

# Kelly's Oil My Story of Brain Tumors & Cannabis

# KELLY NOAH HAUF

\$20 USD Trade paperback 6 x 9, 128 pages ISBN 978-1-937462-47-5 available in November

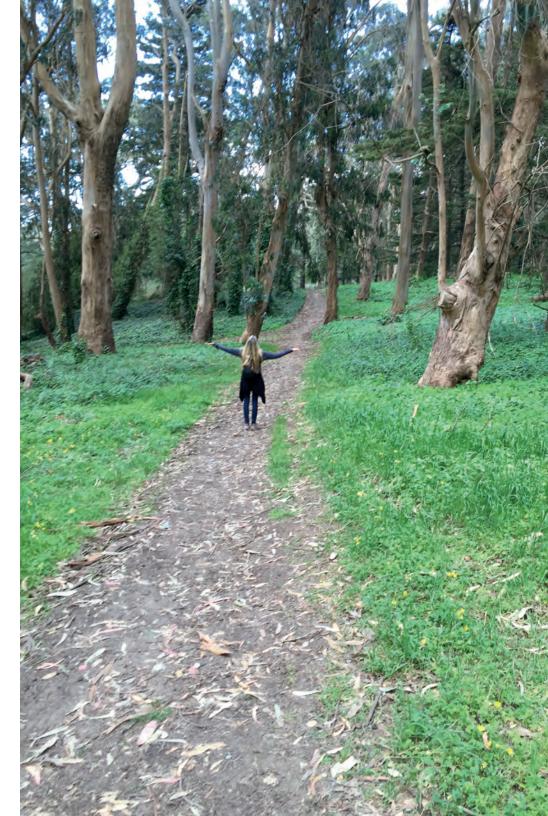
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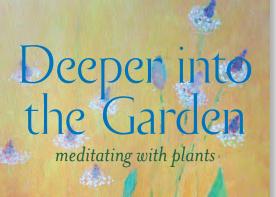
- AN EXTENSIVE BIBLIOGRAPHY AND RESOURCE LIST.
- CANNABIS STRAINS SHE TRIED, DOSAGES SHE USED.
- Kelly's own healing diet.
- MUSHROOM THAT WERE PART OF FOOD AS MEDICINE REGIME.

elly Hauf was experiencing seizures in the winter of 2013 and was diagnosed with the recurrence of her brain tumor. Kelly had heard about CBD oil curing seizures and decided to try that as she couldn't take the medicine that had been prescribed. While researching cannabis for seizures Kelly read about some research in Spain treating tumors with cannabis. Kelly took a bold leap of faith and decided to try to cure her brain tumor with cannabis instead of chemotherapy. She was part of a brain tumor support group and knew that a recurrence usually didn't end well. She decided if she were going to die she would rather spend her time left with her family not in a hospital.

Thus begins Kelly's and her husband, Rick's, amazing adventure. Kelly and Rick left their small town in Oklahoma to move to San Francisco where cannabis was legal. *Kelly's Oil* is the story of their journey with no roadmap towards an unknown treatment and unproven cure.

This book is Kelly's personal story. It is not intended as medical advice or as a substitute for any treatment that may have been prescribed by your doctor.





# UDITH BROOKS

WITH PAULETTE MILLICHAP AND MEDITATIONS BY AMELIA VOGLER WITH ILLUSTRATIONS BY

DODI O'NEILL

# **Deeper into the Garden**

### meditating with plants

JUDITH BROOKS WITH PAULETTE MILLICHAP

# \$22 USD

Trade paperback 6 x 9, 132 pages Artworks by Dodi O'Neill Meditations by Amelia Vogler ISBN 978-1-937462-44-4

### ENTERING THE NEW GARDEN

We shall not assue from exploration and the end of all out exploring will be to arrive robore we stated and know the place for the first state. - T.S. Effort - yook, early 20th century



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# Connecting to plants using our senses and innate abilities.

