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## Online Library Ecstasy Power God Wild Shiva

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**KEY=GOD - JENNINGS SKYLAR**

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## Shiva

### The Wild God of Power and Ecstasy

**Simon and Schuster** An extensive look at all the aspects of multi-natured Shiva • Explores the shamanic roots of world spirituality as exemplified by this Hindu god who shares many of the attributes of the Norse Odin and the Celtic Cernunnos • Looks at Shiva's relation to contemporary culture, Tantra, and the dualistic religions of the West To his devotees Shiva is the entire universe and the core of all beings. Hindu myth shows him appearing at the beginning of creation as a giant pillar of fire from which this world sprang forth. Yet he is also the most approachable of gods, for he is the lover of lovers and the devotee of his devotees. Of the 1,008 names of Shiva, Pashupati, Lord of Animals, is one of the most common. His special relation to animals along with his trickster nature reveal the deep connection of Shiva to shamanism and other gods such as the Norse Odin and the Celtic Cernunnos that came out of the Paleolithic traditions. Ethnologist Wolf-Dieter Storr was first captivated by Shiva when he was in India as a visiting scholar at Benares Hindu University. In this book he invites readers to join in the lively and mythical world of Shiva, or Mahadev, God of All Gods. Shiva is a study in contrasts: As the lord of dance he loses himself in ecstatic abandon; with his consort Parvati he can make love for 10,000 years. Both men and women worship him for his ability to unite and balance masculine and feminine energies. But as the ascetic Shankar he sits in deep meditation, shunning women, and none dare disturb him lest he open his third eye and immolate the entire universe. Lord of intoxicants and poisons, he is the keeper of secret occult knowledge and powers, for which he is worshipped by yogis and demons alike. Shiva dances both the joy of being and the dance of doom--but in every aspect he breaks through the false ego to reveal the true self lying within. This is his true power.

### Shiva and the Primordial Tradition

### From the Tantras to the Science of Dreams

**Simon and Schuster** An extensive examination of the underpinnings of the Shaivite Tradition • Reveals the influence of Shaivism on the Western world • Discusses Shaivism's understanding of sacred sexuality • Presents the connections between Vedic poetry and metaphysics In *Shiva and the Primordial Tradition*, Alain Daniélou explores the relationship between Shaivism and the Western world. Shaivite philosophy does not oppose theology, cosmology, and science because it recognizes that their common aim is to seek to understand and explain the nature of the world. In the Western world, the idea of bridging the divide between science and religion is just beginning to touch the edges of mainstream thought. This rare collection of the late author's writings contains several never-before-published articles and offers an in-depth look at the many facets of the Samkhya, the cosmologic doctrines of the Shaivite tradition. Daniélou provides important revelations on subjects such as the science of dreams, the role of poetry and sexuality in the sacred, the personality of the great Shankara, and the Shaivite influence on the Scythians and the Parthians (and by extension, the Hellenic world in general). Providing a convincing argument in favor of the polytheistic approach, he explains that monotheism is merely the deification of individualism--the separation of humanity from nature--and that by acknowledging the sacred in everything, we can recognize the imprint of the primordial tradition.

## Shiva

### Stories and Teachings from the Shiva Mahapurana

**Simon and Schuster** The traditional understanding of Shiva told through stories and teachings from the Shiva Mahapurana • Explains Shiva's contradictory forms, such as destroyer or benefactor, and how his form depends on the needs of the devotee • Reveals how Shiva's teachings allow one to see through the illusions at the root of all grief and alienation in human life • Explores Shiva's relationships with Durga, Shakti, Sati, and Parvati and with his sons Ganesha and Kartikeya Shiva, the most ancient and complex deity of the Hindu pantheon, has been portrayed in many contrasting lights: destroyer and benefactor, ascetic and householder, wild demon slayer and calm yogi atop Mount Kailash. Drawing from the Hindu sacred text the Shiva Mahapurana--said to be written by Shiva himself--Vanamali selects the essential stories of Shiva, both those from his dark wild side and those from his benevolent peaceful side. Vanamali discusses Shiva's many avatars such as Shambunatha and Bhola, as well as Dakshinamurti who taught the shastras and tantras to the rishis. She explores Shiva's relationships with Durga, Shakti, Sati, and Parvati and with his sons Ganesha and Kartikeya. Examining Shiva's acceptance of outsiders, Vanamali explains why ghosts and ghouls are his attendants and why his greatest devotees are demon kings, like Ravana. She includes famous Shiva stories such as the Descent of the River Ganga and Churning the Milky Ocean as well as those that reveal the origin of the festival of lights, Diwali; his creation of the cosmic couple, or hierogamos; and how Shiva and Parvati taught the world the secrets of Kundalini Shakti. The author also draws upon Shaivite teachings to illustrate the differences between Western science and Vedic science and their explanations for the origins of consciousness. Integrating Shiva's two sides, the fierce and the peaceful, Vanamali reveals that Shiva's form depends on the needs of the devotee. Understanding his teachings allows one to see through the illusions at the root of all grief and alienation in human life, for Shiva is the wielder of maya who does not fall under its spell. While Ganesha is known as the remover of obstacles, Shiva is the remover of tears.

