

ABRAXAS BOOK SHOP

New Releases and Events

Issue No. 38 Spring 2011



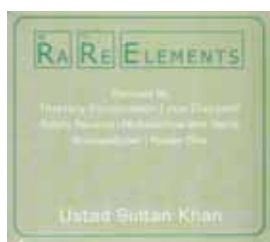
Spring sounds and vision to renew and refresh



JOY OF LIFE

Karunesh CD \$30

Smell the exotic spices, sway with the blissful grooves and heed the call to devotion as you listen to this exalted, ecstatic music.



RARE ELEMENTS

Usted Sultan Khan CD \$20

Remixes by Thievery Corporation, Joe Clausell, Ralph Rosario, Nickodemus and Osiris, Brainpolluter, Radar One.



PRECIOUS

Vargo CD \$30

Intelligent, multifaceted music that is produced with a strong wish to communicate, to inspire and to stimulate.



CALLING YOU HOME

Samart CD \$30

Beautiful songs by Samart and friends featuring intimate vocals and rich arrangements.

DANCES OF ECSTASY

Michelle Mahrer & Nicole Ma
2 DVDs \$35

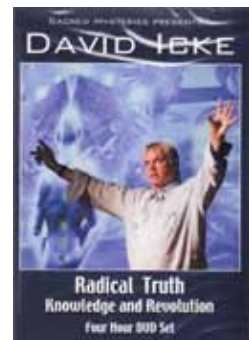
A mesmerising journey into the world of ecstasy experienced through rhythm, dance and music. Interweaving traditional and contemporary ecstatic dance rituals, this documentary film explores how different people around the world connect with a divine power.



RADICAL TRUTH KNOWLEDGE AND REVOLUTION

David Icke DVD \$30

A four-hour presentation examining the machinations underlying global events and the mechanisms of control used to keep us in fear and confusion, opening our eyes to the truth of what is really happening behind the scenes of our reality.



SHANTI THE YOGI

Snatam Kaur DVD \$30

Snatam Kaur takes you on an adventure of yoga, singing, and play with Shanti the Yogi. Her story-telling is woven through with beautiful illustrations, a yoga and movement class and her joy-filled music. This is a children's yoga adventure that parents are sure to love too!



CONTACT DETAILS

13 Lawson Street
Upstairs, Byron Arcade, Byron Bay
PO Box 683 Byron Bay NSW 2481

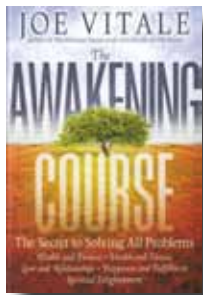
Phone: (02) 6685 5778
Fax: (02) 6685 5786
Email: abraxas@nor.com.au
Website: www.abraxas-net.com.au

OPENING HOURS

Monday to Friday: 10.00am – 5.00pm
Saturday: 10.00am – 4.00pm
Sunday: 11.00am – 4.00pm

New Releases

Personal Transformation



THE AWAKENING COURSE – The Secret to Solving All Problems

Joe Vitale HC \$33

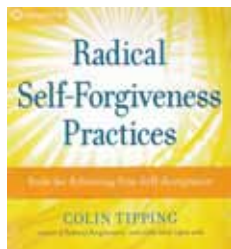
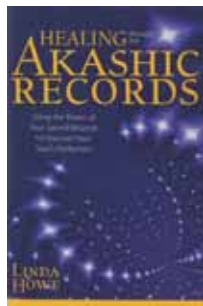
Imagine your biggest problems suddenly disappearing. What would your life be like without limitations? If you want to find out, pick up this book and discover the breakthrough program to transcend your toughest problems and create the life you've always desired. *The Awakening*

Course gives you the tools to go deep within yourself and unlock a whole new level of personal and professional transformation.

HEALING THROUGH THE AKASHIC RECORDS

Linda Howe HC \$33

In this brilliant book, Linda Howe shows us how to work with the compassionate awareness of the unified field to dissolve the blocks — or 'sacred wounds' — that cloud our soul. Howe's teachings are refreshingly positive, and she is an expert guide in showing us how to access our Records so that we may release our woundedness and repattern ourselves in order to embody the truth we were meant to live.



