



September 9<sup>th</sup> 2008

Hello,

Spring is showing signs of really coming alive in Sydney. I was wandering around the garden last week and found myself in awe at the life moving into the branches of trees and plants as they start to push through the soil. As I sometimes forget what I have planted, I love this wonderful process of remembrance and discovery.

The heralding of spring is very fitting for our guest author this month – **Maggie Hamilton**. Author, teacher and publisher, Maggie will share with us her experience of '**Living in a Sea of Miracles**'. Having heard Maggie speak a couple of times on ABC radio, I can promise you an engaging, thought provoking and heart warming evening.

For all details go to our [event page](#). You can purchase your ticket on-line or by calling us on 02 9566 2157.

Our lead title this month has caught my interest. It is called – **My Stroke of Insight by Jill BolteTaylor**. Jill suffered a massive left-brain stroke when she was 39. Her book tells the story of her stroke event, recovery and insights. I fully advocate and love this book for it is riveting, inspiring and filled with the profound wisdom Jill gained from her experience.

Enjoy! With deep appreciation

Sue Sharpe

**P.S.** Did you know that we have [internet only specials](#)? Check out the page. New titles are added monthly or when stock runs out!

**P.S.S.** Our quote for September – "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**

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New Releases for September 2008

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To read more about each title listed below, please visit  
<http://www.phoenixrisingbooks.com/newreleases.htm>

### **My Stroke of Insight**

Jill Bolte Taylor  
HC AUD28.00

As Jill's left brain was shutting down, her consciousness was able to 'capture' the experience. This is the base for her story as she describes what was happening to her, the rebuilding of her left-brain processes, the 'bliss' of the right-brain and how the whole experience has changed how she interacts and views the world. As I mentioned in my introduction reading this book has left impact on how I view the world.

### **The Neurobiology of "We"**

Daniel J. Siegal  
CD's AUD100.00

In some ways this audio program is a great companion to our lead title. Daniel Siegal, author of the popular book – **The Mindful Brain**, presents eight hours of material from his clinical practice and research on the brain. The focus of this program is how the mind emerges out of the interaction between the brain and relationships.

### **This Moment is the Perfect Teacher**

Pema Chodron  
CD's AUD49.95

Firm favourite Buddhist teacher, Pema Chodron, teaches the Tibetan Buddhist practice of Lojong in this recording of a retreat. Included are a couple of guided meditations.

### **Breaking the Drought – Visions of Grace**

Stephen Levine  
PB AUD29.95

Immerse yourself in the soulful poetry of Stephen Levine. Stephen and his partner, Ondrea, are internationally recognized for their life work of support for people touched by grief and terminal illness.

### **Why the Dalai Lama Matters**

Robert Thurman  
HC AUD29.95

In a year where there has been a great deal of attention on the plight of Tibet, this book has a timely release. Robert Thurman has dedicated his life to the preservation of Tibetan culture and spirituality. He argues that autonomy within China is possible.

To read more about each title listed below, please visit <http://www.phoenixrisingbooks.com/newreleases2.htm>

### **Guided Meditations Volume 1**

Denise Jarvie  
CD AUD19.95

I am so excited to present this CD. Denise has been a part of the Phoenix team for three years and holds a weekly meditation group at the shop. On this CD she guides you to relax and balance both your physical and emotional body.

### **Create Your Own Inner Sanctuary**

Sally de Beche  
CD AUD19.95

Sally is a regular visitor at Phoenix! Her guided meditation will take you into a place of relaxation, serenity and heightened consciousness.

### **The Law of Attraction in Action – Episode III**

Esther and Jerry Hicks  
DVD AUD29.95

Continuing the very popular series. On this DVD Abraham talks about closing the gap between your reality and your desires; learning to control a vivid and fearful imagination and taking action vs just allowing.

### **Sara Book 3**

Esther and Jerry Hicks  
PB AUD24.95

The Sara series continues to delight readers young and old! In this chapter, Sara meets a new friend and learns how to return to her naturally happy self-no matter what is going on.

### **The Spontaneous Healing of Belief**

Gregg Braden  
PB AUD26.95

I am enjoying this body of work by Gregg Braden. Following on from **The Divine Matrix**, he builds the argument that the universe works like a huge computer in consciousness. From this birds eye view he shows how to take that theory and use the principles to shift personal beliefs that are no longer useful. There is also a 4CD unabridged audio program available.

To read more about each title listed below, please visit <http://www.phoenixrisingbooks.com/newreleases3.htm>

### **God is not Dead**

Amit Goswami  
HC AUD40.00

Physics professor, Amit Goswami, takes you on a guided tour of quantum physics, consciousness and the existence and experience of god!

### **Heart to Heart Parenting**

Robin Grille  
PB AUD35.00

Australian author Robin Grille is well respected for his writing and workshops focusing on parenting in today's world. In this book, he shares with parents his techniques for connecting with their children from the heart where together they can build lasting deep relationships.

### **Vegetarian Bible**

Margaret Barca  
PB AUD19.95

Cooking is not one of my strongest points! So when I find a recipe book that has bright pictures, I tend to have a go at making the dishes featured. I am pleased to report that not only do the recipes in this book look good; they taste great and are easy to follow.

### **Steering by Starlight**

Martha Beck  
PB AUD35.00

Using psychiatry and neurology research, Martha Beck outlines three stages in the path towards building a life filled with satisfaction. All the material she shares with you has been 'road tested' within her extensive clinical practice.

### **Into Silence**

Deva Premal

CD AUD30.00

Deva Premal and her partner Miten are much loved by Australian audiences. This Sounds True CD is a collection of her most popular meditative chants and mantras.

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Our Top Books for August 2008

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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

To read about these titles as well as others by the same authors visit our [Top Books Page](#)

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Our Top Audio for August 2008

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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

To read about these audio titles as well as others by the same artists visit out [Best Music Page](#)

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