



Write of Passage

The Transitions Bookplace

a bimonthly newsletter of Transitions Bookplace & Café

May/June 2002

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First Annual Midwest

Indigo Children Conference

with Indigo Children authors
Jan Tober & Lee Carroll



and very special national guest speakers:

- Linda Kreger Silverman, PhD** (keynote speaker)
"Upside Down Brilliance: The Visual Spatial Learner"
- Jim Macartney, MA**
"The Changing Awareness of Children"
- Wayne Dosick, PhD, DD**
"Spiritually Healing Children's Emotional Wounds"
- Debra Redman**
"Investing in Adult Understanding of Special Children"

What is happening with our children these days? Why the alarming prescription of Ritalin? Why are the schools having so much trouble? Why are parents having so much trouble? Why are children killing children? Hear the answers to these questions and more at the First Annual Midwest Indigo Conference.

Saturday & Sunday, May 18 & 19, 10am–6pm

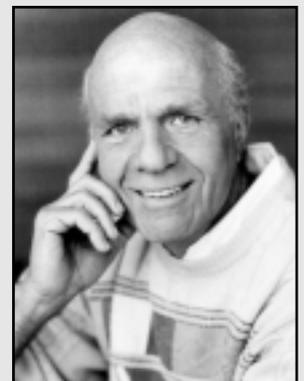
at the Donald E. Stephens Conference Center, Rosemont, IL *See page 6 for details.*

bestselling author

Dr. Wayne W. Dyer

will discuss his new book *There's A Spiritual Solution to Every Problem*. Drawing from various spiritual traditions, Dyer proposes that our ultimate purpose is to fulfill a spiritual destiny, and shows how we can solve our problems by unplugging from the material world and accessing an innate spiritual force. *See page 5 for details.*

Wednesday, May 8, 7–10pm



Bestsellers

march & april

books

1. **Sacred Contracts** Caroline Myss
2. **The Dance** Oriah Mountain Dreamer
3. **The Four Agreements**
don Miguel Ruiz
4. **Secret of the Shadow** Debbie Ford
5. **The Power of Now** Eckhart Tolle
6. **Practicing the Power of Now**
Eckhart Tolle
7. **Yoga: Poetry of the Body**
Rodney Yee
8. **The Indigo Children**
Lee Carroll & Jan Tober
9. **There's a Spiritual Solution to Every Problem** Wayne Dyer
10. **Anatomy of Hatha Yoga**
H. David Coulter

music

1. **Chakra Meditation Music**
Caroline Myss
2. **Buddha's Dream** Riley Lee
3. **Mantra Mix** Narada
4. **Chakra Chants** Jonathan Goldman
5. **Deep Blue** Keiko Matsui
6. **Breath of Heart** Krishna Das
7. **Inner Voices** Carlos Nakai
8. **Faeries** Troika
9. **Water Circles** Mia Jang
10. **Kala Rupa** Greg Ellis

audio/video

1. **Total Yoga** (video) Tracy Rich
2. **AM & PM Yoga for Beginners**
(video) Rodney Yee &
Patricia Walden
3. **Sacred Contracts** (audio)
Caroline Myss
4. **Prenatal Yoga** (video) Shiva Rea
5. **Guided Meditation** (audio)
Kelly Howell
6. **Meditation for Beginners** (audio)
Jack Kornfield
7. **Abs Yoga for Beginners** (video)
Rodney Yee
8. **Andrew Weil Audio Collection**
(audio) Andrew Weil
9. **Practicing the Power of Now**
(audio) Eckhart Tolle
10. **Meditations for Manifesting**
(audio) Wayne Dyer

Yoga Spirit

by Steve Nakon

A wise yogi once said, “Yoga Welcomes All “ and in that spirit I welcome you to this inaugural column. In each issue we will focus on a different aspect of Yoga’s vast body of knowledge. I will offer suggestions for beginning a personal practice and enhancing an existing one.

Yoga is an ancient and sacred system for Radiant Health and Well-being. Its benefits include:

- increased flexibility
- improved coordination
- stress reduction
- aid to digestion
- stronger bones
- improved circulation and respiration,
essential to cardiovascular fitness
- increased vitality
- mental focus

Beyond these benefits Yoga’s true nature is understood through relationships: the relationship between the body and the breath, between movement and structural change, our relations with others, and how we interact in our families and society as a whole.

Integrating Yoga into our lives helps us to change, to transform. Our approach in the classes at Transitions Learning Center allows each student to begin where they are, using the principals of adaptation and awareness of the breath to begin the process of self-realization. As we experience change and growth we gain confidence and clarity. Yoga not only teaches us how to move our body safely and efficiently, it supports our movement through life itself.

Personal Practice Tip: To reduce stress and promote relaxation try the following breath exercise. Sit or lie down comfortably and pay attention to the flow of inhale to exhale. After a few breaths, begin to lengthen the exhale eventually exhaling twice as long as the inhale. Continue this for about a dozen breaths then allow the breath to return to normal. Notice any sensations or feelings that arise. This exercise initiates self-reflection.

Namaste’
Steve Nakon

Steve teaches ongoing yoga classes at Transitions Learning Center on Monday and Wednesday mornings at 10AM, and Friday mornings at 8AM. For more information see page 5 of this newsletter.

Steve also teaches “Yoga in the Moment” workshops and intensives at the Learning Center. The next workshop “Yoga: Health and Healing” is on Saturday, May 4, 10AM–4PM. For more information see page 5 of this newsletter.

Steve is presenting at the Midwest Yoga and Wellness Conference, June 3–9 at the Indian Lakes Resort, Bloomington, IL.

Check out www.northwestyoga.org for Steve’s complete teaching and workshop schedule.



First Thoughts

by Gayle Seminara Mandel



Thank you so much for your dedicated journey of the spirit. I always enjoy the opportunity to chat and get to know each of you at the store or the TLC. I love hearing about latest triumphs, travels, discoveries and passages. We are so blessed to be traveling together at this time and space and I want to offer a reminder to meet your fellow travelers who are on the same spiritual quest. I invite you to enjoy each other's company and learn from each other's journeys. I have personally learned so much from all of you and know you'll enjoy each other immensely.

I want to take this time to tell you about the series of dynamic workshops scheduled this season at Transitions Learning Center.

Learning to communicate in a healing way is one of the most valuable gifts that we can give those we encounter. Join Nance Guilmartin, author of *Healing Conversations: What to Say When You Don't Know What to Say*, at the bookstore on June 7th and at the TLC June 8th presenting a mini workshop, "Courageous Conversations: The Power of Presence in Action." Nance will guide participants in an exploration of the nearly lost art of listening and offer practical, mindful ways to have courageous conversations. Christina Baldwin, bestselling author of *Life's Companion: Journal Writing as a Spiritual Quest*, will be at the bookstore June 14th presenting her new book *Seven Whispers: Listening to the Voice of Spirit*. Then join Christina again on Saturday, June 15th for a workshop at the TLC as she teaches us how to put off busyness and take time to listen to the inner voice that originates from each of our souls—the voice of spirit. Discover the power in spirit that can answer prayers and change lives as we learn how to build our daily spiritual practice, journal, and access the soul's dream of who we are.

Black Hat Feng Shui consultant and bestselling author Karen Rauch Carter

will present "Move Your Stuff, Change Your Life" on Saturday, June 22 at the TLC. (I always recommend her book.) Join Karen as she opens up her "Feng Shui toolbox" and reveals the ancient Chinese secrets that will transform your home and your life.

For those of us on the road to perimenopause or menopause we are thrilled to have the gifted Nancy K. Lonsdorf, M.D., Medical Director of The Raj Ayurveda Health Center. Dr. Lonsdorf who is both a western-trained physician and a leading voice in Ayurvedic approaches to women's health will acquaint us with her new book *A Woman's Best Medicine: Health, Happiness and Long Life through Maharishi Ayur-Veda* on Friday, June 28 in the bookstore. Then join us on Saturday, June 29 at the TLC for a workshop that will guide women in how to develop a personalized program for a healthy and comfortable menopause. Tips will include how to balance symptoms with Ayurveda, and how to increase bone density without drugs or hormones. Learn how to avoid heart disease without HRT, how to handle midlife mood swings through diet and herbs as well as tips for nourishing the skin and preventing wrinkles naturally. (This workshop is limited in size.)

A preview of July includes Sheri Rosenthal, who all of you met with don

Miguel Ruiz at his Four Agreements workshop last year when she discussed the transformative powers of the medicine bag. Join us on July 13 & 14 as Sheri presents a two-day workshop on the medicine bag and the magical power it has to transform and heal our lives. July 20th we are proud to host Dr. Connie Kaplan in a dream seminar based on her new book, *Dreams are Letters from the Soul*. Connie will teach an ancient prayer form called dream circle which helps crack the code of dream messages. We'll wrap up July with Dr. Janet Angel's workshop, "The Art of Ascension" Saturday, July 27. Dr. Angel will teach how to set in motion the unveiling necessary to awaken the soul's core passion and potential.

We'll start off the fall with Psychic U©, a first-time-ever in-depth course of study with author Sonia Choquette. This 10-week course is an immersion into spiritual law and psychic living.

I hope you're as excited as I am to be by the powerhouse of feminine wisdom and spirit that is coming to Transitions Bookplace and Transitions Learning Center. I'll look forward to seeing you.

I leave you with a quote from Christina Baldwin's book *The Seven Whispers*:

*Maintain peace of mind
Move at the pace of guidance
Practice certainty of purpose
Surrender to surprise
Ask for what you need and offer what you can
Love the folks in front of you
Return to the world*

In oneness,
Kosha Gayle Seminara Mandel

Be Here Now

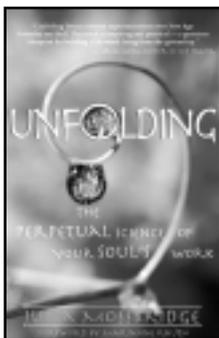
a reading group led by Gayle Seminara Mandel

"The desperate state of our world calls us to action. Each of us has a responsibility to try to help at the deeper level of our common humanity."

Discover how to make the world a more peaceful place by walking the compassionate path of Buddhism. Join us for a peaceful experiential reading/discussion group featuring His Holiness the Fourteenth Dalai Lama's book *How To Practice The Way To A Meaningful Life*. According to His Holiness, "As human beings, we possess one common desire: the need for happiness and a meaningful life." Begin to open your heart through group meditation and lively discussion with like-minded individuals.

Saturday, June 8, at 10AM

MEET THE AUTHORS



Meet Julia Mossbridge

author, award-winning neuroscientist and spiritual teacher

Mossbridge will discuss her new book, *Unfolding*, and a practical, fun, and non-dogmatic method to help you discover, master, and share your soul's work. Try just a few of her powerful experiments, and you will discover for yourself what it means to become the "scientist of your soul."

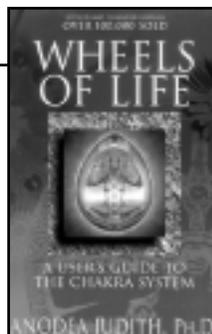
Saturday, May 11, 7 PM

Meet Anodea Judith, PhD

author and one of the country's foremost experts on chakras and therapeutic issues

Fasten your seat belt and take an exciting journey through the seven realms of your own being, exploring the meaning, function, and spiritual purpose of each of the seven energy centers known as the chakras. Anodea will discuss her classic book *Wheels of Life*.

Thursday, May 30, 7 PM



Meet Melody Beattie

#1 international bestselling author of *Codependent No More*

Melody Beattie is back with her first major book on relationships since *The Language of Letting Go*, a multi-million-copy bestseller. From the author who revolutionized how we look at relationships comes powerful wisdom about how to make empowering choices in our lives. Beattie will introduce her new book *Choices*.

Wednesday, June 12, 7 PM

Meet Christina Baldwin

author of the classic journal writing guide *Life's Companion*

Christina Baldwin excels in helping readers converse with the divine. Join us as she introduces her new book *Seven Whispers: Listening to the Voice of Spirit*. Baldwin offers Seven Whispers of spiritual commonsense.

Friday, June 14, 7 PM

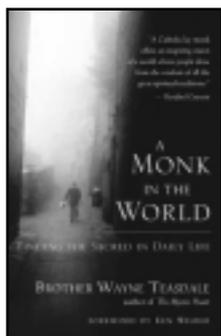


Meet Brother Wayne Teasdale

celebrated author of *The Mystic Heart*

Teasdale shares his journey of living as a monk outside the monastery, integrating teachings from the world's religions with his own Catholic training. His latest offering, *A Monk in the World*, shows readers how to find their own "internal monastery" and bring spiritual practice into their busy lives.

Thursday, June 20, 7 PM



Hannah's Gift



Discover the wisdom, grace, sorrow and joy of Hannah's Gift.

Author Maria Housden has written a joyful book about a sad subject, sharing what she learned from her daughter's fully-lived three years of life. Join us for the following events.

Candlelight Tea & Booksigning

Join us with the author for a special tea in Transitions Cafe. We'll serve light finger sandwiches and sweets. **\$9.95 serves two**

After the tea, stay for the author's lecture/booksigning.