RADICAL SELF-FORGIVENESS PRACTICES

Colin Tipping 2 CDs \$30

The Tipping method includes Radical Self-Forgiveness in its list of strategies for conscious living. The CD set presents tools to help you reach beyond the level of self-judgement and recrimination to the

deeper spiritual state in which true forgiveness occurs. This CD set is additional and complementary to the information supplied in the book *Radical Self-Forgiveness, the Direct Path to True Self-Acceptance*.

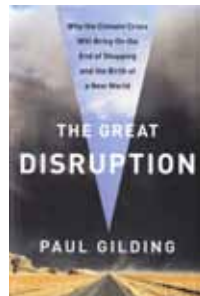
DISCOVER THE GIFT

Shajen Joy Aziz & Demian Lichtenstein HC \$28

From this sister and brother team comes an inspiring book that explores the basic but vital reality that we are each given a unique Gift, a purpose in our life that is always seeking to express itself. Find that Gift, and you can experience joy, power, fulfillment, freedom, and unconditional love in ways beyond your imagination.



Environment/Global change/Sustainability



THE GREAT DISRUPTION

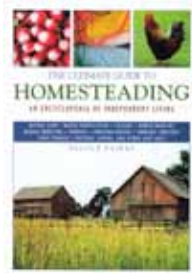
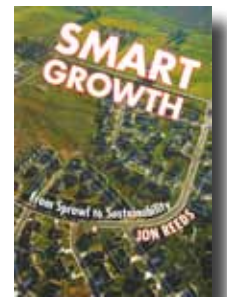
Paul Gilding HC \$34

We have come to the end of a world economy based on consumption and waste, where we lived beyond the means of our planet's resources. *The Great Disruption* is a bracing, honest look at the challenge humanity faces, but it also offers a deeply optimistic message. The coming decades will see loss, suffering and conflict as our planetary overdraft is paid. Yet they will also bring out the best humanity can offer — compassion, innovation, resilience and adaptability. There is life after shopping; this eye-opening and inspiring book points the way.

SMART GROWTH

Jon Reeds PB \$33

Urban sprawl is unsustainable in an age of climate change and peak oil. The "Smart Growth" movement in America is steering a course towards better-designed, compact cities and rail-based transit systems, thereby restoring communities ruined by decades of suburban insularity. This book explains what we must do to improve the quality of life in our overcrowded land.



THE ULTIMATE GUIDE TO HOMESTEADING

Nicole Faires PB \$30

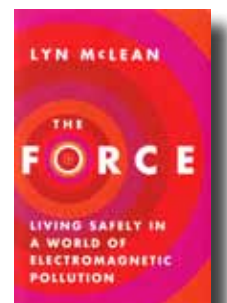
With diagrams, charts, photographs, original illustrations, and comprehensive, detailed instructions that anyone can follow with relatively few supplies, this full-colour book answers all of your self-sufficiency questions. It offers something for anyone looking to increase their quality of life and decrease their carbon footprint.

Electropollution

THE FORCE – Living Safely in a World of Electromagnetic Pollution

Lyn McLean PB \$35

Showing us why electro-pollution is among the most important health issues of our time, this book examines research from around the world explaining how and why we are all at risk and offers practical advice for homeowners, parents and employees who want to reduce their exposure at home and in the workplace.



New Releases

Health and Wellbeing



VISIONS OF HEALTH

Dr. Bernard Jensen &
Dr. Donald V. Bodeen PB \$20

Describing the basics of iris analysis in easy-to-understand language, including dozens of illustrations and colour photos, the authors believe you can recognise inherent weaknesses reflected in the iris and can adjust your lifestyle accordingly. With this book in hand, you can clearly set your

sights on achieving optimum health.

THE BIG BOOK OF FAMILY EYE CARE

Dr. Joseph DiGirolamo PB \$34

This is a reader-friendly guide to how eyes function, their common and serious malfunctions, the best options for vision maintenance, and easy ways to preserve eye health. Basic vision problems are covered along with eye infections and emergency care, as well as tips on getting the best glasses and contacts, laser surgery and other optical needs.