# 🔎 Meditation 🔎 Chanting 🔎 Journeying 🔎 Ceremony

This magical book is an invitation from the world of plants to enter into the garden—into the presence of the beauty, intelligence, healing and nurturance that are gifts from Creation.

> FRANCIS RICO AUTHOR OF A Shaman's Guide to Deep Beauty

I appreciate the intermingling of the practical uses of plants, meditation and exquisite artwork that is presented in this book. The title invites the reader to go deeper with poetic words that are simple, personal and real.

> sally mahé author of A Greater Democracy Day by Day

This book is transformative...a service to the plants and our planet and will inspire many to experience plants more deeply and lovingly. ROSITA ARVIGO, DN AUTHOR OF The Urban Herbalist







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#### OTHER MEDITATION PRACTICES



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THE CONTROL PRETY THE LEGITLE METRY TAX INDEX INFERENCES action many cultures throughout hatery. It is a term that is used to drive the energy looly that is a semplate for the physical emotional, meetal, and spironal bodies. Plants, animals, and humany all have high bodies.

Our aget todate extend for beyond our physical bodies and hold the bloreprint for our multidimensional self. This part of our bring can travel beyond time and space. We often access our light body while dreaming.

We carry our light body as an energenc learn. Sometimes the high body is decided in the imprimit of the Sodi Angane which is traffer one extended a finance energy and entrands have fixence carry the energystic forms of the plant as we carry the energystic forms of error mails. When row fixing beings come impeties, their light bodys merrors. Promonally their light bodystic.

**Judith Brooks**, Chapel Hill, North Carolina, is an acupuncturist, herbalist and educator. She has travelled extensively in Central and South America, working with healers from many different traditions. Judith is an advocate for environmental awareness and plant conservation.



**Paulette Millichap**, Graham, North Carolina, was a founding partner of Council Oak Publishing. She is the Director of Tri S Foundation and publisher of Millichap Books. She celebrates over 30 years of publishing books on indigenous wisdom and nature including *In a Japanese Garden* and *Big Bluestem* with the Nature Conservancy.



**Amelia Vogler**, Hillsboro, North Carolina, is a grounding and energy medicine specialist. She dedicates her work to sharing the Earth's messages through her healing practice, spiritual development programs, and meditations.



**Dodi O'Neill**, Petaluma, California, an artist and landscape designer, says, "I'm happiest in my garden and being in nature. I've always been an artist, and painting the beauty and unique spirit of plants is my way of sharing the magic of being present in the flow of life."

#### THE INTERNATIONAL HEALTH BESTSELLER - 2 MILLION SOLD

# THE ENZYME FACTOR

DIET FOR THE FUTURE that will prevent heart disease, cure cancer, stop type 2 diabetes

> HIROMI SHINYA, MD Chief of Surgical Endoscopy Unit, Beth (srael Medical Center Clinical Professor of Surgery, Albert Einstein College of Medicine

# mind-body-spirit

### **The Enzyme Factor**

HIROMI SHINYA, MD

\$18 USA / \$24 CANADA TRADE PAPERBACK 184 PAGES, 6X9 ISBN 978-0-9822900-3-3 Lifestyle/Diet/Health

"Your health depends on how well you maintain – rather than exhaust – the source enzymes in your body."



s our national medical system faces serious

<sup>\*</sup> breakdowns Hiromi Shinya MD points the way to a new vision for health care. His revolutionary research suggests we have a prototype enzyme that is the key to life and health. After 45 years as a practicing physician and having examined over 300,000 people in the United States and Japan, Dr. Shinya tells us exactly what to do to be healthy, to stay healthy, and even to cure disease.

Dr. Shinya's revolutionary research suggests we have a prototype enzyme that is the key to life and health.

Patients who follow Dr. Shinya's diet and health advice get well and stay well. "Your body has a miraculous ability to heal itself," says Dr. Shinya. "In fact, your body is the only healing system that can bring you back into balance when illness strikes. Medicine can support your body through an emergency, surgery can be necessary in certain circumstances, but it is only your own body that has the ability to heal."

