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Milton's Secret

### The Power of Now

Presents inspirational passages from Eckhart Tolle's "A New Earth" and Byron Katie's "A Thousand Names for Joy," enhanced by color photographs of flowers.

### La quietud habla

### Practising the Power of Now - Ssb

In this elegant new card deck, Eckhart Tolle distills the wisdom of his bestselling book A New Earth into short, carefully chosen passages for contemplation and inspiration. Each selection reinforces the principles of the book, leading us toward personal and, ultimately, global transformation. Tolle's sage guidance will help you transcend ego-based mind-sets to awaken to your life's purpose and achieve a genuine state of peace. These powerful quotations will free you from the confines of the ego and help you experience your true essence as well as the true essence of the world. This process is not only essential to personal happiness but also the key to ending conflict and suffering throughout the world. The box includes a prop-up frame that allows you to display a favorite card or a rotation of cards for ongoing, deeper reflection. With each card, Tolle guides you to embrace stillness and remain fully present in each moment, awakening to a new consciousness.

## **The Energy of Money**

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of Beyond the Power of Now, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions.

## **Unnatural Separations: A Brief Memoir About Spiritual Transformation in An Academic World**

### **The Transparency of Things**

Tired of feeling alone in your quest for something better out of life that goes deeper beyond an image in the mirror? Ready to overcome your food, weight, and body challenges through embracing nourishing foods and a path of self-exploration? Perhaps, like author Laura Susanne Yochelson, you are a person recovering or recovered from an eating disorder. Now, you are prepared to stand up and make healthy choices for yourself and those you love. You know how to listen to children when they are in pain. You act when someone you care for comes up to you with the infamous question: "Am I fat?" In "Sick," join Laura as she recounts her experiences with OCD, anxiety, depression, and anorexia nervosa. Sick is a book on eating disorders like no other, including a special section with input from top holistic health practitioners and dozens of

healing exercises to engage your imagination. Uplift yourself today by reading Laura's story and see that you too contain the courage to be well in your own eyes and to live honestly from your heart.

### **Beyond the Power of Now**

"Psychic, medium, clairvoyant, channel--these are all words to describe Sylvia Browne's unique powers. I've personally witnessed her bring closure to distraught families, help the police close cases, and open people's hearts to help them see the good within themselves."—Montel Williams "The Other Side and Back is the most grounded and authentic 'entry to the other side' that I have ever read. You know immediately upon reading the first few pages that Sylvia Browne is more than a psychic—she is a master at conveying the truth that exists in the fourth dimension." —Caroline Myss, Ph.D., author of Anatomy of the Spirit World-famous psychic and New York Times bestselling author Sylvia Browne takes readers on an unprecedented and comprehensive "tour" of the afterlife—a world-changing revelation that has helped millions live for today, tomorrow, and forever Includes \* how spirit guides and angels "talk" to us daily \* the truth about ghosts and hauntings \* solving "unsolvable" missing persons cases \* how psychic energy can keep people healthy and improve relationships \* why we shouldn't fear aging and death \* must-read predictions for the new millennium \* and more

### **Kundalini**

A passionate and deep exploration of how love is essential to our spiritual growth and development, from beloved author and teacher A. H. Almaas. Love is a universal energy--and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for spiritual growth. In Love Unveiled, A. H. Almaas explores three dimensions of love: appreciative love--the true liking of somebody or something; merging or connecting love--a force that melts away separateness; and passionate, ecstatic love--capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, Love Unveiled will help you explore love in three essential dimensions and gain a deeper connection to yourself.

### **Let Your Life Speak: Listening for the Voice of Vocation**

A Vivid Dream of the Divine. I was finishing my master's degree in philosophy when I had an extraordinary dream about the reflective nature of the universe. The dream showed the heavens or the Divine turn golden and rearrange as a reflective golden sphere in the middle of the universe with arms of golden pearl strings reflecting back each and every other one. Once in motion, they made a humming sound that penetrated my entire body. The dream provoked both awe and fear, forcing me to question my own beliefs and years of studies. The journey came full circle through slowing down from the stressful of regular life to return to the interconnection of all things through deeply observing nature. Then I was able to truly understand, the Divine is within the universe and evolving with all that exists. That all things have a piece of the Divine within them and at the same time the Divine's energy permeates any remaining space. Then each thing is so completely connected to the other they form reflective relationships. And that the only lasting theory of knowledge is defined by the creative process to surface novel conclusions.