Health and Wellbeing



HEALING POWER BEYOND MEDICINE

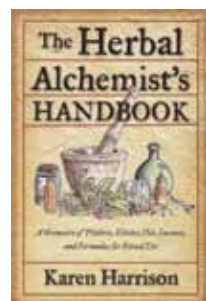
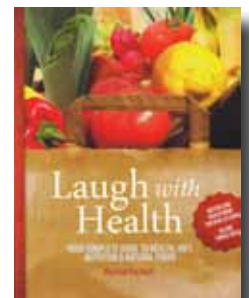
Carol A. Wilson, PhD PB \$43

In an approach to healing that includes the removal of eight common barriers to healing and Complementary and Alternative Medicine (CAM), this book inspires, motivates, and provides tools that produce positive outcomes.

LAUGH WITH HEALTH

Manfred Urs Koch PB \$45

This is the complete 'body system' guide to health and healing. Now completely revised and updated, this practical, easy-to-use book includes unique food charts, explanations of 36 essential vitamins and minerals, food combination charts, simple recipe ideas of natural foods, and specific natural food diets for various common health conditions.

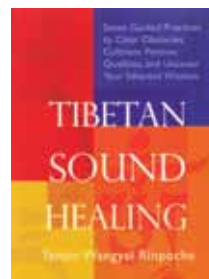


THE HERBAL ALCHEMIST'S HANDBOOK

Karen Harrison PB \$33

Rich with formulas that anyone can use to obtain courage, lasting health, creativity, and enhanced psychic and spiritual powers, magick practitioner Karen Harrison provides a materia magica of more than 150 herbs along with a wealth of recipes for incense, oils, bath

salts, herbal amulets and philtres.



TIBETAN SOUND HEALING

Tenzin Wangyal Rinpoche PB \$23

One of the world's oldest unbroken spiritual traditions is the Bon Buddhist tradition of Tibet. This wisdom path has survived thanks to the efforts of a handful of dedicated lamas. Now with this book and CD, Rinpoche gives us the tools to access wisdom and compassion, and use

the vibration of sacred sound to purify our body, connect with our inherent perfection and completeness, and awaken spiritual virtue.

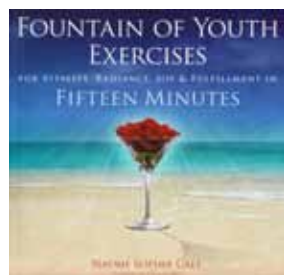
Yoga

FOUNTAIN OF YOUTH EXERCISES FOR VITALITY

Naomi Sophia Call PB \$24

If there are secrets to aging gracefully, then there is no doubt that many of them can be found in the pages of this book. Naomi Call offers an inspiring and achievable recipe for a joyful, healthy life.

Drawing upon the ancient wisdom of Tibetan monks, yoga and chi practitioners, and indigenous people, she has created a manual filled with unique exercise and lifestyle ingredients designed to help anyone, of any age, live with vitality and look great.

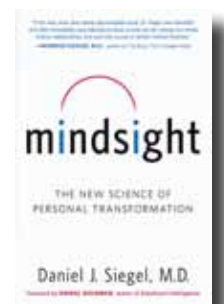


Psychology

MINDSIGHT

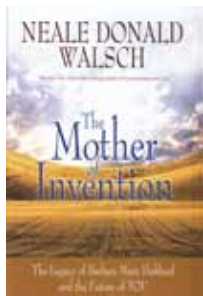
Daniel J. Siegel, M.D. PB \$23

Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindsight, all of us can effect positive, lasting changes in our brains, helping us master our emotions, heal our relationships, and reach our fullest potential in our lives.