*Tuesday, May 7
6pm (tea), 7pm (booksigning)*

Hannah's Gift Reading Group

Join us for a reading group, led by Gayle Seminara Mandel, to discuss *Hannah's Gift*. Share in the transformative lessons the author received from her daughter's joyful spirit.

Tuesday, May 14, 7:30pm

Maria Housden has been featured in "O Magazine" and "People."

Psychic U[©]

a 10-week Psychic Mystery School
with author *Sonia Choquette, PhD*

For the first time ever, Chicago's premier intuitive and spiritual teacher, Sonia Choquette will lead an in-depth course of study at Transitions Learning Center. Sonia's fluency in spiritual law and psychic living is unsurpassed and no one in her field better teaches how to expand into higher awareness in such an elegant, creative and graceful fashion.

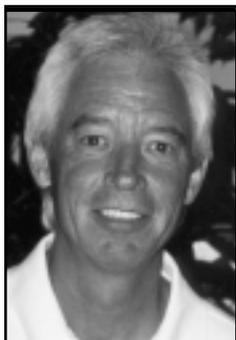
**Monday evenings
September 23–November 25**

See page 12 for details.

Yoga: Health and Healing

with Steve Nakon

Saturday, May 4, 10am–4pm



YOGA IS A POWERFUL tool for transformation. In this all-day workshop Steve Nakon will lead an exploration of yoga's potential to change your life and promote health and healing. Using a developmental approach, this workshop will help you to integrate the physical, emotional and spiritual benefits of yoga for health and healing. Join us for a day of yoga including movement,

breath work and meditation. All levels are welcome.

STEVE NAKON IS THE director of Northwest Yoga and coordinates the yoga program at the Chicago Botanical Gardens and the Museum of Contemporary Art. He is also on staff at the Himalayan Institute and is a board certified hatha yoga instructor. Steve has studied the Viniyoga lineage of T. Krishnamacharya and T.K.V. Desikachar and has studied with author Gary Kraftsow (*Yoga for Wellness*). Steve teaches yoga classes at Transitions Learning Center.

Prices

Bookclub members \$50, Non-members \$60

Yoga... in the Moment

with Steve Nakon

Mondays & Wednesdays 10–11:15am (ongoing)

Fridays 8–9:15am (ongoing)

DISCOVER HOW THE centuries old Eastern practice of yoga combines movement, breath and stillness to deeply relax the body and allow the mind to clear and the moment to unfold. Yoga is an ancient practice of gently stretching the body in various asanas or postures that help the body to increase health, vitality and self-awareness. Students learn the core movement principles that form the foundation of a yoga practice as well as breathing and relaxation exercises to develop balance and energy.

Prices

10-class pass:

Bookclub members \$100, Non-members \$120

Single classes:

Bookclub members \$12, Non-members \$14

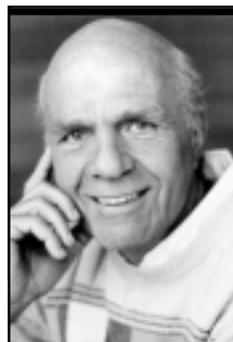
Pay for classes at the door

For more information call Steve at 773-772-2220

There's a Spiritual Solution to Every Problem

with bestselling author Wayne W. Dyer

Wednesday, May 8, 7–10pm



JOIN US WITH THE pioneer of America's self-help movement, Dr. Wayne W. Dyer, discussing his new book *There's A Spiritual Solution To Every Problem*. Most people are frustrated by their daily problems and ultimately unable to get what they want out of life. Whether it's feeling the pinch of a slow economy, coping with children who disappoint, or suffering aches and pains—our quality of life depends on our ability to meet and overcome these challenges. Drawing from various spiritual traditions, Dyer proposes that our ultimate purpose is to fulfill a spiritual destiny, and shows how we can solve our problems by unplugging from the material world and accessing an innate spiritual force.

THE BESTSELLING AUTHOR OF 20 books, Dr. Wayne W. Dyer is often credited with beginning the self-development movement. A gifted speaker, he lectures around the world to groups numbering in the thousands, appears regularly on radio and television and has been the subject of numerous magazine and newspaper articles. His last books, *Manifest Your Destiny* and *Wisdom of the Ages*, were the subjects of two specials for National Public Television. Dyer is well remembered for his first book, *Your Erroneous Zones*, published in 1976 when he was 35, and which was on *The New York Times* bestseller list for more than a year.

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Prices

Bookclub members \$80, Non-members \$90

Price includes a paperback copy of Dyer's previous book, *Wisdom of the Ages*.

Only 250 seats available. Tickets are non-refundable.

Meditation for High Performers

Achieving Balance Through Meditation

with Christina Burns

Wednesday, May 15, 7–9:30pm



WHEN OUR LIVES seem to be on a set course and our busy work-filled days run together, we seem to be at the mercy of our daily tasks at the expense of meaning and value. We become vulnerable to anger and anxiety, often self-directed.

Traditional meditation techniques provide the tools for transformation: increased focus, improved decision-making skills, clarified goals. Join us

with Christina Burns and discover how concentration and awareness can help you identify core values that will serve you in your work. Learn to use the key of interdependence to multiply effective actions. Become comfortable with long range views, increase your visionary capabilities and gain a sense of inner trust.

Christina will teach breathing techniques, posture, mindfulness, single pointed focus and guided visualizations. Learn to connect with joy and wisdom in simple, short sessions that help to restore balance to our hectic lives. We achieve more by being instead of doing, operating calmly instead of stressfully. We can engage our hearts and minds with effective practice, revealing our most precious human endowment: a heart that is devoted and a mind that understands.

CHRISTINA BURNS IS AN experienced meditation instructor and senior Vajrayana Buddhist practitioner. She has been a student of H.E. Rimpoché Gehlék and other Tibetan masters for over twelve years. As a facilitator and instructor, she defines concise ways to make ancient spiritual wisdom accessible to all.

Prices

Bookclub members \$25, Non-members \$30

First Annual Midwest Indigo Children Conference

with authors Jan Tober and Lee Carroll

and very special national guest speakers

Saturday & Sunday, May 18 & 19, 10am–6pm



WHAT IS HAPPENING with our children these days? Why the alarming prescription of Ritalin? Why are the schools having so much trouble? Why are parents having so much trouble? Why are children killing children? In the past two years the subject of “The Indigo Children” has gone worldwide. The first Indigo Children book from Jan and Lee has been reprinted 18 times and is now in ten languages. Are our kids changing? If so, are there things we should be changing about how we treat them... parent them... and school them? This promises to be an informative and fun weekend!

JAN TOBER'S SOUND/COLOR workshops are a featured part of the Kryon seminars worldwide. Lee Carroll is a world-renowned author and channel of the Kryon material. Jan and Lee were recently featured on the national PAX cable channel “Mysteries of the Unexplained” regarding Indigo Children. They are authors of *The Indigo Children* and *An Indigo Celebration*, bestselling books published by Hay House.

Location

Donald E. Stephens Conference Center
5555 North River Road, Rosemont, Illinois

Prices

Bookclub members \$175, Non-members \$190
Tickets also available through www.ticketweb.com
Tickets are non-refundable.

CEUs

In association with The Legacy Project, continuing education credits are available for teachers, social workers, professional counselors, and nurses for an additional \$10, payable directly to Legacy in advance or during the conference by check or cash. Credit cards will not be accepted. Call 773.275.0208 to register for CPDUs, CEUs, and Contact Hours. Certificates will be delivered on site at the end of the conference.

More information: www.transitionsbookplace.com

Exploring Self-Remembering and Its Deeper Recesses

with author William Patrick Patterson

Saturday, June 1, 9am–5pm



JOIN US WITH AUTHOR William Patrick Patterson for a workshop exploring the idea and experience of self-remembering—the key practice of G. I. Gurdjieff’s esoteric teaching of self-transformation—and how to access the deeper perspectives and regions that lie at its core. Through specific meditation practices, conscious work with body impressions, deep inquiry and dialogue, Mr.

Patterson will work to open participants to the recognition of a new scale of meaning and strength not ordinarily accessible.

The aim of this workshop is to lead participants to a fundamental opening in which a deeper understanding of themselves and life is experienced. Unlike the classical ways of self-transformation—that of hatha yoga, monk, and yogi—Gurdjieff’s Fourth Way uses the impressions of ordinary life to come to *real* life. The shocks, confusion, uncertainty, negativity, suffering of everyday life—that which everyone tries to avoid—are in fact that which can help us to awaken.

The seminar is open to all levels of simplicity. *No previous experience necessary.*

WILLIAM PATRICK PATTERSON, longtime student of John Pentland, whom Mr. Gurdjieff chose to lead the ancient teaching of the Fourth Way in America, regularly speaks on self-transformation, leads seminars, and works intensively with small groups. Author of five books (including *Voices in the Dark: Esoteric, Occult and Secular Voices in Nazi-Occupied Paris 1940–1944*) and two videos on the Fourth Way, he founded and edits the *Gurdjieff Journal*, the first publication devoted to the teaching.

Prices

Bookclub members \$75, Non-members \$85

Note

Please bring a yoga mat, blanket and sitting pillow.

Courageous Conversations

The Power of Presence in Action

with author Nance Guilmartin

Saturday, June 8, 10am–3pm



- When was the last time you felt heard and understood?
- When was the last time your friend, colleague, patient, child, sibling, or significant other felt heard and understood?
- Are there conversations your are avoiding or postponing that you wish you could have?

More than ever people want to be heard. Yet, how often do we listen—at home or at work—with our full attention, much less check for understanding? At what cost—to us and to them? With all that’s on our plates, what can we do differently to be there for one another in the best and worst of times?

Join us with author Nance Guilmartin for a workshop exploring the nearly lost art of listening. Learn how to go beyond the blocks to listening as well as practical, yet mindful ways to have courageous conversations. Role-plays and skits will help participants see how a conversation is like a scuba dive and yet most of us play it out like a ping-pong match! This is an opportunity to have fun, go deep, and leave the session with practical ways to apply presence in action with someone important in your life.

NANCE GUILMARTIN, AUTHOR of *Healing Conversations: What to Say When You Don’t Know What to Say*, is an Emmy award-winning broadcast journalist, business advisor, and community service advocate. As a Westinghouse Broadcasting executive, she helped launch national initiatives, including the Designated Driver Program and the For Kids’ Sake and Time to Care campaigns. She also served as press secretary to the late U.S. Senator Paul Tsongas. Her storytelling skills were honed during her first job at CBS newsradio in Boston.

Today Nance is a strategic business consultant helping organizations and executives overcome obstacles to breakthrough and unlock hidden opportunities. She is a frequent speaker, executive coach, and presents business workshops and retreats.

Prices

Bookclub members \$45, Non-members \$50

Seven Whispers

Listening to the Voice of Spirit in Turbulent Times

with author Christina Baldwin

Saturday, June 15, 10am–3pm



WE KNOW THERE IS power in Spirit that can answer our prayers and change our lives, but we may not be sure what to pray for or how ready we are to have our lives changed. We put off spiritual guidance with a busy list of things to do: and yet in quiet moments we long to hear the voice of guidance.

Based on Christina Baldwin's latest book, *The Seven Whispers: Listening to the Voice of Spirit*, this one-day workshop explores the necessity and pleasure of building a daily spiritual practice. Bring paper or journal and pen, bring questions, get ready to access the soul's dream of who you are.

Maintain peace of mind

Move at the pace of guidance

Practice certainty of purpose

Surrender to surprise

Ask for what you need and offer what you can

Love the folks in front of you

Return to the world

(from *The Seven Whispers* by Christina Baldwin, ©2002, New World Library)

CHRISTINA BALDWIN IS AN eloquent, provocative educator with a seeking spirit and sense of sacred play. She is well known to Chicagoans for her earlier books, including the classic journal writing guide, *Life's Companion: Journal Writing as a Spiritual Quest*, and her pioneering work on council process, *Calling the Circle: the First and Future Culture*. She will be reading from her newest book, *The Seven Whispers: Listening to the Voice of Spirit*, on the preceding evening at the bookstore.

Prices

Bookclub members \$50, Non-members \$60

Move Your Stuff, Change Your Life

A "Hands-On" Feng Shui Workshop

with author Karen Rauch Carter

Saturday, June 22, 10am–3pm



DO YOU WANT to meet "the one"? How about a better, more fulfilling job? Enjoy a better sex life? Improve relations with your family, friends and yourself? Tap into your creativity?

Learn how to apply the principles of Feng Shui to your living or work space to bring your life into balance. This workshop will teach you how to rev-up areas of your life that seem to need jump-starting, and tone down

others that may be out of control. You'll learn how to overlay a "bagua" or feng shui map over your living space to understand where the major energy centers are. You'll be given specific techniques for modifying energy to get the results you want.