## Insanity and Genius

### Masks of Madness and the Mapping of Meaning and Value (Second Edition)

**Cambridge Scholars Publishing** In his book about the discovery of the structure of DNA, James Watson wrote, "So we had lunch, telling ourselves that a structure this beautiful just had to exist." Indeed, the quest most often asked by scientists about a scientific theory is "Is it beautiful?" Yes, beauty equals truth. Scientists know, mathematicians know. But the beauties, the truths of mathematics and science were not the truths that inspired the author as a child, and he intuitively knew that the truths he needed come from a different way of knowing, a way of knowing not of the world of logic and reason and explanation (though they have a value), but rather a way of knowing that is of the world expression, a world that enters the truths beyond the grasp of logic. That is what this book is all about. It is an exploration of the greatest minds of human existence struggling to understand the deepest truths of the human condition. This second edition updates the previous one, incorporating new publications on Van Gogh, recent discoveries in neurology,

psychology, and the rapid developments in understanding DNA and biotechnology. We've come a long way already from that original discovery by Watson and his coauthor Francis Crick.

## Christ of the Coal Yards

### A Critical Biography of Vincent van Gogh

Cambridge Scholars Publishing No one heard the shot. No one ever found the gun. It was Sunday, July 27, 1890. Vincent had recently finished *Wheatfield with Crows*, thought to be his final painting, one that he described as representing "vast fields of wheat beneath troubled skies," one where he said in a letter he meant to send to Theo "I did not need to go out of my way to try to express cheerlessness and extreme loneliness." The letter never got sent, but was found stuffed in his smock. That morning, as usual, he walked out into the wheat fields with his easel, brushes, tubes of color and folding stool, perhaps hoping to reach his destination before the gang of local boys and girls were up and able to tease him and throw tomatoes. Le Crau, a wide plain of ripe grain, fields of citron, yellow, tan, and ochre, spread out beneath the bright Provencal sun. It's safe to assume he heard the cicadas singing loudly, the swiping swishes of the farmers' scythes already cutting through the rich wheat stalks, the gusts of wind whispering through the olive branches. Driven and filled with energy for months, he had been quickly, with an assurance that overcame and perhaps even came from his doubts and struggles, putting his own dramatic visions on canvas after canvas. But today he did not go into the fields to paint, or, perhaps, in the beginning he did, perhaps in the morning that was his intention. No one will ever know. He said he brought the revolver to frighten off the crows. Possibly that was his original intention when he included it with his lunch of bread and milk. In the end it's probably not relevant, except for the endless attempts to analyze him, to dig into his complex psyche, at once brilliant and yet impelled to self-destruction. The Ravoux family were sitting on the terrace of their café when he returned, a bit concerned because he was late, but not overly so. When he finally appeared, his walk was more uneven than usual, and he held his hand over his stomach. "Monsieur Vincent," Mrs. Ravoux said, "we were worried, we are glad to see you come. Has anything bad happened?" "No, but I . . ." he left his reply unfinished as he passed inside. Mr. Ravoux followed him upstairs, where he found him sitting on his bed, facing the wall. "I wanted to kill myself." This book is a critical examination of Vincent van Gogh that offers insights into his life, his religious beliefs, his relationships with women, and, of course, his paintings. It includes discussions of his letters, and responds to many of the previous works about him, dispelling some of the myths that have no foundation and pointing out how many of the claims made about him and many of the popular beliefs that have grown up around him are at best guesswork. It explores psychological, neurological, theological, philosophical, aesthetic, and historical paradigms for comprehending his enigmatic and enticing personality.

## The Tao of Tarot

John Hunt Publishing Tarot.

### Divine Madness

Cambridge Scholars Publishing Lila is Sanskrit for play, the play of the gods. It is the self-generating genesis of Bliss, created by Bliss for the purpose of Bliss. It is the uninhibited, impulsive sport of Brahman, the free spirit of creation that results in the spontaneous unfolding of the cosmos to be found in the eternity of each moment. It is beyond the confining locks and chains of reason, beyond the steel barred windows looking out from the cages of explanation, beyond the droning tick-tick-tick of the huge mechanical clocks of time. Come, let us enter the realm of the madman and the finely wrought threads of Clotho as they are measured out by Lachesis and cut by Atropos to create the great tapestry of life, including the intricate, intertwining designs of dementia with the trickster, the shaman, the scapegoat, the shadow, the artist and the savior. Come, let us join in the divine madness of the gods.

## The Myths and Gods of India

### The Classic Work on Hindu Polytheism from the Princeton Bollingen Series

Simon and Schuster The study of Hindu mythology explores the significance of the most prominent Hindu deities as they are envisioned by the Hindus themselves. Referred to by its adherents as the "eternal religion," Hinduism recognizes for each age and each country a new form of revelation--and for each person, according to his or her stage of development, a different path of realization. This widely praised study of Hindu deities reveals the message of tolerance and adaptability at the heart of this ancient religion.

## Silver Bough

eBook Partnership The Silver Bough is a journey into a forgotten Otherworld of hollow hills, glass mountains and fabled islands. With over twenty myths and folktales arising from the rich traditions of the world, from ancient Egypt and Iceland, to New Zealand, Siberia and the Celtic lands, among the stories are Gwyn and the Lady of the Lake, The Shipwrecked Sailor, Galahad's Quest for the Grail and Apples of Immortality. Each of the five accompanying sections is woven from the threads of each tale. Rich in symbolism, shamanic traditions and esoteric wisdom, The Silver Bough traverses ancient cosmologies, from the kingdom of the dead and the starlit realm, to the domain of the flood and the land of the hidden folk.

