

## FR. THOMAS KEATING, OCSO



A Contemporary Journey  
Towards a Timeless Destiny

### ONE: THE MOVIE

Armed with a mail-order camera and open hearts, three suburban dads set out to become independent filmmakers and unlock the keys to the wisdom of the universe. They presented twenty questions to some of the world's leading spiritual teachers, including Lantern author Fr. Thomas Keating. The result is *One: The Movie*, a refreshingly honest look at spirituality in modern life through the eyes of ordinary people and gifted spiritual guides. Some of the Questions from *One: The Movie* are: What happens to you after you die?, Why is there poverty and suffering in the world?, When is war justifiable? What are we all so afraid of? and Are we "all one?"

### FATHER KEATING'S ONE WISH FOR THE WORLD . . .

It could only be one thing, and that is that it might experience its destiny. Which is not necessarily to get rid of all suffering but to be able to lead human life in a divine way . . . manifesting Divine Love in everything we do, every moment. It doesn't mean big things, but that intention of serving, of giving, and of welcoming everybody into our life who wants to come.

For over thirty years, Fr. Thomas Keating, OCSO, has been reclaiming the Christian meditative tradition that he calls Centering Prayer. It takes its roots from a number of sources: the ancient prayer practices of the Christian contemplative heritage, notably the Fathers and Mothers of the Desert; *Lectio Divina* (praying the scriptures); *The Cloud of Unknowing*; St. John of the Cross and St. Teresa of Avila. With his fellow Trappist monks, Fr. William Meninger and Fr. Basil Pennington, and through his organization, Contemplative Outreach, Thomas Keating has shown that contemporary Christianity can be an enlivening, mystical experience, both free of dogma and deeply personal. Fr. Keating's most recent work is **Manifesting God**, in which he explores the tradition of Christian meditation. No matter the external expression of beliefs and rituals, the contemplative dimension is the heart and soul of every religion. Contemplation initiates movement into higher states of consciousness. **Manifesting God** is a primer of the technique of contemplative prayer that allows the seeker from any faith to enter into the inner chamber of their heart. Here one basks in communion with the Divine presence, relieving one's heart of its hurts and burdens.

Thomas Keating, OCSO  
**Manifesting God**  
144 pp, 5 x 8, \$14.00 pbk



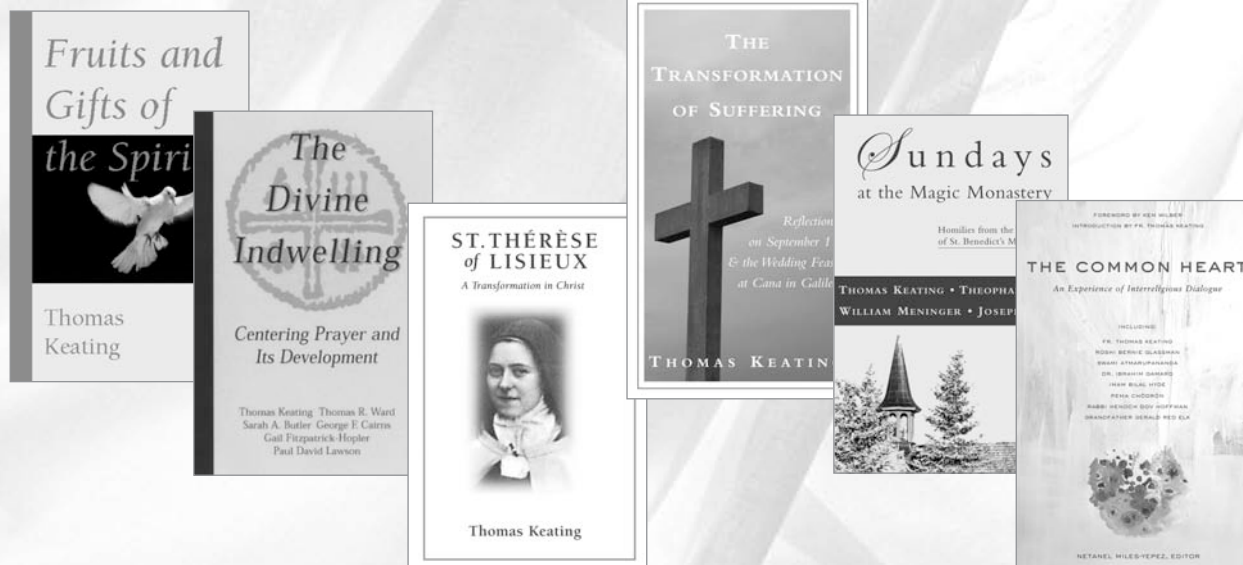
For more on Fr. Thomas visit the websites of Contemplative Outreach ([www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)) and St. Benedict's Monastery ([www.snowmass.org](http://www.snowmass.org)).

# *The Inner Room and the Power of Centering Prayer*

**T**he fundamental transformation of Centering Prayer occurs when you enter what Thomas Keating calls “the inner room,” a concept taken from Matthew 6:6 (“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you” NIV.). When you enter the room, God, acting as a divine therapist, begins to peel away the layers of emotional programming that have kept you from intimacy with God and uncovers the authentic self that has been hidden or repressed. All of the resistances, pathologies, and prejudices you have about the divine and your own self are lovingly removed, leaving you able to enjoy what Paul the Apostle calls “the fruits and gifts of the Spirit.”

This process quite literally changes who you are in your relationship with God and your self. In **Fruits and Gifts of the Spirit**, Fr. Thomas shows us how to recognize the Divine Indwelling within us, experience its healing and transformative energy, and enjoy the unfolding of this awareness in our prayer and daily actions. The gifts of this spiritual practice include reverence, fortitude, piety, knowledge and understanding. In **The Divine Indwelling**, Fr. Thomas and other leading lights of the current Centering Prayer movement explore intention and discernment and Centering Prayer’s commonalities with transpersonal psychology.

One of Fr. Thomas’s inspirations for reviving the Christian contemplative tradition was the French mystic Thérèse of Lisieux. In **St. Thérèse of Lisieux**, he shows through an analysis of Jesus’ parables and in a reflection on Thérèse’s short life, dedicated to living the Gospel precept, “To love one another as I have loved You!”, how Thérèse allowed the Kingdom of God to manifest itself in everyday life, and thereby brought an extraordinary gift to humanity. The story of the wedding feast at Cana in Galilee from the New Testament forms one half of **The Transformation of Suffering**, a



Thomas Keating, OCSO  
**Fruits and Gifts of the Spirit**  
 128 pp, 5.5 x 8.5, \$12.00 pbk

Thomas Keating, OCSO, et al.  
**The Divine Indwelling**  
*Centering Prayer and Its Development*  
 112 pp, 5.5 x 8.5, \$10.00 pbk

Thomas Keating, OCSO  
**St. Thérèse of Lisieux**  
*A Transformation in Christ*  
 96 pp, 4 x 7, \$10.00 pbk

Thomas Keating, OCSO  
**The Transformation of Suffering**  
*Reflections on September 11 and the Wedding Feast at Cana in Galilee*  
 64 pp, 4 x 7, \$10.00 pbk

Thomas Keating, OCSO, et al.  
**Sundays at the Magic Monastery**  
*Homilies from the Trappists of St. Benedict's Monastery*  
 144 pp, 5.5 x 8.5, \$15.00 pbk

Netanel Miles-Yepe, Editor  
**The Common Heart**  
*An Experience of Interreligious Dialogue*  
 144 pp, 5 x 8, \$16.00 pbk

sensitive exploration of the religious implications of September 11, 2001. For Fr. Thomas, 9/11 was a deliberate rejection of the Oneness of the human family. This compassionate message is the essential teaching of Christianity and most of the world's religions.

After a twenty-year period as abbot of St. Joseph's Abbey in Spencer, Massachusetts, Thomas Keating moved to St. Benedict's Monastery in Snowmass, Colorado, called by the late Fr. Theophane Boyd the "Magic Monastery," because of the beauty of its surroundings, the peace inside its walls, and the extraordinary transformations that take place there. **Sundays at the Magic Monastery** collects the inspiring and witty homilies of four members of St. Benedict's—Fr. Thomas, Abbot Joseph Boyle, Fr. Theophane, and Fr. William Meninger. Together, they explore the scriptures through the important feast days of the Christian calendar and provide great insight into the contemplative life.

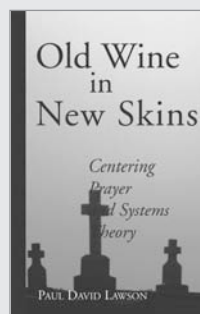
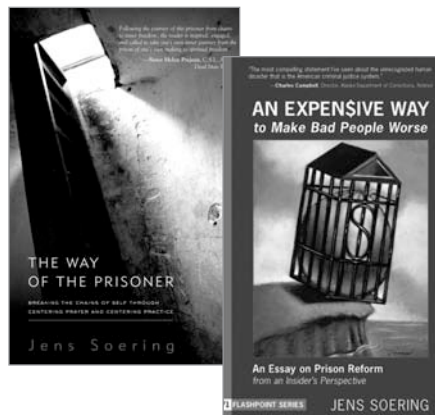
During his time at Snowmass, Fr. Thomas was deeply involved in interreligious dialogue (see [www.monasticdialog.com](http://www.monasticdialog.com)). Over a twenty-year period, a series of interreligious dialogues took place at Snowmass, the proceedings of which were kept private so that the participants could explore the wealth of their own traditions and dialogue from the heart about the differences and similarities between their paths of wisdom. The experience of these rich and transformative dialogues has now been captured in **The Common Heart**. Participants include Fr. Thomas, Roshi Bernie Glassman, Swami Atmarupananda, Dr. Ibrahim Gamard, Imam Bilal Hyde, Pema Chödrön, Rabbi Henoch Dov Hoffman, and others.

## THE WAY OF THE PRISONER

In 1986, Jens Soering, a naive and arrogant undergraduate, made a terrible decision. Under the spell of a disturbed young woman, he became implicated in the horrendous murders of her parents. Infatuated and poorly advised, Soering assumed that as a German citizen he could take the blame for the murders, be extradited, and serve a limited sentence in his home country. He was wrong. He was convicted on two counts of first-degree murder and placed in a maximum-security prison in Virginia. Twenty years later, and with little hope of parole or extradition, he continues to serve out a sentence for crimes he insists he did not commit.

Such a punishment might have destroyed him. However, a chance encounter with the work of Fr. Thomas Keating enabled Soering to leave the cycles of despair, anger, and emotional turmoil he was going through and discover the transformative power and practice of Centering Prayer. In **The Way of the Prisoner**, Soering explains just how he came to experience God's grace in the direst of circumstances and how that grace forced him to confront the past and recognize the beauty and redemptive hope possible in his current situation. A moving, true story that shocks and inspires, **The Way of the Prisoner** illustrates how we can all transform our crosses and our prisons (literal or metaphorical) into hard earned wisdom.

While Jens Soering manages to survive his incarceration, America's prisons continue to destroy the lives of hundreds of thousands of inmates, many of whom are either mentally ill, non-violent, or illiterate before being incarcerated—and utterly incapable of surviving in the world once they get out. In **An Expensive Way to Make Bad People Worse**, Soering avoids the usual bromides about prison reform to make an impassioned and fully resourced argument—one, uniquely, from a current inmate—that the current penal system is not only inefficient in controlling crime but inept at providing appropriate punishment for offenders.



The insights of Centering Prayer have been applied in several different fields, one of which is systems theory. In **Old Wine in New Skins**, Rev. Paul David Lawson, a priest at St. Cross by the Sea Episcopal Church in Hermosa Beach, California, shows how clergy often find themselves torn between conflicting roles within their parishes.

The parishioners have one expectation of their priest, and the church hierarchy has another; while the priest him- or herself has yet another set of expectations. This causes miscommunication and misunderstanding and, inevitably, dissatisfaction and discord. Rev. Lawson describes how Centering Prayer, combined with modern organizational theory and its understanding of the emotional/psychological issues that drive group dynamics, can reinvigorate pastoral leadership within church congregations—and, by extension, any organization concerned with social or spiritual issues.

