

ABRAXAS BOOK SHOP

New Releases and Events
Issue No. 39 Summer 2011–2012



SEASON'S GREETING TO ALL!



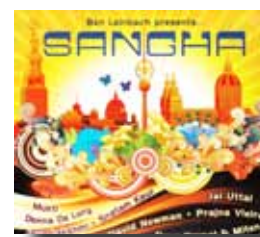
THE INFINITE HEART
Ashana CD \$25



PASSWORD
Deva Premal CD \$25



MUSIC FOR A SHIFT IN CONSCIOUSNESS \$27



SANGHA
various artists \$27



RAS
Snatam Kaur CD \$25



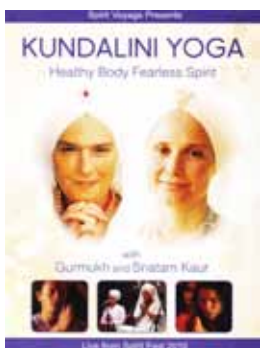
MENOPAUSE AND BEYOND
Christiane Northrup 2 CDs \$20



MEDITATION FOR KIDS
Sada CD \$30



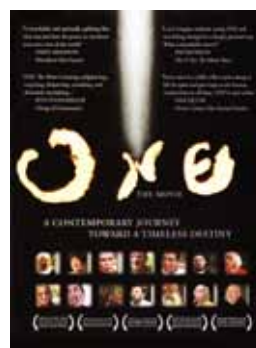
MAGICAL ADVENTURE
Heather Bestel CD \$30



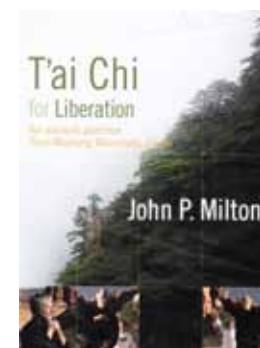
KUNDALINI YOGA DVD \$27
Gurmukh/Snatam Kaur



THE LIVING MATRIX
DVD \$30



ONE: THE MOVIE
DVD \$25



T'AI CHI FOR LIBERATION
John P. Milton DVD \$30

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OPENING HOURS

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

New Releases

Meditation



ONE MINUTE MINDFULNESS

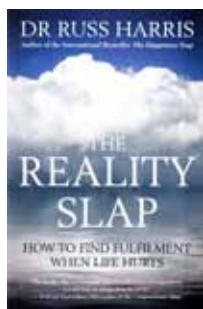
Donald Altman PB \$23

Being fully in each moment leads to peace and well-being – but it's harder than it sounds, especially in a world with constant demands on our time and attention. How do you practice mindfulness when you're faced with difficult co-workers, overwhelming schedules or stubborn kids? In this book, Donald Altman brings the benefits of mindfulness down to earth and into everyday life.

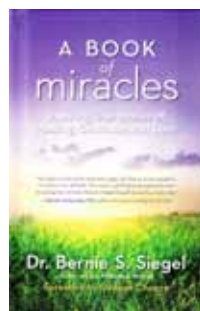
THE REALITY SLAP

Dr. Russ Harris PB \$30

The 'reality slap' takes many different forms – the death of a loved one, serious illness, loss of a job, bankruptcy, divorce or disaster. This book is based on a scientifically proven mindfulness-based approach called ACT 'Acceptance and Commitment Therapy' which will show you how to cope effectively when life hurts, not just how to survive, but how to thrive.



Personal Transformation



A BOOK OF MIRACLES

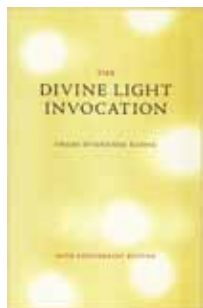
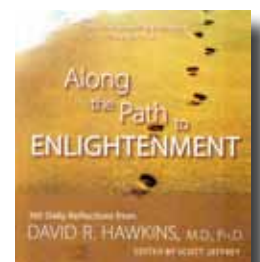
Dr. Bernie S. Siegel HC \$30

Compiled during Dr. Siegel's more than thirty years of practice and teaching, the stories in these pages are riveting, warm, and belief expanding. They demonstrate what we are capable of and show us that we can achieve miracles as we confront life's difficulties.