## The Joker

Cambridge Scholars Publishing To prepare for the role of the Joker, Heath Ledger locked himself in a London hotel room, trying to understand and become a character he saw as "an absolute sociopath, a cold-blooded, mass-murdering clown" who was not intimidated by anything and found all of life "a big joke." In the end, Ledger's obsession with his role contributed to his own death from drugs before *The Dark Knight* was released. The connections and irony are too close to ignore. The movie gives the world a curious twist on the roles of Batman and the Joker. It's politically incorrect, and yet emotionally the Joker's insanity becomes more endearing than Batman's noble sacrifice. What is it? Why does this psychopath seem to have a sense of higher truths in his insanity? This is the role of the Joker or the Fool, a standard character in theatre, and a role consciously adopted by serious artists since the late 1800s. Just as Shakespeare's Fool in *King Lear* used his riddles and puns and satire to reveal the truths the royal leaders of his world could not or refused to see, today's artists are both revealing the darkness within the culture and offering a way out. *Waiting for Godot* has been proclaimed the greatest play of the twentieth century. But there are no great roles in it, no characters representing the equivalent of Shakespeare's Hamlet. Rather, the two main characters are closer to T. S. Eliot's J. Alfred Prufrock, who says he cannot be a Hamlet, only, perhaps, Hamlet's Fool. This book explores what has happened as Europe's culture fragmented and the world lost its center. It explores a range of different arenas, from political and social and religious happenings to scientific and artistic expressions, in order to find the centers of the human condition and how the dark expressions of meaninglessness so commonly highlighted are more rites-of-passage than the final destination.

## The Mythology of Dance

Cambridge Scholars Publishing The lights dim and soon the theatre becomes dark. The audience conversations end with a few softly dissipating whispers, and the movie begins. Nina Sayers, a young ballerina, dances the prologue to Tchaikovsky's *Swan Lake*, a ballet expressing a story drawn from Russian folk tales about a princess who has been turned into a White Swan and can only be turned back if a man swears eternal fidelity to her. However, this is not that ballet. This is the beginning of *Black Swan*, a controversial movie employing symbolism in a complex interweaving of dance and film to reveal the struggles and paradoxes of everything from a female rite-of-passage to questions about where artistic expression should demand self-sacrifice and whether such sacrifice is worth the

price. The dance floor is the stage of life, the place where physical actions take on the symbolic meanings of mythology and express the deepest archetypes of the human mind. This book explores how dance gives shape to those human needs and how it reflects, and even creates, the maps of meaning and value that structure our lives. Though the volume looks at all the forms of dance, it focuses on three main categories in particular: religious, social, and artistic. Since the American Musical and subsequent Musical Videos have both reflected and influenced our current world, they receive the most space—such acclaimed performers as Fred Astaire, Gene Kelly, Judy Garland, Ricky Nelson, Elvis Presley and Michael Jackson, such important composers and lyricists as Gershwin, Rodgers-and-Hammerstein, Porter, Berlin, Webber, Bernstein, the Beatles, and the Who, and such choreographers as Graham, Balanchine, Robbins and Fosse are examined in particular detail.

## Yogini

### Unfolding the Goddess Within

SCB Distributors Yogini: Unfolding the Goddess Within is a unique record of personal experiences that portray in its various fascinating episode the secrets of the magical world of Tantra. It shows how the gods and goddesses can manifest themselves within our daily lives, taking us from the mundane to the sublime and making our days and nights a dance of wonder and delight.

## Shiva

### The Lord of Yoga

Lotus Press Lord Shiva is the personification of all the main practices of Yoga, as the origin and ruling power over asana, prana, mantra, inner seeing and meditation. The current book unfolds the presence, light, energy and consciousness of the Supreme Shiva to take us beyond all death and duality.

## The Complete Life of Krishna

### Based on the Earliest Oral Traditions and the Sacred Scriptures

Simon and Schuster The first book to cover Krishna's entire life, from his childhood pranks to his final powerful acts in the Mahabharata war • Draws from the Bhagavad Purana, the Bhagavad Gita, the Mahabharata, and India's sacred oral tradition • Shows how the stories of Krishna's life are expressed with such simplicity and humor that they enable anyone--man, woman, or child--to see the wisdom of his teachings • Provides a valuable meditative tool that allows the lessons of these stories to illuminate from within Krishna, one of the most beloved characters of the Hindu pantheon, has been portrayed in many lights: a god-child, a prankster, a model lover, a divine hero, an exemplary ruler, and the Supreme Being. In The Complete Life of Krishna, Vanamali, a leading Krishna expert from a long line of prominent Krishna devotees, provides the first book in English or Sanskrit to cover the complete range of the avatar's life. Drawing from the Bhagavad Purana, the Bhagavad Gita, the Mahabharata, and India's sacred oral tradition, Vanamali shares stories from Krishna's birth in a dungeon and early days as a merry trickster in Vrindavana, through his time as divine ruler at Dwaraka, to his final powerful acts as the hero Arjuna's charioteer and guru in the Kurukshetra war. She explains how Krishna became a mahayogi, the greatest of all yogis, and attained complete mastery over himself and nature. By integrating the hero-child with the mahayogi, the playful lover with the divine ruler, Vanamali shows how the stories of Krishna's life are expressed with such simplicity and humor that they enable anyone--man, woman, or child--to see the wisdom of his teachings. This complete biography of the man who was also a god provides a valuable meditative tool allowing Krishna's lessons to illuminate from within.