### **Stillness Speaks**

Es fácil penetrar la esencia del mensaje de Eckhart Tolle: si nos conectamos con la quietud interna podemos ir más allá de nuestra mente activa y nuestras emociones y descubrir grandes y duraderas profundidades de paz, satisfacción y serenidad. Su mensaje llegó a millones de personas en todo el mundo con su primer libro de mayor venta, "The Power of Now". Y ahora, en este nuevo y muy anticipado libro, Tolle nos brinda la esencia de sus enseñanzas en segmentos cortos y sencillos que están al alcance de todos.

### **Gastronomy of Italy**

" 'WISDOM' in words" - is a paradox that Sages and Saints alone could successfully 'tackle'! Fortunate is a seeker that drowns himself in this "Pool of Wisdom" and survives 'headless' happily re-established in the unseen Heart! The world labels him: 'mad', 'beggar', 'Wizard'; thereby unsuccessfully attempting to identify him, push him into the non-reality of 'moving' movie frames! A true seeker rejoices in the 'NOW' of the reality of movement-lessness - that a 'madman', a 'beggar', a 'Wizard' is portraying only the non-noticed 'Screen' in every projected moving movies "Millions of body-'I'-s dissolved in one 'I AM'-Eternity!" ~ V. Ganesan

### **The Leap**

A collection of simple meditations and exercises helps readers heighten their consciousness of the present and live in the moment more completely. 50,000 first printing. \$50,000 ad/promo. Original.

## **My Mother's Book**

The purpose of *The Transparency of Things* is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations leads us gently but directly to see that our essential nature is neither a body nor a mind. It is the conscious Presence that is aware of this current experience. As such, it is nothing that can be experienced as an object, and yet it is undeniably present. However, these contemplations go much further than this. As we take our stand knowingly as this conscious Presence that we always already are, and reconsider the objects of the body, mind, and world, we find that they do not simply appear to this Presence; they appear within it. And further exploration reveals that they do not simply appear within this Presence but as this Presence. Finally, we are led to see that it is in fact this very Presence that takes the shape of our experience from moment to moment while always remaining only itself. We see that our experience is and has only ever been one seamless totality, with no separate entities, objects, or parts anywhere to be found.

## **A New Earth Inspiration Deck**

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

## **Love Unveiled**

As Eckhart Tolle has written, poetry "has been recognized since ancient times as a highly appropriate medium for the expression and transmission of spiritual truth." *The Clear Light* is Steve Taylor's latest contribution to this poetic tradition, offering short and powerful reflections as a guide to spiritual awakening and as experiential glimpses of the state of enlightenment itself. Taylor ranges widely, through subjects including "Making the Human Race Whole," "Freedom from the Past," and "The Reality of Connection," always in clear and simple language. Best of all, he reminds us of the choices we always have when life feels chaotic and overwhelming: empathy, acceptance, and love. Soothing but also challenging, Taylor's words continually affirm the profound bedrock of peace and even joy in the present that is always available. The book's eponymous reflection says it best: There is nothing that can't be undone no past injury that can't be healed no past

mistake that can't be corrected in the clear light of the present. Reading this book is a transformational spiritual experience in itself.