ALONG THE PATH TO ENLIGHTENMENT

David R. Hawkins PB \$16

The spiritual teachings of David R. Hawkins on the nature of consciousness, spirit and ego are known worldwide by students seeking to realise spiritual truth. This collection of passages offers readers a new contemplation for each day. Any one of these passages, fully understood, can elevate one's level of consciousness.



DIVINE LIGHT INVOCATION

Swami Sivananda Radha PB \$20

The Divine Light Invocation is a standing meditation that combines the body, breath and mind in a concise practice of visualising Divine Light, recognising the Light within and learning how to share this Light with others. Originally published forty years ago, *The Divine Light Invocation* is an invaluable guide to a timeless

practice that has helped many to invite Light into their lives and into the world.



HOW TO THINK YOUR WAY TO THE LIFE YOU WANT

Bruce I. Doyle PhD PB \$23

Work this program to change your thoughts and attract different thought-forms (and energy) into your life. Accept these new thoughts, and you change your beliefs. Belief precedes experience. So if we change our beliefs (and we

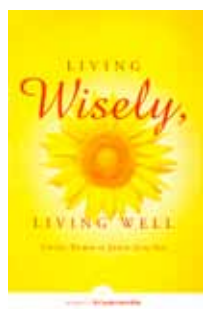
can learn to do this by choice), we change our experience.

Personal Transformation

LIVING WISELY, LIVING WELL

Swami Kryananda PB \$18

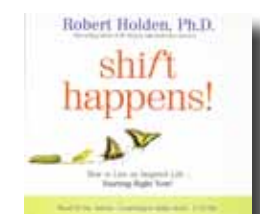
Take a year off from the 'same old you'. Read this book which contains 366 practical ways to improve your life – a thought for each day of the year – and put into practice what it teaches, and in a year's time you won't recognise yourself.



SHIFT HAPPENS

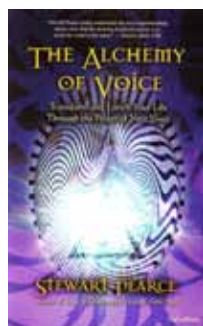
Robert Holden PhD Audio CD \$35

Best-selling author and lecturer Robert Holden, one of the leading experts on happiness, tackles the fundamental concerns that can undermine true joy and fulfillment. This audio book offers a mix of inspiring principles and proven techniques to help readers learn how to release fears, drop the struggle, and embrace new levels of creativity and joy.



New Releases

Metaphysical



THE ALCHEMY OF VOICE

Stewart Pearce PB \$19

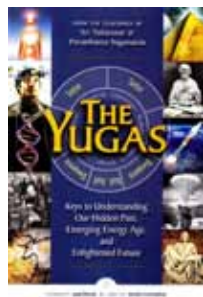
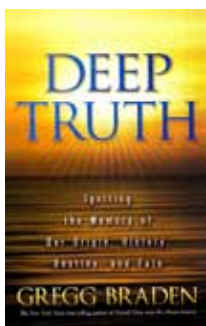
Discover your personal 'signature note' – your unique pitch and resonance of voice that allows you to tune into your whole mind and body and be more appealing and persuasive to others. Use the easy-to-follow exercises to achieve inner balance and harmony, boost confidence, add colour and energy to your self-expression and smooth the

way with difficult people and situations.

DEEP TRUTH — Igniting the Memory of Our Origin, History, Destiny and Fate

Gregg Braden HC \$33

Deep Truth reveals new discoveries that change the way we think about everything from our personal relationships to civilisation itself. When the facts become clear, our choices become obvious.



THE YUGAS

Joseph Selbie/David Steinmetz PB \$30

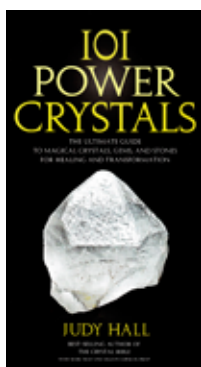
An amazing, mind-expanding investigation of the hidden cycles underlying the rise and fall of civilisations. *The Yugas* is not only intellectually convincing but also spiritually and emotionally uplifting and deeply healing as well. Despite the dark signs of the times we live in, there is hope here for all of us.