In this groundbreaking book Dr. Shinya explains what this miracle enzyme probably is and what you can do to enhance it. He shows how what you eat affects your store of this important enzyme. With this knowledge he holds out the very real expectation that you can live a healthy, vibrant life into a good old age.

#### THE INTERNATIONAL HEALTH BESTSELLER - 2 MILLION SOLD

# THE ENZYME FACTOR

Reverse Aging Stop Alzheimers Prevent Diabetes Improve your sex life

HIROMI SHINYA, MD Retired Chief of Surgical Endoscopy, Beth Israel Medical Center Retired Professor of Surgery, Albert Einstein College of Medicin

# mind-body-spirit

#### The Enzyme Factor 2

HIROMI SHINYA, MD

\$18 USA / \$24 Canada Trade paperback 96 pages, 6 x 9 ISBN 978-1-957462-23-9 *Lifestyle/Diet/Health* 

n The Enzyme Factor 2, Dr. Hiromi Shinya again

turns his visionary genius to the Power of Enzymes to cure and restore. He provides even more compelling ways to obtain a young heart and fresh body, reverse aging, stop Alzheimers, prevent diabetes and rejuvenate your sex life.

"Much of modern medicine loses touch with the body as a whole system. He calls all medicine 'poison' which should be used only as intervention for a short time. We need to work with a person's whole system to bring about health and healing."

**DR. HIROMI SHINYA, MD**, made a medical breakthrough when he was the co-inventor of colonoscopic surgery without the need for incision. This technique is named the Shinya technique for his contribution. He is retired Chief of Surgical Endoscopy, Beth Israel Medical Center and Retired Professor of Surgery at Albert Einstein College Medicine.

#### BY THE AUTHOR OF THE ENZYME FACTOR

# THE MICROBE FACTOR

Your Innate Immunity and the Coming Health Revolution

HIROMI SHINYA, MD

# mind-body-spirit

## **The Microbe Factor**

HIROMI SHINYA, MD \$18 USA / \$24 Canada Trade Paperback 170 pages, 6x9 ISBN 978-0-9822900-4-0 Lifestyle/Diet/Health

n this follow-up to his bestseller *Enzyme Factor*, Hiromi Shinya, MD, prominent gastroenterologist, shows how bacteria work to keep you healthy.

He changed the world with the Shinya Technique for removing polyps through an endoscopy instead of invasive major abdominal surgery. Now Dr. Shinya's discovery of the body's own "miracle" enzyme could once again revolutionize health care in America. Glowing, vital health is within your grasp, once you understand the key to life's code — the enzyme factor. Dr.

Shinya's groundbreaking theory will convince the skeptical and add to the growing debate about the state of nutrition and health care.

#### Dr. Shinya shows—

- Why Microorganisms Are a Gift to Human Life
- Why Fermented Foods Are Better than Antibiotics
- Why Intracellular Detoxification Is the Key to Rejuvenation
- Why Destroying Pathogens Is a Rat Race We Cannot Win

### BY THE AUTHOR OF THE ENZYME FACTOR

# THE REJUVENATION ENZYME

Reverse Aging Revitalize Cells Restore Vigor



HIROMI SHINYA, MD Chief of the Surgical Endoscopy Unit, Beth Israel Medical Cente Clinical Professor of Surgery, Albert Einstein College of Medical

# mind-body-spirit

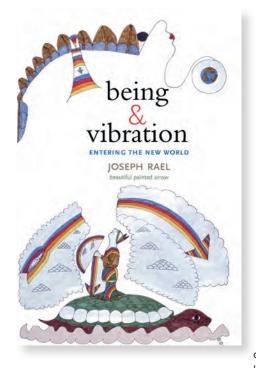
# The Rejuvenation Enzyme

\$18 USA / \$24 Canada Trade Paperback 184 pages, 6x9 ISBN 978-0-9822900-7-1 *Health / Nutrition* 

# n Dr. Shinya's groundbreaking book

The Enzyme Factor, he introduces the enzymes and how they effect health and longevity. In *The Rejuvenation Enzyme* Dr. Shinya introduces a new category of enzyme capable of reversing the damage done in aging by cleaning up senescent or "zombie" cells.