Jens Soering

**The Way of the Prisoner**

*Breaking the Chains of Self through Centering Prayer and Centering Practice*

352 pp, 6 x 9, \$17.95 pbk

Jens Soering

**An Expensive Way to Make Bad People Worse**

*An Essay on Prison Reform from an Insider's Perspective*

128 pp, 4 x 7, \$12.00 pbk

Paul David Lawson

**Old Wine in New Skins**

*Centering Prayer and Systems Theory*

144 pp, 5.5 x 8.5, \$15.00 pbk

## EACH IN OUR PRISONS

Excerpted from *The Way of the Prisoner* by Jens Soering

I am a prisoner—and, since you felt moved to pick up and examine this book, you probably are one, too. Maybe you have had to give up your career to care for an aging relative. Perhaps an accident or crime scarred you emotionally and physically. Or your spouse may have died, leaving you alone and in debt. Chains of some sort have been laid upon you and taken your freedom away.

My prison is literal, not metaphorical—Brunswick Correctional Center in Lawrenceville, Virginia—and, in January 2001, the United States Supreme Court denied my final appeal, my one last hope for justice and liberty. And even if you, unlike me, have some hope of release in the future, we have something in common for now: these walls that enclose us, these bars that surround us.

The purpose of this book is to remind you of one way to lose your chains. You already know this way, for it is Christ's: he chose to become a prisoner, went willingly to his execution, and thereby overcame the world. If we obey his call, "Follow me," we too may find that the very fetters that now bind us are leading us to a greater freedom.

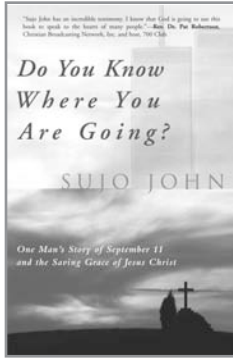
The key word in the last sentence is "may." During seventeen years in eleven different penitentiaries, I have seen pain produce despair far from frequently than hope. What saved me from bitterness is a specific Christian method of praying and living, practiced by Jesus himself as well as by monks, nuns and lay people for two thousand years. Since liberation is this method's goal, it seems apt to call it the Way of the Prisoner.

Christ gave us a road map to this path when he said, "If anyone would come after me, he must deny himself and take up his cross and follow me" (Matthew 16:24 NIV). Emptying the self and opening the soul to God is the aim of Centering Prayer, and taking up our crosses, our chains and our prisons as contemplative prayer-in-action is what I mean by Centering Practice. These complementary techniques liberate us, not by breaking our bonds, but by melting away the self that feels bound. Once the wrists vanish, the manacles fall to the ground and we are free.

While that image may seem like merely poetical or wishful thinking, Centering Prayer and Practice are eminently practical and realistic. Some of the greatest minds in history have trained themselves in contemplative disciplines—because they work—and over the millennia these men and women have left us increasingly detailed directions into the interior. So specific are these maps that they can be followed even from a prison cell!

The only condition we must meet before setting out on this journey is a truly deep-seated, existential recognition that there is no other path out of our prisons. Your child will always have Downs Syndrome. Your best friend cannot return from that short drive that ended in the morgue. And my two life sentences will never be finished. No amount of exertion, no anger or tears, no planning and scheming can set us free. Only when we recognize this are we ready to "be still before the Lord and wait patiently for him" (Psalm 37:7).

Read book excerpts and interviews at  
[www.lanternbooks.com](http://www.lanternbooks.com).



## PROCLAIMING THE MYSTERY OF FAITH

**W**hy we suffer and why we die are two of the great mysteries that many of us grapple with—questions that faith is both challenged by and provides insight on. In **When God Says No**, Franciscan Daniel Lanahan offers a Catholic perspective on the great mystery of why we are visited with suffering and why at times God does not seem to hear our prayers. Instead of providing pat answers, this moving book helps us to learn how to live with our questions and doubts. Using the example of his own brother's early death from cancer, Fr. Daniel helps us to surrender to unconditional love no matter what suffering or refusals come our way.

In **Do You Know Where You Are Going?**, evangelical Christian Sujo John recounts the horrific day of September 11, when he was in the World Trade Center as the planes struck and barely escaped with his life. He writes of his life in Calcutta before coming to the United States and how he met Mother Theresa, and then passionately and movingly asks readers to examine the fundamental question that confronted him that day as he faced death.

Daniel Lanahan, OFM

### **When God Says No**

*The Mystery of Suffering and the Dynamics of Prayer*

128 pp, 5.5 x 8.5, \$10.00 pbk

Sujo John

### **Do You Know Where You Are Going?**

*One Man's Story of September 11*

*and the Saving Grace of Jesus Christ*

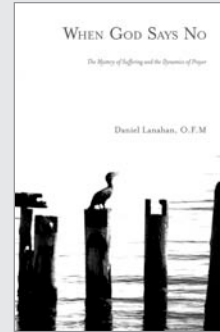
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for discounts on all titles.

### **When God Says No**

Excerpted from *When God Says No* by Daniel Lanahan



In the Garden of Gethsemane Jesus prayed that the “cup be taken from him,” if it be God’s will. God answered no. Three times St. Paul begged God to remove the “thorn from his side.” Three times God said no.

When my family prayed desperately for my brother Neil to be cured of melanoma, God said no. When we prayed for a twenty-five-year-old niece to survive a car accident, God said no. When the victims of war in the former Yugoslavia, or in any of the hundred places war is being waged at any given time prayed; when people afflicted with cancer, alcoholism, or AIDS prayed for deliverance; when the victims of physical, sexual, or emotional abuse prayed to be spared, the answer was no. . . .

This book is not another theological or philosophical attempt to provide a rational solution to the divine puzzle of why God allows innocent people to suffer or why our prayers in Jesus’ name are not effective. This book attempts to provide simple, practical, pastoral insights for the ordinary person who comes to listen to the Word of God when we assemble as Church. . . .

**When God Says No** ends in Heaven. Face to face with God, we will not be given the answer to the question that no theology, no book, not even the Bible, no dogma, no authority, not even that of the Church, has ever answered: Why the suffering of the innocent? Instead, we will be blessed with the fullness of salvation and healing and made whole at last. We will be with the Answer in love forever.

## SEPTEMBER 11, 2001

Excerpted from *Do You Know Where You Are Going?* by Sujo John

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As soon as the plane hit, I was thrown to the floor with my face flat on the carpet. My immediate thought was that the building was going to collapse and that I was going to die. I'm never going to see my wife or my parents again, I said to myself. I'm never going to see the face of my unborn child. I started praying that God would do something miraculous to save us. All around me people were shrieking and crying. Because of the size and angle of the plane, different parts of the building had been affected differently. The area where my desk was and where I had been sitting just a few moments before had been destroyed, while the area by the fax machine was relatively intact, even though there was smoke and fire everywhere.

Our telecommunications company shared its office space with a financial services company. Workers at that company were the first to find the exit to the stairwell, and they broke the door down to get in. Initially, they had tried to douse the flames with fire extinguishers, but they rapidly came to the conclusion that such attempts were useless.

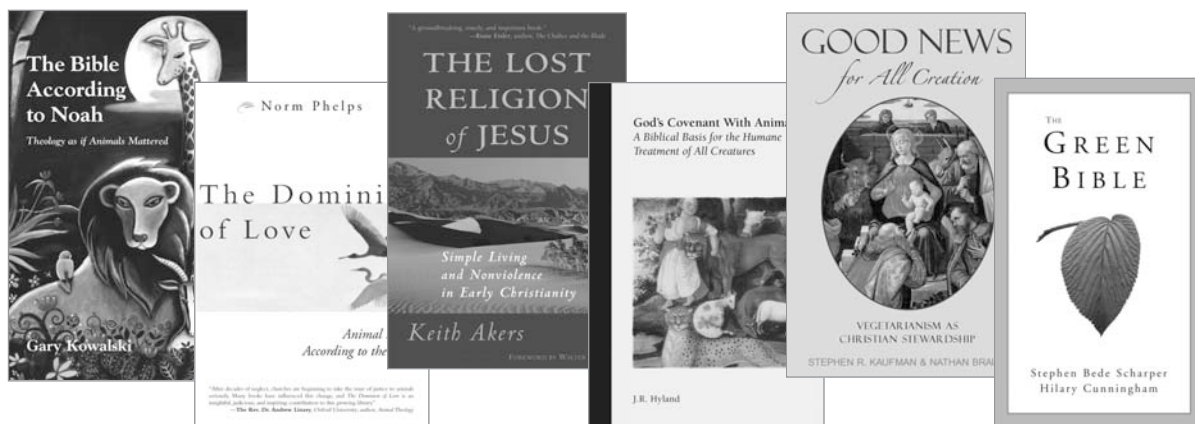
We all gathered together and made our way to the stairwell. The World Trade Center was designed with the elevators of the building in the center, with offices surrounding them. As we stepped out of our office, we could see flames, stoked by the jet fuel that was pouring down the shafts, shooting out of the elevators; the doors had buckled and given way. Keeping ourselves as near to the edge of the wall as we could, we passed the elevators and reached the stairwell.

We began to run and walk as quickly as we could down the stairwell, which was so narrow that we

could only move in pairs side by side. I immediately noticed that there were relatively few people coming behind us from the floors above, and my heart sank as I tried to imagine the devastation above me. As more and more people from the floors below us joined us on the stairwell, our pace slowed. It was difficult to know which floor we were on, even though we initially made very quick progress down the stairwell. There were conflicting theories about what had happened just minutes earlier. But there was one thought that was never countenanced once we left our offices and moved closer to the ground: that the building we were in would collapse.

As I made my way down the stairwell, I looked at my watch and my heart became even heavier. I realized that Mary, my wife, usually got to work at 8:45, and that, on this day of all days, she had set off for work a little earlier than usual. I had no idea what had happened to the other building, or whether the plane that had hit our building had also hit hers. But I feared the very worst.

I tried to call Mary on my cell phone, but was unable to connect with her. I began to feel desperate, even though my colleagues tried to reassure me and to determine whether I was sure that Mary was in the other tower. All around me people were helping each other down the stairwell, comforting those who were beginning to panic, and expressing their gratitude at being able to get out. Every now and again, we would step aside and lean against the wall to allow the injured, burned, or elderly to go ahead of us down the stairwell. In our thoughts were those passengers on the plane, who we knew could not be alive.



## GOD SO LOVED THE WORLD

After many years of unjust neglect, Christian churches are beginning to rediscover the ancient tradition of stewardship necessary to the preservation of the natural world and care for the animals who share the planet with us. Lantern has long recognized the spiritual wisdom and great responsibility that the world's religions carry if humankind is to restore and replenish the world.

Unitarian Universalist minister Gary Kowalski's **Bible According to Noah** is an ecologically inspired rendition of Hebrew scripture that honors the sanctity and kinship of all living beings. In lyrical and affecting prose, Kowalski reveals the psychological and spiritual connections we have with animals. **Good News for All Creation** argues that plant-based diets reflect the love, compassion and peace of Christ, and they constitute responsible stewardship of God's creation. Using traditional Christian teachings, the authors make a compelling case that, if Jesus were among us today, he would choose to be vegetarian.

In **The Lost Religion of Jesus**, independent scholar Keith Akers makes a similar case from a historical perspective, arguing that the early Jesus movement was pacifist, communal, vegetarian and radically opposed to the Temple sacrifices. It was out of this tradition that Jesus of Nazareth and his followers operated. Evangelical minister J.R. Hyland argues in **God's Covenant with Animals** that the Hebrew and Christian scriptures reveal a progressively humane voice—one perhaps best encompassed by the voices of the later Israelite prophets, who call on our better natures to throw off the bounds of our baser tendencies and embrace the radical vision of the Peaceable Kingdom.

In **The Dominion of Love**, independent scholar Norm Phelps addresses the opinion of many commentators and users of the Bible that animals have no rights, were put on this earth for our use, and that we have no obligations to them. He shows how the Bible's most important passages dealing with our relationship to animals are in fact calls for mercy and compassion. In **The Green Bible**, religious scholars Stephen Bede Scharper and Hilary Cunningham use sources ranging from the Hebrew and Christian scriptures to contemporary political leaders, scientists and environmentalists to offer inspirational meditations on how we need to recall our reverence for the planet that sustains all life.

Listen to the editors' response to the books at [www.lanternbooks.com](http://www.lanternbooks.com).