Crystals

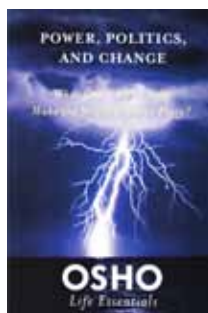
101 POWER CRYSTALS

Judy Hall PB \$25

This distinctive collection includes high vibration crystals that experienced crystal practitioners will want to explore as well as those with earthier vibrations suited to beginners or those developing their sensitivities. It also features some rare and recently discovered crystals and stones that have not been included in any other volume. There are crystals and stones for love, health, protection, abundance and many other powers.



Osho



POWER, POLITICS AND CHANGE

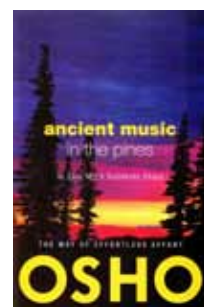
Osho PB \$25

Osho offers a vision of relationships and society based not on power over others but on a recognition of the uniqueness of every individual. He looks at where this 'will to power' comes from, and how it expresses itself not only in political institutions but in our everyday relationships.

ANCIENT MUSIC IN THE PINES

Osho PB \$21 (includes DVD *Zen Was Born In Laughter*)

Osho describes the Zen experience as a sudden realisation and becoming aware of a music that has always surrounded you. This is not an academic introduction to Zen, it is a personal experience of Zen. Each chapter starts with a Zen story from where Osho takes us into a world we might now know but which has a deep resonance within us.



Shamanism



EARTH MOTHER DREAMING

Scott Alexander King PB \$40

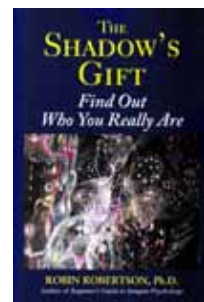
Recounting Scott Alexander King's journey from the world of detachment and anger to the world of truth, purity and enlightenment, this book is also an encyclopaedia of all things metaphysical that includes simple yet practical and effective activities, rituals and ceremonies that will see you emerge into a place of personal power and passion.

Psychology

THE SHADOW'S GIFT — Find Out Who You Really Are

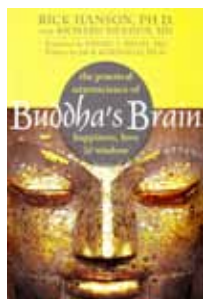
Robin Robertson PhD PB \$25

The Shadow is a paradox. While it initially appears as loathsome and despicable, it actually contains all our future potentials for development. Robin Robertson discusses it from the perspective of a belief in the inherent potential good of the Shadow and its ability to assist us in our quest of self-actualisation.



New Releases

New Science



BUDDHA'S BRAIN

Rick Hanson/Richard Mendius PB \$24

The Buddha and other great teachers were born with brains built essentially like anyone else's – and then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain. By combining breakthroughs in neuroscience with insights from thousands of years of contemplative practice, you can use your mind to shape your brain for greater happiness, love and wisdom.

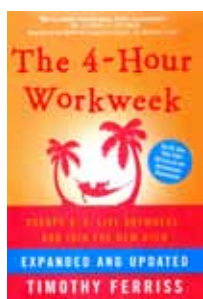
Business

THE MONEY IN YOU

Julie Stav

HC \$45

Julie Stav introduces us to five different financial personality types. According to Julie, it is our financial nature – the way we handle money matters – that forecasts our financial future. Readers are shown that no amount of data or market expertise trumps the fundamental truth we all forget – that building wealth, attaining security, and establishing personal success can only be achieved when we recognise our strengths and weaknesses.



THE 4-HOUR WORKWEEK

Timothy Ferriss

HC \$32

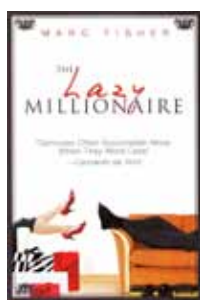
Forget the old concept of retirement and the rest of the deferred-life plan – there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, this book is the blueprint.

THE LAZY MILLIONAIRE

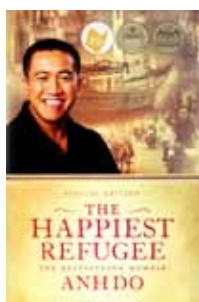
Marc Fisher

PB \$18

Most people think the number one ingredient necessary in order to achieve success is working hard and 'paying the price' – a price that could be your health, your family or even your sanity. Marc Fisher is about to prove you wrong in his exciting new book.