A LEADING CONSULTANT on the ancient Chinese art of feng shui, Karen Rauch Carter is the author of the national bestseller *Move Your Stuff, Change Your Life* and the feng shui expert for iVillage.com, one of the world's most popular internet sites for women. A compelling speaker, trainer, and talk show guest, Karen is featured regularly in popular magazines such as *Cosmopolitan*, and at prominent events that include The Los Angeles Times Festival of Books and the California Women's Conference. Her all-American approach to feng shui is praised for being easy-to-understand, practical, fun, and life-changing.

Prices

Bookclub members \$90, Non-members \$100

Note

Please bring a sketch or drawing (as close to scale as possible) of your home or office.

The Art of Ascension

with author Janet Angel, PhD

Thursday, June 27, 7–9:30pm



THERE IS AN ART and etiquette to developing the qualities needed to begin the process of what the ‘elders’ all Ascension. Join us for a workshop with author Janet Angel and learn about the information she received on the process of Ascension and how it is locked within our original cosmic blueprint. Eons ago there was a ‘veil of illusion’ placed upon us which has prevented us from reach-

ing our fullest potential and identity. We will unmask some of the myths and the truths of how to achieve the human goal of ascension. Those that are ready will want to follow through with the full-day workshop in July.

DR. JANET ANGEL, PHD IS a uniquely gifted spiritual leader, author of a new series of books entitled *All That You Are*, research scientist, sought-after speaker, teacher and guest on various radio programs. Her messages filled with unconditional love and humor reach a wide audience as she teaches how to reach one’s fullest potential on every level. She has a diverse educational background with doctorate degrees in the fields of science and psychology and has been a clinical professional for over twenty years. It has been said that her work bridges the gap between concrete science and spirituality. Janet is also an innately gifted composer, pianist and vocalist, who has been writing music since childhood. She will release two CDs later this year.

Prices

Bookclub members \$25, Non-members \$35

An Ayurvedic Approach to Navigating Menopause

with author Nancy K. Lonsdorf, M.D.

Saturday, June 29, 10am–12:30pm



JOIN US WITH author Dr. Nancy Lonsdorf who draws upon her special expertise in the world’s longest-lived system of natural medicine, Ayurveda, to provide women with the first comprehensive, individualized self-care program based on a traditional natural medical system. Participants will gain the knowledge and practical guidance necessary to achieve relief from menopausal

symptoms and reduce their risks of heart disease and osteoporosis, without the risks of Hormone Replacement Therapy (HRT) drugs and other magic bullets that all too often promise the world, but end up delivering costly and health-damaging side-effects.

Participants will also learn:

- Tips for nourishing the skin and preventing wrinkles naturally
- How to increase bone density without drugs or hormones
- How to avoid heart disease without HRT
- How to handle midlife mood swings through diet and herbs
- The imbalances certain symptoms reflect according to Ayurveda, how to correct them naturally and improve health for the long run

NANCY K. LONSDORF, M.D. IS Medical Director of The Raj Ayurveda Health Center. Prior to her current appointment, she served as the Medical Director of the Maharishi Ayurveda Medical Center in the greater Washington, D.C. area from 1987-2000. Dr. Lonsdorf trained in Maharishi Ayurveda with leading Ayurvedic scholars and physicians in India, Europe and the United States. She is co-author of *A Woman’s Best Medicine: Health, Happiness and Long Life through Maharishi Ayur-Veda*, published by Tarcher/Putnam and the upcoming companion book, *A Woman’s Best Medicine for Menopause: Your Personal Guide to Good Health using Maharishi Ayurveda*, to be published by McGraw-Hill in May 2002.

Prices

Bookclub members \$45, Non-members \$50

Medicine Bag Workshop

with Sheri Rosenthal

Saturday & Sunday, July 13 & 14, 9am–4:30pm



JOIN US WITH Sheri Rosenthal for a highly interactive and revealing workshop focusing on the belief system that forms the very foundation of the dream of our lives. Together we'll examine the "stories" of our lives, what we tell ourselves about who we are and what our world is.

These "stories" act as mirrors for our own dream so we can see with clarity, detachment and love. We see that

all our faith is in what we believe, and we have been powerless to change the patterns of our lives.

Using these new found awarenesses, Rosenthal will teach how we can connect with our emotional bodies and break the original agreements made during our domestication period. Once our faith is released from our agreements, we can cultivate our power, our free will again, to create love, joy and happiness in our lives.

We'll learn detailed instructions on how to create our own Medicine Bags to continue this transformational work in our daily lives and live what we have learned.

Come prepared to rock your world!

SHERI ROSENTHAL, DPM HAS been walking the Toltec path for five years. She was a Podiatrist for 16 years in her pre-Toltec days and has been Executive Director of Sixth Sun Foundation for the past two years. Through Sixth Sun (the Toltec Teachers non-profit corporation), Sheri has had the opportunity to create and teach at don Miguel Ruiz's workshops and power journeys. The best part of her job has been the privilege of co-lecturing with don Miguel all over the country. She delights in bringing forth his teachings and watching people transform before her eyes.

Prices

Bookclub members \$165, Non-members \$175

Dreams Are Letters From The Soul

with author Dr. Connie Kaplan

Saturday, July 20, 10am–4:30pm



AUTHOR DR. CONNIE Kaplan revolutionizes and redefines dreaming. She calls sleep a "journey into the dimension of truth," and she says that dreams are messages our soul sends us from that dimension. Connie gently shows us that dreams are the key to understanding the truth of who we are and why we are here. Dreams are letters from the soul, knocking on the door, asking to

come in.

In this one-day seminar, Connie will teach an ancient prayer form called dream circle, which will help you crack the code of dreams and decipher these messages. Connie will radically change the way you view your dreams and open your mind to dimensions you haven't even dreamed of—at least, not yet.

In addition, you will learn the thirteen types of dreaming that we experience: prophetic, telepathic, ceremonial, shamanic, psychological, healing, and spiritual, to name a few. Connie reveals how our dreams aren't just about us, but that we often dream each other's lives and help one another in the dream. We even dream possibilities for our future. We dream together.

Join us for a discovery of the levels of spiritual development we must achieve in order to dream the new dream and manifest peace on our planet. Learn how to consciously develop access to the unseen realms of creation, which will help you better understand your dreams and turn your life potential into a tangible form of positive change.

CONNIE KAPLAN HOLDS MASTER'S degrees in communication and psychology and a doctorate of ministry. Combining her impressive scholarship with her poignant spiritual practice, Dr. Kaplan is a spiritual counselor and teacher, as well as author of *Dreams are Letters from the Soul*. She is the mother of three, and lives in Santa Monica, California with her husband and children.

Prices

Bookclub members \$75, Non-members \$85

The Art of Ascension Workshop

with author Janet Angel, PhD

Saturday, July 27, 9:30am–4:30pm



EVERY HUMAN SOUL craves its truest nature which is ascension. This workshop will set to motion the unveiling necessary to awaken the soul's core passion and potential. Everyone is in the midst of the process. It matters not where you are on the stairway, each step is necessary. Students can expect to experience some divine gifts such as clairaudience, remote viewing, telekinesis, ESP, and clairvoyance with greater results. What matters most is having a pure intent in achieving your fullest potential which far exceeds all boundaries known to man. As this begins, Masters will enter your life known and unknown to help along your way. This session will include intense meditative states helping to make the resonance shift imperative to unleashing your core cellular memory and gifts. (As we begin to perfect our own human lives by reclaiming our rightful heritage, our souls will strongly connect for the ultimate goal of oneness with unconditional love, which upholds life in all places.)

DR. JANET ANGEL, PHD IS a uniquely gifted spiritual leader, author of a new series of books entitled *All That You Are*, research scientist, sought-after speaker, teacher and guest on various radio programs. Her messages filled with unconditional love and humor reach a wide audience as she teaches how to reach one's fullest potential on every level. She has a diverse educational background with doctorate degrees in the fields of science and psychology and has been a clinical professional for over twenty years. It has been said that her work bridges the gap between concrete science and spirituality. Janet is also an innately gifted composer, pianist and vocalist, who has been writing music since childhood. She will release two CDs later this year.

Prices

Bookclub members \$75, Non-members \$85

Messages from Your Angels

with author Doreen Virtue, PhD

Sunday, August 18, 7–9:30pm



JOIN DOREEN VIRTUE for a powerful, healing, and enlightening evening as she discusses the new information she has received from the Spirit world. The topics include: the changing world, Indigo Children, the causes of illness and unhappiness and how to heal them, relationships, extraterrestrials and dolphins, self-employment, and much more.

Doreen will also discuss and demonstrate the use of her new *Messages from Your Angels* oracle cards, and how the cards can help you make contact with your angels and departed loved ones. She will conduct a powerful invocation of the archangels, the healing angels, the angels of abundance, and the romance angels, to help you release, heal, and manifest your Divine Purpose. Afterwards, she'll take audience questions and sign your book and card deck. Doreen is a warm, sincere, and entertaining speaker who is dialed-in to the spirit world. This is one event you won't want to miss!

DOREEN VIRTUE, PH.D. IS A clairvoyant doctor of psychology, who helps people to connect with their guardian angels and deceased loved ones. She is the bestselling author of *Messages from Your Angels* book and oracle cards, *Angel Therapy*, *Healing with Your Angels* book and oracle cards, *The Care and Feeding of Indigo Children*, and many others. Doreen has appeared on Oprah, CNN, Good Morning America, and the View. Please visit her website at www.AngelTherapy.com.

Prices

Bookclub members \$35, Non-members \$45

Psychic U©

a 10-week Psychic Mystery School

with author Sonia Choquette, PhD

Mondays, September 23–November 25, 7:30–9:30pm



SONIA CHOQUETTE invites you to attend Psychic U©!

For the first time ever and by popular demand, Transitions Learning Center is proud to announce a 10-week in-depth course of study and training by Chicago's premier intuitive and spiritual teacher, Sonia Choquette, Ph.D. Sonia's fluency in spiritual law and psychic living is unsurpassed and no one in her field

better teaches how to expand into higher awareness in such an elegant, creative and graceful fashion.

"With the onset of the changing world we now live in following spiritual law and activating our intuition is no longer optional. It is fundamental to our ability to live with ourselves and others in peace."

Don't miss Psychic U©, if you are:

- Interested in developing your intuitive gifts
- Seeking or desiring a vocational practice in the intuitive arts
- In the healing professions
- An entrepreneur wanting to take a leap of faith in pursuing your dreams
- An artist wanting to enter a new level of creativity
- A world citizen wanting to be a bringer of peace
- Looking to enjoy life more!

EDUCATED AT THE UNIVERSITY of Denver and the Sorbonne, Paris in addition to holding a doctorate in Metaphysics, Sonia Choquette focuses on straightforward and direct techniques for resurrecting your intuitive voice and putting it to work for you now. Sonia is the author of the bestselling books *The Psychic Pathway*, *Your Heart's Desire*, *The Wise Child*, and *True Balance*.

Prices

Bookclub members \$575, Non-members \$600

The Nia Technique

with Carol Ann Montgomery, MS

Tuesdays, 6:30–7:45pm



COME OPEN YOUR heart and experience the Nia Technique. Nia is a creative, barefoot, non-impact aerobic movement. Nia blends principles and concepts from Tai-Chi, Taekwon-do, Aikido, Jazz and Duncan and Modern Dance, Yoga, Feldenkrais Technique and The Alexander Technique. It's a holistic movement nourishing body, mind and spirit. Come dance and experi-

ence a unique and creative movement to open your heart and nurture your soul.

CAROL ANN MONTGOMERY, MS is a certified White Belt Nia instructor who has been teaching in the Chicago area for over 2 years. She brings a playful, joyful and inspirational spirit to her teaching. She also is a wellness consultant and health educator who has worked in the health care field for over 8 years.

Prices

5-class pass:

Bookclub members \$50, Non-members \$60

Single classes:

Bookclub members \$12, Non-members \$14

Pay for classes at the door

Transitions Learning Center Registration Information

To register for Transitions Learning Center programs:

- 1) Fill out the registration form provided.
- 2) Attach check, money order or fill in the credit card information for the full amount of the course. Payments must be in US funds.
- 3) If registering in person, all transactions will be handled at Transitions Bookplace.
- 4) Mail or fax registration form to:

Transitions Bookplace, Inc.

Attn: Transitions Learning Center

1000 W. North Avenue, Chicago, IL 60622

Fax (312) 951-5595 Tele (312) 951-7323

- 5) You may also register through our website at:
<http://www.transitionsbookplace.com>

If you mail or fax your registration form, or if you register through our website, your receipt will be held at Transitions Learning Center and will be given to you at the time of the scheduled workshop. If you have your receipt please bring it with you to the workshop for verification purposes.

Occasionally authors have a minimum number of attendees required to conduct a workshop. When minimums are not met, authors may cancel workshops. Therefore, please register as early as possible. All seating at workshops is on a first come, first serve basis.

Refund policy

Unless indicated otherwise, full refunds will be issued, less a 15% processing fee, up to 10 days prior to the workshop. After that, refunds will be issued less a 50% processing fee. No refunds will be issued the day of the event or thereafter. Refunds will be issued by check or applied to your credit card account. Some workshops have a non-refund policy. Please ask if you are unsure about the policy for a particular workshop.