Gary Kowalski  
**The Bible According to Noah**  
*Theology As If Animals Mattered*  
 128 pp, 5.5 x 8.5, \$14.00 pbk

Stephen R. Kaufman, MD and Nathan Braun  
**Good News for All Creation**  
*Vegetarianism as Christian Stewardship*  
 160 pp, 5.5 x 8.5, \$12.00 pbk,  
 Vegetarian Advocates Press

Keith Akers  
**The Lost Religion of Jesus**  
*Simple Living and Nonviolence in Early Christianity*  
 256 pp, 6 x 9, \$20.00 pbk

J. R. Hyland  
**God's Covenant with Animals**  
*A Biblical Basis for the Humane Treatment of All Creatures*  
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Norm Phelps  
**The Dominion of Love**  
*Animal Rights According to the Bible*  
 208 pp, 5.5 x 8.5, pb, \$15.00 pbk

Stephen Bede Scharper and Hilary Cunningham  
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 160 pp, 5 x 8, \$15.00 pbk



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## THE DIFFERENCE THE DOVE MADE

Excerpted from *The Bible According to Noah* by Gary Kowalski

**D**id the ideology of dominating nature really arise when men became conscious of their own potency? Was the expulsion from the Garden an actual event—not one that happened at any single time or in any one place, but a gradual devolution that unfolded as the forces of nature were demystified and brought under man’s control? That would be hard to prove. But the idea makes a certain amount of sense to me on a personal, intuitive level. For in my own case, it was a profound loss of control—the realization of my infertility, my inability to reproduce—that brought about a complete reassessment of my relation to the world. It was painful to “lose my manhood” in this fashion, but the loss brought me an unexpected gain in empathy and admiration for the wild creatures of the earth. I ceased to think of life as belonging to me; I started instead to believe that I belonged to life. I began to learn that having a family is about sharing love, not sharing genes. And I realized that while the planet probably was not created for the express purpose of preserving and perpetuating me, I might have been put here to help preserve and perpetuate it.

The assault on nature has gone too far. Maybe that is why I cannot believe in a God who would want to destroy life with a flood or any other cataclysm; I have no interest in a *macho* deity who rules from on high. The greatest threats to our well-being today, in my opinion, come not from a celestial *pater familias*, but from the vaulting pride and

folly of humankind—especially the male of the species. We suppose that only two-legged animals really matter and that we can bend the world to our will. From melting ice-caps to holes in the ozone to the burning of rainforest, the results of such *hubris* are becoming increasingly plain.

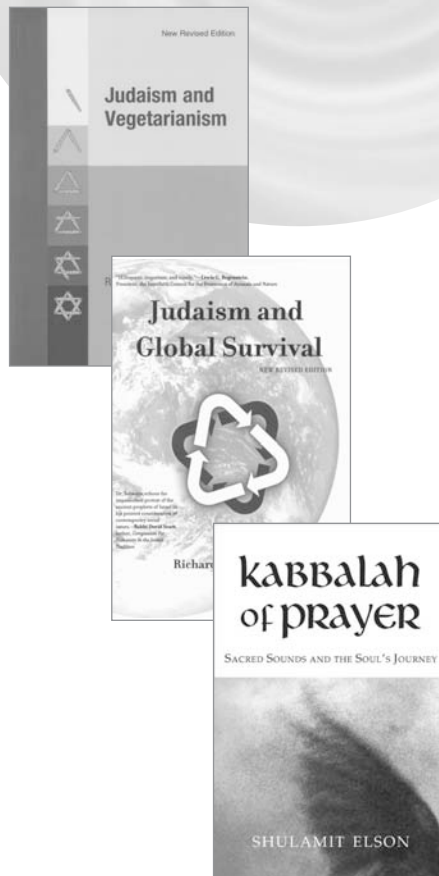
The God who speaks to me is the one whose covenant is with all creation, who calls us into wider and deeper relationship with the living community of which each one of us is a part. I find meaning in the promise God makes to Noah, as a guarantee that the world will still be there, not only for me but also for future generations:

As long as the earth endures,  
Seed-time and harvest, cold and heat,  
Summer and winter, day and night,  
Shall not cease. (Genesis 8:22)

The greatest joy in my own life at this point is the satisfaction of having a family—a family richer and more varied than I could only have conceived of a few short years ago. I am no longer quite so concerned about my own survival—given the assurance that whatever happens to me, life will go on. But that assurance has begun to turn to worry. What kind of world will my children inherit? How much more can the earth endure? If there is any way to save this fragile, blue-green ark, it will be by coming to recognize that we are not the captains of the boat, but rather fellow passengers with all that lives.

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## TIKKUN OLAM—TO HEAL THE WORLD



Richard H. Schwartz, PhD  
**Judaism and Vegetarianism**  
256 pp, 6 x 9, \$18.00 pbk

Richard H. Schwartz, PhD  
**Judaism and Global Survival**  
272 pp, 6 x 9, \$20.00 pbk

Shulamit Elson  
**Kabbalah of Prayer**  
*Sacred Sounds and the Soul's Journey*  
192 pp, 6 x 9, \$20.00 pbk, SteinerBooks

One of the great spiritual mandates of Judaism is “tikkun olam,” which means “to heal the world.” From God’s first injunction, “Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed, to you it shall be for food,” (Gen. 1:29) the Hebrew Bible offers countless examples of how God intends a compassionate and caring attitude toward animals, our health and the well-being of the planet. In **Judaism and Vegetarianism**, professor emeritus in New York Richard Schwartz shows how respect for animals and the environment can revitalize one’s Jewish faith, while in **Judaism and Global Survival** he argues that a rediscovery of basic Jewish teachings and mandates, such as to seek peace and justice, to love our neighbors as ourselves, and to act as co-workers with God in protecting and preserving the earth, can build a better world.

In our endless seeking for answers to life’s deepest questions and solutions to the world’s growing problems, we miss what is near at hand. In her remarkable, groundbreaking **The Kabbalah of Prayer**, spiritual teacher Shulamit Elson writes with eloquence and authority about our soul’s journey, our place in the universe, and our relationship to God through prayer. We learn of her journey from the closed world of Orthodox Judaism to her mystical encounter with her Maggid, the traditional Kabbalistic “answering angel,” with whose help she developed a series of meditative “sound prayers” using sacred sounds made with the voice. Elson explains the theological, cosmological and esoteric foundations upon which “sound prayer” is based and how it relates to different angelic levels of being and truth.

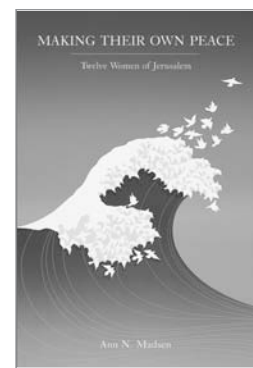
### What the Desert Tells Me

Excerpted from *Islam Is...* by Mary Margaret Funk

In Christianity, we often use the image of the desert to describe an experience on our spiritual journey. Christianity's earliest monastic tradition in the third century began in the desert that within four centuries was—as it is now—mostly in Muslim countries. The monks and nuns of those earliest Christian settlements were not in community as we live it today. They were hermits who went out to live the solitary life, motivated by the goal of praying without ceasing and seeking God with their whole attention. They met their inner demons that were the afflictions of food, sex, material possessions, anger, depression, acedia (spiritual soul-fatigue), vainglory and pride. Grace prevailed. These Desert Fathers and Mothers are the source of wisdom for the founder of the monastic order I live today as a Benedictine.

It is my belief that the desert of the pilgrimage expected of every Muslim is not unlike the protracted solitude in the desert, where the monastic faces his or her inner demons and surrenders his or her ego in utmost humility. Christ, too, before the advent of his ministry, is driven by the spirit into the desert to be tested (Mark 1:12). The desert clarifies the mind and purges the soul; it is real and symbolic. In the real geographic location one must stay focused to survive, one must get along with others to secure and maintain goods, one must move quickly, lightly and frequently to have enough basics for food, shelter, clothing and human interaction. One must be tough enough to travel long distances and defer one's needs to provide for those who are weak. One must enjoy the solitude and adapt to the climate's harshness.

The landscape of the symbolic desert forces one to cultivate an inner life, because there is no way to avoid feeling again and again all the thoughts, desires and passion that rise when the external world offers no distraction. The spiritual journey courses through the soul without the noise of crowds or the pressures of overwork. In such a situation, a rawness or nakedness, a sense of being alone with the Alone, occurs. Hermits push themselves to the edge of being bound to the earth in order to step out of time and into the temple of God's presence. Given the power of the desert, it makes sense that Muslims celebrate their origins in Arabia and take a pilgrimage through the desert in order to return to the core of their faith.



## SURRENDER

For eight years, Benedictine nun Sr. Mary Margaret Funk has engaged in a dialogue with American Muslims in an effort to bridge the gap that seems to divide Christianity and Islam and to get to the heart of faith itself. In **Islam Is...** Sr. Meg reveals what she has learned about Islam, lays out its fundamental beliefs, and courageously examines the controversial issues of terrorism, women's rights and economic power. Discovering startling similarities to her own deeply held Catholic practice and beliefs, Sr. Meg offers Christians everywhere a way of viewing the spiritual essence of Islam in a way that is honest and authentic. The book contains a similarly honest and heartfelt afterword by her dialogue partner Shahid Athar, MD.

The twelve women of Jerusalem—whether Christians, Jews or Muslims—who are profiled in **Making Their Own Peace** face the unique pressures of living in a city steeped in history and blood, resonant with revelation and absolutism, and needful of mutual respect. These women tell their stories of cooperation and support in their decisions not to wait for political negotiations to succeed in bringing their communities together but through the forging of their own ways to live and work in peace every day. They offer an inspiring message of hope in the midst of conflict.

Sr. Mary Margaret Funk  
Afterword by Shahid Athar, MD

### **Islam Is...**

*An Experience of Dialogue and Devotion*  
128 pp, 5 x 8, \$12.00 pbk

Ann N. Madsen

### **Making Their Own Peace**

*Twelve Women of Jerusalem*  
272 pp, 6 x 9, \$17.95 pbk

## THE GREAT DHARMA

For over fifty years as the founder of Fo Guang Shan, the Taiwanese Buddhist Venerable Master Hsing Yun has been preaching what he calls “Humanistic Buddhism.” This is a Buddhism stripped of superstition and ritualism and dedicated to making the religion relevant in everyday life and for everyday problems. In **Living Affinity** and **Opening the Mind’s Eye**, Hsing Yun shows how Buddhism offers both immediate and long-term solutions to the environmental crisis (in the former) and the personal and spiritual problems (in the latter). With his deep knowledge of the Buddhist scriptures, his infectious love of Chinese poetry, and his generous and witty mind, Hsing Yun offers a voice out of the Chinese Buddhist tradition finally emerging from the long silence of communism. It is a voice refreshingly unfamiliar to a North American audience.

One of Hsing Yun’s leading disciples is the Venerable Yifa. In her book **Safeguarding the Heart**, Yifa reflects on September 11, 2001, and what the terrible events of that day can teach us about the essential Buddhist teachings on suffering, cause and effect, and the meaning of life. With clarity and honesty, she attempts to answer the question of how we can and should respond when great violence enters our lives.

Buddhism has long held that all life forms are sacred and worthy of kind actions and explicitly includes animals in its moral universe. The first precept of Buddhism, “Do not kill,” should apply to our treatment of animals as well as to our treatment of other human beings. Yet some Buddhists eat meat and meat eating is sometimes defended as consistent with Buddhist teaching. **The Great Compassion** by practicing Buddhist Norm Phelps studies the sutras that command respect for all life and various schools of Buddhist thought to see if Buddhist practice demands vegetarianism, and comes up with some surprising answers.