Memoir



THE HAPPIEST REFUGEE

Anh Do

HC \$33

Anh Do nearly didn't make it to Australia. His entire family came close to losing their lives on the sea as they escaped from war-torn Vietnam in an overcrowded boat. *The Happiest Refugee* tells the incredible, uplifting and inspiring life story of one of our favourite personalities. Anh's story will move and amuse all who read it.

Fiction

WE NEED TO TALK ABOUT KEVIN

Lionel Shriver

PB \$21

Eva never really wanted to be a mother – and certainly not the mother of the unlovable boy who murdered seven of his fellow students and others who tried to befriend him, all days before his sixteenth birthday. Now, two years later, it is time for her to come to terms with marriage, career, family, parenthood, and Kevin's horrific rampage in a series of startlingly direct correspondence with her estranged husband.



ALEPH

Paulo Coelho

PB \$30

Aleph marks a return to Paulo Coelho's beginnings. Facing a grave crisis of faith, and seeking a path of spiritual renewal and growth, Paulo decides to start over – to travel, to experiment, to reconnect with people and the world. On this journey he will again meet Hilal – the woman he loved 500 years before – an encounter that will initiate a mystical voyage through time and space.

Goddess

FIRE OF THE GODDESS

Katalin Koda

PB \$24

Presenting nine goddess archetypes that correspond with every woman's inherent gifts and the most important facets of her life, you will be able to connect with its associated goddess – Pele, Artemis, Quan Yin and others – through inspiring exercises, the power of myth, and a sacred ceremony.



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

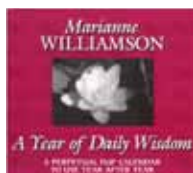
WOMEN'S WISDOM

Christiane Northrup \$25

Daily wisdom on

creating vibrant

health within your mind and body.



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.

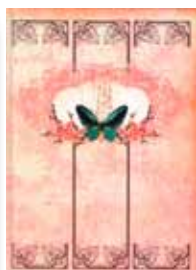
Sacred Tree for meditation and quiet reflection.

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.



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.

INCENSE HOLDERS & SCENTED CANDLES

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

GANESH STATUES

Beautiful ganesh statues for sale (can be delivered). Come in and enjoy some select pieces from Ganesa 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.



Summer Season Gifts

Greeting Cards, Notes and Stickers



Packs of six **CHRISTMAS GREETING CARDS** with co-ordinating envelopes – \$30 each



NOTE CARDS with envelopes – \$18



160 **GLITTER STICKERS** – \$25



Sets of 480 decorative **STICKY NOTES** of various sizes – \$16 each



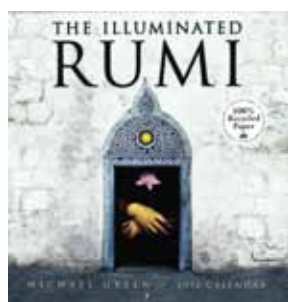
2012 Calendars

A wide range of 2012 calendars in store, including:

MESSAGES FROM YOUR ANGELS \$22

RUMI \$22

BLISS \$27



Gift idea

THE CRYSTAL COFFEE TABLE CARDS \$25

Featuring 115 gemstones from all over the world. Each card contains information on the physical and metaphysical properties of the stone to give you a full understanding of what the gemstone has to offer.



2012 Diaries



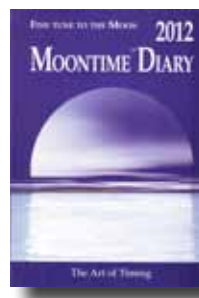
GRATITUDE DIARY 2012 \$35



MOON DIARY 2012 \$33



13 MOON JOURNAL \$30



MOONTIME DIARY 2012 \$30

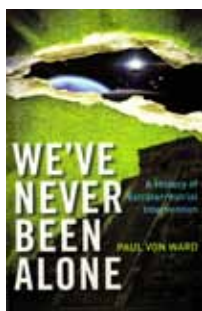


INNER REFLECTIONS 2012 \$33



New Releases

Extraterrestrials/paranormal



WE'VE NEVER BEEN ALONE

Paul Von Ward PB \$30

Call them god's angels, ET's or spirit entities – beings more advanced than humans have influenced our history. They shaped our religions, our genes, our technology and our cultures. In fact, it appears that they provided the impetus for modern civilization. Van Ward explains that the question of how to deal with the effects of such contacts is at the center of a

covert struggle for control of consciousness. He shows how generations have been conditioned to ignore or suppress their experience. Our very identity and psychological health as a species hangs in the balance.

