

Booknews

Newsletter of the Adyar Bookshop

June 2000

Store hours

Monday - Wednesday & Friday 8.30am to 6pm
Thursday 8.30am to 8pm
Saturday 9am to 5.30pm
Sunday 1pm to 5pm

Store address

Sydney City

230 Clarence St Sydney NSW 2000

Ph: 02 9267 8509 Fax 02 9267 4719

www.adyar.com.au

Email: inquiry@adyar.com.au

Louise L. Hay

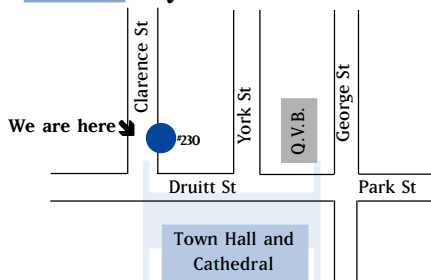
Inspirational Breakfast!

Adyar is to host a special breakfast with Louise Hay as guest - details page 10.



Louise Hay

Where to find us



Keeping Warm this Winter

It is usual to think of Winter as a time when energy is withdrawn. At Adyar, however, we are gearing up for a very special event that will generate high energy indeed. On Wednesday June 14th, just a week before the Solstice, **the Adyar Bookshop is hosting an inspirational Breakfast with Louise L. Hay.**

You can find details on page 6.

If we've not thanked you, our customers, strongly enough in the past for all the positive energy you have given Adyar over the years, we'd like to do it now. You see, we've known for a while that we are the biggest shop of our type in the Southern hemisphere, but recently news has filtered in from more than one source that the **Adyar Bookshop is now the largest metaphysical and alternative bookshop in the world**, and if it wasn't for your support, this could not have come about. Also, if you've been into Adyar since Thursday April 20th, you'll have experienced the results of our renovations first hand and have noticed that, without sacrificing the comfort which has always been a feature, we've added a gleaming new spaciousness to the shop. So thanks, too, for putting up with the racket and mess while the transformation occurred.

In this Booknews there is further evidence that there's no sign of waning energy this Winter. We highlight a number of high-octane books guaranteed to propel us through the shortest days of the year. Impassioned people like **Stuart Wilde, Sark, Rita Rogers** and **chanters of the Qur'an** are on hand to keep our spirits high, and who needs winter woollies during an Ashtanga Yoga workout? There's also plenty of music to add warmth to the season.

Don't forget to make use of our Friends of Adyar service (see page 14) when purchasing from us. **Also, if you would like to receive this Booknews in electronic format (see page 7), let us know.** Finally, our thanks to all the guest reviewers who have energized this edition!

Winter seasonal theme: **High-octane Energy**

Graham Barr - Editor

Let the body think
Of the Spirit as streaming, pouring
Rushing and shining into it from
All sides.

Plotinus (quoted in *Energy Medicine* - Donna Eden)



Save yourself time and unnecessary follow-up calls! When ordering from the *Booknews*, **please check price and availability before sending cheque or money order payments.**

for the
Autumn Quarter
(All prices are
Pre-GST)

Conv. With God V1
Neale Donald Walsch
Pb \$19.95

How to Know God
Deepak Chopra Pb \$24.95

Art of Happiness
H.H. The Dalai Lama
Pb \$24.95

Forgiveness
Gerald Jampolsky
Pb \$15.95

Friendship With God
Neale Donald Walsch
Pb \$19.95

Anatomy of the Spirit
Caroline Myss Pb \$19.95

Autobiography of a Yogi
Paramahansa Yogananda
Pb \$10.95

Mother Mary's Teachings
for the New World
Ileah Van Hubbard
Pb \$17.95

Conv. With God V2
Neale Donald Walsch
Pb \$19.95

Why People Don't Heal
Caroline Myss Pb \$19.95

Feng Shui for Australians
Gerry Heaton Pb \$14.95

Indigo Children
Lee Carroll Pb \$19.95

Conv. With God V3
Neale Donald Walsch
Pb \$19.95

Astral Dynamics
Robert Bruce Pb \$36.95

The Right to Write
Julia Cameron Pb \$28.00

Publisher details
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in Australia - a non-
profit, wholly Austral-
ian organisation.

Adyar News and Rumours

Titania Visiting Adyar at last!

Thursday June 15th at 6.30 pm

At the Adyar Bookshop

R.S.V.P. Tuesday June 13th

It's taken over a year to line up

Titania Hardie for a visit to
Adyar, so we're proud to confirm
a date at last! The author of some
of the most positive Wicca and
Spellcraft books ever written

will be visiting Australia in June, and will spend time
at Adyar to give a talk on Wicca and sign her books.
Titania has a very special way with magick, her books
being the first introduction to Wicca for many readers.
Her Oracle is also popular for its remarkable accuracy.
Her visit ties in with the release of paperback editions
of her fabulous titles, *Hocus Pocus*, *Bewitched* and
Titania's Oracle. Come along and be enchanted!



Caroline Myss Lecture Tour

The dynamic Caroline Myss is returning to Australia in
August with a lecture tour based on her upcoming book,
Sacred Contracts (no publication date as yet). This
internationally acclaimed teacher, healer and author
will be making the following appearances:

Sydney: Saturday August 5th, University of NSW

Brisbane: Sunday August 6th, Convention & Exhibition
Centre

Perth: Wednesday August 9th, Novotel Langley Hotel

Adelaide: Saturday August 12th, Festival Centre

Melbourne: August 13th, Camberwell Civic Centre.

All lecture times are 10.00 am to 5.00 pm, registration
\$130.00 (incl. GST). Phone ticket sales only: 1800 440
234. For registration details, contact Inspiring Promo-
tions on the above number or (03) 5966 5586, or email
pshaw@valylink.net.au.

Farewell Maurice Firth

Long-time customers will remember Maurice Firth,
who passed away on Friday April 14th. Maurice was the
Blavatsky Lodge treasurer from 1970 to 1991, a position
which included looking after the Adyar Bookshop ac-
counts. A true gentle-man, he will be missed by all who
knew him.

Prices

are correct at the time of printing but due to
market forces are subject to change without
notice. All prices mentioned in this June 2000
issue are pre-GST.