Hsing Yun

**Opening the Mind’s Eye**

*Clarity and Spaciousness in Buddhist Practice*

112 pp, 5.5 x 8.5, \$15.00 pbk

Hsing Yun

**Living Affinity**

*Nurturing the Environment, Our Relationships, and the Life of the Spirit*

176 pp, 5.5 x 8.5, \$12.00 pbk

Venerable Yifa

**Safeguarding the Heart**

*A Buddhist Response to Suffering and September 11*

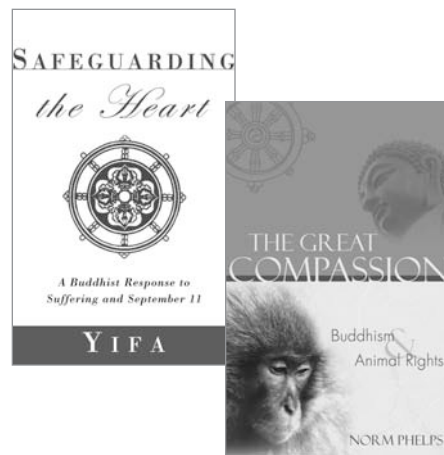
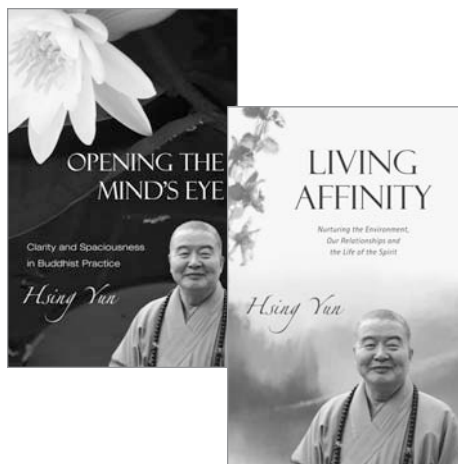
144 pp, 5.5 x 8.5, \$12.00 pbk

Norm Phelps

**The Great Compassion**

*Buddhism and Animal Rights*

240 pp, 5.5 x 8.5, \$16.00 pbk



## THE WAY OF KNOWLEDGE

The Bhagavad Gita—the “Song of the Lord”—is considered the most important work of ancient Sanskrit literature. Part of the great epic poem the Mahabharata, the Gita tells the story of Arjuna, a great warrior prince, who on the eve of battle experiences doubt and fear at the fighting to come. His charioteer, however, is none other than Lord Krishna, who strengthens his heart to face his destiny. **The Bhagavad Gita as a Living Experience** offers the unique combination of an expert Indologist, Wilfried Huchzermeyer, who examines the literary and mythic meaning of the text, and a yoga instructor, Jutta Zimmermann, who reveals the Gita’s deep wisdom about yoga in all its four major forms—karma (action), jnana (knowledge), bhakti (devotion), dyana (meditation)—and shows how its wisdom can provide universal guidance for all humanity.

The Upanishads include some of the most beloved and illuminating stories from the vast literature of India’s Vedic tradition. Adapted from the original text, the twelve tales contained in **All Love Flows to the Self** tell the story of enlightenment in simple, poetic language that will appeal to both adults and children. They express the full glory of the inner Self. When one has realized the Self, everyone and everything become more near and dear, and one flows in universal love.

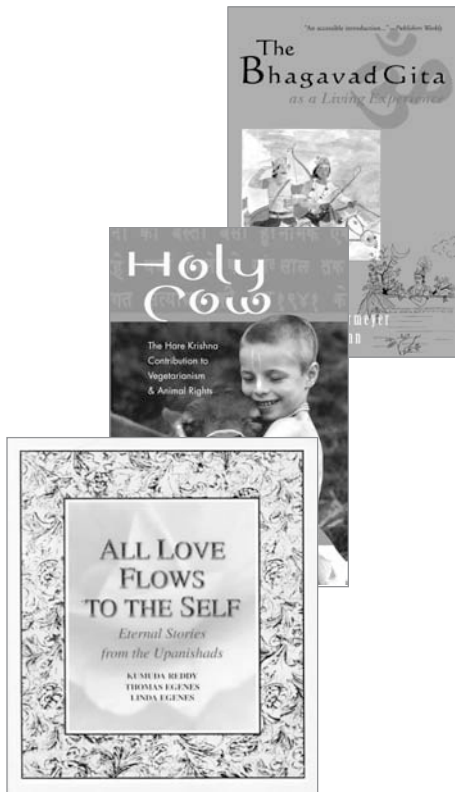
Hinduism scholar Steven Rosen explores the world of the Hare Krishna movement in **Holy Cow** and reveals how it has been instrumental in raising awareness of vegetarianism in the United States through its restaurants and food distribution programs. Rosen explains the Vedic texts specifically supporting animal rights and vegetarianism, with their call for ahimsa, or nonviolence, toward all living beings. The book includes tasty recipes.

Wilfried Huchzermeyer and Jutta Zimmermann  
**The Bhagavad Gita as a Living Experience**  
144 pp, 5.5 x 8.5, 30 line drawings, \$12.00 pbk

Kumuda Reddy, MD, et al.  
**All Love Flows to the Self**  
*Eternal Stories from the Upanishads*  
192 pp, 7 x 7, \$24.95 hbd, Samhita

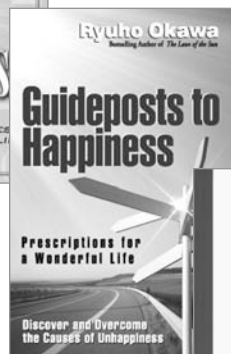
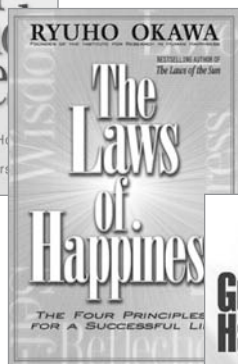
Steven Rosen  
**Holy Cow**  
*The Hare Krishna Contribution to Vegetarianism and Animal Rights*  
192 pp, 6 x 9, \$17.00 pbk

See also *Yoga of Heart* by Mark Whitwell on page 17.



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[www.lanternbooks.com/essay](http://www.lanternbooks.com/essay).





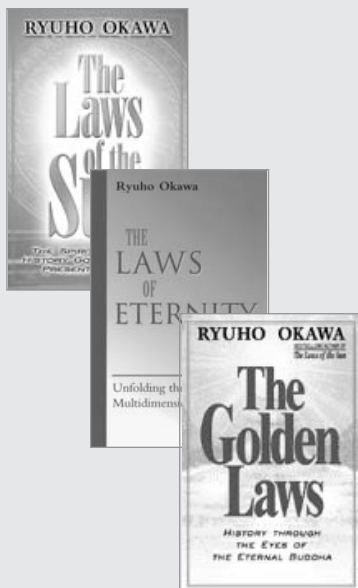
RYUHO OKAWA

*& the Pursuit of Happiness*

**R**yuho Okawa, founder of the Institute for Research in Human Happiness (IRH), Kofuku-no-Kagaku in Japanese, has devoted his life to the exploration of the Truth and ways to happiness. He was born in 1956 in Tokushima, Japan and graduated from the University of Tokyo. In March 1981, he received his higher calling and awakened to the hidden part of his consciousness. His thinking has been influenced by many philosophies including Buddhism and the ideas of Rudolf Steiner and Emmanuel Swedenborg. He established the Institute in 1986 and for the past twenty years has been designing spiritual workshops for people from all walks of life, from teenagers to business executives. He is known for his wisdom, compassion, and commitment to educating people to think and act in spiritual and religious ways. His books have sold millions of copies worldwide and he has also produced successful feature length films (including animations) based on his works.

The members of the Institute follow the path he teaches, ministering to people who need help by sharing his teachings.

In many of his books, Ryuho Okawa presents practical and immediate solutions to problems that affect all of us in one way or another throughout our lives: How can we be happy? How do we help our intimate relationships to grow and thrive rather than stagnate and die? How should we judge success materially or spiritually? What is the true meaning of life? How can we make ourselves mentally and spiritually stronger so that when adversity strikes we do not suffer so much? How can we be generous and compassionate without being taken advantage of or not achieving our goals? These questions are dealt with in the following books, which can be read as a series or as stand-alone titles. All offer bracing, thoughtful, gentle and honest guidance on living a good life and being thoughtful, kind, loving and generous.



**The Laws of the Universe**

In the foundational trilogy of his work—*The Laws of the Sun*, *The Laws of Eternity*, and *The Golden Laws*—Ryuhō Okawa presents a bold, authoritative, and encompassing vision of the history, present and future of the universe as drawn from his readings of the Akashic record—the storehouse of the history of the cosmos—and the wisdom offered to him by the higher spiritual forces. He reveals the nine dimensions of cosmic energies that have shaped human destiny over many millennia and shows how they will influence the direction of the nations of the world.

**The Laws of the Sun**  
*The Spiritual Laws and History Governing Past, Present and Future*  
 160 pp, 5.5 x 8.5, \$12.00 pbk

**The Laws of Eternity**  
*Unfolding the Secrets of the Multi-Dimensional Universe*  
 128 pp, 5.5 x 8.5, \$12.00 pbk

**The Golden Laws**  
*The Buddhist Path to a Spiritual Dawn*  
 256 pp, 5.5 x 8.5, \$16.00 pbk



**Ten Principles of Universal Wisdom**  
*The Truth of Happiness, Enlightenment, and the Creation of an Ideal World*  
 304 pp, 5.5 x 8.5, \$18.00 pbk

**The Philosophy of Progress**  
*Higher Thinking for Developing Infinite Prosperity*  
 144 pp, 5.5 x 8.5, \$14.00 pbk

**Tips to Find Happiness**  
*Creating a Harmonious Home for You, Your Spouse, and Your Children*  
 144 pp, 5.5 x 8.5, \$12.00 pbk

**Guideposts to Happiness**  
*Prescriptions for a Wonderful Life*  
 144, 5.5 x 8.5, \$12.00 pbk

**The Laws of Happiness**  
*Four Principles for a Successful Life*  
 208 pp, 5.5 x 8.5, \$15.00 pbk

**An Unshakable Mind**  
*How to Cope with Life's Difficulties and Turn Them into Food for Your Soul*  
 128 pp, 5.5 x 8.5, \$15.00 pbk

**The Origin of Love**  
*On the Beauty of Compassion*  
 144 pp, 5.5 x 8.5, \$12.00 pbk

**Love, Nurture, and Forgive**  
*A Handbook on Adding New Richness to Your Life*  
 108 pp, 5.5 x 8.5, \$12.00 pbk

**The Starting Point of Happiness**  
*A Practical and Intuitive Guide to Discovering Love, Wisdom, and Faith*  
 144 pp, 5.5 x 8.5, \$10.00 pbk

**Invincible Thinking**  
*There Is No Such Thing As Defeat*  
 144 pp, 5.5 x 8.5, \$12.00 pbk

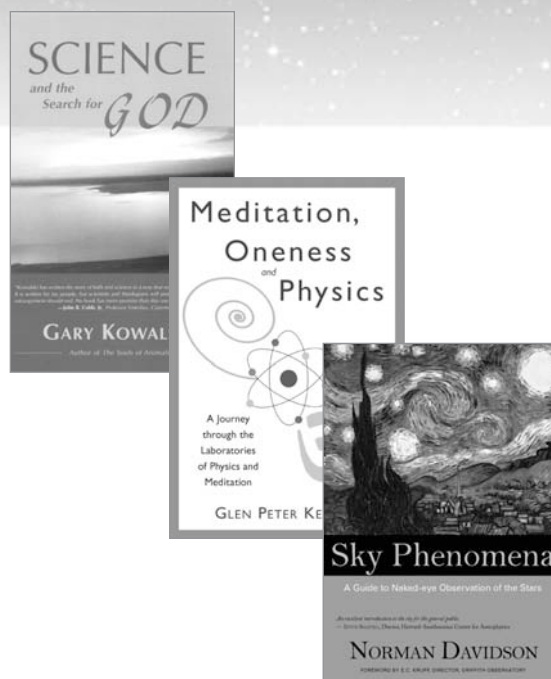
# COSMOS

**F**or too long, science and religion have seen themselves in opposition. Yet, as Harvard-educated theologian Gary Kowalski argues in **Science and the Search for God**, many of the ills of the modern world—from the rise of fundamentalist intolerance to secular society’s spiritual emptiness—stem from the mistaken view that science and faith are antagonists rather than natural allies. Both science and faith, the author suggests, now compel us to move beyond materialism toward an understanding of the world that includes the realities of consciousness and spirit.

Someone who understands deeply the consonance of science and religious practice is Glen Peter Kezwer, who is not only an accomplished physicist but an intensive meditator. Using modern scientific analysis, he shows in **Meditation, Oneness and Physics** that the descriptions of reality as put forth by quantum physics correlate with those altered states of consciousness achieved in meditation. He further describes how meditation can be incorporated into your own life to bring the benefits of good health, happiness, clear thinking, peace of mind, self-sufficiency and fearlessness.

That sense of oneness with the universe is brilliantly conveyed in **Sky Phenomena**, which guides the earth-bound space explorer from the stars as seen from Earth, through the Sun, Moon and various planets to the Copernican revolution, comets and meteors, and the sky of the Southern Hemisphere. It includes mythological and historical aspects of astronomy as well as appendices on future astronomical events and a glossary.

Check out [www.lanternbooks.com](http://www.lanternbooks.com)  
for discounts on all titles.



