

Audio·Video

Fall 2007

Music Bestsellers

1. **Into Grace**
Angelika
2. **Ancient Muse**
Loreena McKennitt
3. **Mozart by the Sea**
Various Artists
4. **Flow of Grace**
Krishna Das
5. **The 10 Minute Chakra**
Ashkara Weave

Spoken Word Bestsellers

1. **Connecting to Source**
Caroline Cory
2. **Letting Go of Stress**
Emmett Miller
3. **The Law of Attraction**
Esther and Jerry Hicks
4. **Chant and Forgiveness**
Belinda Farrell
5. **Manifesting**
Debbie Friedman

Video Bestsellers

1. **The Secret**
Rhonda Byrne
2. **The Law of Attraction in Action**
Esther and Jerry Hicks
3. **Down the Rabbit Hole**
William Arnzt and Betsy Chasse
4. **2012: The Odyssey**
Sharron Rose
5. **Peaceful Warrior**
Dan Millman



gentle beauty as you will find on this CD from Tibetan vocalist Dechen Shak-Dagsay. Her songs and mantras wrap around you like a soft blanket woven of serenity and inner peace. Each piece, splendidly accompanied by flute, piano, Tibetan bowls, tamboura and subtle synthesizer textures, creates a spiritual oasis for the soul in these troubled times. Most of what is recorded here are longer versions of ancient mantras, which carry the blessings of all enlightened beings and are said to have a unique healing power. Highly recommended.

Shanti Shanti

EAST MEETS SOUTH—SANSKRIT SOUL
Blue Halo Productions, \$15.98



Of the five CDs by the gifted sisters known as Shanti Shanti, this one is widely considered the best, and that's saying a lot. Culturally diverse, the album features Sanskrit and Gregorian chanting along with their popular gospel-inspired music, combining the spirituality of the East and soul of the South: from *Om Namah Shivaya* to *Goin' Home*. The music of Shanti Shanti creates an experience of joyful escape into a world of tranquility. Daily stresses cannot compete with the transcendental effect of the pure tones and blending of their beautiful voices.

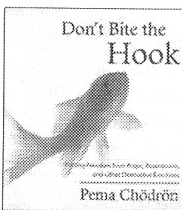
Books on Tape and CD

Pema Chodron

DON'T BITE THE HOOK

Finding Freedom from Anger, Resentment, and Other Destructive Emotions

Shambhala Audio, 3-CD set, \$24.95



Life has a way of provoking us: with traffic jams, computer malfunctions, financial losses and a thousand other frustrations. Once upset, we often say and do things that only serve to make matters worse. But it doesn't have to be that way. The key is not to bite the "hook" of our habitual responses. Pema Chodron, renowned Buddhist nun in the lineage of Chogyam Trungpa, reveals how to stay centered in the midst of difficulty, how to improve stressful relationships, and how to avoid the downward spiral of guilt and regret.



Ward M. Powers, a famous Shamanic mystic and masterful teacher, provides us with one of life's most potent tools for harnessing the energy and wisdom of the natural world: the art of calling upon the power of animals. Learn how to determine which are your own power animals; how to understand the subtle messages of animal "language;" how to turn your fear of certain animals into a healing force; and how to turn every animal encounter into an epiphany of the heart.

Videos

Ward M. Powers

ONE – THE MOVIE

A Contemporary Journey toward a Timeless Destiny
A Circle of Bliss, DVD, \$30.00

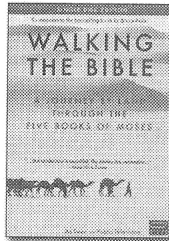


A middle-aged dad from Michigan steps outside the lines of his everyday existence, armed with a video camera and 20 questions, in search of life's meaning. Why is there poverty and suffering? What are we all so afraid of? How do science and religion relate? How would God want us to respond to terrorism? What happens after we die? The answers to these and other deep inquiries are provided by today's brightest luminaries: Ram Dass, Deepak Chopra, Barbara Marx Hubbard, Robert Thurman, Thich Nhat Hanh, Father Thomas Keating, Mantak Chia and many others from all walks of life. This is a film with the power to transform one's view of the world.

Bruce Feiler

WALKING THE BIBLE

A Journey by Land through the Five Books of Moses
TMC Entertainment, DVD, \$24.95



From the slopes of Mount Ararat to the desert outpost where Abraham heard the words of God, from the summit where Moses received the Ten Commandments to the Red Sea, this film is both a heart-racing adventure and an uplifting quest: one man's epic journey by foot, jeep, rowboat and camel through the greatest stories ever told. As seen on Public Television, this special film is a companion to Feiler's bestselling book, offering new insights into the roots of Judaism and Christianity, uncovering fresh answers to the most profound questions of the human spirit.