## The Art of Everyday Ecstasy

### The Seven Tantric Keys for Bringing Passion, Spirit, and Joy into Every Part of Your Life

BoD - Books on Demand "Ecstasy is about waking up and finding that you are in love with life." Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling The Art of Sexual Ecstasy. Now, in The Art of Everyday Ecstasy, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture—what Anand calls the "anti-ecstatic conspiracy"—has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences—the moments of epiphany called Ecstatic Awakenings, and Everyday Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom—can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies—the seven chakras—as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, The Art of Everyday Ecstasy shows us how to bring ecstatic energy into the body, mind, heart, and spirit—"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

## A Traveler's Guide to the Afterlife

### Traditions and Beliefs on Death, Dying, and What Lies Beyond

Simon and Schuster A grand survey of the world's death and afterlife traditions throughout history • Examines beliefs from many different cultures on the soul, heaven, hell, and reincarnation; instructions for accessing the different worlds of the afterlife; how one may become a god; and how ethics and the afterlife may not be connected • Explores techniques to communicate with the dead, including séance instructions • Includes an extensive bibliography of more than 900 sources from around the world Drawing on death and afterlife traditions from cultures around the world, Mark Mirabello explores the many forms of existence beyond death and each tradition's instructions to access the afterlife. He examines beliefs on the soul, heaven, hell, and reincarnation and wisdom from Books of the Dead such as the Book of Going Forth by Day from Egypt, the Katha Upanishad from India, the Bardo Thodol from Tibet, the Golden Orphic Tablets from Greece, Lieh Tzu from China, and Heaven and its Wonders and Hell from Things Heard and Seen from 18th-century Europe. Considering the question "What is Death?" Mirabello provides answers from a wide range of ancient and modern thinkers, including scientist Nicholas Maxwell, the seer Emanuel Swedenborg, 1st-century Buddhist philosopher Nagarjuna, and Greek philosopher Euripides, who opined that we may already be dead and only dreaming we are alive. He explores the trek of the soul through life and death with firsthand accounts of the death journey and notes that what is perceived as death here may actually be life somewhere else. He reveals how, in many traditions, ethics and the afterlife are not connected and how an afterlife is possible even without a god or a soul. Sharing evidence that consciousness is not simply a product of the brain, he offers a strong rebuttal to nihilists,



materialists, and the Lokayata philosophical school of India who believe in the “finality” of death. He explains how specters and ghosts are produced and offers techniques to communicate with the dead as well as instructions for an out-of-body experience and the complete procedure for a séance. With an extensive bibliography of more than 900 sources, this guide offers comprehensive information on afterlife beliefs from the vast majority of cultures around the world and throughout history--a veritable “traveler’s guide” to the afterlife.

## Shakti

### Realm of the Divine Mother

Simon and Schuster Presents the mystery of the Divine Mother in all her manifold aspects • Explores more than 30 different goddess aspects of the Shakti force, both beneficial and malefic • Includes Sanskrit hymns and classic verses by Sri Auribindo for each of the goddesses Shakti is synonymous with the Devi, the Divine Mother or divine power that manifests, sustains, and transforms the universe. She is the womb of all creatures, and it is through her that the One becomes the many. Our first and primary relationship to the world is through the mother, the source of love, security, and nourishment. Extending this relationship to worship of a cosmic being as mother was a natural step found not only in the Shakti cult of Hinduism but also in ancient Greek, Egyptian, and Babylonian cultures. Shakti presents more than 30 goddess incarnations of the Divine Mother that represent both the beneficial and malefic aspects of the Shakti force. From Lakshmi, Parvati, and Saraswati to Durga, Chandika, and Kali--each of the different functions of the female goddesses in the Hindu pantheon is revealed, accompanied by traditional Sanskrit hymns, classic verses by Sri Auribindo, and discussions of tantric philosophy. The author draws from the Devi Bhagavatham, which describes all the stories of Shakti, and the Devi Mahatmyam, the most powerful scriptural text that glorifies Shakti in her form as Durga. Using these texts she shows that through the power and grace of the Divine Mother we may be released from the darkness of ignorance and taken to the abode of knowledge, immortality, and bliss--the source from which we have come.

