

Matrika Yoga Winter 2006 Volume 1

The enigmatic and richly illustrative tarot deck reveals a host of strange and iconic mages, such as The Tower, The Wheel of Fortune, The Hanged Man and The Fool: over which loom the terrifying figures of Death and The Devil. The 21 numbered playing cards of tarot have always exerted strong fascination, way beyond their original purpose, and the multiple resonances of the deck are ubiquitous. From T S Eliot and his 'wicked pack of cards' in "The Waste Land" to the psychic divination of Solitaire in Ian Fleming's "Live and Let Die"; and from the satanic novels of Dennis Wheatley to the deck's adoption by New Age practitioners, the cards have in modern times become inseparably connected to the occult. They are now viewed as arguably the foremost medium of prophesying and foretelling. Yet, as the author shows, originally the tarot were used as recreational playing cards by the Italian nobility in the Renaissance. It was only much later, in the 18th and 19th centuries, that the deck became associated with esotericism before evolving finally into a diagnostic tool for mind, body and spirit. This is the first book to explore the remarkably varied ways in which tarot has influenced culture. Tracing the changing patterns of the deck's use, from game to mysterious oracular device, Helen Farley examines tarot's emergence in 15th century Milan and discusses its later associations with astrology, kabbalah and the Age of Aquarius.

What is one to make of a group of goddesses that includes a goddess who cuts her own head off, a goddess who sits on a corpse while pulling the tongue of a demon, or a goddess who prefers sex with corpses? Tantra visions of the Divine Faminine deals with

Best known as Machig Labdron's teacher, the Indian mahasiddha Padampa Sangye is counted as a lineage guru by all schools of Tibetan Buddhism. He brought the lineage of Chöd to Tibet, carried the Buddha's teachings to China, and is even asserted in the Tibetan tradition to have been the legendary Bodhidharma. Padampa Sangye's teaching methods were unorthodox and sometimes extreme. This transcendent and irascible teacher encouraged his disciples to disregard social conventions, disdain social contacts, and go beyond their cultural conditioning. He inspired innumerable highly realized disciples, many of whom were women. Lion of Siddhas presents two extraordinary texts: a biography of Padampa Sangye, and a rare collection of his verbal and nonverbal teachings called Mahamudra in Symbols, recorded by his chief Tibetan disciple almost a thousand years ago. Both are previously untranslated.

As yoga gains popularity across the U.S., many people are becoming interested in its traditional Vedic roots. While Buddhist meditation is well represented on bookshelves, there has been little Vedantic philosophy written in lay terms until now. Author David Frawley guides readers through the challenges of cultivating awareness, calming the mind, and practicing meditation according to Vedanta and Hinduism.

He examines how cultural knowledge systems in the West lead individuals to disillusionment, and speaks about how meditation can aid in understanding the true nature of one's thoughts, emotions, and perceptions. Frawley explores meditation support practices such as yoga, mantras, kundalini, and pranayama, as well as the role of gurus, and concludes with a short, more technical essay on self-inquiry.

Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow

The Yoga of Power

Lighting the Flame of Awareness

The Courts of the Deccan Sultanates

The Life and Teachings of Padampa Sangye

Authentic Movement

A Yoga Romance

Illuminates the centrality of courtliness in the political and cultural life of the Deccan in the fifteenth and sixteenth centuries.

Why is the tulsi considered sacred? What is the significance of namaste? Why do Hindus light a lamp before performing a ritual? Why is it forbidden to sleep facing the south? Why do Hindus chant 'shanti' three times after performing a rite? Millions of Hindus the world over grow up observing rites, rituals and religious practices that lie at the heart of Hinduism, but which they don't know the significance of.

Often the age-old customs, whose relevance is lost to modern times, are dismissed as meaningless superstitions. The truth, however, is that these practices reveal the philosophical and scientific approach to life that has characterized Hindu thought since ancient times; it is important to revive their original meanings today. This handy book tells the fascinating stories and explains the science behind the Hindu rites and rituals that we sometimes follow blindly. It is essential reading for anyone interested in India's cultural tradition.

