



ISSUE #65
SEPTEMBER 2008

- THE BRAIN
- PRESENT MOVEMENT
 - CREATIVITY
 - SACRED POETRY
- EASTERN PHILOSOPHY
 - MEDITATION
 - MANIFESTATION
 - PARENTING
- QUANTUM WORLD
 - NUTRITION
 - LIFE PATH
 - MUSIC



CITY OF
SYDNEY
BUSINESS
AWARDS

PHOENIX RISING BOOKS
– WINNER –
2004 & 2005
Finalist 2006 & 2007
Book Shops &
Newsagencies

*Thanks to all our
customers.*

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

Oeness 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
or call us on 02 9566 2157
for more information.

Join the Phoenix Community
and have your say at... <http://phoenixsydney.blogspot.com>

New Release

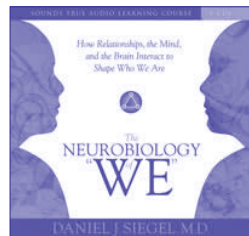
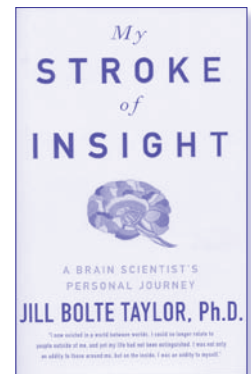
FEATURE BOOK

My Stroke of Insight

Jill Bolte Taylor HC 28.00

ISBN 9780340980491

Jill experienced a massive stroke aged 37 when a blood vessel exploded in the left side of her brain. A brain scientist by profession, she was in the rare position of being, able to observe her own mind completely deteriorate to the point that she could not walk, talk, read, write or recall any of her life, all within the space of four hours. In this book she shares her unique perspective of the brain and its capacity for recovery and the powerful understanding she gained from this unusual and inspiring voyage out of the abyss of a wounded brain. She shares how her right-brain allowed her to experience the bliss and joy of living in the present moment, whilst she worked to re-build the left-brain linear patterns.



THE BRAIN

The Neurobiology of We

Daniel J. Siegal CD's 100.00

ISBN 9781591799498

Author of the very popular book – The Mindful Brain, Daniel Siegal presents more of his groundbreaking neurological research. In this audio program he focuses on how the mind emerges out of the interaction between your brain and your relationships. Based on his 30 years of clinical practice and synthesizing scientific research from nearly a dozen diverse fields he has developed a cohesive, innovative new framework for human potential: the triangle of mind, brain and relationships. This eight hour audio learning program will take you through the nine approaches to healing and transformation including conscious awareness, memory, vertical and bilateral integration and other practical ways to enhance your life.

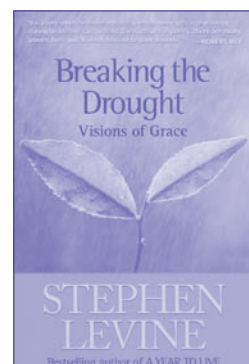
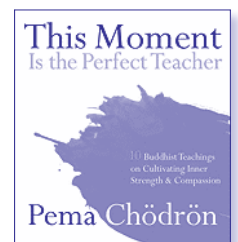
PRESENT MOMENT

This Moment is the Perfect Teacher

Pema Chodron CDs 49.95

ISBN 9781590304938

Lojong is a powerful Tibetan Buddhist practice created especially for training the mind to work with the challenges of everyday living. It teaches your heart to soften and reframes your attitude toward life's difficulties as well as allowing you to discover a wellspring of inner strength. This 4CD-recorded retreat has Pema Chodron introducing you to the Lojong teachings as well as guiding you through a tonglen meditation. Tonglen is a practice aimed at developing courage and cultivating compassion for both yourself and others.



SACRED POETRY

Breaking the Drought - Visions of Grace

Stephen Levine PB29.95

ISBN 9780943914480

In 1959, The Village Voice greeted Stephen Levine's first book of poetry with a hope that he would 'continue to write as well in the future as he has in his first book'. Now after many years of listening deeply to the hearts of so many in crisis, as well as guiding many along paths of self-discovery, he evokes his original muse to open the next wisdom door through which his formidable heart invites you to enter.

"Mindful and creative, a child who has neither a past, nor examples to follow, nor value judgments, simply lives, speaks and plays in freedom."