### **Deepening the Dimension of Stillness**

#### **Guardians of Being**

Gastronomy of Italy the seminal work on Italian food, first published in the 1990s is revised and updated and illustrated with new photography. This classic book leaves no stone unturned in its exploration of Italian gastronomy. Anna Del Conte, the doyenne of Italian cooking, defines the country's regions, ingredients, dishes and techniques for a new generation in her comprehensive explanation of its culinary terms. This simple A-Z format covers all elements of Italian gastronomy from abbacchio to zuppe inglese. There are over 200 recipes, including the great dishes from every major region of Italy. Variations on the classics pasta, polenta, gnocchi, risotto and pizzas sit alongside Anna's recipes for versions of Italian favourites, such as peperonata, lamb fricasse, ossobuco and less well-known regional specialities. Specially commissioned photographs of the dishes, ingredients and techniques along with maps of the regions, makes this a truly unique and invaluable book. This new digital edition allows the reader to navigate, bookmark, and search the content quickly, as well as provide useful links between recipes. Word count: 197,000

#### **Stillness Speaks**

#### **The Diamond in Your Pocket**

An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of The Power of Now.

#### **The Calm Center**

#### **Sick**

Have you ever thought that there might be something wrong with human beings, even that we might be slightly insane? Why is it that so many human beings are filled with a restless discontent, and an insatiable desire for material goods, status and power? Why is it that human history has been filled with endless conflict, oppression and inequality? In this groundbreaking and inspiring book, Steve Taylor shows that we do suffer from a psychological disorder, which he refers to as humania, or ego-madness. This disorder is so close to us that we don't realize it's there, but it's the root cause of all our dysfunctional behaviour, both as individuals and as a species. This book explains the characteristics of humania, where it stems from and how it leads to the madness of materialism, status-seeking, warfare, inequality and other symptoms of our insanity. But equally importantly, Back to Sanity shows how we can heal this mental disorder and allow the fleeting moments of harmony that we all experience from time to time to become our permanent state of being.

### **Back to Sanity**

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

### **The Clear Light**

"Would it be all right with you if life got easier?" Thousands worldwide have answered yes to that question at Dr. Maria Nemeth's breakthrough workshops, "You and Money," where they have learned how to build a powerful new relationship with money and bring their dreams to fruition. Now in *The Energy of Money*, Dr. Nemeth synthesizes spiritual and practical techniques to create a unique, authoritative program for achieving personal life goals and financial wealth. Combining a thorough self-help and self-discovery regimen with proven methods of money management from Nemeth's nationally successful seminars--including four steps to establishing a healthier relationship with money--this powerhouse guide to prosperity will help you uncover the hidden landscape of beliefs, patterns, and habits that underlie and sometimes subvert your everyday use of money and personal resources. Through exercises and meditations, worksheets, and other interactive processes, Dr. Nemeth takes you on a journey from which you will discover your sources of personal power and financial fulfillment; work through inner obstacles to your success and happiness; and harness the energy of money to realize your most cherished goals and aspirations. "Money is congealed energy," said Joseph Campbell, and releasing it releases life's

possibilities. The Energy of Money is clear, down-to-earth, and inspiring. It will guide you to financial success and help you manifest your special contribution to the world. From the Hardcover edition.

### **Eckhart Tolle's Findhorn Retreat**

You don't have to be a monk to enter the ultimate realm of happiness! Yes, it's true. In his book Kundalini - An Untold Story, Himalayan ascetic Om Swami unveils the enigmatic story of kundalini, the formless aspect of the Goddess or your primordial energy. With workable steps for awakening this energy source, the author explains the esoteric and practical meaning of kundalini and the seven chakras in his usual humorous style. These riveting anecdotes are based on his personal experience gained from years of intense meditation. Take an awe-inspiring journey - something no other book on spirituality can offer - from the origins of kundalini all the way to Swami's own sadhana in the modern age. Om Swami is a mystic living in the Himalayan foothills. He has a bachelor's degree in business and an MBA from Sydney, Australia. Prior to his renunciation of this world, he founded and ran a multi-million dollar software company successfully. He is the bestselling author of A Fistful of Love.

### **The Seat of the Soul**

Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published. The classic guide is filled with meditations, exercises, and techniques that can help you use the power of your imagination to create what you want in your life, change negative habit patterns, improve self-esteem, reach career goals, increase prosperity, develop creativity, increase vitality, improve your health, experience deep relaxation, and much more. This book can help you to increase your personal mastery of life.