Gary Kowalski  
**Science and the Search for God**  
176 pp, 5.5 x 8.5, \$15.00 pbk

Glen Peter Kezwer  
**Meditation, Oneness and Physics**  
*A Journey through the Laboratories of Physics and Meditation*  
240 pp, 5.5 x 8.5, \$15.00 pbk

Norman Davidson  
**Sky Phenomena**  
*A Guide to Naked-Eye Observation of the Stars*  
208 pp, 5.5 x 8.5, illustrated, \$25.00 pbk, Lindisfarne

### The Yoga of Life

Excerpted from *Yoga of Heart*  
by Mark Whitwell

Good yoga teachers teach with care, giving practical help for the sheer love of helping. We can teach in a way that immediately empowers people in their own aliveness rather than promote unnecessary goals that create doubt. However, even the search for information that yoga can provide endlessly creates the mind of "I'll never know enough." Spiritual philosophy still proliferates. Teachers and teachings are often linked to the traditions of seeking, or teachers are speaking the language of no seeking, but maintain their social definition as teacher. This very role creates the dichotomy of the one who knows and the one who does not know. It creates doubt, the dynamic of seeking, and is not required. Unsuspectingly, teachers are passing on this cultural imposition. . . .

So, if anyone or anything is suggesting to your mind that there is some necessary attainment, whether cultural, spiritual or religious, it will prevent you from seeing clearly that you are alive as Life, which is already absolutely and perfectly given. In understanding this, you will relax into the natural state and begin to enjoy the yogas of body, breath and relationship, including and especially emotional sexual intimacy. When the mind folds up from these deep cultural imprints, you will stand in your own ground as life uniquely expressed. Then authentic yoga begins.



## YOGA OF HEART

**T**ruth is not something that is absent and far away, requiring great effort to find. Truth is present within you as the Life that is you. In *Yoga of Heart*, Mark Whitwell explores the tantric dimension of hatha yoga and how we can forge a union of polarities within our body: above and below, front and back, left and right, male and female. *Yoga of Heart* focuses especially on clearing the energy centers and meridians allowing practitioners to create a deeper intimacy with their partners and the vitalizing life forces in the universe.



**Mark Whitwell** is a disciple of T.K.V. Desikachar and the yoga teachings of T. Krishnamacharya. Whitwell was editor of Desikachar's classic book, *The Heart of Yoga: Developing a Personal Practice*. This tradition teaches that yoga must be adapted to the

individual to be successful. The goal of yoga is not to achieve gymnastic extremes. Yoga postures, or asanas, exist to support the breath and thereby enhance the human being's direct absorption of the nurturing essence of Life. Whitwell is based in Los Angeles and teaches worldwide.



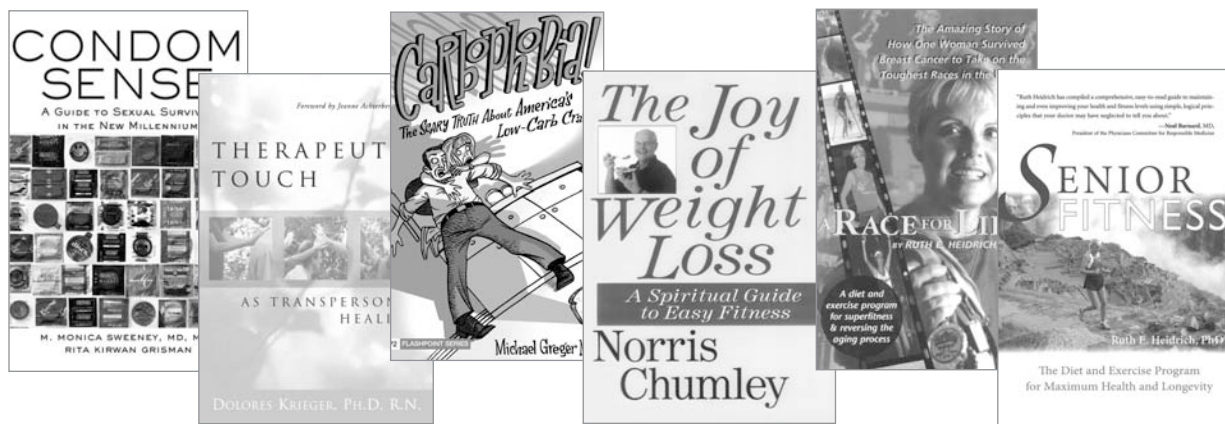
### **Yoga of Heart**

*The Healing Power of Intimate Connection*

192 pp, 7 x 10, b&w and color illustrations, \$19.95 pbk

See also *The Bhagavad Gita as a Living Experience* by Wilfried Huchzermeyer and Jutta Zimmermann on page 13.

## THE HEALTHY BODY



Too often we celebrate the mind and the spirit and forget that we are incarnate beings, merely but magnificently mortal. While it is true that our flesh will ultimately fail and die, our passage on this earth is nevertheless contained within what the Anglo-Saxons accurately and evocatively called the “bone house,” which in spite of how much we ignore it, abuse it, or forget we have it, remains incredibly resilient and resourceful for much of our lives. That’s why we need to protect and cherish it, and that’s why Lantern Books publishes titles that can help you do just that.

In **Condom Sense**, Dr. Monica Sweeney, Assistant Clinical Professor of Preventive Medicine SUNY Health Science Center of Brooklyn and a member of the President’s Advisory Council on HIV/AIDS, makes it clear that the AIDS epidemic is not over—not only in Africa and Asia, but in North America and Europe, where a new generation of young men and women are returning to sex without condoms, resulting in a dramatic increase in HIV cases after years of decline. Her message is clear and strong: The best protection is prevention—with latex condoms. **Condom Sense** uncompromisingly focuses on the reality of human lives and tells you how to stay safe.

Therapeutic Touch (TT) is a non-invasive therapy that use the hands to clear, energize and balance the human energy field. **Therapeutic Touch for Transpersonal Healing** is designed for advanced healing practitioners who have discovered that serving others has become a gateway to deeper levels of consciousness.

Even though the Atkins fad is fading, people still believe they can starve their bodies into submission. In **Carbophobia**, Michael Greger, MD, presents decades of research to decisively debunk the purported “science” behind low-carb fad diets and documents just how ineffective these plans have been in producing sustainable weight loss. Much of what makes weight loss work is having the right attitude—a feeling of joy in one’s life and not the dread of deprivation. A case in point is Norris Chumley, author of **The Joy of Weight Loss**. He had been on virtually every diet, and they’d all failed. He tipped the scales at the 400 pounds time and time again.

*continued on next page*

M. Monica Sweeney, MD, MPH, Rita Kirwan Grisman  
**Condom Sense**

*A Guide to Sexual Survival in the New Millennium*  
96 pp, 4 x 7, \$10.00 pbk

Dolores Krieger, PhD, RN  
**Therapeutic Touch as Transpersonal Healing**  
256 pp, 6 x 9, photos, \$20.00 pbk

Michael Greger, MD  
**Carbophobia!**  
*The Scary Truth About America's Low-Carb Craze*  
176 pp, 5 x 8, \$12.00 pbk

Ruth E. Heidrich, PhD  
**Senior Fitness**  
*The Diet and Exercise Program for Maximum Health and Longevity*  
240 pp, 6 x 9, \$17.00 pbk

Ruth E. Heidrich, PhD  
**A Race for Life**  
*A Diet and Exercise Program for Superfitness and Reversing the Aging Process*  
192 pp, 6 x 9, \$16.00 pbk

Norris Chumley  
**The Joy of Weight Loss**  
*A Spiritual Guide to Easy Fitness*  
208 pp, 7 x 9, \$15.00 pbk

## AN INTERVIEW WITH RUTH HEIDRICH

Listen to the editors' response to the books at [www.lanternbooks.com](http://www.lanternbooks.com).

*continued from page 19*

He felt hopeless, and, in rare glimpses of honesty, secretly admitted that he was slowly committing suicide. His book tells the dramatic story of how he turned his life around, discovered joy, happiness, and permanent freedom from obesity and offers a straightforward way for you to manage your weight.

Ruth Heidrich faced a different challenge. Diagnosed with breast cancer in her mid-forties, she underwent a double mastectomy. In the process of recovery, she realized that what she had taken for fitness and a good diet was in fact killing her. She decided that her recuperation would be to set herself the goal of completing the punishing Ironman Triathlon, a test of endurance involving a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile marathon run. As she describes in **A Race for Life**, the Ironman led her on an odyssey for health and wellness that will inspire you.

Now aged seventy, Ruth Heidrich is still running, cancer-free, and positive about life. In **Senior Fitness**, Ruth shows how you can maintain and even increase physical and sexual fitness at any age—and dramatically reduce the risk of diseases associated with aging.



### What do you mean by “senior fitness”?

“Senior fitness” means being all that you can be by maximizing your potential. It starts with physical health, because without your health, you have nothing. Physical health is dependent primarily on the *right diet* and the *right exercise*. Why the “senior” in fitness? Most of us can get away with a lot when we’re young, but from the age of fifty on, all those transgressions

tend to catch up with you. *Senior Fitness* covers the top ten diseases that kill our seniors and how these diseases can be prevented and/or reversed. It also shows people how they can get off the top ten drugs that so many people take to try to control the symptoms caused by an unhealthy lifestyle.

### How would you describe the relationship between the health industry and senior citizens?

The health industry understandably has survival as its first goal, and in order to survive, it has to make money. Because businesses are so competitive, advertising has to go to extremes just to get people’s attention. They have to make unrealistic promises to get people to buy their products. Unfortunately, our society has nurtured the idea of the quick fix in a pill. This sets the stage for a very lucrative market; when pills are used to treat a symptom caused by eating the wrong foods, for example, the health industry usually gains a customer for life—a shortened, lower-quality life, sadly.

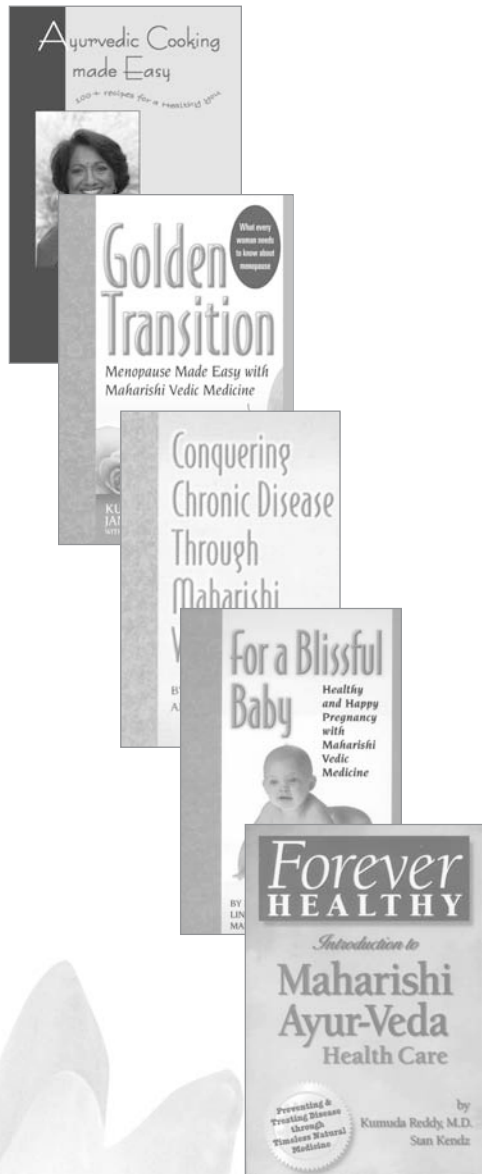
### Did you face any challenges when making the change toward a healthier lifestyle? How did you overcome them?

The major challenge I faced was the lack of support. At the time I changed to a vegan diet (1982), most people, including medical professionals, thought that one needed animal products in one’s diet to be healthy. It is only since so much research has been done to prove otherwise that the world has changed, albeit too slowly for me. That’s the main reason for writing this book—to bring together the research that proves that eating animal products is hazardous to one’s health and that to be really fit one needs more exercise than is generally advised by so-called “health experts.” My challenge now is to get people to see for themselves that senior fitness is attainable for all.

### Who or what inspires you to stay fit?

My major inspiration to stay fit is knowing the difference in how it feels to be fit versus feeling not-fit. Having a seventy-year-old really fit body, taking no prescription drugs, and being able to avoid all the ills that plague most North American seniors is an incredible experience that must be shared with others. I truly enjoy running; I love lifting weights; I still get excited at crossing finish lines at triathlons and other races; I relish fresh, colorful fruits and vegetables, and that’s what inspires me to share this message of glorious vitality and glowing good health!

# A YURVEDA, THE ANCIENT PATH TO HEALTH



The ancient Indian system of healing and medicine known as Ayurveda has proven effective in disease prevention and health creation for thousands of years and is becoming increasingly popular as a holistic alternative to conventional allopathic medicine. Ayurvedic medicine works by enhancing the immunity of the individual through an analysis of the three body types—vata, pitta or kapha.