Workshop Cancellation Policy

Neither Transitions Learning Center nor Transitions Bookplace, Inc. can be held responsible for last minute author cancellations or acts of God, and a full refund will be issued.

Location

All workshops take place at Transitions Learning Center, 1750 N. Kingsbury, Chicago. TLC is located one block north of North Avenue on Kingsbury, which is one block west of Sheffield in Lincoln Park. We are 2 miles west of Lake Shore Drive and 1 mile east of I-90.

Our programs are educational and experiential and not intended as physical or psychological therapy. Please be sure that your voluntary participation is within your physical capabilities. Transitions Learning Center does not want you to hurt yourself. Please only do what you are comfortable doing.

Programs presented at Transitions Learning Center are produced by persons who have no affiliation with Transitions Learning Center or Transitions Bookplace, Inc. Methods and ideas espoused therein are not necessarily endorsed by Transitions Learning Center. Neither Transitions Learning Center nor Transitions Bookplace may be held liable for any injuries or damages that might arise.

Cameras and audio/video recording of any variety are prohibited without the explicit written permission of Transitions Learning Center.

Registration Form

Transitions Learning Center Summer 2002

Please complete all information so your registration is not delayed. Use a separate registration form for each workshop.

Name _____

Address _____

City _____

State, Zip _____

Home phone _____

Work phone _____

Workshop title _____

Date of workshop _____

Cost of workshop _____

Method of payment

Cash Check Money Order

driver's license # if paying by check _____

Visa/MC American Express

Discover Diner's

Credit card number _____

Expiration date _____

Signature _____

Would you like to join the Transitions Bookclub? (add \$25)

Yes No

Birth month and day _____

Please be sure that your voluntary participation in programs is within your physical capabilities. Transitions Learning Center does not want you to hurt yourself. Please only do what you are comfortable in doing!

New Titles

Ancient Roots, Many Branches

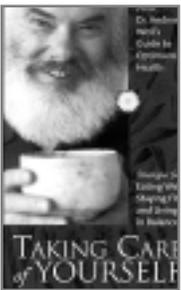
Energetics of Healing Across
Cultures and Through Time
Darlena L'Orange, LAc with Gary
Dolowich, MD, BA, DiplAc
\$24.95



Participate in a journey across cultures and through time; from Mesopotamia to India, from China to Egypt to Greece and on to the Americas to discover the ancient roots of human thought concerning health and healing. Over the ages, dealing with illness has been an essential aspect of culture, and people everywhere have come up with unique solutions to this fundamental problem. In this book, readers will explore models of healing that allow the whole person to be treated while addressing the underlying pattern of disease. These energetic systems of medicine are especially appropriate in treating chronic illness, where focusing on the symptoms fails to address the deeper cause. The authors bring much needed traditional wisdom to the modern world—wisdom that is as relevant today as it was thousands of years ago. Look for this title in our Reiki/ Energy Work section. Currently available.

Taking Care of Yourself

Andrew Weil, MD 4 CDs \$34.95

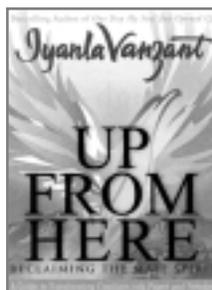


Since the origins of the natural health revolution decades ago, Dr. Andrew Weil has been at the vanguard, offering cutting-edge information on healing and nutrition that, over the years, has become medical common sense. His groundbreaking books have helped millions to feel better, live longer, and avoid illness by integrating the best of modern medicine and natural healing practices. Now, with *Taking Care of Yourself*, this personal, one-on-one

audio course with Dr. Weil at their side, listeners learn his most current and proven cornerstones for creating optimum health—naturally. Look for this title in our Andrew Weil section. Currently available.

Up From Here

Reclaiming the Male Spirit
Iyanla Vanzant \$16.95



This guide will provide men with the insight and life skills they need to identify, name, and understand their feelings, as well as to overcome the outmoded patterns of behavior that result from misusing or not tapping into their emotional strength. In clear, essential terms, Iyanla Vanzant shows men alternatives to dated, negative feelings such as shame and anger. By following Vanzant's new approaches to old feelings, men can express freer, more authentic, and ultimately more joyous behavior, enabling them to reconnect with their true emotional and spiritual power. Look for this title in our Men's Issues section. Available in May.

Choices

Taking Control of Your Life and
Making It Matter
Melody Beattie \$22.95

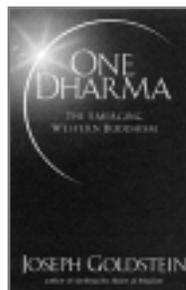


Melody Beattie is back with her first major book on relationships since the million-copy best-selling *The Language of Letting Go*. *Choices* shows the reader the path to true personal power and independence when making the tough decisions we all have to make in our lives. Beattie lays out situations where we tend to give away either our power or make decisions that can compromise or diminish us and shows us the true range of

choices we actually have. Look for this title in our Growth and Transformation section. Available in May.

One Dharma

The Emerging Western
Buddhism
Joseph Goldstein \$24.95



Joseph Goldstein, one of America's most well-known and respected Buddhist teachers, distills a lifetime of practice and teaching into "One Dharma," a vision of the new Buddhist tradition taking root on American soil. While some Buddhists express concern about losing traditional dharma teachings to the melting pot of American practice, Goldstein sees great potential for combining the best of all the traditions that have converged here in the west. Goldstein believes that by drawing upon the best of Theravadan, Tibetan, and Zen teachings (among others), we create a new tradition that is eminently responsive and pragmatic. Free from the concerns of upholding a particular dogma, we can employ the most skillful means appropriate to our life at any time. Look for this title in our Buddhism section. Available in June.

Not Always So

Practicing the True Spirit of Zen
Shunryu Suzuki
edited by Edward Espe Brown
\$22.95

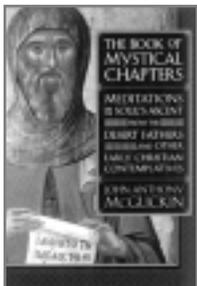


Thirty years after his death, Suzuki's first book, *Zen Mind, Beginner's Mind* continues to be one of the world's bestselling books on Buddhism. Now, this second volume contains his final lectures, given when he knew he was dying. Rich with Suzuki's simple, powerful words, the

topics include living in each moment, expressing yourself fully, and “wherever you are, enlightenment is there.” Whether speaking on changing karma or walking like an elephant (“Slowly without idea of hasty gain”), Suzuki Roshi’s guidance empowers freedom rather than prescribing thought. Look for this title in our Zen section. Available in June.

The Book of Mystical Chapters

John Anthony McGuckin \$19.95

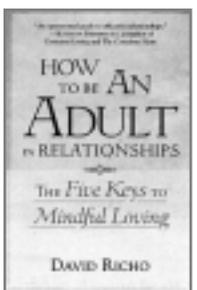


Here is an inspirational collection of writings for those who wish to climb the higher paths of mystical knowledge. *The Book of Mystical Chapters* contains 300 short meditations by Christian

contemplatives from the fourth to the eleventh centuries. The book features many selections from the Desert Fathers, the legendary monks who fled the decadence of city life to dedicate themselves to the life of the spirit. These celebrated figures became experienced guides of the spiritual path, experts in mapping the stages of spiritual development, and they taught and corresponded with disciples from all over the Christian world. Look for this title in our Christianity section. Available in May.

How to Be an Adult in Relationships

The Five Keys to Mindful Loving
David Richo, PhD 14.95



“Most people think of love as a feeling,” says David Richo, “but love is not so much a feeling as a way of being present.” In this book, Richo offers a fresh perspective on love and relationships—one that focuses not

on finding an ideal mate, but on becoming a more loving and realistic person. Drawing on the Buddhist concept of mindfulness, *How to Be an Adult in Relationships* explores five hallmarks of mindful loving and how they play a key role in our relationships

throughout life: attention, acceptance, appreciation, affection and allowing. Look for this title in our Relationships section. Available in June.

Boomeritis

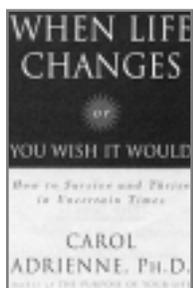
A Novel That Will Set You Free!
Ken Wilber \$24.95



Ken Wilber’s latest book is a daring departure from his previous writings. *Boomeritis* is a highly original work of fiction that combines brilliant scholarship with playful storytelling to convey the landmark “integral” approach to human development that Wilber expounded in his popular nonfiction work *A Theory of Everything*. *Boomeritis* is the story of a naive young grad student in computer science and his quest for meaning in a fragmented world. Wilber skillfully interweaves a series of sparkling seminar lectures with the hero’s misadventures in the realms of sex, drugs, and popular culture. Along the way, all of the major tenets of extreme postmodernism are criticized—and exemplified. Look for this title in our Ken Wilber section. Available in June.

When Life Changes—or You Wish It Would

How To Survive and Thrive in Uncertain Times
Carol Adrienne, PhD \$24.95

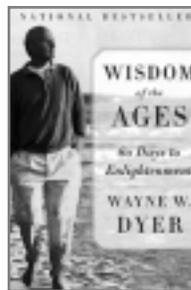


In her previous books, intuitive counselor Dr. Carol Adrienne helped readers use intuition and the power of synchronicity to identify their purpose in life. Now, in this time of social and economic turbulence, she helps them take the next step: staying true to one’s purpose and moving forward rather than staying stuck. In this timely and invaluable handbook, Adrienne explores the key elements of making changes, from trusting that change has a purpose to finding a spirit of adventure; from watching for clues to

next steps to accepting oneself while building strengths. Adrienne clarifies the metamorphosis process, providing skills for handling setbacks and dead ends, and inspiring readers to have faith in their abilities and vision. Look for this title in our Growth and Transformation section. Available in June.

Wisdom of the Ages

60 Days to Enlightenment
Wayne W. Dyer \$13.95



In this inspiring book, finally available in paperback, best-selling author Wayne W. Dyer presents a powerful collection of writings, poems, and sayings by some of the greatest thinkers of the past 25 centuries. In succinct original essays, Dyer sets out to explain the meaning and context of each piece of wisdom, and, most importantly, to explain how we can actively apply these teachings to our modern lives. The various voices collected here—Buddha, Michelangelo, Rumi, Whitman, Jesus, Emily Dickinson, and Emerson, among others—cut across a wide range of historical eras and cultures, yet they communicate universal truths about the human experience. Look for this title in our Wayne Dyer section. Available in May.

Yoga

Connect to Your Inner Energy and Release Your Full Physical Potential with Yoga
Liz Lark \$12.95



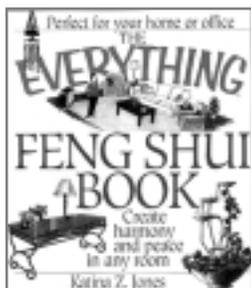
Yoga nourishes both the body and spirit as it increases flexibility, builds strength and balance, and alleviates tension through proper breathing. Newcomers can begin simply, with a series of basic and gentle poses (like the comfortable Child asana). You’ll get poses that “wake up” the body, standing and sitting postures, and ones that finish the workout and leave you refreshed

and relaxed. Look for this title in our Yoga section. Currently available.

The Everything Feng Shui Book

Create Harmony and Peace In Any Room

Katina Z. Jones \$12.95



The Everything Feng Shui Book is a complete, room-by-room guide to the Chinese design technique that has become immensely popular among

those trying to simplify their lives. Based on the concept of harmony and balance, feng shui is said to have the ability to improve many areas of life, including happiness, wealth, and inner peace.

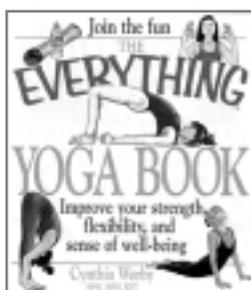
More important, feng shui instinctively makes the best of any space. Whether readers are looking to redesign their home or office, these easy-to-follow steps can create a room filled with tranquility with little effort or expense. *The Everything Feng Shui Book* also includes beautiful color photographs that show readers practical ways to incorporate the principles into any home. Look for this title in our Feng Shui section.

Available in May.

The Everything Yoga Book

Improve Your Strength, Flexibility, and Sense of Well-Being

Cynthia Worby \$12.95



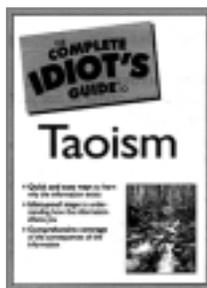
Yoga has been practiced for more than 5,000 years. Recently, however, it has entered the mainstream, thanks to celebrity participation from the

likes of everyone from Madonna to Kareem Abdul-Jabbar. *The Everything Yoga Book*, written by noted yoga instructor Cynthia Worby, is the perfect primer for anyone interested in reducing stress, getting in shape, limbering up, or just feeling good. With easy-to-

follow instructions and hundreds of photographs of the various poses, readers will have everything they need to get started and incorporate yoga into their daily lives. Look for this title in our Yoga section. Currently available.