New Releases

Biography



THE MOTHER OF INVENTION

Neale Donald Walsch HC \$20

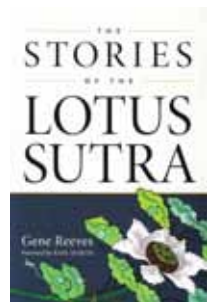
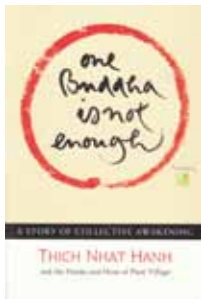
A biography unlike any other, *The Mother Of Invention* tells the story of every human being now on the earth through the telling of the life story of futurist and visionary Barbara Marx Hubbard. We are all moving through the same process, the book and its subject declare. It is the process of the birthing of our species.

Buddhism

ONE BUDDHA IS NOT ENOUGH

Thich Nhat Hanh PB \$25

How do we learn to believe in ourselves and not just rely on our spiritual teachers? Based on a retreat that Zen Master Thich Nhat Hanh organised but then couldn't attend, this book shows how to become your own teacher and create your own community where you might least expect it. We already contain all the insight and wisdom we need; sometimes all it takes is a wake-up call to remind us of what we are capable.



THE STORIES OF THE LOTUS SUTRA

Gene Reeves PB \$30

Stories are ancient and wondrous tools with the mysterious power to transform lives. The stories and parables of the Lotus Sutra — one of the world's great religious scriptures and most influential texts — are among the most fascinating and dramatic. This is the perfect companion to Reeve's translation of the Lotus Sutra

as well as an enjoyable stand-alone volume.

Kundalini

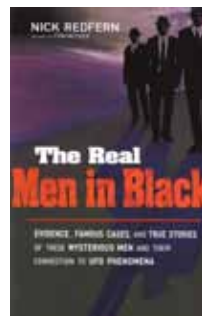
KUNDALINI

Cyndi Dale PB \$27

This guide explores transformational practices such as breathwork, tantra and mantras, and offers illuminating first-hand accounts from the author's healing and teaching practice. Recognising and integrating this sacred energy is essential to achieving vibrant health, having better and more meaningful relationships, and finding your life's authentic purpose.



Extraterrestrials/paranormal



THE REAL MEN IN BLACK

Nick Redfern PB \$24

The Men in Black were elevated to superstar status in 1997 in the hit movie of the same name, however the real Men in Black have consistently attempted to silence the witnesses of UFO's and paranormal phenomena since the 1950s. Nick Redfern delves into the mysterious world of these clandestine operatives. He reveals their origins and discusses classic cases and the many theories that have been presented to explain the mystery.

THE SECRET HISTORY OF EXTRATERRESTRIALS

Len Kasten PB \$27

With our present knowledge of the cosmos, there is now a real possibility of evolved and intelligent civilisations elsewhere in the vast cosmological space. Len Kasten provides a key to unlocking the hidden history. The scope and implications of this book are breathtaking because of the greater reality he unveils of extraterrestrials interacting with humanity, giving us a vision of the planetary revolution just around the corner.



IS YOUR HOUSE HAUNTED

Debi Chestnut PB \$23

There's no reason to live in fear. This friendly beginner's guide offers reassurance and practical advice on identifying and putting a stop to any paranormal activity. A comprehensive overview of all kinds of hauntings and ghosts will help you understand and identify your unearthly house guest.

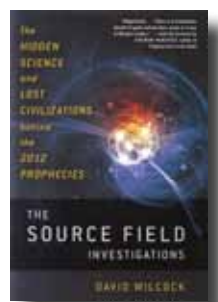
New Science/2012 Prophecies/Mysteries

THE SOURCE FIELD INVESTIGATIONS

David Wilcock HC \$42

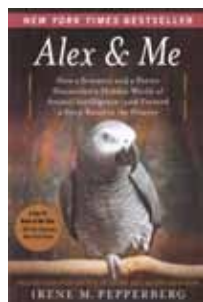
Also available as a 16-CD set \$40

More than two million people have seen David Wilcock's incredible tour of the 2012 prophecies in his internet documentary, *The 2012 Enigma*. Now he expands his vision with a cutting-edge investigation into alternative sciences with deep insights into what is coming in our future. Wilcock believes that 2012 will be a watermark for widespread acceptance of a greater reality — a Golden Age.