Maharishi Vedic Medicine is a revival of the most ancient Vedic wisdom of natural health care from India, the “Land of the Veda.” The forty different treatment modalities of Maharishi Vedic Medicine are a comprehensive and holistic alternative medicinal approach to the prevention and treatment of all diseases and enliven and enhance all aspects of life.

The books on this page were written by Kumuda Reddy, MD, with writers such as Linda Egenes and Stan Kendz. Dr. Reddy has been practicing medicine for nearly thirty years. She completed her residency and fellowship at Mt. Sinai Hospital, New York and was the Medical Director of Maharishi Vedic Center in Bethesda, Maryland and a former faculty member of Albany Medical College. Dr. Reddy has been practicing Ayurveda full time for the last twelve years and currently practices in Bethesda and in Falls Church, Virginia.

Through her practice, books and lectures, Dr. Reddy conveys this simple message, that “we are one with nature.” Because of our intimate connection to nature and the entire cosmos, we need natural and holistic medicine. It is her belief that no other medicine has proven to be as natural, comprehensive, time-tested and holistic as Ayurveda.

#### **Ayurvedic Cooking Made Easy**

*100+ Recipes for a Healthy You*  
192 pp, 5 x 8, illustrated, \$15.00 pbk

#### **Golden Transition**

*Menopause Made Easy with Maharishi Vedic Medicine*  
350 pp, 6 x 9, \$20.00 pbk

#### **Conquering Chronic Disease Through Maharishi Vedic Medicine**

350 pp, 6 x 9, \$20.00 pbk

#### **For a Blissful Baby**

*Healthy and Happy Pregnancy with Maharishi Vedic Medicine*  
256 pp, 6 x 9, \$16.95 pbk

#### **Forever Healthy**

*Introduction to Maharishi Ayurveda Health Care*  
196 pp, 6 x 9, \$14.95 pbk

# JACK DREYFUS AND A REMARKABLE MEDICINE

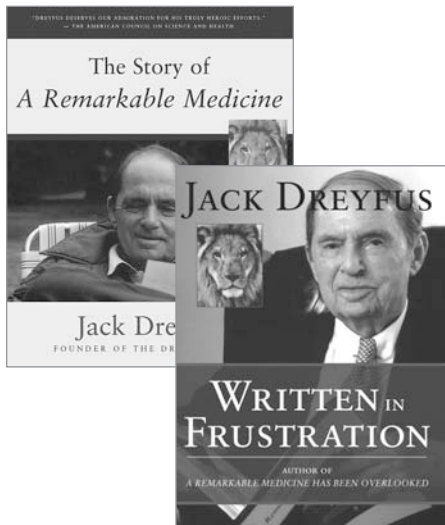


By the time he reached his mid-forties, Jack Dreyfus was one of America's most successful businessmen. He was the founder of the flourishing Dreyfus & Co. and the Dreyfus Fund and winner of numerous awards in advertising, horseracing, gin rummy playing, golf and tennis. He was literally at the top of his game.

All was not well, however. At the height of his fortune, he came down with crippling depression that left him sleepless, anxious and distracted. He went to his doctor and asked him if he might try a drug called Dilantin, previously known only as an anti-epileptic. Dreyfus had a hunch that his depression was caused by his body not regulating its electricity properly and he knew that Dilantin helped deal with this problem in epileptics. Within a few hours of taking the drug, Dreyfus felt better, and began to investigate the other properties of the drug. He was astounded to find out that thousands of other medical studies had shown Dilantin to be useful for more than fifty other symptoms and disorders. However, because the drug was out of patent, there was no incentive for drug companies to petition the Federal Drug Administration (FDA) to make it available for these other disorders. Thus, as far as doctors knew, Dilantin was only suitable for epilepsy.

For the last forty years of his life, Dreyfus has been working through his charitable and health foundations to make politicians, physicians and the general public aware of the extraordinary healing properties of Dilantin. Because of his work, the drug is now used more widely in America, and especially overseas, where its affordability and lack of negative side-effects have made it valuable in the treatment of cancer, AIDS, skin diseases, nausea, heart problems, attention deficit disorder, and many other illnesses. In spite of the documented evidence, however, the government and the pharmaceutical industry have resisted making the drug more widely available.

**The Story of a Remarkable Medicine** relates the extraordinary details of how this unlikely genius of finance and humanitarianism became the man he is. Told with Jack's inimitable humor and charm, the book also contains full details of the story of Dilantin and basic outlines of where and how it has proven useful. **Written in Frustration** is a short, pungent and very funny take on Jack's attempts as a private citizen with no financial interest in a drug trying to get the government and pharmaceutical industry to work for the public interest rather than personal or private gain. Composed in the spirit of Jack's favorite American, Mark Twain, both books reflect the great humorist's scathing wit, passionate belief in the rights of individuals, and distrust of the inertia of government and unchecked corporate power.



**The Story of a Remarkable Medicine**  
508 pp, 7 x 9, b&w and color photos,  
\$12.95 pbk

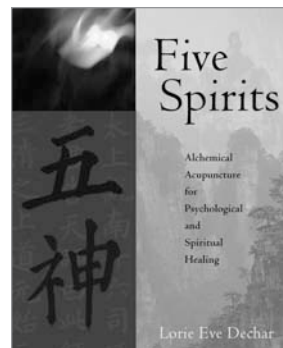
**Written in Frustration**  
112 pp, 5 x 7, color photos, \$15.00 hbd



## AN INTERVIEW WITH LORIE EVE DECHAR, AUTHOR OF *FIVE SPIRITS*

“Every healer creates a new medicine—a new form of service for each individual who comes to her. Readers of *Five Spirits* are privileged to catch a glimpse of the vast array of possibilities from ancient wisdom that have arisen in this wonderful practitioner, who creates a unique world of transformational healing through her hands, her needle, her touch and her word.”

—Robert M. Duggan, president, Tai Sophia Institute; author, *Common Sense for the Healing Arts*



Lorie Eve Dechar  
**Five Spirits**  
*Alchemical Acupuncture for Psychological and Spiritual Healing*  
448 pp, 7 x 9, \$40.00 pbk



### What do you hope to bring to the public’s understanding of acupuncture with this book?

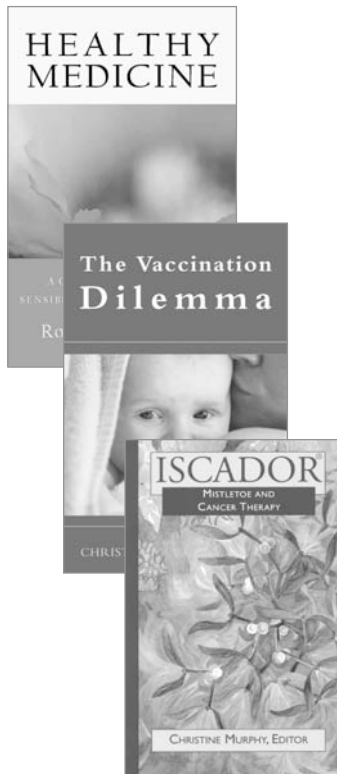
Although *Five Spirits* is ostensibly a book about acupuncture and traditional Chinese medicine, it is at its heart a book about human consciousness.

The book explores the question of how human beings create reality and how our creation of reality affects not only our health but also the way we feel, live and interact with our environment. By melding the wisdom of the ancient Chinese with the insights of modern Western depth psychology and the understanding of Taoist and European alchemy, I hope to help readers discover a new, more efficient and integrated consciousness. Through this discovery, we will find not only new ways to heal psychosomatic, psychological and spiritual distress but also new possibilities for living, new ways to relate to our bodies, our families and communities, as well as to our planet. One important key to this new consciousness is a revised relationship to the yin—or what the ancient Taoists referred to as the Mysterious Feminine. This attitude views the divine not only as an invisible, unknowable mystery “up there and far away in heaven” but also as a knowable, embodied experience, a sacred illumination that exists here and now, as the life force that flows through our bodies, through nature and all of creation.

### What is alchemical acupuncture?

I have chosen to call the work I do “Alchemical Acupuncture” in order to distinguish it from TCM or Traditional Chinese Medicine, the more medical symptom-focused acupuncture that it is currently being practiced in Mainland China and most parts of the Western world. Alchemy is the ancient art of transformation, not only the transformation of lead into gold as is most commonly understood, but the transformation of the lead of human suffering into the gold of wisdom, the transformation of an ordinary human being into a sage. The focus of “Alchemical Acupuncture” is not the curing of superficial symptoms and the restoration of old, outmoded ways of living but rather on transformation, on the discovery of new, more exciting and potent ways of living and being on the planet. Alchemical Acupuncture seeks to find the treasure in the trash, the meaning and the possibilities for spiritual transformation hidden in our painful physical symptoms and psychological distress. This spiritual attitude is found in the earliest Chinese medical texts, written over two thousand years ago.

These texts were strongly influenced by Taoist alchemy, but this attitude has gradually been buried as acupuncture has been taken up by the more materialistic, modern world. It is the premise of this book that in order to tap the deepest potential of Chinese medicine, we must understand the alchemical principles at its core. But an understanding of these principles can also help us to solve problems and resolve insoluble dilemmas that go beyond the scope of acupuncture.



## HOLISTIC MEDICINE

**H**olistic medicine offers a paradigm of wellness that differs from the trauma and severe deficiencies of our current sickness care system. In **Healthy Medicine**, Robert Zieve, MD, presents a new paradigm for health care that embraces and synthesizes the emerging models of integrative medicine, energy medicine and psychology into an effective and affordable approach to healing for everyone.

One aspect of the “sickness care” system that demands attention is the issue of vaccination. In their first five years of life, children are expected to undergo an extraordinary thirty-seven doses of eleven different vaccines, yet relatively few parents are aware of the risks involved. As the writers in **The Vaccination Dilemma** indicate, a growing body of research has linked immunization with autism, seizures, asthma, arthritis, Crohn’s disease, hyperactivity and learning disabilities. Balanced and thoughtful, this book clearly describes the immune system, its workings—and what science does and does not know about them—and helps parents make educated decisions on behalf of their children.

In **Iscador**, Christine Murphy, formerly the editor of the magazine *Lilipoh: Guide to Health, Nutrition and the Environment in the 21st Century*, has gathered together essential information on a cancer medicine derived from the mistletoe plant that has been known for its therapeutic benefits for over eighty years. In the book, doctors and clinicians share their experiences working with conventional medicine, Iscador, and other alternative therapies, and provide holistic dietary guidelines to treat cancer patients. The book includes a full list of resources so that cancer patients can fully understand the options available to them.

Robert Zieve, MD  
**Healthy Medicine**  
*A Guide to the Emergence of Sensible, Comprehensive Care*  
 400 pp, 6 x 9, \$24.95 pbk, Bell Pond

Christine Murphy, editor  
**The Vaccination Dilemma**  
 144 pp, 5.5 x 8.5, \$15.00 pbk

Christine Murphy, editor  
**Iscador**  
*Mistletoe and Cancer Therapy*  
 208 pp, 6 x 9, \$20.00 pbk

Listen to the editors’  
 response to the books at  
[www.lanternbooks.com](http://www.lanternbooks.com).

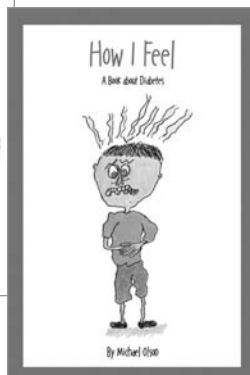
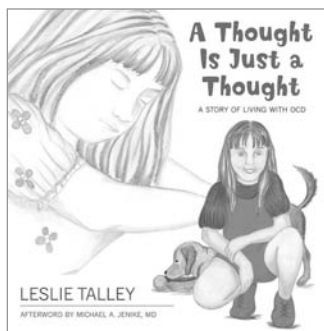


Read our blog page, at  
[www.lanternbooks.com/blog](http://www.lanternbooks.com/blog).

## THE HEALTHY CHILD

Illnesses in childhood can be particularly devastating because they are both incomprehensible to the child and seem so unfair. Yet children can also be incredibly resilient and hopeful. A particular example of this is found in the book **How I Feel**, the true story of a little boy called Steven who became ill with diabetes and how he managed to cope with it. Written and illustrated by his older brother Michael, it is filled with fun and very immediate, kid's-eye-view cartoons of Steven's adventures through his illness and healing, and provides an invaluable resource for children, parents, family members, teachers and caregivers.