New Buddhist Directory

Ven. Pannyavaro has compiled *Buddhanet's* new
Buddhist Australia Directory, (Pb \$4.95 pre-GST) spon-
sored by the Buddhist Federation of Australia. Purchas-
es of the directory support the activities of **Buddhanet**,
the largest Buddhist website in the world, which you
may access on www.buddhanet.net

On the Road Again With Mata Shirlananda

When **Shirley Maclaine** has something new to share
about her personal spiritual journey, it's usually well
worth listening to. Now in her sixties, she recently did
the gruelling 500-mile Santiago de Compostela pil-
grim's trail across Spain by foot, and her new book,
The Camino: A Journey of the Spirit (Hc \$34.95 - pre
GST) is a gripping account of what she learned along
the way. It displays the warmth and non-judgemental
openness to people and places outside her own experi-
ence that are the hallmarks of all her books.

Special Price Numerology

We have been able to secure stock of the perennial
favourite numerology book *Your Numbers Your Life* by
Mark Gruner at the very special price of \$9.95. This
offer is only available as long as stocks last!

Three Welcomes and a Farewell

More bright new faces. Husband and wife team
Michael and **Melissa** have recently joined the staff,
along with **Simon** - all coming with excellent prior
experience to add value to your service. And **Peter**
has chosen to take off and practice architecture, so
look out for some elegant new buildings on the skyline!

Upcoming Festivals

A few randomly-chosen traditional seasonal dates to
celebrate or observe, regardless of your religious
leanings. Let's lighten up, light a candle, plant a tree
and/or party!

June 4th Birthday of Socrates

June 15th Birthday of Muhammad

June 24th Midwinter's Day (Sth Hemisphere)

July 9th Martyrdom of the Bab (Baha'i)

July 17th Kuan Yin's Enlightenment (Mahayana)

July 25th St Christopher's Day (the Stolen Genera-
tion's patron saint?)

Aug 1st Imbolc (Sth Hemi. Lammas in Nth)

Aug 20th Inanna's Day (Mesopotamian)

Aug 22nd Order of the Rosy Cross established, 1623

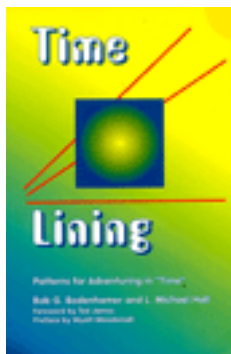


Time Lining [Link to item](#)

Patterns for Adventuring in "Time"

By Bob G. Bodenhamer and L. Michael Hall

Bodenhamer and Hall have written a stimulating, pragmatic and very useful book that takes basic NLP patterns and work with timelines into many diverse applications. Written for those with a precursory understanding of NLP, this book will be most useful for anyone interested in utilising time coding,



language and cognitive patterns to create change for themselves and others. *Time Lining* contains outlines of many techniques along with examples of their application with clients. Historical and current theoretical backgrounds from science, linguistics and psychology provide a comprehensive overview for this exciting development in NLP. **Pb 281 pgs \$44.95 (pre-GST)**

Reviewed by Geoff Dugan

An internationally certified NLP trainer (INLPTA) and B.A. (Psych), Geoff Dugan is co-director of Neuroads Pty. Ltd., a Sydney-based company presenting transformational trainings and seminars, counselling and consulting. To contact Geoff, ring (02) 9559 7922 or visit <http://www.neuroads.com>

Bones of the Master [Link to item](#)

A Buddhist Monk's Search for the Lost Heart of China
By George Crane

Tsung Tsai ('Ancestor Wisdom') escaped the Red Army troops who destroyed his monastery in Inner Mongolia, to flee three thousand miles alone across a China ravaged by chaos and famine in 1959. His mission was to carry on the teachings of his Ch'an Buddhist master, Shihuh Deng, who was too old to leave with his student.



Almost 40 years later, Tsung Tsai, now a revered teacher himself, returned to his birthplace with his sceptical friend George Crane, determined to find Shihuh Deng's grave and build a shrine in his honour. China has changed, and spiritual renewal is in the air.

Bones of the Master is an account by turns frightening, sad and optimistic - and powerful, thrilling and funny - of both the escape and the return pilgrimage, in which the wonderful Tsung Tsai shines through as a true 'heart-master'. **Pb 296 pgs \$26.95 (pre-GST)**

Still Here

Embracing Aging, Changing and Dying

By Ram Dass

Ram Dass is guaranteed immortality as one of the leaders of the modern spiritual revolution - for the 'turn on, tune in, drop out' philosophy which he famously espoused with Timothy Leary, and, even more, as the author of the extraordinary manifesto *Be Here Now* which has sold more than 2 million copies. When he dropped acid in the 1960s and went off to India to find a guru, he set an example since followed by many thousands. While most other '60s 'heads' have since headed towards the business sector, Ram Dass has made it his business to serve those corners of the community where people are suffering. He also became so centred in quietude that when he had a stroke recently, news started spreading that he was dead. Well may he borrow the classic Queen Mother quip, "Rumours of my death are greatly exaggerated!" At the time of writing, no review copy of his new book was available, but the publisher's blurb states that *Still Here* (what better title?) addresses the phenomenon of the big issues reappearing later in life, this time demanding answers. Ram Dass has lived to tell the tale and to take us on another legendary journey.

Pb \$22.95 (pre-GST)

[Link to item](#)



Are We Alone in the Cosmos?

[Link to item](#)

Edited by Ben Bova and Byron Preiss

This is both an interesting and well-constructed overview of the Seti (Search for Extra-Terrestrial Intelligence) movement worldwide. Divided into seven chapters, it details all the elements of the search for extraterrestrial life from speculation about the possibility of life in the Universe through to the metaphysical concepts that drive us to search at all.

Each chapter contains a series of articles relevant to the subject, all by different experts in their fields; Ben Bova, Isaac Asimov, Frank Drake and Arthur C. Clarke, to name a few.

The best feature of this book, however, is the deftness shown by the editors in compiling and editing such a diverse range of views into a cohesive work that not only explains a complex subject well, but also inspires the reader into further exploration. To this end, the Appendix includes a very helpful glossary, a detailed suggested reading list, and directions for linking your PC to the internet Seti search site.

This is one of the best general books available. Just pray we don't taste too good!