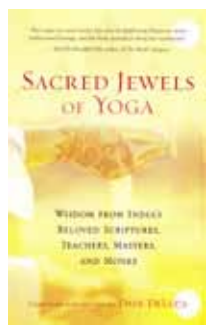
THE THREE WAVES OF VOLUNTEERS AND THE NEW EARTH

Dolores Cannon PB \$25

In 1945, when the atomic bombs were dropped in WWII, our 'protectors and watchers' in outer space saw that Earth was on a collision course with disaster. They couldn't interfere from the 'outside', but maybe they could influence from the 'inside'. So the call went out for volunteers to come and help – three waves of volunteers. Because all memory is erased upon entry to the Earth dimension, they are having a difficult time adjusting to our chaotic world but have a vital role to play to help all of the rest of us ascend to the New Earth.



Yoga



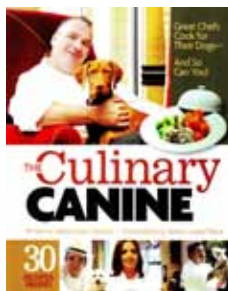
SACRED JEWELS OF YOGA

compiled by Dave DeLuca PB \$23

Millions of Americans today practice the asanas, or postures, of yoga, but many are unaware of the profound spiritual teachings at the heart of yoga's ancient source scriptures. In this remarkable anthology, Vedanta teacher Dave DeLuca presents 166 sacred passages from some of India's more revered yoga scriptures along with teachings by two of the

most beloved yoga masters, Sri Ramakrishna and Swami Vivekananda, making this book an invaluable introduction to the scriptural treasures of ancient India.

Animals



THE CULINARY CANINE

Kathryn Levy Feldman PB \$23

Thirty of America's most talented chefs and dedicated dog lovers share their secret doggy recipes – from easy, organic everyday meals to special-occasion gourmet delights – and share entertaining stories about living with their canine companions.

HIGHLY RECOMMENDED!!

PSYCHIC COMMUNICATION WITH ANIMALS FOR HEALTH AND HEALING

Laila del Monte

PB \$22

The stories and situations shared in this book demonstrate that learning what animals have to teach us about our lives does not require any magical formula or laborious training. We need only to revive our own deep intuition to restore this connection. The loving nature of del Monte's approach shows us the way we can follow the same path simply and honestly.

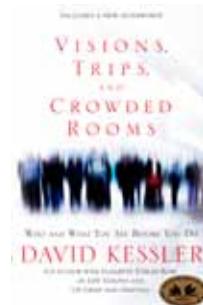
Death and Reincarnation

VISIONS, TRIPS, AND CROWDED ROOMS

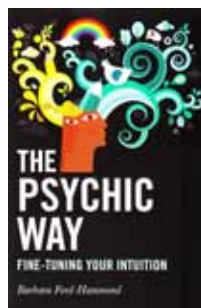
David Kessler

PB \$18

Kessler brings us stunning stories from the bedsides of the dying that will educate, enlighten and comfort us all. In the tapestry of life and death, we may begin to see connections to the past that we missed in life. While death may look like a loss to the living, the last hours of a dying person may be filled with fullness rather than emptiness.



Psychic



THE PSYCHIC WAY — Fine-Tuning Your Intuition

Barbara Ford-Hammond

PB \$27

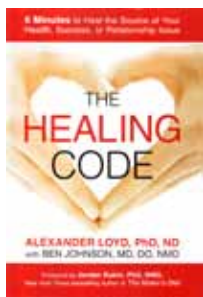
This book will guide you along a psychic path that will make everyday life that much richer. It contains all the techniques that the author demonstrates and teaches during her retreats and workshops. These were developed as a fun way to meld the esoteric with the corporate

showing you how to understand your mind using hypnotic meditative techniques which lead to self-awareness.