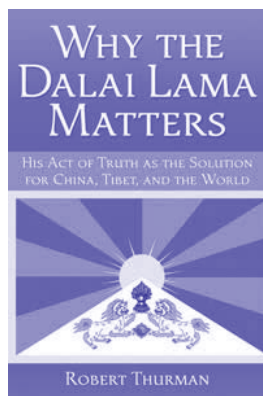
ARNAUD DESJARDINS

EASTERN PHILOSOPHY

Why the Dalai Lama Matters

Robert Thurman HC 29.95 ISBN 1582702209

Robert Thurman has dedicated his life to the study and preservation of Tibet's spiritual and cultural heritage. He has been ordained as a Tibetan monk and enjoyed a forty-five year friendship with the Dalai Lama. In this work he explores why the Dalai Lama has earned the world's love and respect and how restoring Tibet's autonomy within China is not only possible, but also highly probable. He offers revealing and often provocative solutions for a world in conflict.



YOUR OWN INNER SELF

MEDITATION

Guided Meditations Volume 1

Denise Jarvie CD 19.95

ISBN85GAM1Q



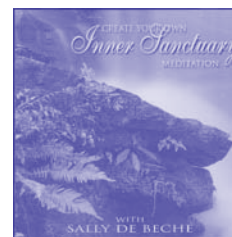
It is a delight to feature Denise's work in the Phoenix newsletter! Denise not only works with us, she also leads the Wednesday evening meditation classes at the store. This guided meditation CD will relax and balance both your physical and emotional bodies, assisting in the expansion of your awareness. As you listen to Denise's gentle, soothing voice you will slip away into your journey of relaxation and healing. She is accompanied by Charles Vald's hypnotic music.

Create your own Inner Sanctuary

Sally de Beche CD 19.95

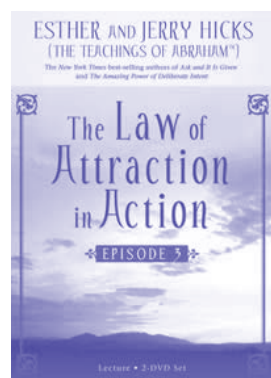
SBN 9326806005591

Sally de Beche is a resident of Glebe and has a passion for the mind-body connection. Her view is that through awareness and education you can 'flex' your 'mind muscle' in order to control internal and external circumstances.



On this, her first CD she will guide you to a place of relaxation, serenity and heightened consciousness. Throughout she will assist you with simple and effective 'mind fitness' techniques as a means to provide a greater sense of autonomy over your inner thoughts, outer decisions and behaviours.

BALANCE



MANIFESTATION

The Law of Attraction in Action Number 111

Esther and Jerry Hicks DVD 29.95

ISBN 9781401920326

Episode III has the continuation of the very popular and also life changing series from Esther Hicks. Channeling the non-physical entity Abraham, they offer new insights on the Law of Attraction. As in earlier DVD's the format is a question and answer from a filmed workshop. On this DVD the topics include; closing the gap between your reality and your desires; Learning to control a vivid and fearful imagination; Taking action vs simply allowing; Men and women – the fundamental differences.

Sara Book 3

Esther and Jerry Hicks PB 24.95

ISBN 9781401911607

Continue the exciting journey of adventure in joy with Sara, Seth, Solomon and their new friend! Solomon, Sara's ethereal friend, teaches that anything less than



well-being is unnatural. So, this book is about discovering how to return to your naturally happy self – no matter what! It shows how to allow it, be the example of it and then share your well-being with others.

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

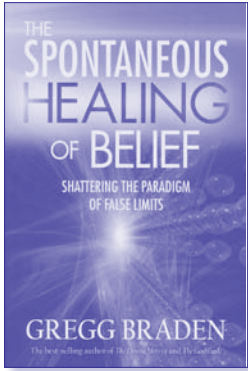


QUANTUM WORLD

The Spontaneous Healing of Belief

Gregg Braden PB26.95

ISBN 9781401916909



There is a growing body of scientific evidence which indicates that the universe works like a huge computer based in consciousness. For more than twenty years Greg Braden has researched for the understanding on how the universe's consciousness computer uses our experience of belief to speak to the 'stuff' that our world and bodies are made of. He is clear that the key to healing is to understand what belief is and how it works. In this, his latest work he offers you both the science of the modern world and the miracles of the ancient world to change those beliefs that hinder well-being and place limitations on life.

The material is also available as an abridged audio program read by Gregg Braden. The set comprises of 4 CD's and retails for 34.95

HEALING

CONSCIOUSNESS



PARENTING

Heart to Heart Parenting

Robin Grille PB 35.00

ISBN 9780733322983

Australian psychologist and psychotherapist, Robin Grille is best known for his earlier book Parenting for a Peaceful World. In this work he shares with you the ways in which you can create a deep and lasting relationship that is unique to you and your child. By using techniques that are based on connection rather than shaming, manipulation or punishment, he introduces you to insightful and practical ways

to benefit your child's emotional well-being and social development. Some of the topics covered include; trusting your in-built parenting wisdom to shape your own parenting style; setting boundaries with your children; developing an understanding of your child's emotional needs and supporting them as they explore their world.