### **Practicing the Power of Now**

An Adventure of Discovery through Then, When, and the Power of Now Milton has a wonderful secret. And now you can discover it too! Milton is a happy kid until a school bully starts to push him around. Now he worries all the time about what the bully will do to him when he's at school. But Milton encounters a few situations (including a special lesson from Snuggles the cat) that help him understand a very important thing: the only way to be happy is to live in the Now. For the first time, Eckhart Tolle and coauthor Robert S. Friedman bring the concept of the best-selling The Power of Now to a story

for children. Thought-provoking, beautifully illustrated, and a wonderful teaching tool for parents, Milton's Secret will inspire and help children who must face difficult encounters at school, on the playground, and everywhere. This charming story will bring joy to children and their parents for decades to come. Milton's Secret will not only appeal to the millions of adult readers of Tolle's books, but also to any parent who wants to introduce their children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering. Eckhart Tolle is a contemporary spiritual teacher who is not aligned with any particular religion or tradition. He is author of the best-selling *The Power of Now*, *A New Earth*, and *Stillness Speaks*. Robert S. Friedman is president and cofounder of Hampton Roads Publishing Company. Frank Riccio is an award-winning illustrator. He is the illustrator for the best-selling children's book *The Little Soul and the Sun*.

### **Wisdom's Soft Whisper**

New York Times bestselling author Eckhart Tolle — Learn the transformative power of living in the now Attaining Eckhart Tolle's state of presence: In *Stillness Speaks*, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls "the state of presence," a living in the 'now' that is both intensely inspirational and practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. *Stillness Speaks* takes the form of 200 individual entries, organized into 10 topic clusters that range from "Beyond the Thinking Mind" to "Suffering and the End of Suffering." Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read *The Untethered Soul* by Michael Singer, *Buddha's Brain* by Rick Hanson, or other Eckhart Tolle books such as *The Power of Now*, you will want to own and read *Stillness Speaks*.

### **Stillness Speaks Inspiration Deck**

The 10th anniversary edition of *A New Earth* with a new preface by Eckhart Tolle. With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived "in the now." In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, *A New Earth* is a profoundly spiritual manifesto for a better way of life—and for building a better world.

### **Oneness with All Life**

What does it mean to be enlightened or spiritually awakened? In *The Leap*, Steve Taylor shows that this state is much more common than is generally believed. He shows that ordinary people — from all walks of life — can and do regularly “wake up” to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us all, anytime, anyplace.

### **Creative Visualization**

The author of the bestseller, *Way of the Peaceful Warrior* presents an important, practical guide that reveals twelve keys to transform everyday life into a spiritual adventure.

### **Milton's Secret**

### **A New Earth (Oprah #61)**

"If you've ever wondered how a messed up kid like you or me might master the wisdom of Zen, *One Blade of Grass* is the adventure for you. It's great company—and after reading it, you might recognize that you're further along than you imagined." —David Hinton, editor and translator of *The Four Chinese Classics* and author of *The Wilds of Poetry* *One Blade of Grass* tells the story of how meditation practice helped Henry Shukman to recover from the depression, anxiety, and chronic eczema he had had since childhood and to integrate a sudden spiritual awakening into his life. By turns humorous and moving, this beautifully written memoir demystifies Zen training, casting its profound insights in simple, lucid language, and takes the reader on a journey of their own, into the hidden treasures of life that contemplative practice can reveal to any of us. "This heartfelt and beautifully written memoir provides one of the most insightful, informative, and honest accounts of Zen practice yet to appear in English." —Stephen Batchelor, author of *After Buddhism*

### **The Other Side and Back**

*Come Quiet Your Mind, Warm Your Heart, & Lift Your Spirit!* We all need a book that we can reach for that will make us smile and cry and laugh in joy – words that can give us hope that we can survive the hard days that will come in anyone's life. These pages will guide you to deeper levels of acceptance and letting go, no matter what's happening in your life. The