The poems of the fourteenth-century Kashmiri mystic Lal Ded, popularly known as Lalla, strike us like brief and blinding bursts of light. Emotionally rich yet philosophically precise, sumptuously enigmatic yet crisply structured, these poems are as sensuously evocative as they are charged with an ecstatic devotion. Stripping away a century of Victorian-inflected translations and paraphrases, and restoring the jagged, colloquial power of Lalla's voice, in Ranjit Hoskote's new translation these poems are glorious manifestos of illumination.

Reflecting the increasing recognition of the importance of the spiritual in healing, Spirituality and Art Therapy is an exciting exploration of the different ways in which the spiritual forms an essential, life-enhancing component of a well-rounded therapeutic approach. The contributors are leading art therapists who write from diverse perspectives, including Christian, Jewish, Buddhist and shamanic. They explain how their own spiritual and creative influences interact, finding expression in the use of art as a healing agent with specific populations, such as bereaved children, emotionally disturbed adolescents, and the homeless. The relationships between spirituality and visual art, art therapy and transpersonal psychology are examined. Story and image are interwoven in the spiritual journeys of therapists and clients, and suggested creative exercises make this an accessible, practical resource for those who desire to understand and execute an holistic method of therapy. Arguing that art therapists can mediate between the sacred and the mundane, this pioneering book is an affirmation of the transformative power of art therapy.

Time, East/West Spirituality, and Psychotherapeutic Narrative

Dragondoom

Living Well in the Persian Cosmopolis

Tantric Visions of the Divine Feminine

Vedic Astrology for Beginners

Mantra Yoga and the Primal Sound

Hindu Rites and Rituals

This unique book brings together a wealth of data on the botanical, ethno-medicinal and pharmacological aspects of over 500 species of Asian medicinal orchids. It starts off by explaining the role and limitations of complimentary and herbal medicines, and how traditional Asian medicine differs from Western, "scientific" medicine. The different Asian medical traditions are described, as well as their modes of preparing herbal remedies. The core of the book presents individual medicinal orchid species arranged by genera. Each species is identified by its official botanical name, synonyms, and local names. Its distribution, habitat and flowering season, uses and pharmacology are described. An overview sums up the research findings on all species within each genus. Clinical observations are discussed whenever available, and possible therapeutic applications are highlighted. The book closes with chapters on the conservation of medicinal orchids and on the role of randomized clinical trials.

The Yoga of PowerTantra, Shakti, and the Secret WaySimon and Schuster

The author chronicles her lifelong battle with eating disorders and starvation diets, her journey to India to study at the yoga institute of the renowned B. K. S. Iyengar, and her discovery of a spiritual discipline that helped her find peace. 25,000 first printing.

A research oriented text, with clinical translation, this book provides a comprehensive multi-disciplinary account of the uterine endometrium. The first book to define the regulatory biological interrelationships between epithelial and stromal cell phenotypes, endothelial cells, extracellular matrix, and immunobiological elements, it highlights their relevance to clinical conditions. Containing critical reviews from leading researchers around the world, the book is a crucial reference on reproductive cyclicity and embryo-endometrial interrelationships. It is useful to investigators and students across a broad spectrum of disciplines, particularly in reproductive biology and medicine.

Relational Buddhism for Collaborative Practitioners

First There is a Mountain

Yoga in Modern India

Sacred Plants of India

Spirituality and Art Therapy

The Aesthetic Mind

Shakti Mantras

In this vanguard work, the fruits of the Buddhist heritage together with contemporary therapy, systematic research, and postmodern thought launch a cultural revolution toward New Buddhist Psychology. The volume contains 28 chapters by 38 contributors from 12 countries, and introduces a range of useful practices and integrative theoretical deliberations. (Philosophy)

Unlock the mysteries and insights of Indian astrology Vedic astrology--known as Jyotish in its home of India--can be a powerful channel of insights and revelations in your daily life. But how to unlock this complex tool? Vedic Astrology for Beginners breaks down the core concepts of Vedic astrology, showing you how to analyze your birth chart to better understand your personality, relationships, and life path. Discover the ancient origins of Vedic astrology and its differences from Western astrology. Explore detailed profiles of each planet, zodiac sign, and the other essential elements of a Jyotish natal horoscope. With these foundational steps, you'll gain a better understanding of your physical, emotional, and spiritual experiences--and even begin to anticipate your future. In Vedic Astrology for Beginners, you'll find: Key components--Learn the basic elements of Vedic astrology, including the planets, signs, houses, and lunar mansions--each representing or influencing areas of your life. Chart your birth--Get started on analyzing your birth chart with a primer on the processes of assembly and evaluation, plus an example chart analysis. Astrological resources--Explore a glossary of helpful Sanskrit terms and determine your exact planetary placements with handy calculation charts. Relieve stress and start bringing balance to your life with Vedic Astrology for Beginners.