Another much misunderstood and previously undiagnosed disease is childhood obsessive-compulsive disorder (OCD). **A Thought Is Just a Thought** is the first storybook of its kind—the compelling and sympathetic story of Jenny, who suffers from OCD. The kind Dr. Mike helps Jenny overcome her fears by showing her how to rethink the bad thoughts, and eventually she stops dwelling on the thought and its irrational consequences, realizing that, after all, a thought is just a thought. This unique work, with a foreword by the medical director of the OCD Institute in Belmont, MA, will enable parents and doctors to understand how best to help children deal with suffering from this debilitating psychological illness.



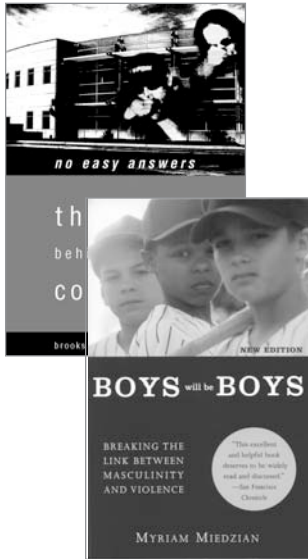
Leslie Talley, Foreword by Michael A. Jenike, MD  
**A Thought Is Just a Thought**  
*A Story of Living with OCD*  
32 pp, 6 x 6, b&w drawings, \$10.00 pbk

Michael Olson  
**How I Feel**  
*A Book About Diabetes*  
48 pp, 6 x 6, b&w illustrations, \$15.00 pbk



See also: *For a Blissful Baby* by Kumuda Reddy, MD (page 20).

## HEALING THE HEARTS OF THE YOUNG



“As a bullying prevention educator, I recommend **No Easy Answers** to anyone who wants to understand what it is like to grow up outside popularity—and to everyone who wants to understand how school shootings can happen.—**Stan Davis**, founder, [stopbullyingnow.com](http://stopbullyingnow.com)

“Brown’s story is gripping and provocative. . . . Excellent choice for outsider teens wondering if there’s a light at the end of the bullying tunnel.”—*Booklist*

“Readers interested in a close-up account of the tragedy will want to read this book.”—*Publishers Weekly*

**F**or many young people, contemporary society is alienating and full of pressures and unrealistic expectations. To be bullied, excluded or labeled as different can leave a child full of rage and fear, isolated and potentially suicidal. The results, as Brooks Brown and Rob Merritt explain in gripping and terrible detail in **No Easy Answers**, can be deadly. Brooks was friends with Dylan Klebold, one of the Columbine High School murderers, and an acquaintance of the other shooter, Eric Harris. Brown and journalist Rob Merritt describe the warning signs that were missed or ignored, what life was like at Columbine High School before the shootings, and the evidence that was kept hidden from the public after the murders. Shocking as well as inspirational, **No Easy Answers** is an authentic wake-up call for all psychologists, authorities, parents, and anyone wanting to learn the unvarnished facts about growing up as an alienated teenager in America today.

How to raise boys in a world of masculinist violence and macho posturing is the subject of **Boys Will Be Boys**. Philosopher and social theorist Miriam Miedzian argues that war toys, endless competition, tacitly approved bullying, violent films and music, brutal sports and bigotry all systematically teach boys how to be aggressive. She offers strategies to break the mystique of aggression and restore young men’s rightful inheritance to their true masculine dignity.

Brooks Brown and Rob Merritt

### **No Easy Answers**

*The Truth Behind Death at Columbine High School*

284 pp, 6 x 9, \$17.95 pbk

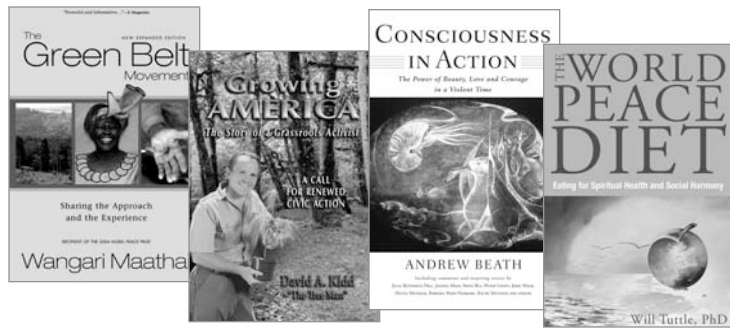
Myriam Miedzian

### **Boys Will Be Boys**

*Breaking the Link Between Masculinity and Violence*

386 pp, 5 x 8, \$22.00 pbk

Listen to the editors’  
response to the books at  
[www.lanternbooks.com](http://www.lanternbooks.com).



## THE CITIZEN ACTIVIST

All of us want to make a difference, but we're often overwhelmed by the task ahead of us, or don't know how to begin. Everyone on this page has made a difference. Wangari Maathai began planting trees thirty years ago and changed the face of Kenya, becoming, in 2004, the Nobel Peace Prize laureate. David Kidd also planted trees—twelve million of them—around America: a modern-day Johnny Appleseed seeking to do something about global warming. Singer John Denver became an ardent environmentalist, while Robert J. Schwartz dedicated himself to working as an economist against the proliferation of nuclear weapons. He established the American Veterans Committee, Peace Action and Socially Responsible Investments and his book is a wonderful example of dedication to a cause over a lifetime. Andrew Beath has gathered the wisdom of several leading spiritual activists—John Mack, Julia Butterfly Hill, and others—to show how right mind and right livelihood can bring about enormous change.

This planet is the only home we've got, and we need to protect it. We can't live without it and we're destroying it thoughtlessly. That's the message Will Tuttle offers in his powerful call for recognizing that our choices not only impact the lives of others but also make us healthy or sick. Working for the good of others is working for the good of ourselves.

Wangari Maathai  
**The Green Belt Movement**  
*Sharing the Approach and the Experience*  
 160 pp, 5.5 x 8.5, b&w photos,  
 \$15.00 pbk

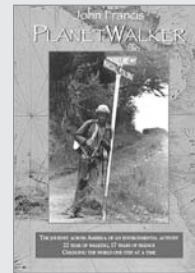
David A. Kidd  
**Growing America**  
*The Story of a Grassroots Activist, A Call for Renewed Civic Action*  
 312 pp, 6 x 9, b&w photos,  
 \$17.00 pbk

Christine L. Smith  
**A Mountain in the Wind**  
*An Exploration of the Spirituality of John Denver*  
 144 pp, 6 x 9, b&w photos,  
 \$14.95 pbk

Robert J. Schwartz, PhD  
**Can You Make A Difference?**  
*A Memoir of a Life for Change*  
 224 pp, 6 x 9, b&w photos,  
 \$20.00 hbd

Andrew Beath  
**Consciousness in Action**  
*The Power of Beauty, Love, and Courage in a Violent Time*  
 304 pp, 6 x 9, \$17.95 pbk

Will Tuttle  
**The World Peace Diet**  
*Eating for Spiritual Health and Social Harmony*  
 352 pp, 6 x 9, \$20.00 pbk



As a young man, John Francis witnessed the devastating effects of a 1971 oil spill in San Francisco Bay. He stopped using motorized transportation and began walk-

ing everywhere. A few months later, he took a vow of silence that lasted seventeen years. Through his silence and walking, he learned to listen, and his pilgrimage on behalf of the environment and world peace began—an interior journey that was also a walk across North and South America, from youth to manhood, from wondering to deep convictions about social and environmental justice.

**Planetwalker** is the inspirational story of a young man's call to public service and his decision to make a difference. It shows how this decision affects his life and the lives of the people he meets and ripples outward around the world. We grow with John as he develops the courage to act on the deepest voice within him and allows his destiny to unfold.

**John Francis** lives in Point Reyes Station, California, with his wife and son. He is the founder and director of Planetwalk ([www.planetwalk.org](http://www.planetwalk.org)), a non-profit environmental education organization. He travels around the world speaking on pilgrimage and change, and on Planetlines, an environmental studies curriculum based on the walking pilgrimage, which he is developing for high schools and universities. This is his first book.

John Francis, PhD  
**Planetwalker**  
*How to Change Your World One Step at a Time*  
 280 pp, 6 x 9, Illustrated, \$24.95 hbd,  
 Elephant Mountain Press

### Hillary Rettig's list of ten ways activists can avoid burnout

1. Be honest about who you are and how you want to live your life. Don't be ashamed if there are limits to the amount and type of activism you want to do.
2. Acknowledge your physical, emotional, material and other non-activist needs.
3. Surround yourself with mentors and others who will encourage and inspire you.
4. Avoid people who abuse you or make you feel guilty or bad in any way. This includes, but is not limited to, other activists and family members.
5. Don't abuse yourself with constant self-criticism. Become a compassionate observer of your own flaws.
6. Celebrate every achievement, no matter how small. It's recognizing and acknowledging the positive, not harping on the negative, that creates growth.
7. If you need therapy, get it. If you suffer from ADD, ADHD, OCD, depression, addiction, codependency or another affliction, see a specialist and follow through on his or her recommendations. These conditions are fundamental barriers to success and happiness, so it is vital to deal with them.
8. Manage your time. Time management is a primary skill that separates successful from unsuccessful people.
9. Stop worrying about your problems and start solving them. Solving involves observation, analysis, consultation with experts and deliberate behavioral change.
10. Never give up. Sometimes success seems remote—particularly if you have a habit of worrying instead of solving—but it is never as remote as it seems. Start taking small positive steps as I outline here and in *The Lifelong Activist*, and you will make faster progress than you ever dreamed possible.



Many of us—without the money to contract special media consultants or public relations firms—want to create change in the world, but find communicating our vision difficult, whether our audience is one individual, small groups, large audiences or the media. In **Move the Message**, communications consultant and activist Josephine Bellacomo delivers a step-by-step process, complete with tips, tactics, strategies, examples and exercises, to ensure that your message is focused, powerful and reaches the power holders for winning results.

It's important as activists that we also take care of ourselves. **The Lifelong Activist** teaches you how to avoid burnout by integrating activism consciously and joyfully into a well-balanced life. Its four sections—"Managing Your Mission," "Managing Your Time," "Managing Your Fears," and "Managing Your Relationships"—offer easy and effective techniques to help activists both old and young, new on the scene and on the verge of burnout remain enthusiastic, passionate and joyful.

Josephine Bellacomo

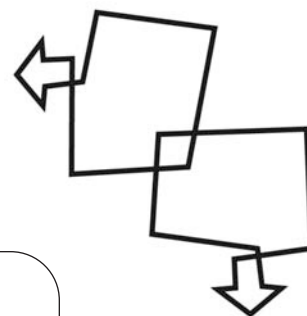
#### **Move the Message**

*Your Guide to Making a Difference and Changing the World*  
384 pp, 7 x 10, illustrated, \$20.00 pbk

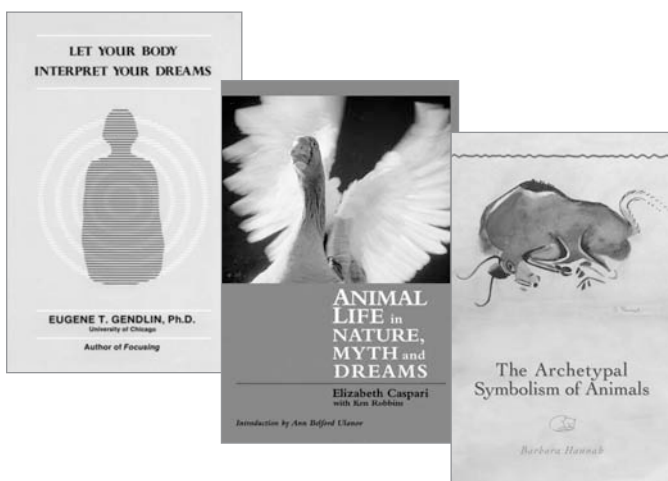
Hillary Rettig

#### **The Lifelong Activist**

*How to Change the World Without Losing Your Way*  
304 pp, 6 x 9, \$20 pbk



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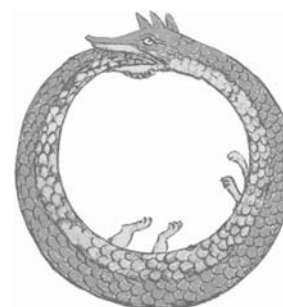
## DREAMS AND SYMBOLS

For centuries, oneirophants have sought to understand the mysteries of dreams—what they tell us about ourselves, the future, and our needs and aspirations. In this collection of books from Jungian psychologists and published by Chiron Publications, which is distributed by Lantern, various authors examine the meaning of dreams and explore the symbols that often appear in them and are reflected in the outside world.