## The Cosmic Spirit

### Awakenings at the Heart of All Religions, the Earth, and the Multiverse

Wipf and Stock Publishers Are we more than stardust? Is the appearance of the fragile Earth in the vast universe more than an accident? Are we not children of a Spirit that pervades the dust, rejuvenates life, and embraces the ever-evolving universe? Is there a cosmic Spirit that wants us to awaken to a consciousness of universal meaning, sacred purpose, and mutual friendship with all beings? This book answers these questions with a spirituality of the numinous in our relation to the elements of the Earth in the matrix of the multiverse by taking you on a journey through nine paths and nineteen meditations of awakening. Not bound by any religion, but in deep appreciation of the religious and spiritual heritage of human encounters with the divine depth of existence in our selves and in nature, they invite you to become sojourners by engaging the most profound embodiments of the intangible Spirit by which it facilitates its own materialization in the cosmos and our spiritualization of the cosmos. Use—says this Spirit—the stardust that you are to become a spirit-faring species in an eternal journey of the cosmos to realize its ultimate motive of existence—the attraction of love! Wipf and Stock Publishers

## The Encyclopedia of Psychoactive Plants

### Ethnopharmacology and Its Applications

Simon and Schuster The most comprehensive guide to the botany, history, distribution, and cultivation of all known psychoactive plants • Examines 414 psychoactive plants and related substances • Explores how using psychoactive plants in a culturally sanctioned context can produce important insights into the nature of reality • Contains 797 color photographs and 645 black-and-white illustrations In the traditions of every culture, plants have been highly valued for their nourishing, healing, and transformative properties. The most powerful plants--those known to transport the human mind into other dimensions of consciousness--have traditionally been regarded as sacred. In The Encyclopedia of Psychoactive Plants Christian Rätsch details the botany, history, distribution, cultivation, and preparation and dosage of more than 400 psychoactive plants. He discusses their ritual and medicinal usage, cultural artifacts made from these plants, and works of art that either represent or have been inspired by them. The author begins with 168 of the most well-known psychoactives--such as cannabis, datura, and papaver--then presents 133 lesser known substances as well as additional plants known as “legal highs,” plants known only from mythological contexts and literature, and plant products that include substances such as ayahuasca, incense, and soma. The text is lavishly illustrated with 797 color photographs--many of which are from the author’s extensive fieldwork around the world--showing the people, ceremonies, and art related to the ritual use of the world’s sacred psychoactives.

### Playing With Fire: An Exploration of Loki Laufeyjarson (Epub)

Lulu Press, Inc Everyone knows the Norse god Loki, or at least they think they do: He is the god of mischief, the trickster, the troublemaker of Asgard. To some, he is a destructive force to be defeated or restrained. To others, he is an amusing prankster, a friend, and an ally. Love him or hate him, he’s impossible to ignore. But is there more to Loki, or have we only scratched the surface? Playing With Fire is part historical exploration, part heartfelt devotional, written from the perspective of a devotee who has walked with this often misunderstood deity for over two decades. Go deeper with Loki and be surprised. Go all the way, and be transformed.

## Matrix Meditations

### A 16-week Program for Developing the Mind-Heart Connection

Simon and Schuster 65 dynamic meditation techniques for manifesting your desires and multiplying the power of your mind • Contains meditation practices from both Eastern and Western traditions • Includes proven techniques for increasing mental clarity, replacing negative behaviors that have become habits, and realizing your desires Matrix Meditations offers dynamic meditation practices derived from both Eastern and Western spiritual traditions to develop intuition, manifest desires, and empower the self by forging a strong heart-mind relationship. The authors provide a systematic 16-week program that is designed to develop heightened awareness and deeper states of consciousness for readers with any level of meditation experience, moving from lessons in classical Eastern techniques to advanced levels that employ methods not found elsewhere. Four key forms of meditation are used in the book: concentration, mindfulness, contemplation, and adventures in awareness. These are applied to specific practices that range from improving mental clarity and memory to replacing self-limiting patterns of thinking and behaving in which you may be trapped. Each of the 65 meditations offers a doorway into a different chamber of your consciousness and an opportunity to learn more about your physical, mental, emotional, and spiritual nature. The matrix can also be used as an oracle to guide you to the most valuable meditation you need for the present moment--be it love, balance, conflict, dreams, renewal, or celebration. These meditation techniques are designed to create healing and harmony between the mind and emotions, allowing you to attain not only greater financial and emotional security and well-being but also life-long spiritual growth.

## Pagan Christmas

### The Plants, Spirits, and Rituals at the Origins of Yuletide

**Simon and Schuster** An examination of the sacred botany and the pagan origins and rituals of Christmas • Analyzes the symbolism of the many plants associated with Christmas • Reveals the shamanic rituals that are at the heart of the Christmas celebration The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. But Christmas is no ordinary folk observance. It is an evolving feast that over the centuries has absorbed elements from cultures all over the world—practices that give plants and plant spirits pride of place. In fact, the symbolic use of plants at Christmas effectively transforms the modern-day living room into a place of shamanic ritual. Christian Rätsch and Claudia Müller-Ebeling show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity. The fir tree was originally revered as the sacred World Tree in northern Europe. When the church was unable to drive the tree cult out of people's consciousness, it incorporated the fir tree by dedicating it to the Christ child. Father Christmas in his red-and-white suit, who flies through the sky in a sleigh drawn by reindeer, has his mythological roots in the shamanic reindeer-herding tribes of arctic Europe and Siberia. These northern shamans used the hallucinogenic fly agaric mushroom, which is red and white, to make their soul flights to the other world. Apples, which figure heavily in Christmas baking, are symbols of the sun god Apollo, so they find a natural place at winter solstice celebrations of the return of the sun. In fact, the authors contend that the emphasis of Christmas on green plants and the promise of the return of life in the dead of winter is just an adaptation of the pagan winter solstice celebration.