This volume, a sequel to Horizons in Buddhist Psychology: Practice, Research & Theory, is for all who wish to read about cutting-edge developments in Buddhist Psychology and will be of special interest to professionals (coaches, clinicians, teachers), scholars of various academic disciplines (medicine and the social sciences), as well as to the informed public attracted to meditation (students and experts). It provides illuminating insights into "Relational Buddhism," an approach based on "social construction," which lies at the heart of this pioneering work. In this work, Maurits G.T. Kwee provides a rich feast of offerings for practitioners and scholars alike. The work vibrates with the wisdom of the centuries, and simultaneously offers cutting edge resources for therapists, coaches, and teachers alike. The scholarly attempt to ground these contributions in theoretical and historical traditions is well presented. The volume may indeed establish a precedent for illuminating the cultural, historical, and theoretical context of human change practices.

Contemporary debates on "mansplaining" foreground the authority enjoyed by male speech, and highlight the way it projects listening as the responsibility of the dominated, and speech as the privilege of the dominant. What mansplaining denies systematically is the right of women to speak and be heard as much as men. This book excavates numerous instances of the authority of female speech from Indian goddess traditions and relates them to the contemporary gender debates, especially to the issues of mansplaining and womansplaining. These traditions present a paradigm of female speech that compels its male audience to reframe the configurations of "masculinity." This tradition of authoritative female speech forms a continuum, even though there are many points of disjuncture as well as conjuncture between the Vedic, Upanishadic, puranic, and tantric figurations of the Goddess as an authoritative speaker. The book underlines the Goddess's role as the spiritual mentor of her devotee, exemplified in the Devi Gitas, and re-situates the female gurus in Hinduism within the traditions that find in Devi's speech ultimate spiritual authority. Moreover, it explores whether the figure of Devi as Womansplainer can encourage a more dialogic structure of gender relations in today's world where female voices are still often undervalued.

Vedantic Meditation

Inner Tantric Yoga

Birthing Models on the Human Rights Frontier

Sacred Cities of India

Words from the Soul

A Cultural History of Tarot

Expressive Pathways to the Self

The radical message of the Heart Sutra, one of Buddhism's most famous texts, is a sweeping attack on everything we hold most dear: our troubles, the world as we know it, even the teachings of the Buddha himself. Several of the Buddha's followers are said to have suffered heart attacks and died when they first heard its assertion of the basic groundlessness of our existence!hence the title of this book.

Overcoming fear, the Buddha teaches, is not to be accomplished by shutting down or building walls around oneself, but instead by opening up to understand the illusory nature of everything we fear!including ourselves. In this book of teachings, Karl Brunnhölzl guides practitioners through this 'crazy' sutra to the wisdom and compassion that lie at its core.

'Inner Tantric Yoga' presents the deeper tradition of Tantra, its multidimensional vision of the Divine and its transformative practices of mantra and meditation that take us far beyond the outer models of how Tantra is usually presented today.

A thousand years before the Winter War, Elgo, prince of the Vanadurin, killed the Dragon Sleeth and returned home with the fabulous wealth from the dead beast's lair. But there was more in the bounty than gems and gold, for the treasure was cursed, and in time it brought death to noble and peasant, war between Man and Dwarf, strife and destruction beyond reckoning. Now, generations later, as the conflict continues, the great Dragon Black Kalgalath, in league with the Wizard Andrak, appears to avenge Sleeth's death and claim the Dragon-cursed hoard. Against this unholy alliance, two sworn enemies set forth to find a legendary long-lost weapon: a warhammer of incalculable power that may be the only hope of victory. But neither the Warrior Maiden Elyn nor the Dwarf Thork is prepared for the dangers awaiting them on this quest....

Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. In this beautiful, comprehensive, and unique work, Dr. Frawley elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

The Endometrium

Tapping into the Great Goddess Energy Within

Indian Female Gurus in Contemporary Hinduism

Colpetty People

I, Lalla

The Paths and Practices of America's Greatest Yoga Masters

Living the Connection

A spiritual reformulation of psychotherapy that starts with an acceptance of relentless impermanence as the ground of human experience and draws from philosophy, kundalini yoga, and the author's own extensive clinical/mediation experience.

In this extraordinary debut, Ashok Ferry chronicles, in a gently probing voice, the journeys of characters seeking something beyond the barriers of nations and generations. His tales of social-climbing Sri Lankans, of the pathos of immigration, of rich people with poor taste, of ice-cream karma, of innocent love, eternity, and more take us to Colombo's nouveau riche, hoity-toity returnees, ladies with buttery skin and square fingernails, old-fashioned aristocrats, and the poor mortals trapped between them. Ferry's stories comprise characters that are 'serious and fine and upstanding, and infinitely dull', but also others like young John-John, who loses his childhood somewhere 'high up in the air between Asmara and Rome'; the maid, Agnes of God, whose mango-sucking teeth 'fly out at you like bats out of the mouth of a cave'; Ashoka, the immigrant who embodies his Sri Lankan identity only on the bus ride between home and work; and Professor Jayaweera who finds sterile freedoms caged in the 'unbending, straight lines of Western Justice'. Absurd, sad, scathing and generous, but mostly wickedly funny, Colpetty People presents modern Sri Lankans as they navigate worlds between Ceylon and the West.

Indian Head Massage covers the fundamentals of the subject, from anatomy and physiology to health and safety, massage routines and marketing techniques. The new edition contains new information on Ayurveda and hair oils and covers the specifications for all major examining boards including the VTCT and ITEC diplomas as well as the Indian head masage units for Beauty Therapy NVQ 2 and 3. Full of step-by-step photographs, FAQs and definitions, and including a free CD-ROM with interactive revision activities, this is an essential text for all students of Indian head massage.

Plants personify the divine— The Rig Veda (X.97) Trees and plants have long been held sacred to communities the world over. In India, we have a whole variety of flora that feature in our myths, our epics, our rituals, our worship and our daily life. There is the pipal, under which the Buddha meditated on the path to enlightenment; the banyan, in whose branches hide spirits; the ashoka, in a grove of which Sita sheltered when she was Ravana's prisoner; the tulsi, without which no Hindu house is considered complete; the bilva, with whose leaves it is possible to inadvertently worship Shiva. Before temples were constructed, trees were open-air shrines sheltering the deity, and many were symbolic of the Buddha himself. Sacred Plants of India systematically lays out the sociocultural roots of the various plants found in the Indian subcontinent, while also asserting their ecological importance to our survival. Informative, thought-provoking and meticulously researched, this book draws on mythology and botany and the ancient religious traditions of India to assemble a detailed and fascinating

account of India's flora.

Herbalism, Phytochemistry and Ethnopharmacology

Working with the Universal Shakti: Secrets of Mantras, Deities and Meditation

The Heart Attack Sutra

A Sanskrit-English Dictionary, Being a Practical Handbook with Transliteration, Accentuation, and Etymological Analysis Throughout

The Yoga Tradition of the Mysore Palace

Tantra, Shakti, and the Secret Way

Indian Head Massage

This contributed volume explores flexible, adaptable, and sustainable solutions to the shockingly high costs of birth across the globe. It presents innovative and collaborative maternity care practices and policies that are intersectional, human rights-based, transdisciplinary, science-driven, and community-based. Each chapter describes participatory and midwifery-oriented care that helps improve maternal and newborn outcomes within minoritized populations. The featured case studies respond to resource constraints and inequities of access by transforming relations between providers and families or by creating more egalitarian relations among diverse providers such as midwives, obstetricians, and nurses that minimize inefficient hierarchies within maternity care. The authors build on a growing awareness that quality and respectful midwifery care has lower costs and improved outcomes for child bearers, newborns, and providers. Topics include: Sustainable collaborations including transfers of care among midwives and obstetricians in India, The Netherlands, Germany, United Kingdom, and Denmark Midwifery-oriented, femifocal, indigenous, and inclusive models of care that counter obstetric violence and gender stereotypes in Mexico, Chile, Guatemala, Argentina, and India Doula care and midwifery care for women of color, previously incarcerated women, indigenous women, and other minoritized groups in the global north and south Practices and metrics for improving quality of newborn and maternal care as well as maternal and newborn outcomes in disruptive times and disaster settings Sustainable Birth in Disruptive Times is an essential and timely resource for providers, policy makers, students, and activists with interests in maternity care, midwifery, medical anthropology, maternal health, newborn health, obstetrics, childbirth, medicine, and global health in disruptive times.