A full Rejuvenation Weekend plan for switching on your rejuvenation enzyme and revitalizing your health is included.



# indigenous wisdom

# being & vibration entering the new world

JOSEPH RAEL

\$30 USA / \$38 Canada
Trade paperback
176 pages, 6 x 9
50 color illustrations
ISBN 978-1-937462-30-7

Joseph Rael of Ute and Pueblo heritage is recognized around the world as a visionary and mystic. Over thirty years ago he was given a vision to build "Sound Chambers" where the vibration of awareness would be planted by chanting the sounds of creation. These chambers are now active in more than thirty countries and their keepers regularly chant for peace and understanding among all races and peoples.



n July of 2014 at the time of the Ute Sundance Joseph Rael was given a vision for the New World. Grandfather Joseph called me, his publisher, to come to his home to record this vision so that he could give it to the people in a new edition of his classic work, *being & vibration*.

From human breath and heartbeat to the pulsating energies of subatomic particles, to the expansion and contraction of stars, vibration is all that exists. "We live in the House of Shattering Light," says Grandfather Joseph, "a place where reality, which is timeless and eternal, is cut into slices perceptible to our senses."

# PRAISE FOR BEING & VIBRATION

Rael uses neither hyperbole nor understatement in exploring the ways in which his visions have unfolded and instructed him... His book has real soul... — BOOKLIST

Rael honors listening as a holy act and celebrates metaphor as a way of holding the door open to mystery. This is a compelling work of Native American spirituality. — VALUES & VISIONS



## indigenous wisdom

Beautiful Painted Arrow Visionary Art Cards The Path of the Red Road

JOSEPH RAEL

\$20 USD \$26 Canada

Boxed set of 20 cards and book Cards: 3.5 x 5 with original color art Book: trade paperback 3.5 x 5, 84 pages ISBN 978-1-937462-33-8 A Powerful Tool for Transformation Based on a lifetime of artwork and writings by Native American visionary Joseph Rael

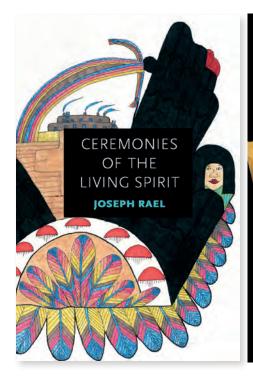
Beautiful Painted Arrow (Joseph Rael) helps us understand through the blending of two languages, two separate realities, that we each come as a gift to life... His use of sound in the practices he offers is very illuminating and special

> -BROOKE MEDICINE EAGLE ON "BEAUTIFUL PAINTED ARROW"

oseph's grandfather at Picuris Pueblo was a cacique. A cacique is the spiritual leader of the tribe with the special gift for traveling to other worlds or dimensions to bring back gifts of wisdom and beauty for the people.

When Joseph was seven he and other children in the tribe were gathered around his grandfather listening to the winter tales, special stories that taught the origins and values of the people. There was snow outside but the pinion fire in the adobe room was warm. Grandfather spoke and said to Joseph and the children, "You think you know who you are and what is real, but there is more than your eyes can see." Grandfather started walking toward a picture of a spring meadow that hung on the wall in the room. Grandfather walked all the way into the picture and disappeared into the painted meadow. A few minutes passed as Joseph and the children looked on in stunned silence then Grandfather emerged from the painting carrying a bouquet of flowers. "When you travel into another world," Grandfather said, "you must always bring back something physical as a gift for the people. Grandfather handed a white daisy to each of the children. Joseph took the white daisy and held it as if it were a most precious treasure. "I will, Grandfather," he said.