Reviewed by Mal O'Brien

Pb 322 pgs \$21.95 (pre-GST)

Mal O'Brien has worked in publishing for 20 years. He has a long-held interest in cosmology, having been surrounded by aliens all his life.



Contributors

- Graham Barr (*editor*),
- Sarah Billingham, Chris Burgess, Gilleen Dodge, Anna Lynde,
- Walter Mason
- Darrin Potaka (*Layout & DTP*).



Androgyny

The Opposites Within
By June Singer

June Singer's book *Androgyny* was first published in 1976 with reprints in 1989 and now this year. It is a classic of its kind, exploring in depth the mysteries of male and female energies as perceived from the distant past to the present day. Singer writes powerfully from a lifetime of study and experience and takes the reader through different cultural disciplines associated with male-female polarity such as Taoism, Kabbalah, Tibetan Tantra, Alchemy, and the works of Plato, Jung and Freud - to select a few. Her book is lucidly written and, for the most part, easily accessible to the lay reader.

Andro - man and *Gyne* - woman, have always been psychically within but, unfortunately, due to exterior pressures, conditioning and the fact of physical gender, have become very unbalanced. Instead of happily flowing back and forth between the polarities within our whole, true selves, we react as we have been taught and become rigid and unspontaneous. This is disastrous both on personal/sexual and universal levels as we are operating in a closed system - i.e. either/or instead of both/and. I was tempted to head this short review "In the beginning were Love and Strife".

These opposites provide the creative energy and opportunity to go within and find that point of balance which both transforms and transcends daily life.

June Singer's book is one to keep on your shelf, as a single reading does not do justice to the brilliant way she has researched and written about this complex subject.

Reviewed by Rosemary Friend

Pb 273 pgs \$39.95 (pre-GST)

Rosemary Friend is a poet, essayist, librettist and reviewer who is passionate about what lies beneath the surface of just about everything and is hence keen on mythology, history and psychology.

The Mars/Venus Affair

Astrology's Sexiest Planets
By Wendall & Linda Perry

A refreshing change from the usual Mars/Venus recipe books, *The Mars/Venus Affair* contains an easy-to-follow guide to determine your astrological Mars/Venus placements - then you are ready to discover the ups and downs of your sexual love relationships. Stories of the personal lives of many celebrities and well-known historical figures from the Enlightenment and Romantic eras onwards shed light on how the numerous Mars/Venus combinations play out in our lives.

Be prepared - your most secret fears and fantasies are revealed. *Woman's Day* - eat your heart out! What forces underlie the famous Scorpionic reputation for infidelity, if such a reputation is indeed deserved? How do Piscean fantasies affect our way of relating? If you have Mars in Gemini, are you really cruel, as the textbooks are prone to say? And are these all merely stereotypes? Without a doubt, having this inside information regarding your partner's desires and drives, as well as your own, will do much to enhance the potentiality of your relationship. **Pb 455 pgs \$32.50**

(pre-GST) Reviewed by Kate Bekesi

Kate Bekesi loves to see her name in print. 30 years of intense involvement with the New Age scene and a passion for astrology as lived experience qualifies her opinions.

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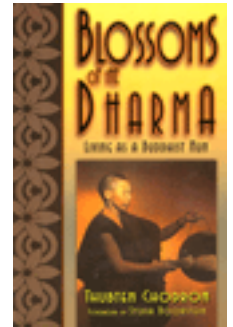
Blossoms of the Dharma

Living as a Buddhist Nun
Edited by Thubten Chodron

In 1993, at the first Conference for Western Buddhist Teachers held in the presence of H.H. The Dalai Lama at Dharamsala, Tenzin Palmo gave a moving address about the situation faced by Buddhist nuns in the West who were not experiencing the support of their local communities in the practice of

the Sangha (the monastic life of renunciation, purity, restraint and discipline). Whereas in the East, where over two thousand years of tradition enables renunciates to trust that they will survive on unsolicited generosity, in the West there is no such tradition. Buddhist teachers of Eastern origin who have moved to the West ordain nuns without considering the problems that emerge in the West when neither the laity nor the lamas themselves can give the nun food or shelter. . . Since Tenzin Palmo's address there have been some changes, documented at another conference called "Living as a Buddhist Nun" in 1996, which was attended by Buddhist nuns from both East and West. The intention was to improve their status in the female Sangha, and *Blossoms of the Dharma* is a volume of all the papers read at the conference. This book gives a remarkable inside view of the experience of Buddhist nuns in a world which is vastly different from that where their way of life was originally created. It is essential reading for Buddhists, feminists and anyone wanting to understand more about the life of the Sangha. Tenzin Palmo's original address is in an Appendix. **Pb 206 pgs \$34.95 (pre-GST)**

[Link to item](#)



Soul Mates

By Rita Rogers

The delightful Ms. Rogers, medium to the stars, is back again with a marvellous book on finding your soul mate and true life-partner. Drawing on more than 30 years of experience, she lets us in on the secrets of finding your true love and following your heart to a lifetime of happiness. She advises us on using our spirit guides to point us in the right direction, and instructs us on using our intuition and inner voice to help identify Mr. Right.

Love knows no boundaries, and in this wonderful book, Rita Rogers teaches us to trust in ourselves, open our hearts to others and let happiness be our guide! Romance is out there for everyone, and, with the help of this book, it could soon be there for you!

Pb 245 pgs \$18.95 (pre-GST)

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Partnering

A New Kind of Relationship
By Hal Stone and Sidra L. Stone

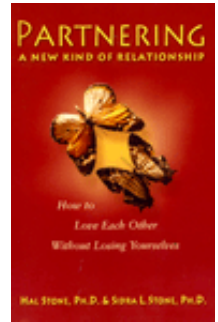
In their latest book *Partnering*, Hal and Sidra Stone, proponents of the Voice Dialogue modality, succeed in presenting a thought-provoking and inspiring work on the dynamics of relationship, turning our relationships into true partnerships without forsaking our identity. They challenge many traditional credos on what constitutes a relationship, proposing "a new way to be in a relationship ... as a joint venture. It moves beyond the automatic acceptance of (or even automatic rejection of) traditional roles and the personalities that fulfilled those same roles. It emphasises cooperation and equality, mutual respect, and mutual empowerment."