### Healing Lyme Disease Naturally

#### History, Analysis, and Treatments

**North Atlantic Books** Drawing on healing systems from around the world, a medical anthropologist and herbalist offers natural and holistic remedies for treating Lyme disease When Dr. Wolfe Storl was diagnosed with lyme disease, he refused standard treatments because of antibiotic intolerance. Instead, he researched healing systems of various cultures—including Traditional Chinese Medicine, American Indian healing practices, homeopathy, and traditional Western herbal lore—and discovered the teasel root. Teasel, a flowering plant that grows throughout Europe and Asia, tonifies the liver and kidneys, promotes blood circulation, and strengthens the bones and tendons. The plant has been documented to help cure chronic conditions marked by arthritis, sore, stiff muscles, and eventual incapacitation—all symptoms associated with Lyme disease. Dr. Storl's approach consists of flushing out toxins and inhibiting bacteria by using teasel root as tincture, powder, or tea (available for purchase online and in natural foods stores); stimulating the immune system and detoxifying the body by exposing it to extreme heat (sweat lodges and Japanese baths); and dietary and naturopathic measures, including fresh natural food, exercise, and sufficient sleep. Written in an encouraging, personal tone but based in science and clinical studies, *Healing Lyme Disease Naturally* offers hope in combating a condition that has stubbornly resisted conventional medical treatment.

### Ecstatic Witchcraft

#### Magick, Philosophy & Trance in the Shamanic Craft

**Llewellyn Worldwide** Journey down a shamanic path that embraces the ecstatic, the wild, the gnostic, the transformative, and the visionary. Expanding on principles touched on in his book *By Land, Sky & Sea: Three Realms of Shamanic Witchcraft*, Gede Parma walks you through an apprenticeship designed to ground and orient you on the path of the Shamanic Craft. Discover the meaning of ecstasy. Encounter the three realms. Learn shamanic techniques and rituals that will give you a more primal, authentic experience of Witchcraft, including: *Drawing Down the Gods Working with Spirit Allies Trance and Moving Between the Worlds Ecstatic Spellcraft Healing and Soul Retrieval Seership and Divination Praise: "Smart, thought-provoking and useful...A worthy contribution to the continuing growth and evolution of shamanic Wicca by a passionate and poetic member of the next generation."*—Phyllis W. Curott, author of *Witch Crafting: A Spiritual Guide to Making Magic*

### Falling Through the Tree of Life

#### Embodied Kabbalah

**Llewellyn Worldwide** This dynamic, radical departure from traditional Kabbalah books takes you into the Tree of Life not as an observer but as an active participant who engages with its sephirot. Presenting dozens of rituals, meditations, memoirs, and hands-on activities, *Falling Through the Tree of Life* immerses you in living, breathing magic, transforming the Tree from a complex topic into an embodied dance of love and learning. No matter your experience level, author Jane Meredith helps you explore each sephira in depth and use its real-world lessons to grow your practice. You'll begin like a butterfly falling through the Tree, unaware of its full power. But the farther you go, the more you'll fall in love with each sephira, from the beauty of Tiferet to the scholarship of Hod. This masterwork shows you how to enjoy the journey—full of heart, spirit, and wonder.

### Journeys in the Kali Yuga

#### A Pilgrimage from Esoteric India to Pagan Europe

**Simon and Schuster** A beautifully evocative account of one man's odyssey to discover authentic and unbroken magical traditions in the East and reawaken them in the West • Details the author's encounters with the Naga Babas, his initiation into their tradition, and his experience at the Kumbh Mela, the largest spiritual gathering on Earth • Shares the similarities he discovered between the teachings of the Indian tradition and the Western traditions of magic, alchemy, and pagan pantheons • Introduces a wide cast of characters, including Goa Gil, the world-renowned guru of the Goa techno-trance scene, and Mahant Amar Bharti Ji, a "raised-arm Baba," who for more than 40 years has held up one arm in devotion to Shiva Beautifully detailing his spiritual pilgrimage from West to East and back again, in the age of strife known as the Kali Yuga, Aki Cederberg shares the authentic and unbroken magical traditions he experienced in India and Nepal and how his search for a spiritual homeland ultimately led him back to his native Europe. Cederberg explains how his odyssey began as a search for spiritual roots, something missing in the spiritually disconnected life of the Western world, where the indigenous traditions were long ago severed by the spread of Christianity. Traveling to India, he encounters the ancient esoteric order of mystic, wild, naked holy men known as the Naga Babas, the living source of the Hindu traditions of magic and yoga. Immersing himself in the teachings of the tradition, he receives an initiation and partakes in the Kumbh Mela, the largest spiritual gathering on Earth. With his evocative descriptions, Cederberg shows how traveling in India can be an overwhelming, even psychedelic experience. Everything in this ancient land is multiplied and manifold: people and things, sights and sounds, joy and suffering. Yet beyond the apparent confusion and chaos, a strange, subtle order begins to reveal itself. He starts to glimpse resemblances and analogies between the teachings of the Indian tradition and the Western traditions of magic, alchemy, and pagan pantheons. He meets a wide cast of

characters, from mystical hucksters in Rishikesh and the veritable army of naked, chillum-smoking mystics of Maya Devi to Goa Gil, the world-renowned guru of the Goa techno-trance scene, and Mahant Amar Bharti Ji, an urdhvabahu or “raised-arm Baba,” who for more than 40 years has held up one arm in devotion to Shiva. After extensive traveling and immersing himself in the extraordinary world of India, Cederberg returns to his native soil of Europe. Traveling to holy places where old pagan divinities still linger in the shadows of the modern world, he dreams of forgotten gods and contemplates how they might be awakened yet again, reconnecting the West with its own pre-Christian spiritual traditions, sacred landscapes, and soul.