Now a cacique himself, Joseph gives us the *New World Oracle*, as the gift he brings back from travels to other worlds.



# WALKING WITH Cosmic Dancer Joseph Rael



MARY ELIZABETH MARLOW

indigenous wisdom

# **Ceremonies of the Living Spirit**

JOSEPH RAEL

\$18 USA / \$24 Canada Trade paperback 112 pages, 5.25 x 8 *Native American / Spirituality* ISBN 978-1-937462-26-0



ative American visionary, Joseph Rael, shows how ceremony

connects us to Spirit and describes how to create powerful and inspiring ceremonies for ourselves.

Rael writes of the various aspects of ceremony — sound, song, fasting, purification and community. He describes the sweat lodge, the vision quest, the Sundance, ceremonial dancing and story telling as acts of spiritual growth and development.

"Ceremonies bring us inspiration and insight and help us grow into new states of being," says Rael.

# indigenous wisdom

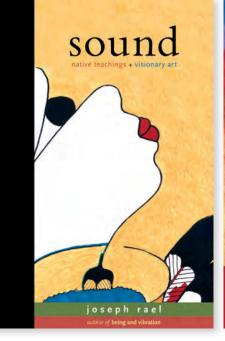
# Walking with Cosmic Dancer Joseph Rael

MARY ELIZABETH MARLOW

\$18 USA / \$24 CANADA TRADE PAPERBACK, 112 PAGES, 6X9 *NATIVE AMERICAN / SPIRITUALITY* 978-1-937462-40-6

How can I embrace the challenges life presents to find the gifts it brings? / How do I recognize the miraculous in the ordinary? / How can I experience Divine Presence more often?

nsights to these profound questions of consciousness and intuition are beautifully described in Elizabeth Marlow's Walking with Cosmic Dancer Joseph Rael where she shares her decade long experience as student and co-teacher with Joseph Rael (Beautiful Painted Arrow), a Pueblo Indian, mystic and visionary.



# indigenous wisdom

# sound native teachings and visionary art

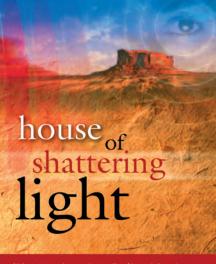
JOSEPH RAEL

\$30 USD / \$38 Canada Trade paperback, 304 pages, 6 x 9 60 illustrations; color throughout Native American / Spirituality ISBN 978-1-937462-03-1

ne of the great living visionaries in the Native American tradition presents the most substantial book yet of his teachings, illustrated with 60 of

his colorful visionary artworks and links to scores of his voice recordings online.

In this collection of his most basic and profound teachings, Joseph Rael writes about sound as the basis for all that is, and shows us how to use sound to remake ourselves and our world.



*life as an* American Indian Mystic Joseph Rael

indigenous wisdom

# House of Shattering Light life as an American Indian Mystic

JOSEPH RAEL

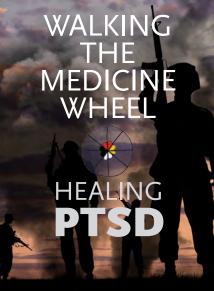
\$20 USD/ \$26 CANADA TRADE PAPERBACK, 216 PAGES, 5 x 7 Native American / Spirituality ISBN 978-0-9823274-4-9

"The ancient spiritual secrets of this continent had to be shared in order for the planet and all sentient beings to survive . . ."



ere is the amazing personal story of Joseph Rael, Beautiful Painted Arrow, from his birth on

the Southern Ute reservation, through his childhood at Picuris Pueblo, to his work today as a healer, visionary and man of peace. It is a story of the power of Native American ceremonies, both ancient and contemporary, of visions, miracles, and mystical knowledge.