In **Let Your Body Interpret Your Dreams**, Eugene T. Gendlin encompasses a further theory of dream interpretation, by showing how your body's reactions to dreams can teach you what the dream is speaking to you. First, you will discover what the dream is about, and secondly, you will learn something new from the dream that will aid your own development.

Animals are of great symbolic importance to us—both when we're asleep and when we're conscious. In **Animal Life in Nature, Myth and Dreams**, Elizabeth Caspari connects the world of real, living animals with the symbolic world of animal images in human thought. This book, fully illustrated with color photos, is a study of animals—their natural history, mythology, folklore and religious significance around the world as well as their role in our lives, dreams and everyday language. In **The Archetypal Symbolism of Animals**, Barbara Hannah, a student and a close friend of C.G. Jung, presents lectures on the symbolic meaning of several domestic and wild animals, and illustrates how our animal nature can become the psychic source of renewal and natural wholeness.

Two of Chiron's most popular books are, first, **The Herder Dictionary of Symbols**, now in a new edition containing more than 450 illustrations and 1,000 entries from around the world on the meaning of symbols in religion, archaeology, mythology, art, dreams, fairy tales and literature. The second is **The Chiron Dictionary of Greek and Roman Mythology**, also pocket sized, which offers concise information on the mythology of these two cultures from Abdera to Zeuxippe, including gods, goddesses, heroes, kings, queens and significant places. Genealogical diagrams are provided to help understand the intricate web of kinship relationships, while over 270 line drawings and charts enliven the margins and provide information on the cultural representations of these mythic figures throughout history.



Check out [www.lanternbooks.com](http://www.lanternbooks.com) for discounts on all titles.

Eugene T. Gendlin  
**Let Your Body Interpret Your Dreams**  
 200 pp, 5.5 x 8.5, \$22.95 pbk, Chiron

Elizabeth Caspari  
**Animal Life in Nature, Myth and Dreams**  
 350 pp, 6.5 x 9.5, full color illustrations, \$29.95 hbd, Chiron

Barbara Hannah  
**The Archetypal Symbolism of Animals**  
 Lectures given at the C.G. Jung Institute, Zurich, 1954–1958  
 416 pp, 5.5 x 8.5, \$29.95 pbk, Chiron

**The Herder Dictionary of Symbols**  
 228 pp, 4 x 7, illustrated \$19.95 pbk, Chiron

**The Chiron Dictionary of Greek and Roman Mythology**  
 320 pp, 4 x 7, illustrated, \$19.95 pbk, Chiron



### Psyche's Stories

Fairy tales can reveal a hidden side of our lives, our unconscious, and our relationships with others. From a deeper perspective fairy tales are maps of the archetypal world. Each of these volumes offer Jungian interpretations of well-known and rare tales to reveal the universal psychic dynamics that are at their core and how they affect us in our individual and collective lives.

#### Psyche's Stories, Volume 1

*Modern Jungian Interpretations of Fairy Tales*

184 pp, 6 x 9, \$24.95 pbk, Chiron includes: Beauty and the Beast, Cinderella, Cupid and Psyche and others

#### Psyche's Stories, Volume 2

*Modern Jungian Interpretations of Fairy Tales*

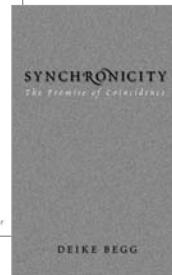
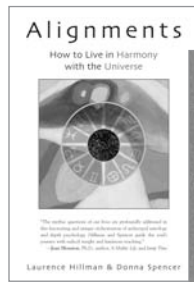
192 pp, 6 x 9, \$24.95 pbk, Chiron includes: Snow White, Rapunzel, The Old Woman in the Wood and others

#### Psyche's Stories, Volume 3

*Modern Jungian Interpretations of Fairy Tales*

136 pp, 6 x 9, \$24.95, Chiron includes: Pinocchio, The White Snake, The Tsar, His Son and the Swan Princess and others

**Murray Stein**, the editor of these volumes, is a Jungian analyst based in Switzerland. He is the author and editor of numerous books, including *Jung's Treatment of Christianity*, *In Midlife* and *Jungian Analysis*. He is the co-editor of *The Chiron Clinical Series*.



## PSYCHE

The ways of the psyche are made a little less inscrutable in the collection of books on this page. In **Alignments**, Laurence Hillman and Donna Spencer unite the disciplines of astrology and psychology to create a new, radical, readable and inspiring method for aligning one's personality with one's calling. The astrological dimension provides a focus and direction to the therapeutic process that guides a person toward his or her specific calling in life while also enabling you to reinvigorate your relationships.

**Synchronicity: The Promise of Coincidence** is a simple and profound exposition of an idea that is often presented through the complicated worlds of physics or philosophy. Through real-life experiences and use of clear language author Deike Begg explores synchronicity as the universe's call of destiny and teaches us how to recognize it.

Fairy tales can reveal a hidden side of our lives, our unconscious, and our interrelationship with others. In **the Ever After: Fairy Tales and the Second Half of Life** uses contemporary research on mid-life and aging to interpret rare fairy tales that reveal a deep folk wisdom about the psychological tasks encountered in the second half of life. Collected from around the world, these stories offer an engaging exploration into the problems of adulthood and aging.

In **And a Sword Shall Pierce Your Heart**, Charlotte Mathes describes her experience of struggling to find meaning and wholeness in one of the most shattering of experiences—the death of her child. That journey led her to Jungian archetypal psychology and to a heartfelt desire to help others deal with such grief and loss. Through personal experience, myth and stories, Mathes shows how parents can gain a renewed sense of inner and outer wholeness in life.

Laurence Hillman and Donna Spencer

#### **Alignments**

*How to Live in Harmony with the Universe*

144 pp, 5.5 x 8.5, \$15.00 pbk

Deike Begg

#### **Synchronicity**

*The Promise of Coincidence*

136 pp, 5.5 x 8.5, \$19.95 pbk, Chiron

Allan B. Chinen

#### **In the Ever After**

*Fairy Tales and the Second Half of Life*

216 pp, 6 x 9, \$23.95 pbk, Chiron

Charlotte Mathes

#### **And a Sword Shall Pierce Your Heart**

*Moving from Despair to Meaning after the Death of a Child*

312 pp, 6 x 9, \$19.95 pbk, Chiron

## SOUL

**Facing the Dragon** is a book-length essay that attacks the related problems of human evil, spiritual narcissism, secularism and ritual, and grandiosity. Author Robert L. Moore dares to insist that we stop ignoring these issues and provides clear-sighted guidance for embarking on a corrective course.

**The Jewel in the Wound: How the Body Expresses the Needs of the Psyche and Offers a Path to Transformation** tells the compelling story of how author Rose-Emily Rothenberg's disfiguring scars guided her search for a connection with her mother, who died at her birth and, ultimately, led to her own psychological development. Movingly told from a Jungian perspective and in the intimate context of analysis, it is not only the autobiography of a person with a lifelong dedication to understanding the psyche, it is a portrayal of the unconscious as it reveals itself throughout the course of that person's life.

The Heart is the meeting place of the individual and the divine—the inner ground of morality, authenticity and integrity. The process of coming to the Heart and realizing the person we were meant to be is what Carl Jung called "Individuation." This path is full of moral challenges for anyone with the courage to take it up. Using Jung's premise—that the main causes of psychological problems are conflicts of conscience—**The Heart of the Matter** takes the reader through the philosophical and spiritual aspects of the ethical dimensions of this individual journey toward wholeness.

**Thresholds of Initiation** by Joseph Henderson explores the initiatory rites that marked the lives of individuals and how we need to recapture their essence for wholeness and healthiness. **Love Is All Around in Disguise** by Irene Dugan and Avis Clendenen combines the wisdom of Ignatian spirituality with the insights of depth psychology, with specific attention to gender differences in psychospiritual development. In **Creative Envy**, Carlos Byington attempts to rescue the power of this much misunderstood driver of creativity, while in **Lectures on Jung's Aion**, Barbara Hannah and Marie-Louise von Franz examine one of Jung's major later works on the Sumerian god.

Visit the Psychology section of [www.lanternbooks.com](http://www.lanternbooks.com) for many more books on the soul, psyche and the human spirit.



Robert L. Moore  
**Facing the Dragon**  
*Confronting Personal and Spiritual Grandiosity*  
248 pp, 5.5 x 8.5, \$24.95 pbk, Chiron

Rose-Emily Rothenberg  
**The Jewel in the Wound**  
*How the Body Expresses the Needs of the Psyche and Offers a Path to Transformation*  
216 pp, 6 x 9, 20 color illustrations, \$29.95 pbk, Chiron

Christina Becker  
**The Heart of the Matter**  
*Individuation as an Ethical Process*  
164 pp, 6 x 9, \$24.95 pbk, Chiron

Joseph L. Henderson  
**Thresholds of Initiation**  
260 pp, 6 x 9, \$24.95 pbk, Chiron

Sr. Irene Dugan and Avis Clendenen  
**Love Is All Around in Disguise**  
*Meditations for Spiritual Seekers*  
224 pp, 5.5 x 8.5, \$19.95 pbk, Chiron

Carlos Amadeu Botelho Byington, M.D.  
**Creative Envy**  
*The Rescue of One of Civilization's Major Forces*  
148 pp, 5.5 x 8.5, \$21.95 pbk, Chiron

Barbara Hannah and Marie-Louise von Franz  
**Lectures on Jung's Aion**  
160 pp, 5.5 x 8.5, \$24.95 pbk, Chiron



### **The Disturbing Beyond**

Although there has been a considerable amount of research conducted in the last twenty-five years on near-death experiences, comparatively little has been written on those that did not provide moments of peace or joyful revelation, but instead were terrifying or painful. **The Uttermost Deep** is a wide-ranging survey and analysis of background material and case studies of those who have experienced painful near-death experiences. Religion scholar Gracia Fay Ellwood studies some of the constant themes that run through both good and bad near-death experiences, reveals their roots in their respective religious traditions, and attempts to shed light on their meaning through neurological, pharmacological and psychological lenses.

Gracia Fay Ellwood  
**The Uttermost Deep**  
*The Challenge of Painful  
Near-Death Experiences*  
320 pp, 6 x 9, \$25.00 pbk

## **MESSAGES FROM BEYOND**

**The Messenger** is the memoir of how an ordinary man from Brooklyn, New York, came to terms with his psychic gifts. Edward Tabbitas's ability to detect the presence of those who have died awakened after the death of his beloved grandmother when he was only seven years old. His gifts grew stronger as he matured, bringing him to accept the ever-present love that connects us all no matter which side of the great divide we are on.



**Edward Tabbitas** is a gifted psychic and grief counselor. He assists in bringing messages from loved ones who have passed over to their survivors here on earth. His mission is to dispel the fear that lies between the boundaries of life and death. Through his teachings, Tabbitas empowers people to transcend those fears, gain an understanding of the spiritual journey we all must take, and embrace the understanding that dying is simply a natural transition to another dimension of being.

### *An Interview with Edward Tabbitas*

#### **Do our loved ones watch over us from the other side?**

Our loved ones never truly leave us. Using the word dead is what makes the crossing of a loved one sound so final. The true meaning of death is a change from one state of consciousness to another.

#### **When we die, does someone come to help with the transformation?**

Yes, we are never alone when we cross over and change from one state of consciousness to another. Your parents, even grandparents, angels or deities can be at your side to help you with the transformation, even if you have never met them in this lifetime.

**I was at work, and I had not received a call that my grandfather died. I could see him standing in my office with a smile. There was a smell in the air that was the smell of his aftershave. When the phone rang it was my mother telling me that my grandfather had died. What I saw that day, could it be possible?**

Yes, there is a new and different energy when a loved one crosses over on the final breath, and has made it into the world of light. There still is a great connection of love. Your loved one is saying "I am fine, not to worry," and that they have made it to the other side.

**I can feel it when my brother, who passed over five years ago, is around me, but I become so full of fear when it happens. How can I hear any messages that he may be relating to me?**

The fear you have is closing down your communication to the spirit realm. There is nothing to fear from a person who has crossed over. You can only gain something from the experience. Would you cover your ears to the melodic sounds of music coming from the radio, or to the birds singing in the morning? Your brother can give you messages via the airwaves of your higher self, so relax and tune in!

Edward Tabbitas  
**The Messenger**  
*Awakening to the Presence of the Other Side*  
192 pp, 5 x 8, \$16.00 pbk

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