The Complete Idiot's Guide® To Taoism

Brandon Toropov and Chad Hansen \$16.95



While many know that Taoism is somehow connected to Buddhism, they may not understand its far-reaching influence on Eastern philosophy today. Without Taoism, many

believe Buddhism would never have caught on—concepts of simplicity and balance come to us from the mixing of Chinese Taoism and Buddhism.

Appealing to both academic readers and individual seekers, *The Complete Idiot's Guide® To Taoism* continues this tradition in helping people understand the history of Taoism, the interpretations of the Tao te Ching and how Taoism touches our daily lives. Look for this title in our Taoism section. Currently available.

The Complete Idiot's Guide® To Feng Shui

Second Edition
Elizabeth Moran, Val Biktashev
and Joseph Yu \$18.95



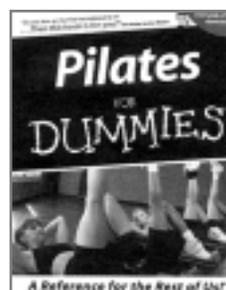
Reviewed by *Feng Shui For Modern Living Magazine* as “an American masterpiece that tops the lot,” *The Complete Idiot's Guide® To Feng Shui, Second Edition* is now considered

the feng shui bible by classical practitioners, teachers, and students of feng shui. Most Western books on feng shui promote “modern” feng shui which is grounded in superstition and myth. This book is one of the few that focuses on “classical” feng shui which is grounded in scientific reasoning developed 2500

years ago. *The Complete Idiot's Guide® to Feng Shui, Second Edition* is the most complete and easy-to-understand book on classical feng shui, and this new edition will continue the first edition's success with the following two major additions. The revision includes coverage of the next level of a method of classical feng shui called Flying Start. And second, there is an expanded section for those readers interested only in arranging one's furniture to allow qi to meander in a productive pattern. More photographs and floorplans are also included. Look for this book in our Feng Shui section. Currently available.

Pilates for Dummies®

Ellie Herman \$21.99

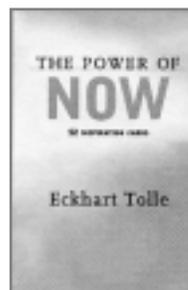


Pilates, the hugely popular low-impact exercise program is now demystified for the rest of us! Five million Americans of all ages and fitness levels now practice this popular fitness method of stretching, exercising, and breathing.

Pilates for Dummies® is a step-by-step reference featuring over 100 photographs and illustrations and explains how the Pilates method can change readers' lives. The book covers this ultimate mind-body exercise for anyone who wants to tone, streamline, and realign their body. Ellie Herman is a licensed acupuncturist and runs two Pilates studios. She has taught hundreds of students and certified teachers in Pilates for over 10 years. Look for this title in our Pilates section. Currently available.

The Power of Now

52 Inspiration Cards
Eckhart Tolle \$17.95



For admirers of *The Power of Now*, Eckhart Tolle's wisdom now comes in a highly accessible form—an elegant boxed set of color cards. Each inspirational card expresses a quotation from the

bestselling book on one side and art on the other to aid busy people with their daily meditations. Topics covered include discovering portals to the now, rising above thought, transforming suffering into peace, and creating enlightened relationships.

"A reminder to be truly present in our own lives and liberated from our past and future. It can transform your thinking. The result? More joy, right now."

—O: The Oprah Magazine

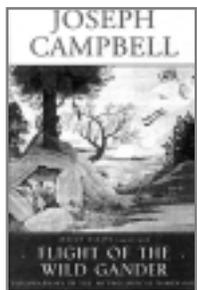
Look for this title in our Eckhart Tolle section. Currently available.

Flight of the Wild Gander

Explorations in the Mythological Dimension, Select Essays 1944–1968

Third Edition

Joseph Campbell \$20.00



In these essays, Joseph Campbell explores the origins of myth—from Grimm's fairy tales to Native American legends. He explains how the symbolic content of myth is linked to universal

human experience and how myths and experiences change over time. Included is his acclaimed essay "Mythogenesis" which examines the rise and fall of a Native American legend.

"Campbell has become one of the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture."

—Newsweek

Look for this title in our Joseph Campbell section. Available in June.

Feng Shui

Back to Balance

Sally Fretwell \$15.95



As feng shui has become more widely known, Sally Fretwell has noticed an increased rigidity in feng shui practice—a change that has intimidated

many people new to this timeless art. In her down-to-earth style, Fretwell presents a fun, common sense approach to the principles of achieving balance and harmony in one's life and provides an accessible approach to bringing feng shui into the home, workplace, garden, and relationships. She discusses color, direction, and light as well as "nine star ki" or feng shui astrology. Readers learn how easy-to-implement changes in the ambience and atmosphere of rooms can improve one's sense of well-being.

"...approaches the subject [of feng shui] with integrity and honesty and in doing so breathes new life into the ancient art."

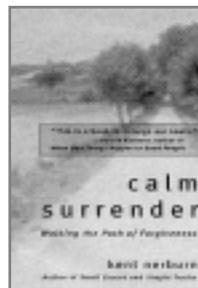
—Feng Shui for Modern Living

Look for this title in our Feng Shui section. Currently available.

Calm Surrender

Walking the Path of Forgiveness

Kent Nerburn \$12.95



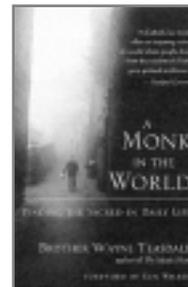
How can individuals live a life of forgiveness in a world so full of injustice and indifference? This haunting question spurred author Kent Nerburn (*Letters to My Son* and *Simple Truths*) to write *Calm*

Surrender. The book looks at the life an elderly woman mistreated by the healthcare system, a Native American desperate to keep the memories of the old ways alive, a woman singing softly over the grave of her young son. As the author recounts the experiences of people who have suffered much and asked for little, he takes readers on a moving journey. Look for this title in our Inspiration section. Currently available.

The Shelters of Stone is an unprecedented event. Beginning in 1980 with *The Clan of the Cave Bear*, Jean Auel's Earth's Children® books have sold more than 5 million copies in the U.S. and Canada alone. Now, the phenomenon continues and fans old and new will find that *The Shelters of Stone* more than matches the anticipation. Jean Auel's superbly textured evocation of life in Ice Age Europe, and of Ayla and Jondalar's continuing struggle to live and love in a young and dangerous world, is as richly detailed as ever. And the story is so engrossing, it will easily stand on its own for readers who are new to the series. Look for this title in our Inspiration section. Currently available.

A Monk in the World

Finding the Sacred in Daily Life
Brother Wayne Teasdale \$22.95

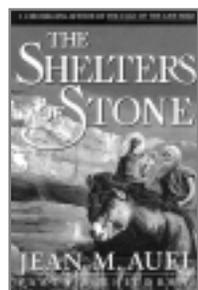


The Mystic Heart chronicled Brother Wayne Teasdale's journey into a multi-faceted spirituality blending his traditional Catholic training and the Eastern way of *sannyasa* (Indian monkhood). *A*

Monk in the World tells what that journey has meant for him—living as a monk outside the monastery, integrating teachings from the world's religions with his own Catholic training, combining his vigorous spiritual practice with the necessities of making a living, and pursuing a course of social justice in a major American city. In telling his story, Teasdale shows how others can find their own "internal monastery" and bring spiritual practice into their busy lives. Look for this title in our Mysticism section. Available in May.

The Shelters of Stone

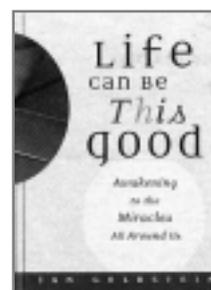
Jean M. Auel \$28.95



For the millions of Jean Auel fans who have waited 12 years, for the new fans who have discovered the series in the meantime, and for everyone who loves superlative storytelling, the arrival of

Life Can Be This Good

Jan Goldstein \$19.95



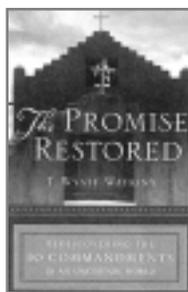
Wonder is everywhere—if we would just notice it and invite it in. In *Life Can Be This Good*, Jan Goldstein offers 40 life-affirming stories of people who opened themselves to all that is

possible and were rewarded with miraculous experiences. The author describes a four-step process for turning the ordinary into the extraordinary: Listen, Open, Step Into, and Receive. This simple method brings greater recognition of and gratitude for the luminous moments in life. Goldstein's short and compelling stories lift the veil that separates a mundane life from one filled with wonder. Look for this title in our Inspiration section. Available in May.

The Promise Restored

Rediscovering the Ten Commandments in an Uncertain World

T. Wyatt Watkins \$14.95



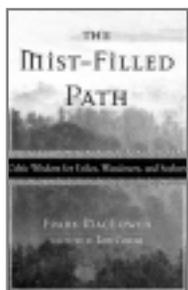
Writing with a scholar's eye, a father's heart, and a pastor's wisdom, T. Wyatt Watkins sheds new light on the ethical and moral dilemmas of the 21st century. Exploring the relevance of these

ancient rules in an era of uncertainty, the author discovers that the fundamental covenants resound with affirmative grace and power, binding individuals to one another and to a higher power. This book is a thoughtful inquiry into the relevance of the Ten Commandments in the modern world. Look for this title in our Growth and Transformation section. Currently available.

The Mist-Filled Path

Celtic Wisdom for Exiles, Wanderers, and Seekers

Frank Maceowen \$14.95



In *The Mist-Filled Path*, Frank Maceowen shows how embracing the indigenous wisdom of Scotland and Ireland can lead to healing and transcendence. Using his own travels and teachings along

with Celtic stories and myths, he explores ancient traditions, eco-psychology, the ancient mother, altars and hearths, Oran Mor (the Great Song), contemplation, and mysticism. The

book tells how to draw on ancestral roots to find a personal spirituality that also works for the greater good.

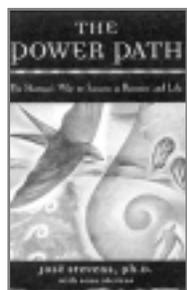
"Mist is a metaphor for Celtic spirituality. Mist is not water and not air, but a blending of the two. Celtic spirituality is shamanic (fueled by older Indo-European heritage, mixed with Galician, mixed with druidism) and contemplative/mystical." —from the book

Look for this title in our Celtic/Arthurian/Grail section. Available in May.

The Power Path

The Shaman's Way to Success in Business and Life

José Stevens, PhD with Lena Stevens \$14.95



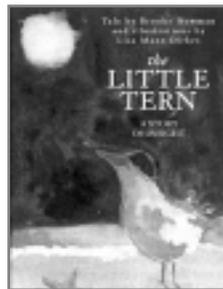
According to José Stevens and Lena Stevens, business leaders and shamans share many important traits: the ability to solve problems, achieve goals, see the big picture, and forecast events. What their

previous book, *Secrets of Shamanism*, did for the growth of the individual, *The Power Path* does for the growth of business managers and entrepreneurs. Based on years of study with shamans, the book shares a new way of thinking about the nature of power. By applying shamanic traditions of power to the workplace, readers learn how to improve work relationships, understand employees' strengths and limitations, and inspire effective teamwork—techniques aimed ultimately at increasing business success. Look for this title in our Prosperity section. Available in May.

The Little Tern

A Story of Insight

Brooke Newman, Illustrations by Lisa Mann Dirkes \$15.00



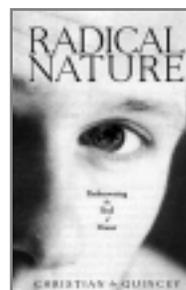
The Little Tern is the enchanting story of a bird who one day discovers he has lost the ability to fly. Life becomes meaningless and, deserted by his airborne friends, he

is left alone on the shore. But then new friends arrive and they bring with them a fresh view on life. Through this experience and the friendships that are formed from it, the Little Tern encounters things he had never noticed before. And soon he realizes that life is much richer than he had previously known and discovers that our real strength comes from our seeming weakness. Look for this title in our Inspiration section. Currently available.

Radical Nature

Rediscovering the Soul of Matter

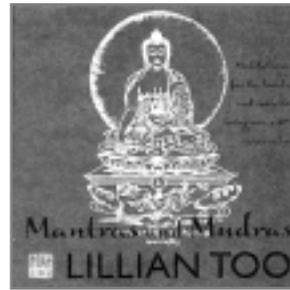
Christian de Quincey \$26.00



This groundbreaking book proposes that the universe around us is literally alive and conscious. This worldview restores a sense of the sacred to modern lives that have too long insisted that mind, spirit, and consciousness must be divorced from body, nature, and matter. Going back to the earliest days of Western philosophy, this book illustrates how the notion of intrinsically sentient matter is thousands of years old and has only recently been challenged by the currently dominant paradigm of materialism. By recognizing that matter feels, one can more closely relate to our bodies, planet, and cosmic environment as magnificent creations brimming with spirit and meaning. Look for this title in our Philosophy section. Currently available.

