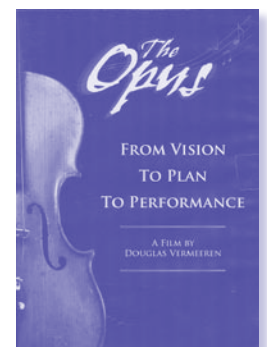
Esther and Jerry state that the two most chronically affected subjects in relation to the law of Attraction are financial and physical well-being. This book shines a light on these significant aspects of our life experience and then guides you to come into the conscious creative vibration of these aspects in your life. They introduce you to the "pivoting process". Their explanation is that if we consciously recognise that every thought or action has two sides or subjects and then take a deliberate action to think or speak from the desired aspect of the subject, you have pivoted and will be vibrating alongside the universe. Also included is a free CD that features the art of allowing your physical and financial well being to come through.

The transcript of the book is available on CD. Read by Jerry Hicks. RRP34.95.

The Opus

A Film by Douglas Vermeeren DVD 35.00 ISBN 0874054000176

The Opus is the story of a young man who pursues his dream in the face of impossible challenges. This is a unique and powerful film which introduces lessons from some of our best known teachers, Jack Canfield, John Demartini, and Joe Vitalie, to name but a few. Use the lessons shared to unlock your own personal opus and live the life you desire.



"We cannot build our own future without helping others to build theirs."

BILL CLINTON – 42ND US PRESIDENT

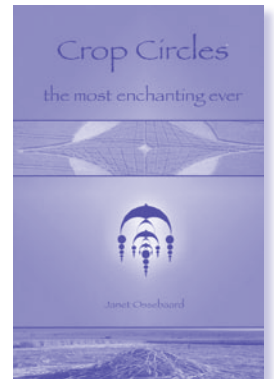
ESOTERIC SCIENCES

Crop Circles

Janet Ossebaard PB 21.95

ISBN 9789078903024

In 2000 it was scientifically proven that man does not make most crop circles, yet this news has not reached many people. In the first of a planned eight volumes, author Janet Ossebaard offers you the opportunity to dive into the world of the crop circles. She shares with you her 13-year voyage of discovery through the crop circles in the south of England. There are more than 200 photographs along side anecdotes about the discovery of new formations in the early morning hours and about close encounters with mysterious lights.



The Time has Come to Accept Your Intuitive Gifts

Sonia Choquette PB 9.95

ISBN 9781401917357



Too often we wait for the conditions in life to be perfect before we feel safe enough to step forward, claim our territory and be our authentic selves. What we don't get is that in order to create the ideal climate we must be authentic first!

And the only way to be authentic is to listen and honour our intuition, our deepest knowing, and our most powerful inner wisdom. Sonia Choquette teaches how to claim your intuitive self, follow your sixth sense and be truly safe in life!

MYSTERY

2013 – The End of Days or a New Beginning

Marie D. Jones PB 28.00

ISBN 9781601630070



This is an interesting book, which covers many topics. Author Marie Jones has examined all the popular myths, prophecies and predictions concerning 2012. Her research has included the Mayan teachings of time acceleration and global awakening on a consciousness level. She then moves into looking at the scientific and reality-based challenges we are facing globally – decline in food supply, population explosion, carbon emissions,

political power swings and melting of the polar caps. She has also included essays by Daniel Pinchbeck, Whitley Strieber and Dr. Robert Hieronimus.

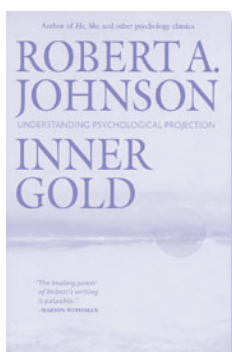
PSYCHOLOGY

Inner Gold

Robert A. Johnson PB 29.95

ISBN 9780977333820

Robert Johnson is one of the most visionary analysts of this time. He follows in the tradition of Carl Jung and Joseph Campbell whose ideas have shaped our deepest metaphors of self and psyche. In this book he shares his lifetime of insights and experiences in this easy-to-read explanation of psychological projection – seeing traits in others before we realise that they are, in fact, our own. He draws on early Christianity, medieval alchemy, depth psychology and the myths of the Flying Dutchman and the Once and Future King, he also explore the subjects of loneliness, fundamentalist religion and the spiritual dimension of psychology.



