

whole life times

August/September 2011 | FREE

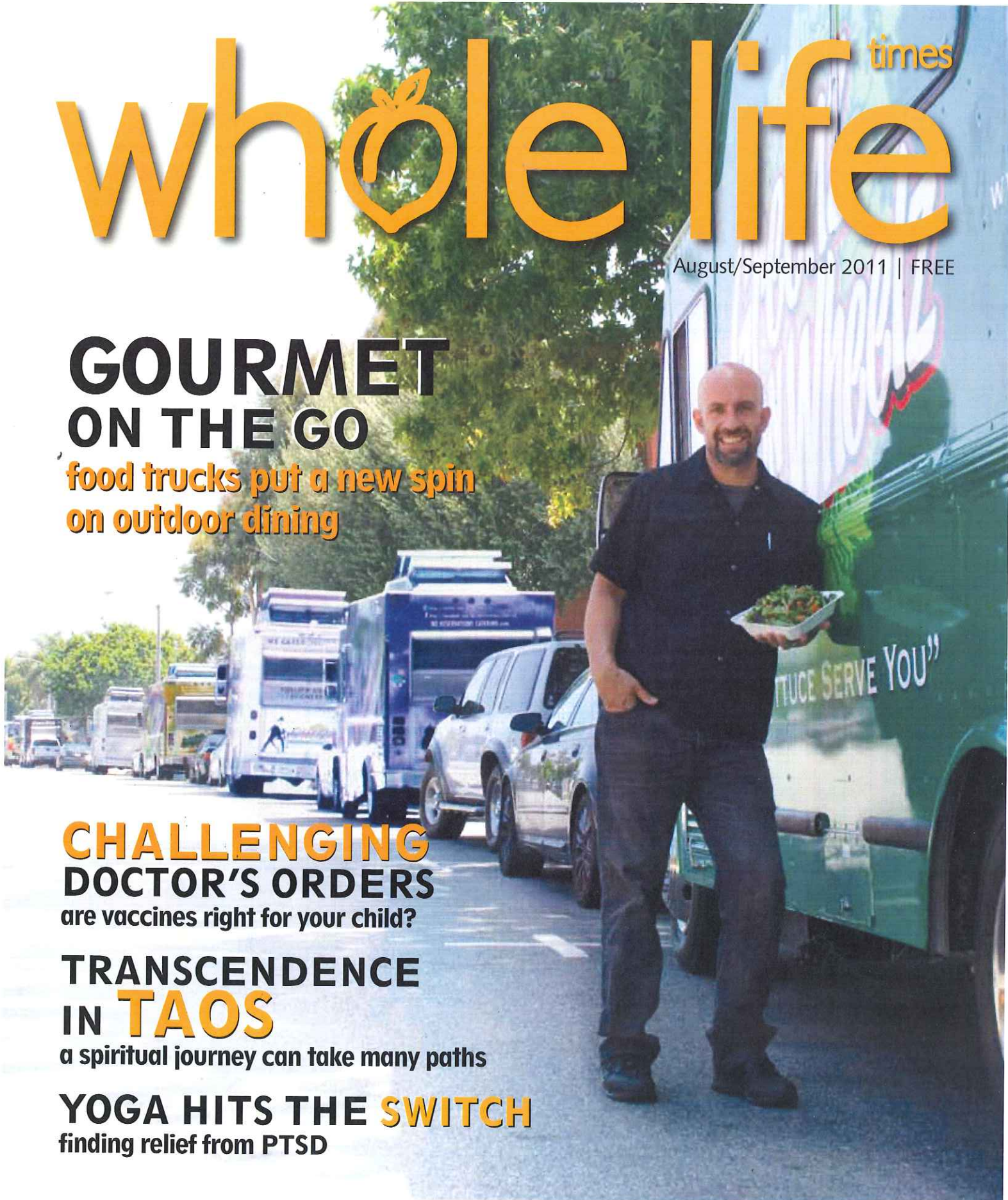
GOURMET ON THE GO

food trucks put a new spin
on outdoor dining

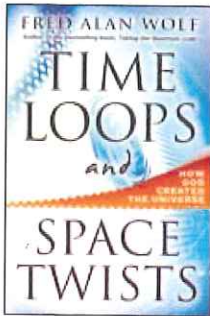
**CHALLENGING
DOCTOR'S ORDERS**
are vaccines right for your child?