Mantras and Mudras

Lillian Too \$19.95



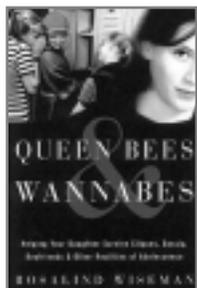
Bestselling author Lillian Too brings us this fascinating and beautifully illustrated introduction to a subject

close to her heart. Mantras (chants) and mudras (hand gestures) are an integral part of Buddhist practice. As interest in different aspects of Buddhism grows, dedicated Buddhist Lillian Too has the

specialist knowledge to take this subject and bring it to a wider audience with the same unmistakable popular touch that she brings to her bestselling books on feng shui. This straightforward book reveals the physical and spiritual benefits gained from regular use of mantras and mudras, from increased energy levels to deep inner calm. Look for this title in our Buddhism section. Available in May.

Queen Bees and Wannabes

Rosalind Wiseman \$24.00



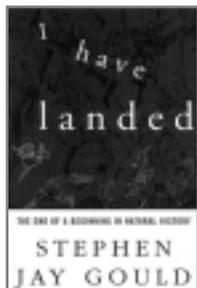
Rosalind Wiseman has spent a decade listening to girls talk about the powerful role cliques play in shaping what they wear, how they respond to boys, and how they feel about themselves. In *Queen*

Bees and Wannabes, she takes parents into the secret world of cliques and dissects the roles teenage girls play in them, including Queen Bees, Wannabes, Messengers, Bankers, and Targets. She discusses girls' power plays, from the politics of the lunchroom to clandestine parties, and takes readers into "Girl World" to analyze teasing, gossip, and reputations; alcohol and drugs; boys and sex; and more. *Queen Bees and Wannabes* equips parents with all the tools to empower their daughters—and themselves—during this baffling, tumultuous time of life. Look for this title in our Teenagers section. Currently available.

I Have Landed

The End of a Beginning in Natural History

Stephen Jay Gould \$25.95



Stephen Jay Gould recently contributed his 300th essay to *Natural History* magazine, a series that was uninterrupted by illness, hell, high water, or the World Series. Now, Gould is publishing the tenth

and final collection based on that remarkable series. For *I Have Landed*,

Gould presents 30 essays that demonstrate his goal of avoiding any kind of conceptual simplification for his readers. Minus only the technical jargon, these popular essays convey the same ideas that science professionals exchange among themselves. Look for this title in our New Science section. Available in May.

Eating in the Dark

America's Experiment with Genetically Engineered Food

Kathleen Hart \$25.00



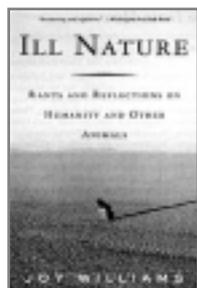
In *Eating in the Dark* Kathleen Hart explains how the biotechnology industry has succeeded in getting genetically modified products into our mainstream food supply. She makes clear how

insufficient the research into the safety of these foods has been, and she shows how inadequate food labeling makes it impossible for a consumer to determine if a product contains genetically modified ingredients. Hart argues that although modified foods may turn out to be safe, the FDA and EPA have given in to the biotech corporations by not requiring rigorous testing of these foods. She also explains why other nations have refused to import genetically engineered food from America. Look for this title in our Diet and Nutrition section. Available in May.

Ill Nature

Rants and Reflections on Humanity and Other Animals

Joy Williams \$12.00



Most of us note with mild concern disappearing wild spaces or oil spills, toxic blooms in fertilizer-enriched forests, and increasing cancer rates. Joy Williams does more than watch. With guts and

razor-sharp wit, she sounds the alarm over the disconnection from nature that our consumer culture has created. The culling of elephants, electron-probed

chimpanzees, and the determination of American women to reproduce at any cost are just some of her subjects. Controversial and scathingly opinionated, *Ill Nature* is a clarion call for us to get out of our homes, cars, and cubicles, and preserve the natural world. Look for this title in our Ecology section. Available in June.

The Stardust Lounge

Stories from a Boy's Adolescence

Deborah Digges \$13.00



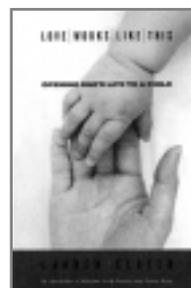
In a memoir filled with insight into the terror of being a teenager, a mother adopts a remarkable strategy to cope with her angry, rebellious second son. Stephen Digges is out of control by the time he is

thirteen—running with gangs, stealing cars, fooling around with drugs and guns, and in general making his family's life hell. Confronted with his growing recklessness and defiance, his mother, the poet Deborah Digges, decides to accept Stephen on his own terms—a course that stuns her family. She welcomes Stephen's friends to their apartment, fills their home with a menagerie of ailing or abandoned pets, and turns to an unconventional therapist. Digges stubbornly refuses to give up on her son; and it's impossible not to root for this family as it rebuilds itself. Look for this title in our Teenagers section. Available in May.

Love Works Like This

Opening One's Life to a Child

Lauren Slater \$21.95



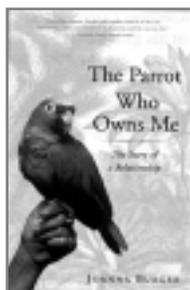
"Is even the most clenched heart capable of it?" Lauren Slater asks in this original and eloquent book about love. Slater, career-oriented and willfully autonomous, charts her own personal

journey and decision-making process in deciding to have a child. She starts with a list of the pros and cons. The cons list

is long; the pros list contains only one item: “learning a new kind of love.” But what will that love look like? Slater deals with many issues that are universal yet controversial: how to reconcile the needs of the self with the demands of others, how to go from the dyad that is a marriage to the triad that is a family, and how to adjust to losing control of one’s carefully developed schedule, a life mapped out and run according to plan. Look for this title in our Parenting section. Available in May.

The Parrot Who Owns Me

The Story of a Relationship
Joanna Burger \$13.95

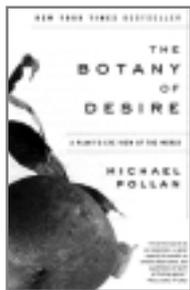


Fifteen years ago, when she adopted a neglected, orphaned thirty-year-old parrot named Tiko, Joanna Burger entered one of the most complex relationships of her life. Initially sullen and hostile, Tiko gradually warmed up,

and eventually he courted her, building nests inside household furniture during mating season and trying to coax her into them. He nursed her vigilantly through a bout with Lyme Disease. For a while he even fought her husband for her attentions, but eventually, theirs was a relationship of deep mutual trust. *The Parrot Who Owns Me* is also the story of the science of birds, and of parrots in particular. Woven into the narrative are insights and fascinating revelations from Joanna Burger’s work—not only about parrots but about what it means to be human. Look for this title in our Inspiration section. Available in May

The Botany of Desire

Michael Pollan \$13.95



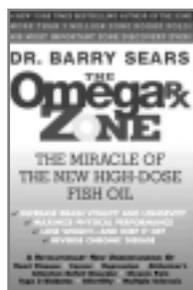
Every schoolchild learns about the mutually beneficial dance of honeybees and flower: the bee collects nectar and pollen to make honey and, in the process, spreads the flowers’ genes far and wide. In

The Botany of Desire, Michael Pollan

ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. In telling the stories of four familiar species that are deeply woven into the fabric of our lives, Pollan illustrates how the plants have evolved to satisfy humankind’s most basic yearnings. And just as we’ve benefitted from these plants, the plants have done well by us. Look for this title in our Ecology section. Available in June.

The Omega Rx Zone

Barry Sears, PhD \$25.95



Dr. Barry Sears revolutionized nutritional thinking around the world with his blockbuster Zone books. Now, for the first time, Dr. Sears presents a series of new scientific discoveries that increase the amazing

possibilities of the Zone. Drawing on extensive new research, he reveals how consuming precise amounts of pharmaceutical-grade fish oils, in combination with the Zone diet, will offer unprecedented health benefits—results that take the Zone to a new level. Research shows that Dr. Sears’ new plan can help treat cancer, heart disease, Type 2 diabetes, obesity, infertility, multiple sclerosis, attention deficit disorder, chronic pain, depression, Alzheimer’s disease, and more. Look for this title in our Diet and Nutrition section. Available in May.

Guenevere: Queen of the Summer Country

Rosalind Miles \$9.95



Last in a line of proud queens elected to rule the fertile lands of the West, true owner of the legendary Round Table, guardian of the Great Goddess herself... a woman whose story has never been told—until now.

Raised in the tranquil beauty of the Summer Country, Princess Guenevere has led a charmed and contented life—until the sudden, violent death of her mother, Queen Maire, leaves the Summer Country teetering on the brink

of anarchy. Only the miraculous arrival of Arthur, heir to the Pendragon dynasty, allows Guenevere to throne. In this first book of the Guenevere Trilogy, Rosalind Miles begins an engrossing look at the Arthurian tale. Look for this title in our Celtic/Arthurian/Grail section. Currently available.

The Knight of the Sacred Lake

Rosalind Miles \$9.95



This second book in the Guenevere Trilogy opens as High King and Queen, Arthur and Guenevere, reign supreme across the many kingdoms of Great Britain. Still, Guenevere secretly mourns the loss of her

beloved Lancelot, who has returned to the Sacred Lake of his boyhood, hoping to restore his faith in chivalry in the place where he learned to be a knight. In a glittering Pentecost ceremony, new knights are sworn to the Round Table, including Arthur’s nephews, Agravain and Gawain. After many years of strife, peace is restored to Guenevere’s realm. But betrayal, jealousy, and ancient blood feuds fester unseen. Look for this title in our Celtic/Arthurian/Grail section. Currently available.

The Child of the Holy Grail

Rosalind Miles \$9.95



This magnificent conclusion to the Guenevere Trilogy demonstrates Rosalind Miles storytelling gifts at their height. *The Child of the Holy Grail* brings the trilogy to an entirely unexpected

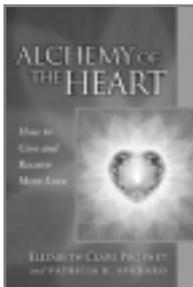
conclusion that is distinct from every other version of the Arthurian legend. Guenevere comes face to face with her darkest fears—and a disaster that may lead to her rebirth as the greatest and most powerful queen of the Isles. Readers are certain to be surprised and thrilled. The Guenevere Trilogy has proved the power of great historical fiction. Look for this title in our Celtic/Arthurian/Grail section. Available in May.

New audios by Elizabeth Clare Prophet

Alchemy of the Heart

How to Give and Receive More Love

Elizabeth Clare Prophet and Patricia R. Spadaro
audio \$18.95, book 6.95



"There is no way you can read this book and not feel more love for those around you—and...see the healing changes love will bring."

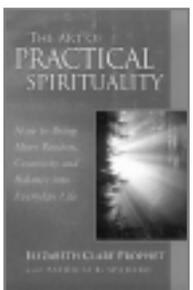
—Magical Blend Magazine

These sensitive, profound, and rare insights help listeners gain entrée into the most precious, and misunderstood component of being—the heart. They show that while love can be compassionate and nurturing, it can also be powerful, dynamic, and practical—a catalyst for spiritual growth.

The Art of Practical Spirituality

How to Bring More Passion, Creativity and Balance into Everyday Life

Elizabeth Clare Prophet and Patricia R. Spadaro
audio \$10.95, book 5.95



"...The Art of Practical Spirituality is modern medicine for the eternal soul."

—Dannion Brinkley, bestselling author of *Saved by the Light*

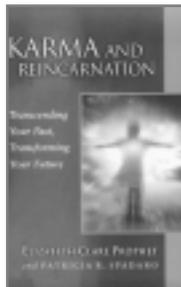
Readers learn practical steps for staying in tune with Spirit

amidst the hustle and bustle of everyday life. These keys, gleaned from the ancient wisdom of the world's spiritual traditions, also show how to discover your soul's core passion, create a sacred space, and use every encounter and circumstance as an opportunity to grow.

Karma and Reincarnation

Transcending Your Past, Transforming Your Future

Elizabeth Clare Prophet and Patricia R. Spadaro
audio \$18.95, book 6.95



"Reveals karma and reincarnation as part of a great creative plan, in which we are spiritual beings charged with a mission to keep spiritual consciousness alive on earth."

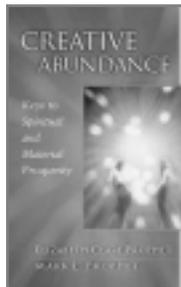
—Bodhi Tree Book Review

This insightful book-on-tape will enable readers to come to grips with karmic connections from past lives that have helped create the circumstances of their lives today. Listeners will learn how actions in past lives—good and bad—influence which family a person is born into, who he or she is attracted to, and why some people put one on edge.

Creative Abundance

Keys to Spiritual and Material Prosperity

Elizabeth Clare Prophet and Mark L. Prophet
audio \$10.95, book 5.95



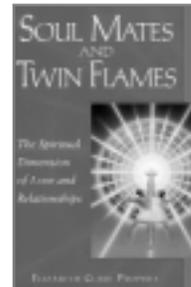
Abundance is more than money...It is love and wisdom, talents and virtues, money and material goods—whatever we need to fulfill life's purpose.