Drawing upon his personal experience as a practitioner-researcher, visual artist, and cancer survivor, Michael A. Franklin offers a rich and thought-provoking guide to art as contemplative practice. His firsthand experience and original artwork complement this extensive discussion by consulting various practice traditions including yoga, rasa and darshan experiences, imaginal intelligence, and the contemplative instincts of select early twentieth-century artists. From this synthesis, Franklin suggests that we treat art as a form of yoga and meditation with the potential to awaken deeper insight into the fundamental nature of the Self. Exercises and rubrics are included that offer accessible instruction for any artist, meditation or yoga practitioner, art educator, or art therapist.

The Aesthetic Mind breaks new ground in bringing together empirical sciences and philosophy to enhance our understanding of aesthetics and the experience of art. An eminent international team of experts presents new research in philosophy, psychology, neuroscience, and social anthropology: they explore the roles of emotion, imagination, empathy, and beauty in this realm of human experience, ranging over visual and literary art, music, and dance. Among the questions discussed are: Why do we engage with things aesthetically and why do we create art? Does art or aesthetic experience have a function or functions? Which characteristics distinguish aesthetic mental states? Which skills or abilities do we put to use when we engage aesthetically with an object and how does that compare with non-aesthetic experiences? What does our ability to create art and engage aesthetically with things tell us about what it is to be a human being? This ambitious and far-reaching volume is essential reading for anyone investigating the aesthetic and the artistic.

This book offers a fresh look on a variety of issues concerning herbal medicine - the methods of growing and harvesting various medicinal plants; their phytochemical content; medicinal usage; regulatory issues; and mechanism of action against myriad of human and animal ailments. 'Medicinal Plants: From Farm to Pharmacy' comprises chapters authored by renowned experts from academics and industry from all over the world. It provides timely, in-depth study/analysis of medicinal plants that are already available in the market as supplements or drug components, while also introducing several traditional herbs with potential medicinal applications from various regions of the world. The book caters to the needs of a diverse group of readers: plant growers, who are looking for ways to enhance the value of their crops by increasing phytochemical content of plant products; biomedical scientists who are studying newer applications for crude herbal extracts or isolated phytochemicals; clinicians and pharmacologists who are studying interactions of herbal compounds with conventional treatment modalities; entrepreneurs who are navigating ways to bring novel herbal supplements to the market; and finally, natural medicine enthusiasts and end-users who want to learn how herbal compounds are produced in nature, how do they work and how are they used in traditional or modern medicine for various disease indications.

The Body Between Science and Philosophy

Literary History of Sanskrit Buddhism (from Winternitz, Sylvain Levi, Huber)

Devi and Womansplaining

Secrets of Seed (Bija) Mantras

Practice, Research and Theory

Cosmic Order and Cultural Astronomy

An Introduction to the Origins and Core Concepts of Jyotish

Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed "an extraordinary array of papers", as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, "this form of creative expression, meditative discipline and/or psychotherapeutic endeavour". You don't need to practice Authentic Movement to get a lot out of this book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.' - Sesame Institute 'Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.' - Body Psychotherapy Journal Newsletter "This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.' - Somatics Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the transcendent. In exploring Authentic Movement these questions are asked: - How does authentic movement differ from other forms of dance and movement therapy? - How may 'authentic' movement be experienced?

On the Ha ha Yoga tradition based on age old practice in Mysore Palace, with illustrations of asanas from the Yoga section of r tattvanidhi by Kr ar ja Va eyara, III, Maharaja of Mysore, fl. 1799-1868; includes English translation of the text.

Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

This book addresses the politics of global health and social justice issues around birth, focusing on dynamic communities that have chosen to speak truth to power by reforming dysfunctional health care systems or creating new ones outside the box. The chapters present models of childbirth at extreme ends of a spectrum—from the conflict zones and disaster areas of Afghanistan, Israel, Palestine, and Indonesia, to high-risk tertiary care settings in China, Canada, Australia, and Turkey. Debunking notions about best care, the volume illustrates how human rights in health care are on a collision course with global capitalism and offers a number of specific solutions to this ever-increasing problem. This volume will be a valuable resource for scholars and students in anthropology, sociology, health, and midwifery, as well as for practitioners, policy makers, and organizations focused on birth or on social activism in any arena.

From Farm to Pharmacy

The Poems of Lal D d

Who's Who in Science and Engineering 2008-2009

A Study of Central Aspects and Expressions of Their Religious Leadership

American Yoga

The Authority of Female Speech in Indian Goddess Traditions

A New Commentary on the Heart Sutra

Yoga has come to be an icon of Indian culture and civilization and is regarded as being both timeless and unchanging. Based on research and an analysis of both ancient and modern texts, this book challenges this popular view by focusing on yoga's cultural production in modern India and its dramatically changing significance in the 20th century.

Throughout the Indian subcontinent there are territories and areas wherein culture, geography, and the archetypal cosmos interact with each other to create a sacredscape that is infused with meaning, cultural performances and transcendent power. These sacred sites possess extensive mythological associations where believed that spirit can cross between different realms. In a broad perspective such studies falls within the realm of cultural astronomy, which has two broad areas, viz. archaeoastronomy, concerned with the study of the use of astronomy and its role in ancient cultures and civilizations; and ethnoastronomy that studies the use of astronomy and its role in contemporary cultures. The seven essays in this volume deals with the critical appraisal of studying cultural astronomy and cosmic order and its implications in India, illustrated with case studies like heritagescape of Khajuraho, where stone speaks; manescape of Gaya, where manes come and bless the devotees; Deviscape of Vindhychal, where goddess resorts; Shivascape of Kashi, where Shiva dances in making order; Shaktiscape of Kashi, that possesses the spatial ordering of goddesses; and Naturscape of Chitrakut, where mother earth blesses.

Bridging the gap between the ancient art of herbalism and the emerging sciences of ethnopharmacology and phytopharmacotherapy, this book highlights the major breakthroughs in the history of the field and focuses on future directions in the discovery and application of herb-derived medicines. Implementing the concept of reverse pharmacology, it inte

SHAKTI MANTRAS Tapping into the Great Goddess Energy Within • Enhance your spiritual gifts • Lighten your karmic burden • Improve your health and increase prosperity • Live in harmony with the universe Now, with Shakti Mantras, we can all benefit from this ancient practice. Thomas Ashley-Farrand, a Vedic priest, is an American expert in the intricacies of Sanskrit mantra. With nearly thirty years and thousands of hours of experience in chanting, he is supremely well-equipped to write the first book that teaches women (and men as well) to tap into the dynamic feminine energy of love in all its manifestations. By sharing enchanting Hindu myths and astonishing true stories from his own practice, Ashley-Farrand helps us to understand the real power that this age-old art awakens in those who perform it. Through dozens of actual mantras—each one presented with phonetic spelling for easy pronunciation and recommendations for specific applications—he enables us to increase our “shakti” (power) and use it to solve problems, ensure abundance, create health and well-being, summon protection, and invoke personal and universal peace. Whether you’re new to chanting or an old hand, Shakti Mantras will take you places you’ve never been before . . . and measurably enrich your life.

Philosophy and Psychology

Art As Contemplative Practice

Origins and Meanings

Lion of Siddhas

From Entertainment to Esotericism

New Horizons in Buddhist Psychology

The masters profiled here represent radically different styles, from the exuberance of Rodney Yee to the quiet contemplativeness of Nischala Joy Devi. Whatever the tradition, they will help you yoke the power of the body and the mind toward liberation of the soul.

Speaking Truth to Power

The Ten Mahāvīdyās

Sustainable Birth in Disruptive Times

Horizons in Buddhist Psychology

Medicinal Orchids of Asia

Medicinal Plants