**TRANSCENDENCE
IN TAOS**
a spiritual journey can take many paths

YOGA HITS THE SWITCH
finding relief from PTSD



BOOKS



TIME LOOPS AND SPACE TWISTS: How God Created the Universe

Fred Alan Wolf

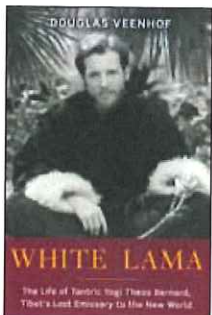
Theoretical physicists dissect matter into subatomic components—electrons that defy observation, the very act affecting the observed behavior of the sometimes matter-like, sometimes light-like, quarks.

Zigging right at less than light-speed, they take on inertia, mass and momentum, like matter, then zagging left, faster than light, time reverses. The field they move through, the proposed 'Higgs' field, is conceivably the medium that allows our minds to affect the process, simply by being there. This universal mind, like the Mind of God, demonstrates our inherent divinity—our partaking in It affects our very physical reality.

Physicist Fred Alan Wolf, veteran of game-changing film *What the Bleep*, also authored *Taking the Quantum Leap*, which won the National Book Award for Science largely by restating the quandaries of quantum in metaphoric rather than mathematical language. *Time Loops and Space Twists* playfully and engagingly carries to new heights his ambition of communicating this deep quantum metaphysics to the intelligent lay reader, and presents leading-edge speculations that inject mind into the long-argued wave-vs.-particle debate.

Though his ambition includes minimization of math (greater detail for those so inclined is included in later chapters and endnotes), reading this book posts a high bar. Perusing the fine, thorough glossary is alone a challenge—an important one, given the reams of new and unusual vocabulary. What else would one expect, in explanation of the world of matter, composed of two forms of light? That the Qabala and Vedas both tell the same story, as Wolf interprets it, lends both clarity and wry obscurity. (Hierophant Publishing)

—Mac Graham



WHITE LAMA: The Life of Tantric Yogi Theos Bernard, Tibet's Lost Emissary to the New World

Douglas Veenhof

Closed to foreigners for 250 years prior to Theos Bernard's 1937 visit, Tibet was exotic and mysterious. His petition and subsequent invitation to visit established him as the third Westerner to set foot in

the country and the first to visit the forbidden city of Lhasa as a Buddhist pilgrim.

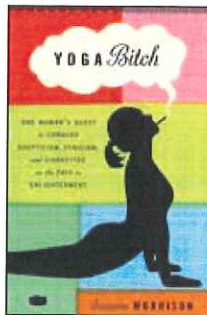
During his two-month stay as the guest of one of Tibet's wealthiest and most prominent families, the ex-lawyer and philosophy PhD was given entrée

into Lhasa's most sacred and sequestered monastic shrines and temples, and initiated into Tantric rites and mysteries by the ranking lama—again, a first for a Westerner. Upon leaving, he was provided with 50 pack mules laden with rare scriptures and art to support his new mission of introducing Tibetan Buddhism to the West. He wrote a memoir on his return, and his experiences were serialized in media of the day.

It's difficult to imagine now, when yoga is practiced by an estimated 18 million people in North America alone, but when Bernard was growing up in Arizona in the early 1900s, yoga was associated largely with fakirs and contortionists. He was introduced to it in 1931 when he reunited with his wayfaring father, himself a lifelong yoga student, and soon dedicated himself to the physical and philosophical practice that would eventually inspire his travels.

Bernard disappeared in 1947 while journeying to a remote monastery near the Kashmir-Tibet border, and his story might have been forgotten altogether but for the 1999 discovery of some 40 boxes of his personal papers in a storage unit of his father's recently deceased housekeeper/companion in Upland. Author Douglas Veenhof, a practitioner of Buddhist and yogic philosophy, describes this cache as "a biographer's dream." An impressive collection of Tibetan artifacts was also recovered, but it's difficult to imagine they have more value than Bernard's compelling story. (Harmony/Crown)

—Marci Emmer



YOGA BITCH: One Woman's Quest to Conquer Skepticism, Cynicism and Cigarettes on the Path to Enlightenment

Suzanne Morrison

When Suzanne Morrison decides to spend \$1,200 to follow her yoga teacher to Bali for a teacher-training program, she's horrified to discover the group she's traveling with practices *amaroli*

(otherwise known as urine therapy, or as the author describes it, "pissdrinking"). As a coddled American, I would have been flabbergasted myself, but for the fact that when I visited Southern India, an Ayurvedic practitioner gave me a concoction of herbs specifically designed to make me vomit. Knowing Morrison wasn't exaggerating, *Yoga Bitch* had me hooked.