DAVID KOPACZ, MD & **JOSEPH RAEL (BEAUTIFUL PAINTED ARROW)** 

# Walking the Medicine Wheel : **Healing PTSD**

DAVID KOPACZ MD AND JOSEPH RAEL

\$22 USA TRADE PAPERBACK 6 x 9, 240 pages ISBN 978-1-937462-32-1



David R. Kopacz, MD is a psychiatrist at Seattle VA in primary care mental health integration. He is also board certified in holistic & integrative

medicine and is an acting assistant professor at the University of Washington. He is the author of Rehumanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice and the Culture of *Medicine*. He has been working to develop holistic approaches to help Veterans return home and to take charge of their own wellbeing through classes using mythology and narrative.



Joseph Rael, whose Tiwa name is Tsluuteh-koh-ay, Beautiful Painted Arrow, is a visionary healer. He is the author of

sychiatrist and holistic & integrative

physician, David Kopacz, and Native

American Visionary, Joseph Rael (Beautiful Painted Arrow), create a healing

path to help our veterans suffering trauma

and PTSD to come home. Even when out

of the war zone, combat-readiness persists

in the veterans' nervous system. This book

uses the circular pathway of the medicine

wheel to re-train that nervous system. Rather than viewing trauma,

negatives, the medicine wheel offers a

way of transforming these events into

Walking the medicine wheel is walking a

mind-spirit, within the circle of the four

directions. The book provides practical

spiritual path - integrating body-emotion-

exercises of guided imagery and ceremony

to help returning veterans feel they have a

purpose and have something, not only of

value, but, of critical importance to give to

their families and their communities.

obstacles and disappointments as

opportunities for personal growth.

many books, including Sound, Being & Vibration and Ceremonies of the Living *Spirit*. He holds a Master's degree in Political Science from the University of Wisconsin. He has worked to create holistic health care using Native American traditions to help those suffering with addictions. He has been recognized by the United Nations for his work creating Peace Chambers on four continents.

van T. Pritchard has created a poetic work that honors the timeless world of the Algonquin people. Ironically, it is also a timely book, one that could prove to be an antidote for the frenzy of our increasingly  $^{24}/7$  world. In a culture obsessed with information and 'lifestyles.' this wonderful work reminds us that what really matters is using our time more wisely than efficiently, and what is sacred is visible only to the eyes of the soul.

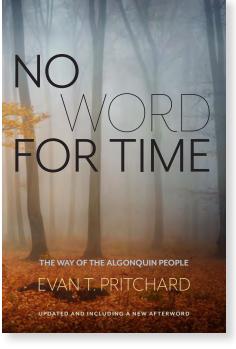
A descendant of the Algonquins explores a rapidly disappearing world in which there is no word for time and life moves with the rhythms of nature —the world of the Algonquin Indians. One of the largest and most diverse language groups in the world, the nations and tribes which are related under the title "Algonquin" once occupied most of the northeastern United States. from the Mississippi River to the Atlantic Ocean, and great portions of southern Canada. Their influence on the culture and history of North America has been immense. Here we share this world and experience with the author a sweat lodge, vision quest, ceremonial dances and the wise teachings of Algonquin elders.

"I am a great fan of my Micmac brother Evan, who is always in my prayers and travels with me each and every day. He encourages me wherever I am, and I am thankful." —

KEN LITTLE HAWK, MICMAC ACTOR. MUSICIAN, AND STORYTELLER

"This book holds the promise of helping the reader understand deeply—more deeply than from superficial descriptions of culture—Native ways of thinking, speaking, and acting."

- DR. ROBERT LEAVITT, DIRECTOR, MICMAC-MALISEET INSTITUTE, UNIVERSITY OF NEW BRUNSWICK, CANADA



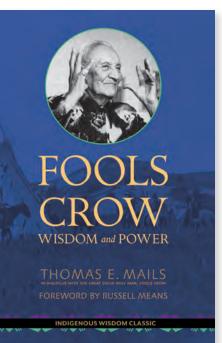
# indigenous wisdom

# No Word for Time The Way of the Algonquin People

EVAN T. PRITCHARD \$25 USA / \$32 CANADA

TRADE PAPERBACK 304 pages, 5 x 7 ISBN 978-937462-01-7

Evan T. Pritchard, of Mi'kmaq (Algonquin) and Celtic-American descent, is the author of many acclaimed books including Native New Yorkers. He has been a professor of Native American Studies at Pace University and Vassar College and the director of the Center for Algonquin Culture in New York.