"Creative Abundance contains keys for magnetizing the spiritual and material abundance we all need. Its sensible step-by-step techniques—including treasure mapping, principles of feng shui, meditations, visualizations and affirmations—show how to live a full and prosperous life." —Bodhi Tree Book Review

Soul Mates and Twin Flames

The Spiritual Dimension of Love and Relationships

Elizabeth Clare Prophet
audio \$10.95, book 5.95



This book-on-tape discusses the difference between soul mates, twin flames, and karmic partners and shares new keys to help you find wholeness and true love.

"Extremely powerful in revealing the inner mysteries of the soul and the true essence of love through its insightful analysis of real-life experiences and classical love stories."

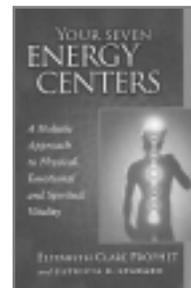
—Marilyn C. Barrick, Ph.D., author of *Dreams: Exploring the Secrets of Your Soul*

Your Seven Energy Centers

A Holistic Approach to Physical, Emotional and Spiritual Vitality

Elizabeth Clare Prophet and Patricia R. Spadaro

audio \$18.95, book 6.95



"Your 21st-century guide to integrating and healing body, mind, and soul."

—Ann Louise Gittleman, author of *Your Body Knows Best*

Your Seven Energy Centers contains powerful insights and

tools for wholeness based on the science of the body's subtle energy system. It draws from the wisdom of the world's spiritual traditions to show how you can nurture spiritual growth. Readers will get an overview of holistic techniques that help restore the body's energetic balance—from homeopathy, vitamins and spa therapies to meditation, affirmation, and visualization.

Look for these titles in our Elizabeth Clare Prophet section.

Carol Ann Montgomery — The Nia Technique

Tuesdays, 6:30–7:45pm

Bookclub members \$12 per class, Non-members \$14 per class OR 5 classes for \$50 (Members), \$60 (Non-members) Pay for classes at the door. For more information on Nia, call Carol Ann Montgomery at 773-281-0685.

Nia is a creative, barefoot non-impact aerobic movement. It's a holistic movement nourishing your body, mind and spirit. Come dance and experience a unique and creative movement to open your heart and nurture your soul.

Steve Nakon — Yoga...in the Moment

Mondays & Wednesdays, 10–11:15am , Fridays 8-9:15am

Bookclub members \$12 per class, Non-members \$14 per class OR 10 classes for \$100 (Members), \$120 (Non-members). Pay for classes at the door. For more information call Steve at 773-772-2220.

Learn core movement principles that form the foundation of a yoga practice, plus breathing & relaxation exercises for balance & energy.

Steve Nakon — Yoga: Health and Healing

Saturday, May 4, 10am–4pm Bookclub members \$50, Non-members \$60

Yoga is a powerful tool for transformation. In this all day workshop Steve Nakon will lead an exploration of yoga's potential to change your life and promote health and healing.

***author Ron Roth — Reclaiming Your Spiritual Power**

Sunday, May 5, 12-4pm Price: \$35

For tickets and information please call Marilyn at 800-814-4036

Ron Roth is a spiritual intuitive with powers that appear extraordinary, but in fact are what Jesus said we can do. The emphasis of the afternoon will be on experiencing the beauty and power of the Holy Spirit. The format will be simple—music, sharing, group meditations and laying on of hands. People from all religious paths, or no path at all, are invited to attend.

bestselling author Wayne W. Dyer — There's a Spiritual Solution to Every Problem

Wednesday, May 8, 7–10pm Bookclub members \$80, Non-members \$90 Price includes a paperback copy of Dyer's previous book, Wisdom of the Ages. (Only 250 seats available. Tickets are non-refundable.)

Join us with the pioneer of America's self-help movement discussing his new book *There's A Spiritual Solution To Every Problem*.

***John Veltheim — Body Talk Module 6**

Friday–Sunday, May 10–12 (Friday 6-10pm, Saturday & Sunday 8am-5pm) Price: \$450

For tickets and more information please call Micheline at 773-576-5400.

What do you get when you combine advanced yoga, acupuncture, applied kinesiology, and Western medical expertise? Body Talk! A systems approach to holistic healing. Join us for an exploration of this system.

Christina Burns — Meditation for High Performers: Achieving Balance Through Meditation

Wednesday, May 15, 7–9:30pm Bookclub members \$25, Non-members \$30

Traditional meditation techniques provide the tools for transformation: increased focus, improved decision-making skills, clarified goals. Discover how concentration and awareness can help you identify core values that will serve you in your work.

***The Venerable Khempo Yurmed Tinly Rinpoche — Peace and Happiness Through Inner Transformation**

Friday, May 17 6:30–9:30pm No Cost

For information please call Krystyna at 773-427-9135.

Khempo is a highly revered teacher of the Nyingma School of Tibetan Buddhism. He teaches Buddhist methods that help us overcome our negative habitual patterns.

authors Lee Carroll and Jan Tober — First Annual Midwest Indigo Children Conference

Saturday & Sunday, May 18 & 19, 10am–6pm Bookclub members \$175, Non-members \$190 (Tickets are non-refundable.)

Location: Donald E. Stephens Conference Center, 5555 N. River Road, Rosemont, IL

What is happening with our children these days? Why are the schools having so much trouble? Why are parents having so much trouble? In the past two years the subject of "The Indigo Children" has gone worldwide. Are our kids changing? If so, are there things we should be changing about how we treat them... parent them... and school them? This promises to be an informative and fun weekend! Tober and Carroll are the author of *The Indigo Children* and *An Indigo Celebration*.

***Marita Kufe — Body Talk Module 1 & 2**

Wednesday–Sunday, May 22–26 (Wednesday 6–10pm, Thurs–Sun 8am–5pm) Price: \$450 per module

For tickets and information please call Ray at 630-627-9828.

What do you get when you combine advanced yoga, acupuncture, applied kinesiology, and Western medical expertise? Body Talk! A systems approach to holistic healing. Join us for an exploration of this system.

author William Patrick Patterson — Exploring Self-Remembering and Its Deeper Recesses

Saturday, June 1, 9am–5pm Bookclub members \$75, Non-members \$85

Join us with author William Patrick Patterson for a workshop exploring the idea and experience of self-remembering—the key practice of G. I. Gurdjieff's esoteric teaching of self-transformation—and how to access the deeper perspectives and regions that lie at its core. The seminar is open to all levels of simplicity. *No previous experience necessary.* Please bring a yoga mat, blanket and sitting pillow.

***Susanna & Puran Bair – Intro to Heart Rhythm Practice**

Saturday & Sunday, June 1 & 2, 9am–5pm Price: \$175

For tickets and information please call Christina Sultzer, I.A.M. Community Coordinator at 888-310-7881.

Learn Heart Rhythm Practice from the authors of *Living from the Heart* for improved health, relationships, and fulfillment. This is the meditation of our time: connecting to the mystical heart through the physical heartbeat. The Bairs are co-founders of the non-profit Institute for Applied Meditation. Inc.

***Beverly Lutz – Body Talk Module 1 & 2**

Friday–Tuesday, June 7–11 (Friday 6–10pm, Saturday–Tuesday 8am–5pm) Price: \$450 per module

For tickets and information please call Micheline at 773-576-5400.

What do you get when you combine advanced yoga, acupuncture, applied kinesiology, and Western medical expertise? Body Talk! A systems approach to holistic healing. Join us for an exploration of this system.

author Nance Guilmartin - Courageous Conversations: The Power of Presence in Action

Saturday, June 8, 10am–3pm Bookclub members \$45, Non-members \$50

Join us with author Nance Guilmartin for a workshop exploring the nearly lost art of listening. Learn how to go beyond the blocks to listening as well as practical, yet mindful ways to have courageous conversations.

author Christina Baldwin - Seven Whispers: Listening to the Voice of Spirit in Turbulent Times

Saturday, June 15, 10am–3pm Bookclub members \$50, Non-members \$60

Based on Christina Baldwin's latest book, (*Seven Whispers*) this one-day workshop explores the necessity and pleasure of building a daily spiritual practice. Bring paper or journal and pen, bring questions, get ready to access the soul's dream of who you are.

author Karen Rauch Carter - Move Your Stuff, Change Your Life: A "Hands-On" Feng Shui Workshop

Saturday, June 22, 10am–3pm Bookclub members \$90, Non-members \$100

Join us with the author of *Move Your Stuff, Change Your Life* and learn how to apply the principles of Feng Shui to your living or work space to bring your life into balance. Bring a sketch or drawing (as close to scale as possible) of your home or office.

author Janet Angel, PhD - The Art of Ascension

Thursday, June 27, 7–9:30pm Bookclub members \$25, Non-members \$35

Join us for a workshop with Janet Angel, author of the series *All That You Are*, and learn about the information she received on the process of Ascension and how it is locked within our original cosmic blueprint.

author Nancy K. Lonsdorf, M.D. - An Ayurvedic Approach to Navigating Menopause

Saturday, June 29, 10am–12:30pm Bookclub members 45, Non-members \$50

Dr. Nancy Lonsdorf draws upon her special expertise in the world's longest-lived system of natural medicine, Ayurveda, to provide women with the first comprehensive, individualized self-care program based on a traditional natural medical system. Nancy is author of *A Woman's Best Medicine for Menopause: Your Personal Guide to Good Health Using Maharishi Ayurveda*.

Sheri Rosenthal - Medicine Bag Workshop

Saturday & Sunday, July 13 & 14, 9am–4:30pm Bookclub members \$165, Non-members \$175

Sheri Rosenthal, who teaches with author don Miguel Ruiz around the country, will lead a workshop in which participants will learn how to connect with their emotional bodies and break the original agreements made during their domestication period.

author Dr. Connie Kaplan - Dreams Are Letters From The Soul

Saturday, July 20, 10am–4:30pm Bookclub members \$75, Non-members \$85

Discover an ancient prayer form called dream circle which will help you crack the code of dreams and decipher their messages. Connie, author of *Dreams are Letters from the Soul*, will open your mind to dimensions you haven't even dreamed of—at least, not yet.

author Janet Angel, PhD - The Art of Ascension Workshop

Saturday, July 27, 9:30am–4:30pm Bookclub members \$75, Non-members \$85

Learn to set to motion the unveiling necessary to awaken the soul's core passion and potential. Experience some divine gifts such as clairaudience, remote viewing, telekinesis, ESP, and clairvoyance with greater results. Angel is the author of *All That You Are*.

author Doreen Virtue, PhD - Messages from Your Angels

Sunday, August 18, 7–9:30pm Bookclub members \$35, Non-members \$45

Join us with the bestselling author of *Messages from Your Angels* for a powerful, healing, and enlightening evening as she discusses the new information she has received from the Spirit world. The topics include: the changing world, Indigo Children, causes of illness and unhappiness and how to heal them, relationships, extraterrestrials and dolphins, self-employment, and more.

bestselling author Sonia Choquette, PhD - Psychic U@: a 10-week Psychic Mystery School

Mondays, September 23–November 25, 7:30–9:30pm Bookclub members \$575, Non-members \$600

For the first time ever and by popular demand, Transitions Learning Center is proud to announce a 10-week in-depth course of study and training by Chicago's premier intuitive and spiritual teacher, Sonia Choquette, Ph.D. No one in her field better teaches how to expand into higher awareness in such an elegant, creative and graceful fashion. Sonia is the author of the bestselling books *The Psychic Pathway*, *Your Heart's Desire*, *The Wise Child*, and *True Balance*.