They present complex psychological concepts in simple terms with the aid of case studies, personal anecdotes, maps, diagrams and exercises which make the book accessible to the layperson. These concepts include the importance of choice, primary and disowned selves, positive and negative bonding patterns versus partnering, the importance of energetic connection between couples and the challenges that can break this vital bond.

This book, which is the result of the Stones' own dynamic and creative partnership, contains great wisdom and insight in the form of very practical advice for anyone in a relationship. It provides a guide on how to keep the magic, romance and intimacy alive and at the same time sustain a productive, supportive and nurturing relationship.

Reviewed by Anne Robertson
Pb 251 pgs \$29.95 (pre-GST)

Anne Robertson is an astrologer, counsellor, teacher, healer and poet. She is also a regular guest reviewer for the Adyar Booknews.



[Link to item](#)

People of the Book



Approaching the Qur'an

The Early Revelations
Introduced & Translated by Michael Sells

"When a listener challenged Muhammad to prove he was a prophet by performing a miracle, the Qur'anic answer was that the Qur'an itself was the miracle. If anyone could produce anything like it, then the Qur'an was a human creation and Muhammad a false prophet.

If, however, no one else could produce anything like it, then the Qur'an was clearly beyond the capacity of a human being, and Muhammad was not its author but simply its messenger." Compelling logic indeed.

A non-Muslim reading previous translations of the Qur'an may be forgiven for being baffled by the complexity and difficulty of the Book. Michael Sells' *Approaching the Qur'an* is a stunning remedy, being nothing short of enlightening. In the short time since its publication in 1999, his translation of the earliest Suras (Chapters) has already been accepted as "the best version of Muslim scriptures available in English."

Alongside each Sura, Sells provides masterly commentaries that open us up to the majesty and literary beauty of the verse, and its spiritual meaning and power.

As well as a fascinating historical Introduction and very detailed notes about the Qur'an as an aural phenomenon, the book comes with a CD of reciters chanting selected Suras which can be followed in transliterations provided in the book

Pb 219 pgs & CD \$35.95 (pre-GST)



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"Approaching the Qur'an is a magnificent and indispensable addition to the library of anyone wishing to understand the religion of over one fifth of the world's population, and out of which Sufism was born".

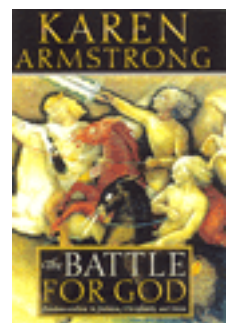
The Battle for God

Fundamentalism in Judaism, Christianity and Islam
By Karen Armstrong

Telling the story of fundamentalism requires a formidably armed scholar capable of not only understanding how religion interfaces with politics, science and secularism, but also of untangling long, complex strands of religious history and lucidly delineating their interrelationship. As well, the scholar must be an accomplished diplomat, as the history cannot be told without arousing often difficult passions which must be handled with care in both teller and audience. Compassion and objectivity are needed to balance the hostility often evoked by the mere word 'fundamentalism'. A tall order - and tailor-made for Karen Armstrong.

The Battle for God is essential reading for anybody concerned with where the opposing philosophies of religious tolerance, secular materialism and fundamentalism in the three religions of the Book are taking us. This requires an intimate knowledge of the various schisms that have occurred through the centuries as Faith and State have met, divided, met and become increasingly divided again. The major portion of the book looks at fundamentalism today, as it manifests in some of its most alarming forms. Armstrong's mastery is particularly apparent when, without a trace of condescension, she achieves the difficult task of enabling non-fundamentalists to empathise with the distress experienced by fundamentalists as they see themselves surrounded by a world that threatens their most sacred values.

Hc 425 pgs \$45.00 (pre-GST)



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Cloud Nine

A Dreamer's Dictionary

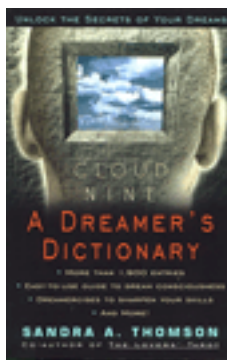
By **Sandra Thomson**

We don't always want to be told "You have to work out for yourself what your dreams mean." After all, Jung went a long way towards proving there's a collective language being spoken there, so surely those dream dictionaries must translate some of it. Anyway, it's fun to turn to dictionaries to see what oddity the author has decided our unconscious has come up with during our sleep. Often they're vaguely accurate, and more often incomprehensible or laughable.

Cloud Nine is a dream dictionary with a very important difference. Instead of the usual formulaic interpretations, it offers over 1,900 entries synthesising Jungian concepts, Gestalt, mythology and good, sensible psychology, while leaving the door open for you to make your own connections. Our dream life offers us a free growth workshop as well, and Thomson gives us excellent advice on learning how to make the most of it with visualisation exercises, techniques to banish bad dreams, invoking healing dreams and heaps more.

Pb 575 pgs \$24.95 (pre-GST)

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Soul Stories

Practical Guides to the Soul

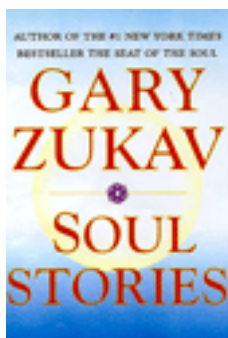
By **Gary Zukav**

The long-awaited new book by the author of the phenomenally popular *Seat of the Soul* is being simultaneously released in hardcover and paperback. These 52 Soul Stories, which can be read in a few days, or at the rate of one a week over a year, are all true stories, though the truth may not be evident at first reading. As Zukav says: "... some people say that the universe is dead (they call it 'inert'), and that everything that happens is accidental (they say 'random'). Other people, like me, say that the Universe is alive, wise and compassionate. Looking at the universe as dead is one story. Looking at it as alive is another. Which story is true for you?"

There are stories about intuition, reincarnation, emotional awareness, love, relationships, marriage and trust. In other words, something for everyone.