## Bear

### Myth, Animal, Icon

North Atlantic Books Since the beginning of human history, bears have been regarded as animals of great power. Ethnobotanist and cultural anthropologist Wolf Storl, who spent years in the wilderness with bears, explores the fascinating relationship between bears and humans, including the history, mythology, healing lore, and biology of this formidable creature. Storl takes the reader from the bear caves of the Neanderthals to the bear-worshipping Siberian tribes of today, from the extinct cave bear to the modern teddy bear. Bears were traditionally seen as a kind of “forest human” under whose shaggy fur a king or a god was hidden, he explains. Vividly illustrating the power of myths and fairy tales to reveal more than scientific treatises about the true nature of beings--especially in the case of bears--Storl restores this magnificent animal to its rightful place at the forefront of the human imagination as well as among the dwellers of the forest.

## Golden Thread

eBook Partnership In The Golden Thread, there are 14 unique tales: from Raven the Lightbringer to Odin, and The Lindworm Prince to The Sun Maiden. Each chapter braids the visible with the invisible, a diverse tapestry of folklore, symbolism, alchemy, psychology and shamanism. The Golden Thread traverses the landscape of imagination and the borderlands of our own lives; those threshold moments of love and loss. It aims to show us in a time of great upheaval, how cosmic, seasonal, and ancestral patterns can help root and connect us. While myth, a vital and steadfast guide, weaves its way throughout.

## The Ecstatic Poetic Tradition

### A Critical Study from the Ancients through Rumi, Wordsworth, Whitman, Dickinson and Tagore

McFarland This work is not only a general inquiry into ecstatic states of consciousness and an historical outline of the ecstatic poetic tradition but also an intensive study of five representative poets--Rumi, Wordsworth, Whitman, Dickinson, and Tagore. In a refreshingly original, wide-ranging engagement with concepts in psychology, religion, philosophy, aesthetics, sociology and history, this book demonstrates that the poetics and aesthetics of ecstasy represent an ancient, ubiquitous theory of poetry that continues to influence writers in the current century.

## The Horned God of the Witches

Llewellyn Worldwide Discover the History, Magick & Myths of the Horned One Explore the deep spiritual roots of the Horned God and discover rituals and activities designed to help you get closer to him. Throughout history, horned deities have been honored as gods of nature, sex, fertility, passion, sacrifice, death, and rebirth. The Horned God of the Witches reveals the origins and features of their most common guises—Pan, Cernunnos, Herne, Elen of the Ways, the Green Man, and even the Devil. Whether you are interested in the Wiccan Horned God—a more contemporary composite of several deities—or in one of his many other forms, these rituals for meeting the powerful deity will help you achieve your magical goals. With hands-on techniques for divination, creating an altar, working magick, spiritual lovemaking, and receiving the gifts of the Witchfather, this book supports a transformative deepening of your relationship to the divine.

## Exploring the Edge Realms of Consciousness

### Liminal Zones, Psychic Science, and the Hidden Dimensions of the Mind

North Atlantic Books A diverse group of authors journey into the fringes of human consciousness, tackling psychic and paranormal phenomena, lucid dreaming, synchronistic encounters, and more. Collected from the online magazine Reality Sandwich, these essays explore regions of the mind often traversed by shamans, mystics, and visionary artists; adjacent and contiguous to our normal waking state, these realms may be encountered in dreams or out-of-body experiences, accessed through meditation or plant medicines, and marked by psychic phenomena and uncanny synchronicities. From demons encountered in sleep paralysis visions to psychic research conducted by the CIA, the seemingly disparate topics covered here congeal to form a larger picture of what these extraordinary states of consciousness might have to tell us about the nature of reality itself. From the Trade Paperback edition.

## American Book Publishing Record

### The Herbal Lore of Wise Women and Wortcunners

### The Healing Power of Medicinal Plants

North Atlantic Books Traditional herbalists or wise women were not only good botanists or pharmacologists; they were also shamanic practitioners and keepers of occult knowledge about the powerful properties of plants. Traveling back to the healing arts of the ancient Egyptians, Greeks, and Romans, The Herbal Lore of Wise Women and Wortcunners takes readers deep into this world, through the leechcraft of heathen society and witches’ herb bundles to the cloister gardens of the Middle Ages. It also examines herbal medicine today in the traditional Chinese apothecary, the Indian ayurvedic system, homeopathy, and Native American medicine. Balancing the mystical with the practical, author Wolf Storl explains how to become an herbalist, from collecting material to distilling and administering medicines. He includes authoritative advice on herb gardening, as well as a holistic inventory of plants used for purposes both benign and malign, from herbs for cooking, healing, beauty, and body care to psychedelic plants, witches’ salves for opening alternative realities, and poisonous herbs that can induce madness or cause death. Storl also describes traditional “women’s plants” and their uses: dyeing cloth, spinning and weaving, or whipping up love potions. The Herbal Lore of Wise Women and Wortcunners is written for professional and amateur herbalists as well as gardeners, urban homesteaders, and plantspeople interested in these rich ancient traditions.