CONNECT

BELIEF

God is not Dead

Amit Goswami HC 40.00

ISBN 9781571745637

You may recall Amit Goswami from the groundbreaking film – What the Bleep do we Know! This book is a fascinating guided tour of quantum physics, consciousness and the existence and experience of God. Physics professor Amit shows you that God's existence can be found in clues that the science of quantum physics reveals. By breaking free of a Newtonian, materialistic view of reality to the fascinating quantum experience of God, he argues for a 'quantum activism' by leading a balances life that incorporates both the quantum and material worlds and the experience of consciousness.



BEST SELLERS FOR AUGUST

1. Non-Violent Communication
Marshall B. Rosenberg
2. The World Café
Juanita Brown with David Isaacs
3. The Untethered Soul
Michael A. Singer
4. The Mindful Way Through Depression
Jon Kabat Zinn et al
5. A New Earth
Eckhart Tolle
6. Opening the Door to Your Heart
Ajahn Brahm
7. The Secret Language of Your Body
Inna Segal
8. Wherever you go, There you are
Jon Kabat Zinn
9. Yoga Anatomy
Leslie Kaminoff
10. Living Your Unlived Life
Robert A. Johnson



NUTRITION Vegetarian Bible

Margaret Barca PB 19.95

ISBN 9780143008552

This is a gorgeous book – the bright red covers draws you in and then page after page of wonderfully presented vegetarian recipes get the taste buds working overtime. Drawing from cultures across the globe there is a dish to suit every taste and occasion. Included are soups, stir-fries, bean stews and summer salads. The introduction gives you a great introduction to eating vegetarian as well as how to ensure your diet is balanced and healthy.



GUIDANCE

SHOP AT YOUR CONVENIENCE

To make shopping at Phoenix Rising Books easier we offer you a number of ways to make your purchases.

VISIT US at

31a Glebe Point Road, Glebe NSW 2037.

We are open Monday - Wednesday 10am - 6pm;

Thursday and Friday 10am - 7pm;

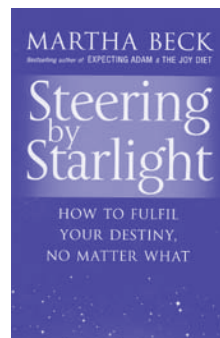
Saturday 10am - 6pm; Sunday 10am - 5pm.

PHONE US on +61 (02) 9566 2157
and speak to our helpful team.

EMAIL US at service@phoenixrisingbooks.com

ORDER SECURELY OVER THE INTERNET
at www.phoenixrisingbooks.com

Join the Phoenix Community and have your say at...
<http://phoenixsydney.blogspot.com>



LIFE PATH

Steering by Starlight

Martha Beck PB 35.00

ISBN 9780749928384

Dr Beck brings together cutting-edge research in psychiatry and neurology in order to set you on the right course to an authentic, rewarding life. She reveals the step-by-step process used with her clients in an accessible, compassionate and original way. In her work she has identified three stages in the path to recapturing

a satisfying life; the stargazer helps you to understand why it's easy to lose yourself; the mapmaker uses your newly clarified inner vision to evaluate your situation and plot a course and the pathfinder discusses the adventures that may be encountered as you travel your new path.

TOP MUSIC FOR AUGUST

1. The Law of Attraction Episode III
DVD, Esther and Jerry Hicks
2. Snatum Kaur
Live in Concert
3. As it is in Heaven, DVD
Kay Pollack
4. The Moses Code, DVD
James Twyman
5. Quiet Mind
Nawang Khechog
6. Meditate with Pema
Pema Chodron
7. Mini Meditations for
Stress Free Living
Simonette Vaja
8. Element Series, Water
Peter Kater
9. Om Deeksha
Maneesh de Moor
10. Yoga Dreaming
Pravana

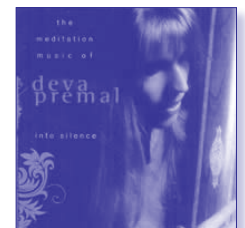
For more information on each of the best sellers
visit www.phoenixrisingbooks.com/bestsellers.cfm

MUSIC FOR AUGUST Into Silence

Deva Premal CD 30.00

ISBN 0600835125826

Deva Premal has released 14 albums with her partner, Miten. She is a classically trained singer and known across the globe for her serene, sacred chants. Raised in a German home permeated with eastern spirituality, Deva Premal was chanting the Gayatri Mantra by age five and has practiced meditation throughout much of her life. The healing effects of her music are informed by her training in shiatsu, reflexology, craniosacral therapy and massage. This CD is a collection of her most popular meditative chants and mantras.



RECEIVE

this New Release Sheet by email every month. Send an email to
newrelease@phoenixrisingbooks.com and ensure you are always
updated with new and interesting titles.