247 pgs Pb \$24.95 Hc \$34.95 (both pre-GST)

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Original Self

Living With Paradox and Originality

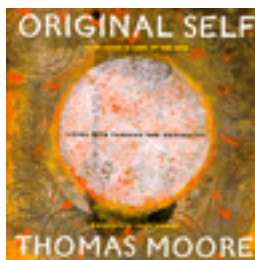
By **Thomas Moore**

50 mini-essays on living with originality rather than conformity. Each chapter starts with a concept - e.g. "Live simply, but be complicated," "Gender is infinitely more subtle than biological difference and is never static," "Imagination is more weighty than fact," etc. - which is then developed over the course of a shortish essay in the style of a meditation, always elegantly fashioned, and often holding strikingly unorthodox views.

A book to savour slowly that would make a beautiful gift.

Hc 150 pgs \$29.95 (pre-GST)

[Link to item](#)



Transformation Soup

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Healing for the Splendidly Imperfect

By **Sark**

"Hey! We're all swirling in the soup together!" Sark-convert Lula happily reminds me as she puddles in splendid imperfection amongst her paints, crayons and textas. "You really must stop suffering over money!

I'm going to start an 'in-progress' group about money and invite Stuart Wilde along for an inspiration sandwich! Why don't you bring your partner! You still don't have one? Then make a God-box and listen to more violins!"

Mmm. Pondering that advice, I flick through Sark's new book, *Transformation Soup*. Lots of stories about healing - some about healing gone wrong - all in her own big loud font. Lots of damned good ideas in deceptively playful fancy-dress, and some great ones for dropping self-pity, getting out of the dark caverns of pain (which she comprehends far more than her noisy scrawl lets on), and getting on with life. "Looks like a succulent book, Lool!" "Yeah, bodacious, isn't it! Oh, and about getting a partner... Why don't you marry yourself! Guaranteed divorce-proof mate for life! Then you can adopt a school-class, have a poetry tea and all read e. e. cummings together!"

Out on the street, a little dizzy from all the exclamation marks but irrepressibly transformed nonetheless, I realise that Lula is perfect to give me away at my wedding. Just then, her head pops out the window.

"Hey! And don't forget to put iridescent glitter in your bath!"

Pb 198 pgs \$29.95 (pre-GST)





Ashtanga Yoga: The Practice Manual

By David Swenson

Beyond Power Yoga

By Beryl Bender Birch

David Swenson gives us a direct, pithy quote from Pattabi Jois Babaji, master teacher of Ashtanga Yoga: "1% theory, 99% practice" - and this is how the manual itself is set out. It is a brief, thorough look at the theory and a complete look at the practice of First and Second Series in Ashtanga Yoga, using black and white photography to stunning effect (in settings like Maui and Iceland) and giving learner and accomplished yogis many versions of a posture until the full posture is accomplished.

In *Beyond Power Yoga*, the term 'Power Yoga' tends to be misleading as the Birches are actually teaching Ashtanga Yoga. As Beryl Bender Birch only covers the First Series and just touches on the Second Series, this is more a book for the novice practitioner. The information includes anecdotes of many of the struggles she and partner Thom Birch have had and are going through on the yogi's path.

Ashtanga Yoga is a useful tool for both advanced yogis and beginners, but, as the author says, it should be learned under the guidance of a qualified Ashtanga teacher. *Beyond Power Yoga* gives a lighter overview.

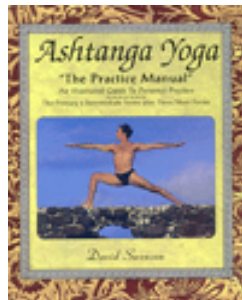
Reviewed by Gordon McAllister

Ashtanga Yoga Large format Hc 263 pgs \$52.50 (pre-GST)

Beyond Power Yoga Large Format Pb 256 pgs \$24.95 (pre-GST)

Gordon McAllister has had spiritual and physical practice in the martial arts for over twenty years, and has practised different styles of yoga for the last ten years.

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Sound Choices

By Susan Mazer and Dallas Smith

The concept of using music to design our environments is yet another step towards creating truly sacred spaces in which to live, work and play. This beginner's guide successfully informs us how to become aware of sound, music and noise in order to create ambient surroundings. There were no instructions as to how to use the enclosed CD sampler so I began by listening first, reading the book and then listening again. It was clear that the composer/performers/writers had taken their own advice in creating compositions that were environmentally sound!

The book is informative, with contributions and anecdotes from the writers, making it feel as though you are attending a lecture series rather than reading a book - further evidence of their understanding of the many dimensions of sound. I would highly recommend this book to those involved in palliative care, as the authors compose and perform for the C.A.R.E channel which designs ambient music for hospital environments, and their knowledge of this field is strong.

Reviewed by Melody R. Green

Pb 222 pgs & CD 48' \$23.95 (pre-GST)

Melody R. Green has followed music throughout her life, from singing opera to using sound for healing.

[Link to item](#)



Passionate Performance

By Charles Kovess

Are you passionate about your work? What do you really want to succeed at? In *Passionate Performance*, Charles Kovess presents us with an easy-to-read, succinct and passionate book, with proven strategies to convert your motivation into genuine success.

The author, based in Melbourne, left a successful legal career to follow his heart's desire. With the low-down revealed in this book (which is a perfect example of the old saying about not judging a book by its cover - the back cover gives a more revealing glimpse of the author's spirit) you can identify how to listen to your passion and find your own heart's desire.

Within *Passionate Performance* are useful, practical insights for both the individual and for business application. Simple techniques will yield powerful changes. Topics that we often associate with the personal path to wholeness, such as balancing mind, body and spirit, are integrated with people skills for business success. The results have been successfully presented in the corporate world, and are now available to everyone in this book.

Reviewed by Vesna Derok

Pb \$19.95 (pre-GST)

Business Life Coach and recruitment consultant, Vesna Derok is the director of Vesna Personnel, a Sydney-based company training people to perform passionately. For more details ring (02) 9751 4348.

[Link to item](#)



10 Bestselling Cd's of Autumn

Music for the Mozart Effect V2
Mozart & Don Campbell \$26.95

(All prices are pre-GST)

[Link to item](#)

Music for the Mozart Effect V3
Mozart & Don Campbell \$26.95

Music for the Mozart Effect VI
Mozart & Don Campbell \$26.95

Om Namaha Shivaya
Robert Gass \$26.95

Chant: Spirit in Sound 2CD
Robert Gass \$29.95

Tibetan Monastery
Relax With Nature \$26.95

Shamanic Healing
Kamal \$29.95

Gift of Love
Deepak Chopra & Friends \$29.95

Mystic Angel
Mike Rowland \$26.95



[Link to item](#)
Eternal Om
Robert Slap \$29.95



So what's "New Age" about New Age Music?