# indigenous wisdom classic

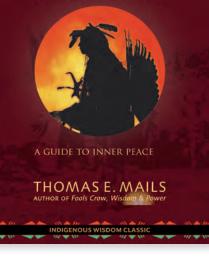
# Fools Crow Wisdom and Power

### THOMAS E. MAILS WITH A FOREWORD BY RUSSELL MEANS

Frank Fools Crow is regarded by many as the greatest Native American holy person of the last hundred years. Nephew of Black Elk, and a disciplined, gentle, spiritual and political leader, Fools Crow died in 1989 at the age of 99. *Fools Crow: Wisdom and Power* is the only book to reveal, often in his own words, the philosophy and practice of this historic leader.

\$20 USA / \$26 Canada Trade paperback 224 pages, 7 x 10 Illustrated ISBN 978-0-9823274-1-8

# SECRET NATIVE AMERICAN PATHWAYS



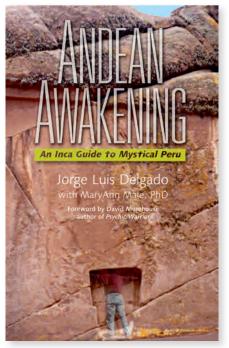
# indigenous wisdom classic

# Secret Native American Pathways A Guide to Inner Peace

# THOMAS E. MAILS

A revised and expanded classic, *Secret Native American Pathways* details the religious beliefs and ancient rituals of four major tribes: the Apache, the Cherokee, the Hopi and the Sioux. Mails provides the meaning behind each ceremony as well as instructions for applying Native teachings to contemporary life. Each tribe discussed has overcome adversity through "walking the pathways" that lead to inner peace; now, each of us is able to apply those same spiritual practices to enhance our lives today.

\$18 USA / / \$24 Canada Trade paperback 336 pages, 7 x 10 Illustrated ISBN 978-1-937462-06-2



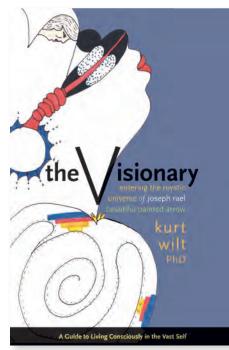
# indigenous wisdom

# Andean Awakening An Inca Guide to Mystical Peru

JORGE LUIS DELGADO WITH MARYANN MALE PHD

In this illustrated guidebook, Peru's premier spiritual tour guide, Jorge Luis Delgado, takes the reader on a trip of discovery through the most powerful places on earth – Machu Picchu, the Sacred Valley, Lake Titicaca and the legendary Inca doorway of Aramu Muru.

\$20 USA / \$26 Canada
Trade paperback
192 pages, 5½ x 9
photos, maps appendix, index
ISBN 978-1-937462-04-8



# indigenous wisdom

# The Visionary Entering the Mystic Universe of Joseph Rael (Beautiful Painted Arrow) KURT WILT, PHD

Joseph Rael (Beautiful Painted Arrow) has been called our greatest living shaman. Here, in the first scholarly examination of his remarkable life and teachings, Kurt Wilt, PhD, places this Native American mystic in the context of more familiar writers and mystic traditions, from Sufism and the Kabbalists to Hildegard of Bingen, Joseph Campbell and William Blake. In doing so, he brilliantly uncovers vital connections between Rael's Native American worldview and the deepest roots of visionary teachings.