New Releases

Animals

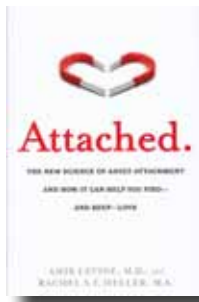


ALEX AND ME

Irene M. Pepperberg PB \$21

This is the remarkable and true account of an amazing, irascible parrot and his best friend who stayed together for thirty years — the unforgettable story of a landmark scientific achievement, disproving the theory that birds possess no potential for language or anything remotely comparable to human intelligence.

Relationships & Sexuality



ATTACHED — The New Science of Adult Attachment

Amir Levine & Rachel Heller HC \$38

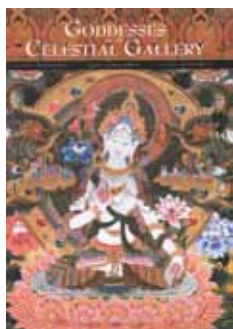
In *Attached*, Levine and Heller distill years of attachment theory research on the nature of human relationships into a practical, highly readable guide, allowing its users to prevent or untangle doomed relationships and to predict and enhance those that will wear well and fit for a lifetime.

Art & Architecture

GODDESSES OF THE CELESTIAL GALLERY

Romio Shrestha HC \$40

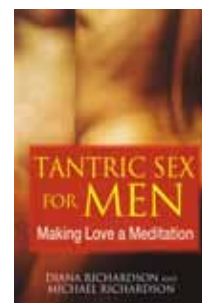
This unique collection of striking, postmodern interpretations of Tibetan-style mandala paintings includes Saraswati, the goddess of the arts; White Tara, 'The Divine Mother,' guardian of the lineage of His Holiness, the Dalai Lama; and Kali, a wild consort of Shiva, devotee of time and keeper of the shadows within ourselves. These paintings of celestial splendour lead all who gaze upon them into the deepest realm of consciousness.



TANTRIC SEX FOR MEN – Making Love a Meditation

D. Richardson & M. Richardson PB \$25

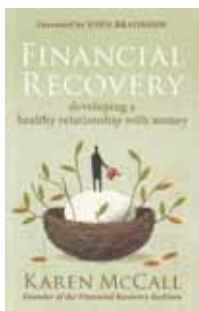
Using the tantric principles they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented and often unintentionally stressful event so they can relax into sex as a meditative union of complementary energies. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally and spiritually.



AUSTRALIA'S BEST HOUSES PB \$40

The best in sustainability is represented, as well as the best in design detail. The aim of this book is to showcase as many differing ideas as was possible in one volume, to provide inspiration to last a lifetime, and to keep as a constant reference to go back to for many years to come.

Financial Recovery



FINANCIAL RECOVERY

Karen McCall PB \$23

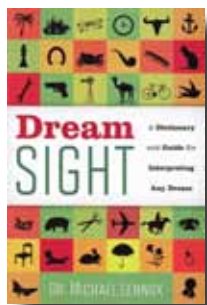
Whether you are suffering under crushing debt, unable to save money, or caught in the tangle of inherited wealth, Karen McCall's book offers a time-tested plan for building a stable and satisfying way of life — and keeping it that way. It offers strategies for adapting your behaviour to meet your most compelling needs. You can start right way using the resources to create a stable and fulfilling relationship with money.

Dreams

DREAM SIGHT

Dr. Michael Lennox PB \$30

With in-depth, classic meanings and an empowering technique for personalised interpretation, this book provides the most complete and balanced guide to understanding your dreams. You'll also get insight into common types of dreams — recurring, precognitive, nightmares and more — plus advice for remembering your dreams and looking at them objectively.

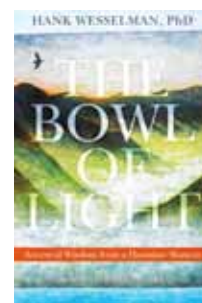


Polynesian Culture

THE BOWL OF LIGHT

Hank Wesselman, PhD PB \$25

Revealing profound principles of indigenous Polynesian wisdom, this book gets richer and richer by the page as we look through Hank Wesselman's eyes into a body of knowledge we might otherwise never see, and through it our spiritual understanding and empowerment of ourselves can only deepen.