When New Age music first hit the scene before CDs were invented (remember *Golden Voyage* and those first Steve Halpern tapes?), debate whether it was really *New* and whether it was really *Music* wasn't far behind. If you could prove it was neither, and there was an armoury of arguments with which to do so, then you had won the case for New Age music not existing at all. Debate over! - except it isn't, as it continues to this day, and how can you debate what doesn't exist?

Early New Age music was criticised for having abandoned melody, rhythm, pulse, modulation (key-changing) and distinctions in volume and timbral (sound-colour) contrast. In other words, all those things that produce shape, movement, dynamism, form, development and climax - which give music *feeling* as we perceive it - were thrown out the window. All that was left was a long sequence of basic harmonies coloured by piano arpeggios or a few buttons on a synthesiser, and suspended in limbo. (At least we were left with harmony and colour, so already the argument that it wasn't *Music* was lost.)

But the pro-'validity' lobby was able to argue successfully that the critics had never felt the need to try and express Cosmic Consciousness in music. Nor had they ever needed to experience the 'accompanied silence' necessary to 'come down' after a rebirthing or cathartic healing session, with music that is devoid of reminders of human angst. These critics may have had spiritual upliftment while listening to the world's already-existing great heritage of music, but had they ever had the experience of connecting with angelic beings or otherworld entities whose spiritual presence is a reality that no previous music celebrates? And there's precious little music in the Western classical or jazz traditions that quite does the trick during a massage, colour healing, laying on of crystals, aromatherapy, or aura cleansing session.

So what's happening in New Age music at Adyar right now?

Adyar has a huge selection of New Age CDs. Whether you need music to distance office babble, ease you through your yoga, aurally wallpaper your seminar space, or help you to study, there's something that's just right for the job. Amongst our range you'll find that exact mood-piece you've been looking for that'll encourage your plants to grow, set the scene for massage, awaken your past life as an Aztec princess, or simply relax (but not while driving, of course) after trying to do all the above simultaneously. Speaking of driving, the divine Effect of Mozart is a must if you want to reach your destination awake, alert and alive; a mere by-product is discovering that you're in sync with your Inner Genius.

(See p. 10 for the top 10 Music Cd's of the Autumn Quarter.)

Our Classical Music range also includes the magical strains of the **Arcangelos Chamber Ensemble** whose 'Sound Health' series includes *Music for Thinking*, *Music for Concentration*, *Music for Learning*, *Music for Productivity*, *Music to Relax* and *Music to De-Stress*. Their music really works, too - the buyers often use *Productivity* when they have to increase stock, and we found the last two to be very dangerous at work! The 'Sound Health' series constitutes an unparalleled, highly-refined approach to the therapeutic applications of sound, designed to improve the function of the ear and brain naturally while providing a delightful listening experience. Best played at low volume, *Music to De-Stress* and *Music to Relax* are two of the most exquisite New Age albums based on Classical music that you'll find. *Relax* includes selections from Beethoven, Chopin, Schumann and Bach amongst others, which allow you to let go after a hard day's work.



[Link to item](#)



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Since the 1980s, New Age music has changed. It has partially grown up, and partially dumbed down. Bit by bit, it has taken on characteristics of other music that initially were avoided. The exciting early days of innovation are over. Pop, disco and rap have inevitably had their influence. Now we get to hear rock beats, jazz harmonies, and vocals that often sound dangerously as though Kali and Tara are gals in a Country-and-Western ballad. With global 'shrinking' and the desire to 'reconnect with our roots' came an amazing burgeoning of interest in music from non-Western cultures. Someone somewhere is probably recording a quintet for didgeridoo, shawm, Tibetan bells, Andean harp and organ as you read this.

The odd thing is, it's still all recognisably New Age music, even if we start making distinctions between the different types, and call them 'World', 'Meditation', 'Relaxation', 'Ambient' and so on. What holds it all together is what we do with it, which is completely different to the purposes to which we have put other music. New Age music is used for healing, improving excellence, de-stressing, meditating and 'grounding', and the various philosophies of the New Age, most borrowed from the East, validate the spiritual component of each of these functions.

Paradoxically, and coming full circle in a way, Mozart, Riley Lee (who performs classical Japanese music) and the monks from Tibetan monasteries are now bestselling New Age musicians. This proves that, yes, New Age music isn't *New* either. But we are listening to Mozart differently, and to Riley and the monks with Western ears, using their music for completely different purposes to those for which they were originally intended. In that sense, what we are hearing is not their music at all. And it is truly New.

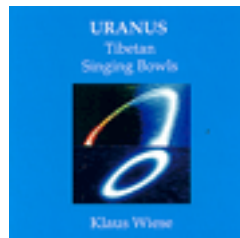
De-Stress takes relaxation onto another plane, where the rapturous melody of Mahler's 4th Symphony Poco Adagio frees soul from body to tread the fine line between yearning and solace on which we search for God. Variations with soothing waves and meandering threads of melody keep our bearings. The effect is like a voiceless guided meditation. Towards the end, Arcangelos and Mahler bring us back, refreshed and hauntingly aware of our humanity. A unique CD, and *not* to be played when concentration is required. In fact, it is ideal to fall asleep to. Your dreams will be safe.

Angelic Music by **Iasos** was one of the seminal New Age tapes, and is now a beautiful CD for meditating with the angels as it takes you straight to their realm. High in resonance, structure and sound, it sends you travelling through the cosmic heavens with your wings attached. Tranquil, bell-like and heavenly, it is reminiscent of soaring through the clouds. It is perfect to accompany visceral creative activity like painting, as it allows you to keep focus in a no-mind state, just purely centering in the moment. Perhaps way ahead of its time when it first came out, it is very timely for now, and is already considered a classic amongst the cognoscenti. One for the heavenly cruisers.