## Hinduism and the 1960s

### The Rise of a Counter-culture

**Bloomsbury Publishing** The West has drawn upon Hinduism on a wide scale, from hatha yoga and meditation techniques, to popular culture in music and fashion, yet the contribution of Hinduism to the counter-culture of the 1960s has not been analysed in full. *Hinduism and the 1960s* looks at the youth culture of the 1960s and early 1970s, and the way in which it was influenced by Hinduism and Indian culture. It examines the origins of the 1960s counter-culture in the Beat movement of the 1950s, and their interest in Eastern religion, notably Zen. When the Beatles visited India to study transcendental meditation, there was a rapid expansion in interest in Hinduism. Young people were already heading east on the so-called 'Hippie Trail', looking for spiritual enlightenment and an escape from the material lifestyle of the West. Paul Oliver examines the lifestyle which they adopted, from living in ashrams to experimenting with drugs, sexual liberation, ayurvedic medicine and yoga. This engaging book analyses the interaction between Hinduism and the West, and the way in which each affected the other. It demonstrates the ways in which contemporary Western society has learned from the ancient religion of Hinduism, and incorporated such teachings as yoga, meditation and a natural holistic lifestyle, into daily life. Each chapter contains a summary and further reading guidance, and a glossary is included at the end of the book, making this ideal reading for courses on Hinduism, Indian religions, and religion and popular culture.

### The Cosmic Ocean

### New Answers to Big Questions

**Easton Studio Press, LLC** The Cosmic Ocean shares the treasures that Paul K. Chappell, a West Point graduate and Iraq War veteran, who grew up in a violent household, has extracted from trauma. To explain how these treasures—which take the form of timeless truths—can help us solve our personal, national, and global problems, this book uses personal stories and extensive research to journey through time, around the world, and into every facet of the human condition. To survive and progress as a global human family, Chappell explains that we need a paradigm shift that can transform our understanding of peace, justice, love, happiness, and what it means to be human. To help create this paradigm shift, The Cosmic Ocean explores diverse subjects such as empathy, rage, nonviolent struggle, war, beauty, religion, philosophy, science, Gandhi, the Iliad, slavery, human sacrifice, video games, sports, and our shared humanity.

### Yoga

### The Technology of Ecstasy

TarcherPerigee

### Awakening Shakti

**Jaico Publishing House** The Transformative Power of The Goddesses of Yoga How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti — the sacred feminine principle personified by the goddesses of yoga — these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. In *Awakening Shakti*, you will learn how to recognize and invite: • Kali, bringer of strength, fierce love, and untamed freedom • Lakshmi, who confers prosperity and beauty • Saraswati, for clarity of communication and intuition • Radha, who carries the divine energy of spiritual longing • Bhuvaneshvari, who creates the space for sacred transformation • Parvati, to awaken creativity and the capacity to love With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular *Yoga Journal* column “Wisdom.” Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

### Gods of Love and Ecstasy

### The Traditions of Shiva and Dionysus

**Inner Traditions / Bear & Co** Daniu examines the earliest traditions of the Hindu and Greek gods of magical power, ecstatic sexuality, and transcendence.

### The Knowledge Drive

### Confronting Mythological Beliefs

**Dog Ear Publishing** The Knowledge Drive is an optimistic book that demonstrates how new, more accurate information conveys survival value and inevitably supplants our dysfunctional mythological beliefs. Before there was time for the accumulation of knowledge, early man created legends and religious myths to "understand" the world and ease the paralyzing awareness of his own mortality and the fear of natural forces beyond his control. We are increasingly aware of how these magical beliefs can lead to divisive religious practices, violence, and mans' continuing inhumanity to fellow man. Change is clearly needed. Now, rapid advances in many fields are giving us the techniques to modify our evolution and curtail our virulence. We can establish a more universal, equitable morality based on more accurate intelligence about our origins and place in the universe. Nevertheless, it is up to us as a species to choose our own future directions. We are thus in charge of our own destiny, a threatening thought to many. No prayers or appeals to magical forces will help. Dr. Bardon analyzes how our quest for knowledge is a basic human drive similar to the sex and nourishment drives. It arises from our survival instinct and is not based on moral or altruistic factors. Along with establishing knowledge as a source of power, the author discusses the Knowledge Drive from many other perspectives: its various motivations; the fact that it can be used for many purposes, even destructive ones; how it learns from adversity; how it often exacerbates inequality; and how it does not solve social problems unless given the necessary direction. Dr. Bardon looks at the multiple forces aligned against our efforts to obtain more reliable information. He shows how the Knowledge Drive not only triumphs over but also learns from these negative elements. Warnings about the fragility of our search for knowledge are misguided-it is rather the people mired in mythology who are vulnerable and need our compassion.