New Releases

Metaphysics



FALLING INTO GRACE

Adyashanti HC \$38
Also available as 9-CD set \$85

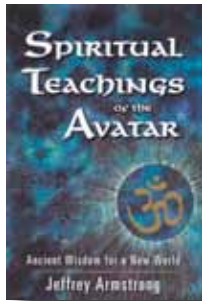
In the same way that we fall into the arms of a loved one or drop our heads on the pillow at night, we can surrender into the beauty and truth of who and what we really are. This is Adyashanti's invitation 'to be taken by a moment of grace and fall into a sense of life when it is not separate from you,

when life is actually an expression of something indefinable, mysterious and immense.'

SPIRITUAL TEACHINGS OF THE AVATAR

Jeffrey Armstrong HC \$30

Enlightening us on the real meaning of the word Avatar and its relevance today, the author draws on Vedic spiritual traditions of India and illuminates how contemporary cultural references to Avatars reveal their deep and enlightening historical roots. These lessons from the Avatar are more important than ever.



Tarot Cards and Divination Decks

We stock a huge selection of Tarot, divination and inspiration decks, including the latest releases.

- Deepak Chopra's *Ask the Kabala Oracle Cards*;
- Diana Cooper's *Atlantis Cards*;
- Sonia Chequette's *Soul Purpose Oracle Cards*;
- Thich Nhat Hanh's *The Energy of Prayer Gift Box*;
- White Eagle affirmation deck *Zodiac Angel Cards*;
- Toni Carmine Salerno's *Gaia Oracle*;
- *Initiatory Tarot of the Golden Dawn* by Giordano Berti and Patrizio Evangelisti;
- Linda Kohanov and Kim McElroy's *Way of the Horse*;
- Diana Cooper and Kathy Crosswell's *Orbs Cards*;
- Doreen Virtue's *Archangel Michael Oracle Cards*;
- Brian and Wendy Froud's *The Heart of Faerie Oracle*.

MAYAN KEY

Heidi Woodman Cards \$30

Connect with the ancient wisdom and beauty of spirit woven into the insightful nature of the Mayan Calendar. Includes guidebook and set of 33 richly coloured cards featuring the full array of Mayan glyphs.



Shamanism



LIGHTNING IN MY BLOOD

James Endredy PB \$25

Endredy's amazing, arduous, and sometimes life-threatening initiations and lessons illustrate the interconnectedness of all life, the importance of being humble enough to laugh at yourself, and the need to repeat and learn from nature and her children.



ORACLE OF THE SHAPESHIFTERS

Lucy Cavendish Cards \$35

Mystical familiars for times of transformation and change. This set includes 45 cards and guidebook revealing the history, legends, lore and magic of the Shapeshifters, including practical spreads for accurate readings.

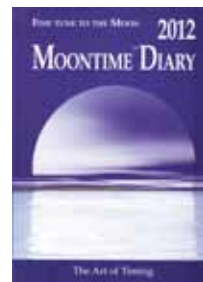
2012 Diaries



MOON DIARY
2012 \$33



13 MOONS
JOURNAL \$30



MOONTIME DIARY
2012 \$30



INNER REFLECTIONS
2012 Engagement
Calendar \$33



Gifts and Artwork at Abraxas

FEATURE EXHIBITION: MANDALAS

by Parisian Artist Aurelien Floret



Aurel's exhibition of works explores the transformative visions of a young French artist on his journey through consciousness. An imaginative, colourful and exciting series of the seven chakras is the centre point of his current exhibition, 'The Universal Language of Sacred Symbols', a collective of mixed media work replicating sacred geometric patterns that sooth your soul and enlighten your spirit. Stunning Art Silver Prints mounted on acrylic. Limited editions for sale, large and small.