[Link to item](#)

Another CD destined for classic status is *Uranus* by **Klaus Wiese**. This CD has been unavailable for some time in Australia and so we are pleased to announce its return. This music fits all the criticisms in the arsenals of the anti-New Age music critics. It is simply one long, amazing, mind-altering sound produced by Tibetan bells and voice which takes you into the orbit of the most mysterious of the planets in the solar system. *Uranus* is a huge sky-blue sphere with next to nothing to characterise it. A physical manifestation of divine Emptiness. And *Uranus* perfectly expresses exactly that. As such, it is ideal to accompany you on your inner adventures into realms which transcend Earth-consciousness, where floating rather than flying is the rule.



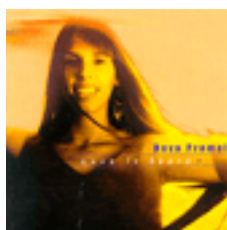
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Master Charles, founder of the Synchronicity Foundation, has begun a series of CDs which adjust sound-patterning to enhance whole-brain function. Called *Collaborations*, these soundtracks give you the benefits of meditating whether you are able to create a quiet corner for practice or not. The first CD features **Riley Lee**, mentioned above, whose music also confounds Western ideas of 'music'. Here, what we are swept away by is a long, pure strain of melody without harmonic support, regular pulse or (to Western-conditioned ears) formal definition. The belief that we know what music is becomes suspended, and a world of another nature opens to us. Giving this music total attention, we gently become aware that if our human world is fragmented, then there is still a whole world from whence this music comes - a template of wholeness for our human world. (For more on this concept, see *Ho'oponopono* elsewhere in this Booknews.)



[Link to item](#)

Love is Space adds a new dimension to chanting and singing sacred songs. This is bubbly, uplifting and sweet music, and you will fall in love with **Deva Premal's** voice as it carries each note into your heart, giving joy to your whole body. Deva's amazing presence is accompanied by wonderful musicians who capture the meaning of each chant with immense beauty. A highlight is a magnificent chant dedicated to Ochum, the Goddess of Love. Deva's first album *The Essence* is of the same magnitude, and if you love the *Gayatri* mantra, she has two versions, sung like never before.



[Link to item](#)

If Deva Premal evokes the female spirit, then **Krishna Das** does the male equivalent in *Pilgrim Heart*. A very earthy CD, it has plenty of spirit-deep rhythmic drumming to accompany the melody chanted in Krishna's deep voice. So much energy comes through this music that you'll find your body involuntarily moving along with it. This is *not* sit-still music, so feel free to turn it up when you're driving and open all the windows of your car! His version of 'Om Mamaha Shivaya' is the most upbeat you're likely to hear. This CD is recommended for all who love their chanting with lots of spice.



[Link to item](#)

We can't finish this short roundup of special music without letting you know about **Thomas Otten**. France doesn't usually come to mind as a home for New Age musicians, though it has produced some very fine ones. If there is any voice-type that brings disembodiment and etherality to mind, it is the counter-tenor, and Otten is remarkable for being the first counter-tenor we know to have recorded an ambient CD. The music on *Close to Silence* is otherworldly, pellucid and effervescent, synthesising the mysterious quality of light pouring through vaulted Gothic stained-glass windows with the zing of a morning glass of chilled champagne quaffed in a lavender field just after the mist has lifted, all with the characteristic Gallic spirit that we associate with those other French performers, Patrick Bernhard and Enigma. *Close to Silence* is perfect if you've been playing Enya and want a change without breaking the spell.



There will always be detractors of New Age music, as for every other type of music. New art forms (and old) will continue to inspire irritation, snobbery and boredom alongside exhilaration, loyalty and passion - it's all part of the territory. New Age music has had to run the same gauntlet as other forms of creative expression, and now that it's a thoroughly tried and tested musical modality, with millions of listeners all over the planet, it's here to stay, so we may as well get used to the idea!

By Graham Barr & Sarah Billingham

Titles within this article (pre-GST)

- Music to Relax \$28.95, Music to De-Stress \$28.95,
- Angelic Music \$34.95 Collaborations \$26.95,
- Uranus \$32.95 Love is Space \$28.95
- Pilgrim Heart \$34.50 Close to Silence \$29.95



Home Health Sanctuary

Weekend Plans to Detox, Relax and Energize

By Anna Selby

It's the weekend and it's yours. Unplug the phone and switch off the rest of the world. You deserve it. Grab your copy of *Home Health Sanctuary* and choose one of the three weekend spa programs to restore your body, mind and soul.

Do you need a *relaxing weekend*, a *detoxifying weekend* or an *energizing weekend*? Each weekend has a detailed schedule for you to follow and all the information (including photographs) you need to carry out techniques such as visualisation, hydrotherapy, meditation, lymphatic drainage, reflexology, aromatherapy, recipes for healthy spa cuisine and more - all designed to relieve stress and relax you, boost your energy levels, kick start your immune system or eliminate accumulated toxins from your body. (The recipes for the dishes contained in *Home Health Sanctuary* made my mouth water).

You can choose to follow the procedures step-by-step over an entire weekend or select those which most suit your needs - it's your weekend. And what's really great is that many of the techniques can also be incorporated simply into your daily life. *Home Health Sanctuary* ensures the benefits of a Day Spa or Health Retreat are entirely affordable and totally achievable. Look forward to feeling great!

Reviewed by Carolyn Stubbins

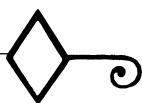
Large Format Pb 127 pgs \$24.95 (pre-GST)

Carolyn Stubbins is the author of *Do it Yourself Pure Plant Skin Care* reviewed in our last Booknews, and the proprietor of **The Perfect Potion, Shop 62 QVB Walk, Queen Victoria Building, Sydney. Ph: (02) 9286 3384 Fax: (02) 9286 3387** Adyar customers producing their receipts for *Home Health Sanctuary* and/or *Do it Yourself Pure Plant Skin Care* at 'The Perfect Potion' will receive 10% discount until June 30th 2000 on any ingredients mentioned in those books. This offer is also available to Mail Order customers

[Link to item](#)



Psychic Development



Sixth Sense

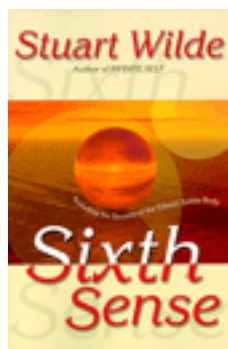
Including the Secrets of the Etheric Subtle Body

By Stuart Wilde

Stewie-baby has written another winner, this time on the ins and outs of psychic development, and especially ESP. *Sixth Sense* is a film about a little boy who sees dead people ... whoops, is an instruction manual linking knowledge of the subtle body, intuition and the positive and negative sides of the shadow to produce better relationships, greater success in life, and the sense of wellbeing that comes from a heightened perception. As usual, Wilde's talents for iconoclasm, humour and compassion are all to the fore, so that whether he's talking about making money, mastering daydreams or meeting grays, it's all with the tone of cheerful ratbaggy that we have grown to love. The chapter on "Reading people so you can help them" has to be read to be believed, and deserves to be a little book on its own!