LIFE CHANGING

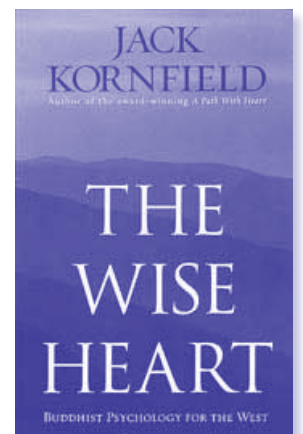
EASTERN PHILOSOPHY

The Wise Heart

Jack Kornfield PB 34.95 ISBN 9781846041259

The Wise Heart is the fruit of a life's work that includes such classics as A Path with Heart and After the Ecstasy, the Laundry. Filled with stories from Kornfield's Buddhist psychotherapy practice and portraits of remarkable teachers, it also includes a moving account of his own recovery from a violent-filled childhood. His writing offers an extraordinary journey from the roots of consciousness to the highest expression of human possibility. Trained as a monk in Thailand, Burma, and India, Jack Kornfield experienced first hand the life-changing power of Buddhist teachings.

The book is also available on audio CD's read by Jack Kornfield. The 6CD set is \$60.00



Key: PB = Paperback HC = Hard Cover AC = Audio Cassette CD = Compact Disk DVD = Digital Video Disc

PHOENIX RISING BOOKS - Winner 2004 & 2005 City of Sydney Outstanding Business Award

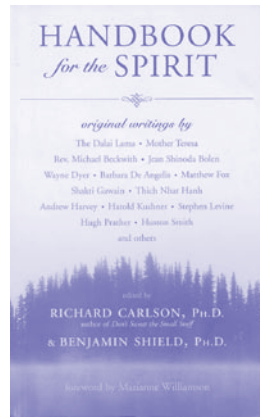


SPIRITUALITY Handbook for the Spirit

Edited by Richard Carlson and Benjamin Shield

PB 25.00 ISBN 9781577316138

In the introduction to this handbook, the editors state that its main purpose is to reaffirm the main denominator of all religious teachings: an individual's personal relationship with God. To achieve this end they approached some of the world's leading spiritual and psychological figures to write not about their religion, but about their personal relationship with God – the day-to-day, moment-to-moment experiences. Each author has created an expression of his or her personal spiritual vision. Authors include; H.H. the Dalai Lama; Mother Teresa; Rev Michael Beckwith; Wayne Dyer; Thich Nhat Hanh and Stephen Levine to name but a few.

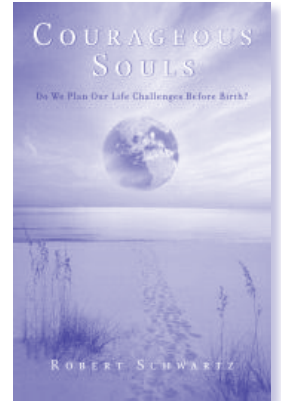


VISION

Courageous Souls

Robert Schwartz PB 33.30 ISBN 9780977679454

The sub title of this book is "Do we plan our life challenges before birth?.. An interesting thought! Robert Schwartz shares in his forward how he became immersed in this research. It was 2003 and his life was at a standstill. He was not deriving any deep satisfaction in what he was doing and at some



point he had the insight to consult with a medium. His life changed as he connected with his spirit guide. From that point, he shares with you the stories of ten individuals who planned to experience great challenges, before their birth. By working with four gifted mediums and channels he discovers what we may choose and why.

Spirited Practices

Edited by; Fran Gale et al PB 35.00 ISBN 9781741750614



Spirituality and religion are fundamental to all human cultures. Yet in our scientific materialism and individuality world of the helping professions questions of spirituality have often been avoided. There is growing evidence on the importance of spirituality for prevention and intervention in times of crisis, distress and illness. This book shows how it is possible for professionals to think critically, and be open to spirituality at the same

time. Professionals and teachers from diverse faiths and fields of work explain how they have integrated spirituality into their work. The three editors are all from within the Australian helping community; Fran Gale is a Senior Research Fellow in the Social Justice Social Change Research Centre at UWS; Natalie Bolzan is Associate Professor in Social Work at UWS and Dorothy McRae-McMahon has worked as National Director for Mission for the Uniting Church.

EMPOWER

Advancing Your Spirit

Wayne Dyer and Marianne Williamson

CD's 34.95

ISBN 9781401921767

Do you know what the next step is in your personal growth? Or what is the breakthrough that will help you advance to the next level? Listen as Wayne Dyer and Marianne Williamson address vital questions like these.

This is the first time these two leaders have joined together on an audio program and as you absorb the information they share you will be able to find ways to transform your challenges and concerns into spiritual triumphs and acts of personal empowerment!



TOP BOOKS FOR SEPTEMBER

1. Money and the Law of Attraction
Esther and Jerry Hicks
2. My Stroke of Insight
Jill Bolte-Taylor
3. A New Earth
Eckhart Tolle
4. Nonviolent Communication
Marshall Rosenberg
5. Life at Work
Thomas Moore
6. Leave Your Mind Behind
Matthew McKay
7. The Mindful Way Through Depression
Jon Kabat-Zinn
8. The Untethered Soul
Michael Singer
9. Parenting in a Peaceful World
Robin Grille
10. The Serpent of Light
Drunvalo Melchizedek