PERPETUAL FLIP CALENDARS



A YEAR OF DAILY WISDOM

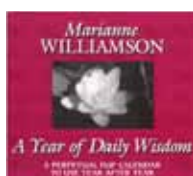
Marianne Williamson \$23

Thoughts to contribute to your spiritual and emotional awakening

WOMEN'S WISDOM

Christiane Northrup \$25

Daily wisdom on creating vibrant health within your mind and body.



health within your mind and body.

BLANK JOURNALS

Hard cover, 160-page blank journals featuring lined and unlined pages, ribbon marker, printed on recycled paper. Two sizes: small \$22, large \$26.



POSTCARD PACKS

Set of 18 postcards in reusable tins. Artwork by Sabrina Ward Harrison. \$28 per pack.



DECORATIVE PANELS

Decorative wall hangings from the Papaya Art Collection, which includes small panels, as well as large block panels, cards, diaries, journals and postcards.

SACRED JEWELLERY BY YUMI DESIGNS

Yumi Delaterre's styles range from delicate feminine pieces to powerful talisman-like statements. More than just jewellery, they are magical tools for healing and infusing one's life with the properties of the crystals she uses. Each piece is hand crafted and unique.



JAPANESE INCENSE

Moonlit Night promotes dynamism and creativity.

Forest of Flowers invokes relaxation and sweetness.

Sacred Tree for meditation and quiet reflection.

The incense burns cleanly, with no irritation from poor ingredients such as bamboo sticks and other fillers. For the very sensitive, there is a special low-smoke range.



INCENSE HOLDERS & SCENTED CANDLES

Buddha incense holders and beautifully scented candles for all moods and spaces.

GANESH STATUES

Beautiful ganesha statues for sale (can be delivered). Come in and enjoy some select pieces from Ganesha Gallery's unique collection. Explore their gallery in the Arts and Industry Estate, Byron Bay, showing artists' work in many different mediums and styles.



CRYSTALS

A range of beautiful crystals in a variety of shapes: hearts, buddhas, angels and obelisks.



Meditation at Abraxas

Every Full Moon, with Paul Tisdell ONE THURSDAY EACH MONTH, 7.00 pm

Dates to be advertised in the *Echo* each month or phone Abraxas: 02 6685 5778

"The laws that govern the transmutation of substance govern the changes we make within ourselves and our lives. If you wish to change the outer world you must change the inner world."

www.spiritualife.com.au



Special release!

Tarot at Abraxas

BOXED SET: A Song of Ice and Fire

A SONG OF ICE AND FIRE

George R. R. Martin 4 x PB \$50

This special release boxed set of the series 'A Song of Ice and Fire' makes the perfect gift.



The set contains four books: *A Game of Thrones*, *A Feast for Crows*, *A Storm of Swords* and *A Clash of Kings*.

A tarot reader is available every day of the week. To book a session with one of the tarot readers below, call Abraxas on 02 6685 5778.

Dr. Lucy Rhoades

Practical Intuitive

Tarot readings for wisdom, guidance & inspiration.

Soul growth and life purpose astrology consultations.

Feminine essence astrology for women.

www.lucyannarhoades.com



Best Sellers

- | | | |
|-------------------------------------|-------------------|---------|
| 1. CALLING IN THE ONE | Thomas Woodward | PB \$25 |
| 2. ANASTASIA | Vladmir Megre | PB \$24 |
| 3. BE LOVE NOW | Ram Dass | HC \$36 |
| 4. THE JOURNEY HOME | Swami Radhanath | PB \$24 |
| 5. A NEW EARTH | Eckhart Tolle | PB \$27 |
| 6. BECOMING ANIMAL | David Abram | PB \$25 |
| 7. THE HAPPINESS PROJECT | Gretchen Rubin | HC \$23 |
| 8. THE MUSIC LESSON | Victor Wooton | PB \$23 |
| 9. CONFESSION OF A BUDDHIST ATHEIST | Stephen Batchelor | PB \$24 |
| 10. FIVE LOVE LANGUAGES | Gary Chapman | PB \$23 |

intuitive tarot with missi



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