Pb 255 pgs \$19.95 (pre-GST)

[Link to item](#)



Ho'oponopono

A Healing Meditation CD

By Mahni Dugan

In a culture within which a state of harmony and well-being, internally and in relation to others and the world, was considered to be normal health, the Hawai'ians of old had a clearly defined approach to

and structure for resolving discord - Ho'oponopono - returning things to what was known to be a natural and appropriate 'rightness'.

Mahni Dugan, an Australian presenter of seminars on Huna, relating and healing, has been granted permission by George Lanakilakekiahiali'i Naope - one of only two Supreme Masters left in Hawai'i who teach the Kahuna healers themselves - to adapt the wisdom of Ho'oponopono for today's world on this CD. Seamlessly integrating Huna, NLP, guided visualisation and time-lining in one of the classiest meditation processes you're ever likely to come across, *Ho'oponopono* is the gentlest possible way to effectively heal relationships with yourself and others. An empowering Huna chant seeming to come from the stars themselves lifts us "way, way up" into the realm where Ho'oponopono "rights things with balance and harmony, increasing awareness of our connection with wholeness" so that we may resolve emotional conflicts, give and receive forgiveness, heal old hurts and create our desired future. Mahni Dugan's smooth contralto guidance combined with Justine Bradley's music, *Inner Sense* - which subliminally evokes the ethereal warmth and luminous, turquoise beauty of Pacific lagoons - make our journeying sheer magic.

CD 43' \$25.00 (pre-GST)

Candles, Meditation and Healing [Link to item](#)

By Charlene Whitaker

Now this is a very handy little book. Not only does it contain a wealth of easy and effective candle-burning rituals that you can practice with a minimum of preparation, but it also has sound advice on making sure that you are psychically protected at all times.

After you've read *Candles, Meditation and Healing* you'll be able to send healing energy to those in need, do valuable readings for yourself and your friends, and give a shot of divine energy to your prayers and meditations. The wax-drop astrology chart readings will be revelatory to those who practice the more traditional interpretative techniques, and the dictionary of symbols at the end of the book is a special bonus.

Pb 154 pgs \$14.50 (pre-GST)

[Link to item](#)





Ra-el Light Infusions

Beautiful blue/gold bottles contain pure illumined waters from Ra-el and the Council of Light. Each of the 22 essences is alchemically infused with the Ascended Masters' blessings encoded in a Sacred light language, resonating to the strength and mastery of that essence's individual Angel or Ascended Being. Dedicated to progressing within God's light, they centre and balance our energies, transforming us and working towards illumination and enlightenment.

The names themselves evoke aspects of the Energy of the One Heart: Archangel Michael, Faith, Hope, Charity, St. Germain, Buddha - and so on. Also, each infusion comes with instructions explaining the integration of that One Heart Energy with the many vibrational rays connected with our Divine Colleagues. \$22.00 each (pre-GST)



Magickal Herbs

Witches, shamans and healers have used magickal herbalism in their incense, rituals, charms and spells for centuries. Adyar has books that give you the recipes and formulas so that you can create your own magick at home - but what do you do when you can't find the ingredients in your local supermarket?

Adyar now has an extensive list of 52 different magickal herbs available, from Agrimony to Yerba Mate. All packs are 20gms, and prices range from \$4.00 to \$7.00 (pre-GST). They are of the highest quality - whenever possible, the herbs have been grown organically or in the wild. So now there's no excuse ... it's time to make magick!



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Competition

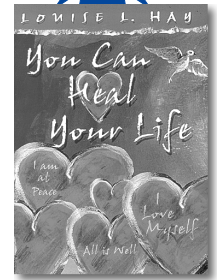
Answer the questions below and you could win a copy of one of great title pictured below.

Simply write the answers, along with your name and address, on the back of an envelope and send it to **Adyar Bookshop, 230 Clarence St Sydney 2000.**

Answers can be found within the pages of this issue of the *Adyar Booknews*. **Six copies of the beautiful new full-colour edition of Louise L. Hay's classic book have been generously donated by Hay House Australia.**

Closing date for entries is August 1st 2000.

1. What is the name of Louise L. Hay's publishing house? 2. What is the Hawai'ian word for 'setting things right'? 3. What is the name of Shirley MacLaine's new book? 4. Which Wiccan author is visiting Adyar on Thursday June 15th?



You Can Heal Your Life

By Louise L. Hay
Pb \$24.95 (pre-GST)

We Invite you to

An Inspirational Breakfast with

Louise L. Hay

Wednesday 14 June 2000

At the **Sheraton On The Park Hotel**

161 Elizabeth Street on Hyde Park

From 7.00 am to 9.00 am

Louise L. Hay, internationally acclaimed metaphysician, author and lecturer, will present "**Millennium 2000: A Positive Approach**". This will be a rare opportunity to hear Louise speak and perhaps get your favourite Louise L. Hay book signed.

It will be her only public appearance as she is here to launch Hay House Australia.

Louise L. Hay is the author of the popular books *Heal Your Body*, *Love Your Body*, and the phenomenal best-seller *You Can Heal Your Life*, which has recently been published in a magnificent full-colour edition.

Co-presenting will be Leon Nacson, the CEO of Hay House Australia and author of 10 books including *Interpreting Dreams, A-Z*. Leon can be heard weekly on Sydney's No.1 radio station - 2DayFM.

Tickets are \$50.00 each and **profits from this event will go to the AIDS Trust of Australia.**

As there are limited tickets, bookings are on a first-in first-serve basis accompanied by full payment in advance either at the bookshop or by phone. Please have your credit card handy if you book by phone. Payment is non-refundable.