New Releases

Health and wellbeing



THE HEALING CODE

Alexander Loyd/Ben Johnson HC \$38

In 2001, Dr. Alexander Loyd discovered how to activate a physical function built into the body that removes the source of up to 95% of all illness and disease. The neuro-immune system can then do its job of healing whatever is wrong in the body. His testing has also revealed that there is a 'Universal Healing Code' that can help cure

most issues for most people. Now you can discover the revolutionary formula to heal the issues you know about – and even the ones you don't.

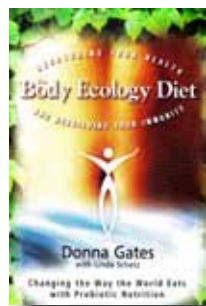
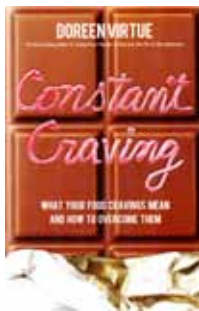
HIGHLY RECOMMENDED!!

CONSTANT CRAVING

Doreen Virtue

PB \$18

Do you crave certain foods? Is so, there's a reason why. Each food craving corresponds to a specific underlying emotion. This book helps you understand the meaning behind your particular craving and offers information and affirmations to help you heal your cycle of emotional overeating.



THE BODY ECOLOGY DIET

Donna Gates

PB \$18

The result of an imbalance starting in your internal ecosystem can be a key factor in headaches, joint and muscle pain, depression, cancer, food allergies, digestive problems, autism, and other immune-related disorders. Tens of thousands of people have already benefited from the Body Ecology way of life by showing you step-by-step

how to eat your way to better health and well-being.

Gardening

THE NEW ORGANIC GARDENER

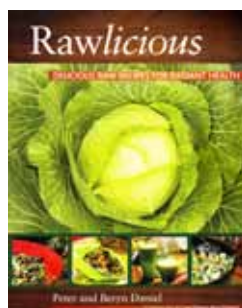
Tim Marshall

HC \$55

Beautifully designed and illustrated, and drawing on Tim Marshall's vast experience in organic gardening, this book is a comprehensive reference that features all the latest, most up-to-date thinking balanced with tried and true methods.



Cooking



RAWLICIOUS

Peter and Beryn Daniel PB \$27

Peter and Beryn Daniel firmly believe that food and health are two words that should never have been separated. Eager to show that a diet that includes a high percentage of raw foods is not difficult to achieve, the Daniels introduce the reader to a lifestyle that marries long-term health

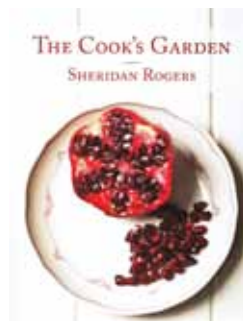
benefits and higher energy levels with delicious and simple raw dishes.

THE COOK'S GARDEN

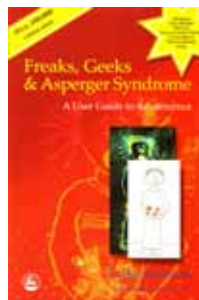
Sheridan Rogers

HC \$50

In this celebration of the fruits, herbs and vegetables that have been grown in kitchen gardens for centuries, Sheridan Rogers collects a treasury of recipes, gardening information and personal anecdotes that convey the joy of transforming the plants we have grown ourselves into food.



Parenting



FREAKS, GEEKS & ASPERGER SYNDROME

Luke Jackson

PB \$27

As last we have a book for adolescents with Asperger Syndrome, written by a thirteen-year-old diagnosed with Asperger Syndrome. This book will enhance our understanding, change attitudes and replace bleak despair with insight and laughter. Luke's book gives guidance on bullying,

friendships, when and how to tell others about AS problems at school, dating and relationships, and morality.

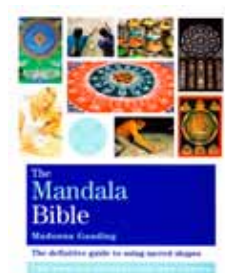
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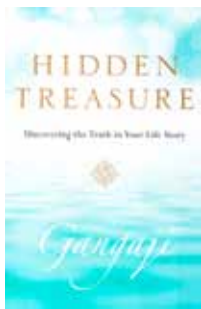
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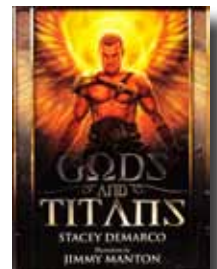
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