*** Please note that all workshops marked with "*" are sponsored by the speaker (not Transitions). So, please call the number indicated for all ticket sales and questions.**

LOCATION: Workshops are held at Transitions Learning Center, 1750 N. Kingsbury, Chicago

TICKETS: Transitions Bookplace, 1000 W. North Ave, Chicago, 312.951.READ (unless indicated otherwise)

Transitions Bookplace Calendar of Events

May/June

- Cindy Glovinsky**—*Making Peace with the Things in Your Life* **Wed, May 1**
Discover why your papers, books, clothes and other possessions keep overwhelming you—and what to do about it.
- Irene B. Levitt**—*Brainwriting! Enrich Your Life Using Handwriting Analysis* **Thurs, May 2**
Have you ever wondered what your handwriting says about you? Author Levitt will help you better understand yourself and others.
- Charles Gant, MD, PhD**—*End Your Addiction Now* **Fri, May 3**
Explore a groundbreaking program that can be used to reduce or eliminate addictions with over-the-counter nutritional supplements.
- Amy Dreyfus**—*“Inward Path Meditations”* **special time: 8:30AM** **Sat, May 4**
Join us the first Saturday of every month and experience techniques that enable you to go within and recognize your distinct energy.
- Yvonne Lucia Du Bose**—*“Ethereal”* **special time 10AM** **Sun, May 5**
Join us for a peaceful, experiential discussion group designed for like minds to share with each other our quest for spiritual growth.
- MaryEllen O’Brien**—*Living Well and Dying Well: A Sacramental View of Life and Death* **Mon, May 6**
Join us with author MaryEllen O’Brien for a discussion of how to live life to the fullest in the face of sin, suffering, and death.
- Maria Housden**—*Hannah’s Gift: Lessons from a Life Fully Lived* **Tues, May 7**
Author Housden will share the transformative lessons she received from her three-year-old daughter, who brought courage, honesty, and joy to her struggle with cancer. Also, join us for a special candlelight tea with the author at 6pm \$9.95 serves two.
- Lillian Glass, PhD**—*I Know What You’re Thinking* **Wed, May 8**
Learn how to pick up on and interpret people’s hidden cues—and how this skill is a tremendous asset for virtually anything you do.
- Lauren Solomon, AICI, CIP**—*Image Matters: First Steps on the Journey to Your Best Self* **Thurs, May 9**
Author Solomon will discuss the art and science of relationship building through strategic message design.
- Linda R. Harper**—*Give to Your Heart’s Content* **Fri, May 10**
Learn how your giving style affects your life. Author Harper will discuss giving authentically from your deepest self.
- Gayle Seminara Mandel**—*“Praying with Your Heart’s Intelligence”* **special time: 8:30AM** **Sat, May 11**
Join us for a spiritual prayer group using principles from Gregg Braden’s Isaiah Effect and Howard Martin’s The HeartMath Solution.
- Julia Mossbridge**—*Unfolding: The Perpetual Science of Your Soul’s Work* **Sat, May 11**
Spiritual scientist and author Mossbridge will teach a non-dogmatic method to help you discover, master, and share your soul’s work.
- Tina DeSalvo**—*“Socrates Café”* **special time: 10AM** **Sun, May 12**
Join us for a monthly discussion group for people who are willing to question anything in an effort to become more virtuous, more enlightened, and more self-aware. You don’t have to have a background in philosophy, just questions with no answers.
- Gary Goldman**—*Empowering Students to Transform Schools* **Tues, May 14**
Learn to empower your students to participate in, not just witness, the improvement of their school and their education.
- Gayle Seminara Mandel**—*“Hannah’s Gift Reading Group”* **special time: 7:30PM** **Tues, May 14**
Join us for a reading group to discuss *Hannah’s Gift* by Maria Housden. Share in the transformative lessons the author received from her daughter’s fully-lived three years of life.
- Michael Tamura**—*“Fulfilling Your Soul Purpose”* **Wed, May 15**
For all those longing for a deeper connection to their purpose and for all souls yearning to be free, this is the information you have been waiting for. Author Tamura will discuss his new book *You Are the Answer*.
- Tolly Burkan**—*Extreme Spirituality: Radical Journeys for the Inward Bound* **Thurs, May 16**
Author Burkan will discuss how radical situations can lead to the experience of one’s divine nature.
- Martha Hayden**—*“Anatomy of the Spirit Reading Group”* **special time 7:30PM** **Fri, May 17**
Join us for a reading group to discuss Caroline Myss’ *Anatomy of the Spirit*. Martha Hayden offers personal coaching in energy medicine. She’ll also introduce flower essences to help you make true strides with the issues that concern you.
- Bill Epperly**—*“Centering Prayer”* **special time: 8:30AM** **Sat, May 18**
Deepen your relationship with God (spirit) in this silent prayer meditation form called centering prayer, which has its roots in the Christian mystical tradition. This group meets the third Saturday of every month.
- Stewart Swerdlow**—*Blue Blood, True Blood, Conflict and Creation* **Sat, May 18**
Author Swerdlow will discuss the true history of this galaxy, solar system, and the planet Earth.
- Marita Kufe**—*“BodyTalk”* **Sun, May 19**
Discover BodyTalk!, a systems approach to holistic healing developed by Dr. John Veltheim. Marita Kufe will discuss this fresh approach to the treatment of many common diseases such as arthritis, chronic fatigue syndrome, emotional disorders and more.
- George Cappannelli & Sedena Cappannelli**—*Say Yes to Change* **Mon, May 20**
Learn to make change your ally, using it to improve your skills, gain new experiences, and explore new opportunities.
- Valerie Paradiz**—*Elijah’s Cup* **special time 5:30PM** **Tues, May 21**
Hear about author Paradiz’ bold and unusual path coming to terms with her son’s bout with epilepsy and puzzling behaviors.
- Kathleen Hart**—*Eating in the Dark: America’s Experiment with Genetically Engineered Food* **Tues, May 21**
Explore how the biotechnology industry has succeeded in getting genetically modified products into our mainstream food supply.

Louise Montello — <i>Essential Music Intelligence</i>		Wed, May 22
Learn about our innate ability to use music and sound to bypass the defenses of the conscious mind so that true healing can occur.		
Sara Hall — <i>Drawn to the Rhythm: A Passionate Life Reclaimed</i>		Thurs, May 23
Author Hall tells how her determination to master rowing a single shell gave her the courage to find her own voice and break free.		
Gayle Seminara Mandel — <i>“Praying with Your Heart’s Intelligence”</i>	special time: 8:30AM	Sat, May 25
Join us for a spiritual prayer group using principles from Gregg Braden’s Isaiah Effect and Howard Martin’s The HeartMath Solution.		
Brian J. Mahan — <i>Forgetting Ourselves on Purpose: Vocation and the Ethics of Ambition</i>		Sat, May 25
Author Mahan will discuss how people have resolved the inevitable tension between personal ambition and spiritual vibrancy.		
Laurie Beth Jones — <i>Teach Your Team to Fish: Using Ancient Wisdom for Inspired Teamwork</i>		Tues, May 28
Author Laurie Beth Jones will introduce her new book. Discover how Jesus can be a role model for team leaders everywhere.		
Bhashkar Perinchery — <i>Bridges to the Wonder</i>		Wed, May 29
Discover extraordinarily simple but powerful steps towards fulfillment, love and friendship in easy and difficult circumstances of life.		
Anodea Judith, PhD — <i>Wheels of Life: A User’s Guide to the Chakra System</i>		Thurs, May 30
Fasten your seat belts and take an exciting journey through the seven realms of your own being with acclaimed author Anodea Judith.		
William Patrick Patterson — <i>Voices in the Dark</i>		Fri, May 31
Author Patterson will speak about his new book which explores the search for human identity and meaning through focusing on the Nazi occupation of Paris. Hear about esoteric, occult and secular voices in Nazi-occupied Paris 1940–1944.		
Amy Dreyfus — <i>“Inward Path Meditations”</i>	special time: 8:30AM	Sat, June 1
Join us the first Saturday of every month and experience techniques that enable you to go within and recognize your distinct energy.		
Yvonne Lucia Du Bose — <i>“Ethereal”</i>	special time 10AM	Sun, June 2
Join us for a peaceful, experiential discussion group designed for like minds to share with each other our quest for spiritual growth.		
Anthony Shafton — <i>Dream-singers: The African American Way with Dreams</i>		Mon, June 3
Join us with dream scholar Shafton and explore the social and spiritual meanings of dreams in the African American community.		
Judith Simon Prager, PhD — <i>The Worst is Over: What to Say When Every Moment Counts</i>		Tues, June 4
Discover a revolutionary method of using the power of words to promote healing in emergency situations.		
Beverly Lutz — <i>The BodyTalk System™</i>		Wed, June 5
Beverly Lutz, a licensed teacher of The BodyTalk System™, will teach a systems approach to holistic healing that combines advanced yoga, acupuncture, applied kinesiology and Western medical expertise.		
Sophy Burnham — <i>The Treasure of Montségur</i>		Thurs, June 6
Join us with author Burnham as she introduces her new book, a gripping historical novel based on the true story of the Cathars, a Christian sect branded heretics by the Roman Catholic Church.		
Nance Guilmartin — <i>Healing Conversations: What To Say When You Don’t Know What To Say</i>		Fri, June 7
Explore how to bridge the inevitable communication gaps that can arise between friends, family, or colleagues during difficult times.		
Gayle Seminara Mandel — <i>“Praying with Your Heart’s Intelligence”</i>	special time: 8:30AM	Sat, June 8
Join us for a spiritual prayer group using principles from Gregg Braden’s Isaiah Effect and Howard Martin’s The HeartMath Solution.		
Gayle Seminara Mandel — <i>“Be Here Now Reading Group”</i>	special time 10AM	Sat, June 8
Join us for a peaceful experiential reading/discussion group featuring His Holiness the Fourteenth Dalai Lama’s book <i>How To Practice The Way To A Meaningful Life</i> . Begin to open your heart through group meditation and lively discussion.		
Julie Tallard Johnson — <i>Thundering Years: Rituals and Sacred Wisdom for Teens</i>		Sat, June 8
Learn how you can guide your teen in harnessing the intense emotions and drives of the teen years using wisdom from cultures around the world. Discover how to make a walking stick for ritual use. (If you’d like to make one, cost is a \$5 donation for materials.)		
Tina DeSalvo — <i>“Socrates Café”</i>	special time: 10AM	Sun, June 9
Join us for a monthly discussion group for people who are willing to question anything in an effort to become more virtuous, more enlightened, and more self-aware. You don’t have to have a background in philosophy, just questions with no answers.		
Shelly Brady — <i>Ten Things I Learned from Bill Porter</i>		Tues, June 11
Hear the inspiring story of how a man afflicted with cerebral palsy became a top salesman selling household products door-to-door.		
Melody Beattie — <i>Choices: Taking Control of Your Life and Making It Matter</i>		Wed, June 12
Discover the path to true personal power and independence when making the tough decisions in your life.		
Rich Fettke — <i>Extreme Success</i>		Thurs, June 13
Explore a 7-part program that will show you how to break the old rules and succeed without struggle.		
Frances Moore Lappé & Anna Lappé — <i>Hope’s Edge</i>	special time: 5:30PM	Fri, June 14
Join us with the author of the groundbreaking <i>Diet for a Small Planet</i> as she introduces the sequel, co-authored with her daughter. <i>Hope’s Edge</i> is a far-reaching, impeccably researched vision for social and environmental transformation.		
Christina Baldwin — <i>The Seven Whispers: Listening to the Voice of Spirit</i>		Fri, June 14
The connection with our spirit is like a phone line, explains author Baldwin. Discover wisdom for conversing with the Divine.		
Bill Epperly — <i>“Centering Prayer”</i>	special time: 8:30AM	Sat, June 15
Deepen your relationship with God (spirit) in this silent prayer meditation form called centering prayer, which has its roots in the Christian mystical tradition. This group meets the third Saturday of every month.		
<i>May/June calendar continues on next page...</i>		

...May/June calendar continued from previous page

- Stuart Perrin—*A Deeper Surrender: Notes on a Spiritual Life*** **Sat, June 15**
Discover how meditation practice and spiritual training can open you up to the energy that is in all of us and connects us to God.
- Gunnar Nilsson—*Human Bandwidth™*** **Tues, June 18**
Author Nilsson will introduce a guide to profound discovery of that space in which we are our most creative, passionate & connected.
- Seymour B. Ginsburg—*In Search of the Unitive Vision*** **Wed, June 19**
Hear about author Ginsburg's spiritual journey with the guru Madhava Ashish and his search for the world.
- Wayne Teasdale—*A Monk in the World*** **Thurs, June 20**
Author Teasdale will share his journey living as a monk outside the monastery. Learn how to find your own "internal monastery."
- Master Hong Liu—*The Healing Art of Qi Gong*** **Fri, June 21**
Discover the ancient Chinese healing art of Qi Gong with one of the few Qi Gong grandmasters in the world.
- Gayle Seminara Mandel—*"Praying with Your Heart's Intelligence"*** **special time: 8:30AM** **Sat, June 22**
Join us for a spiritual prayer group using principles from Gregg Braden's Isaiah Effect and Howard Martin's The HeartMath Solution.
- Nancy Sheeber—*"The Art of Living Reading Group"*** **special time: 10AM** **Sat, June 22**
Join us for a reading group to discuss *The Art of Living: Vipassana Meditation as Taught by S. N. Goenka* by William Hart. (Video follows)
- Sandy Goodman—*Love Never Dies: A Mother's Journey from Loss to Love*** **Mon, June 24**
Join us with author Goodman who tells of her personal triumphant journey following the tragic death of her 18-year-old son.
- Jeffrey S. McCombs—*Lifeforce: A Dynamic Plan for Health, Vitality, and Weight Loss*** **Tues, June 25**
Discover a one-time detoxification tool for ridding the body of candidiasis (an invasive yeast infection).
- Alan H. Cohen—*Why Your Life Sucks*** **Wed, June 26**
Author Cohen gets right to the point with his no-hype ten reasons why your life sucks and what you can do about it.
- Nancy K. Lonsdorf, MD—*A Woman's Best Medicine for Menopause*** **Fri, June 28**
Discover how to relieve menopausal symptoms with a comprehensive self-care program based on Ayurveda, the world's longest-lived system of natural medicine.

PLEASE NOTE: Events begin at 7:00 pm unless indicated otherwise. Also, we are constantly scheduling new events, so pick up a new schedule when you are in the store.



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