It's a hilarious read by an author who isn't afraid to delve into the messy innards of the yoga culture. Each chapter opens with her post-trip reflections, then backtracks to diary entries she wrote while in Bali. While wrestling with life's big questions—who is God, should she break up with her U.S. boyfriend, will drinking pee really cure her Bali Belly—Morrison also agonizes over such profundities as: Is it wrong to spend money on organic aromatherapy products? If I drink a coconut vanilla milkshake, does this mean I lack discipline? What about a milkshake, killer brownie and bottle of red wine, all in one sitting?

When Morrison has a spiritual breakthrough, she's determined to stay on the path to enlightenment, and it's not until much later that she realizes, "Bali turned me into this uniquely exasperating creature—the yoga egomaniac." Pride, self-righteousness and judgmental thoughts follow us (teachers and students alike) everywhere. Even into the sticky, hot villages of Bali.

As with every yoga pose, balance, mindfulness and humility are key. It's not clear whether Morrison ever found it, but really, do any of us? (Three Rivers Press)
—Jenny Rough

MUSIC



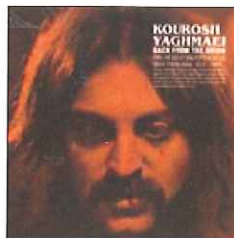
DACHTAH CHANDO Clara

African reggae is a burgeoning yet powerful subgenre of Jamaica's national sound most famously championed by singers Alpha Blondy and the late Lucky Dube. Recently the Marley sons have made strong inroads connecting the cultural and musical dots between their Jamaican music and its

African roots (especially Damian's recent work alongside rapper Nas). Canary Islands reggae, then, is a subset of a subgenre. In fact, Dachtah Chando is the first time I've ever heard those words muttered together, but given the strength of Clara, they now slide easily and often from my tongue. Collecting a crew of notable Jamaican vocalists, including Tanya Stephens, Gyptian and Luciano, Chando's beats are as solid and rootsy as his Spanish patois is smooth and easy

on the ears. This Tenerife surfer has turned his passion into a craft, launching a fresh genre from his tiny satellite located off the coast of Morocco. Satellites are a powerful technology and reach many ears. (Echo Beach)

—Derek Beres



KOUROSH YAGHMAEI Back From the Brink: Pre-revolution Psychedelic Rock from Iran: 1972-1979

If you were as excited reading the title of this two-disc collection as I was when receiving this package in the mail, you won't be disappointed.

Spreading news of Islamic prohibitions is popular in today's America, but Kourosh Yaghmaei and his two brothers were truly victims of a widespread music ban. His siblings fled when the '79 revolution shook Tehran; Kourosh stayed, choosing censorship over leaving his homeland, and hiding the masters of his music. The range alone of this collection is outrageous. First influenced by the Doors and the Kinks, Kourosh soon fell in love with Elton John and James Taylor. I personally hear the Byrds, even a hint of Jefferson Starship/Airplane/Hindenburg. The songs stand up in a retro sort of way, while I'd swear I'm gazing at vintage Frank Zappa in the extensive 52-page booklet. You won't receive a lesson in Iranian heritage in this blatantly psychedelic American sound, but you will get one fine collection of prime time Haight-Ashbury reconfigured for a hungry Arabic audience. (Now Again)

—DB

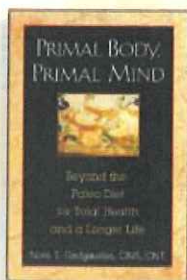
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NORA T. GEDGAUDAS, CNS, CNT

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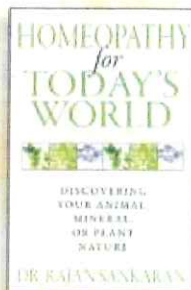
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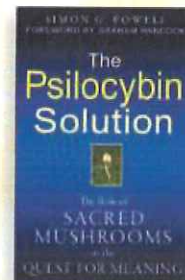
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