\$18 USA / / \$24 Canada Trade paperback 208 pages, 5¼ x 8 ISBN 978-0-9823274-0-1 Native American / Mysticism

# THE DRUM VOICE OF THE VILLAGE

ONYE ONYEMAECH

indigenous wisdom

The Drum Voice of the Village

ONYE ONYEMAECHI

\$18 USA / / \$24 Canada Trade paperback 6 x 9, 160 pages ISBN 978-1-937462-07-9



BREKETA/ GONGON – (BASS SNARE DRUM)

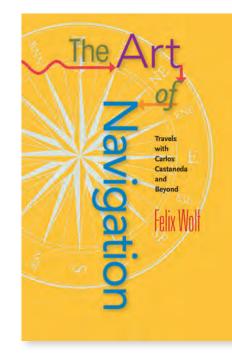
B orn in Nigeria, Onye Onyemaechi is recognized around the world as a virtuoso of African music, drumming and dance. He brings the soul of Africa to create and teach a blend of the best of traditional culture and modern life. In *The Drum: Voice of the Village*, Onye tells the story of his own village where the drum was the heart of the people beating out the message of a new birth, mourning the passing of an ancestor, and dancing the joy of new love. The drum was always vibrating, speaking the emotions that connected the people of the village with each other.

Onye is recognized as a pioneer in using music, rhythms and dance to bring diverse communities together and as a tool for personal and societal healing. In *The Drum, Voice of the Village,* Onye shows how music has a capacity for bringing profound transformation. He teaches how to use the drum for healing as well as for creating community. Onye lives in San Rafael, California

# a shaman's guide to Deep Beauty



Francis Rico Connecting with the Mojo of the Universe



# indigenous wisdom

# A Shaman's Guide to Deep Beauty Connecting with the Mojo of the Universe

FRANCIS RICO

\$18 USA / / \$24 Canada Trade paperback 160 pages, 6 x 9 Glossary, Index ISBN 978-0-9823274-2-5 Body, Mind & Spirit

guide to moving into the spiral of Creation's energy and discovering the deep beauty contained within each moment. It presents 11 simple practices, each a step on the spiral path, that will help you discover your own Beauty Body — bringing happiness, healing, and real magic into your life. Francis Rico lives in Petaluma, California.

# indigenous wisdom

# The Art of Navigation Travels with Carlos Castaneda and Beyond

FELIX WOLF

\$20 USA / \$26 CANADA
Trade paperback
324 pages, 6x9
978-0-9822900-1-9
Memoir / Body, Mind & Spirit

*he Art of Navigation* examines how the author's association with Carlos Castaneda transformed his life — from a first encounter in 1980 to the present, more than a decade after Castaneda's death. The art of navigation entails living life in the spirit of a magical treasure hunt — playful, intuitive, fluid and fully aware in the Now.

# poetry

wake the nothingness mind

Geese come and go

Like us

We barely exist Dogen says

People never forget

The trail of the birds

steam rising from a full bowl of rice Zen Master Dogen Versions STEPHEN BERG



### poetry

# Crazy Cloud Ikkyū

STEPHEN BERG Trade paperback 5¼ x 8 \$10.00

kkyū (1394–1481) was a Japanese monk and Zen master who denounced many of his fellow monks and ridiculed orthodox Zen practices. In this volume, acclaimed poet Stephen Ber presents freely adapted "versions" of many of Ikkyū's most compelling poems as well as new poems inspired by Ikkyū.

# steam rising from a full bowl of rice

Zen Master Dögen Versions

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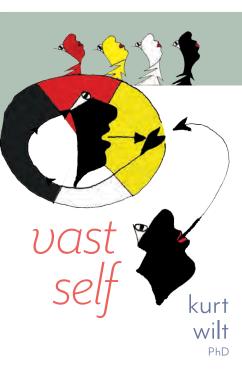
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Kurt Wilt PhD was Professor of English at Saint Leo University, a specialist in comparative mysticism and Native American literature. He studied with Joseph Rael for 25 years and attended Joseph's "mystery school" workshops in northern New Mexico.





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