Shaman & His Daughter takes us inside the world of a 35 year veteran master shamanic healer/spiritual teacher and his powerful apprentice daughter three years after a devastating loss. Their journey will inspire and touch you in a deep part of your soul. Through these 18 tender tales you'll learn how to trust that there is always a way out of tragedy, out of the deepest sadness and a way out of not understanding why life can sometimes feel so unfair. Come Experience a Journey of Recovery, Hope, and Magic! What reviewers are saying: ★★★★★ "This is a book I will keep on my bedside to read over and over again." - D. Thaler ★★★★★ "The Shaman & His Daughter is a wonderful, heartwarming and insightful book." - J. Renfro ★★★★★ "I have things I want to underline so I can go back quickly and receive the wisdom Gregory has shared." - Gloria Larimar ★★★★★ "An Indescribably Beautiful Treasure of a Book." -- Heather Uva ★★★★★ "So blessed with the heartwarming love, deep intimacy and sacred wisdom and sensitivity you have expertly shared in these pages. Hard to put down!!" - Chris Cago ★★★★★ "This book warms my soul and emboldens me to look further, dream bigger and DO more. Highly recommended!" - Angela Pugh ★★★★★ "Excellent and awe inspiring moments. Can't wait till the sequel!" - Marti Jo Caldwell ★★★★★ "This book completely enthralled me - I laughed, I cried and I held the book close to my heart as if it were one of Angel Girl's bear friends." - C. Ward ★★★★★ "This was a beautiful and gentle book that I read all in one sitting." - Mandy Spay The Shaman & His Daughter is a moving deeply emotional book. If you like stories of inner strength, spiritual warriors in-training, and the beauty of a powerful father/daughter bond, then you'll love Gregory Drambour's inspiring saga. Buy The Shaman & His Daughter to discover the real world of shamanism and the value it can bring to your life!

### **One Blade of Grass**

For the first time ever, bestselling author Eckhart Tolle brings the core of his teachings to children, ages 7 to 100. Beautifully illustrated and artfully expressed, this charming story will bring joy to children and their parents for decades to come. Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied. Living in the Now, he no longer dreads encountering Carter--and this changes everything. Milton's Secret will not only appeal to the millions of adult readers of Tolle's other books, but also to any parent who wants to introduce their children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering.

### **Buddha**

Discover the Essence of Who You Really Are These powerful meditations and poetic reflections will comfort, inspire, and gently bring you out of the hectic day-to-day and back to the bedrock of peace, and even joy, of your true, essential, and authentic self. By encouraging you to see the limitations of your everyday, conditioned personality, Steve Taylor empowers

you to step outside of it so you can breathe the fresh air of freedom. His words will guide you on a journey through the landscape of wider awareness, pointing out the obstacles and landmarks along the way to enlightenment. A profound modern spiritual text with the power to transmit awakening, The Calm Center will help you open to the deepest and highest experiences of a life fully lived.

### **Stillness Speaks**

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

### **Everyday Enlightenment**

This manual-style book instantly dives into Eckhart Tolle's principles of living in the moment, which could be a jarring experience for readers who haven't read his preceding book, *The Power of Now*. For the initiated, though, this makes an excellent companion guide--rich in exercises and meditations to help readers get out of their minds so

### **The Shaman & His Daughter**

Explores a new phase of human evolution that reflects a growing understanding about authentic, spiritual power based on cooperative beliefs and a reverence for life.

### **Peace in the Present Moment**

Deepak Chopra brings the Buddha back to life in this gripping New York Times bestselling novel about the young prince who abandoned his inheritance to discover his true calling. This iconic journey changed the world forever, and the truths revealed continue to influence every corner of the globe today. A young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Betrayed by those closest to him, Siddhartha abandons his palace and princely title. Face-to-face with his demons, he becomes a wandering monk and embarks on a spiritual fast that carries him to the brink of death. Ultimately recognizing his inability to conquer his body and mind by sheer will, Siddhartha transcends his physical pain and achieves enlightenment. Although we recognize Buddha today as an icon of peace and serenity, his life story was a tumultuous and spellbinding affair filled with love and sex, murder and loss, struggle and surrender. From the rocky terrain of the material world to the summit of the spiritual one, Buddha captivates and inspires—ultimately leading us closer to understanding the true nature of life and ourselves.

## **Milton'S Secret**

Developed for both spiritual students and mainstream seekers by Eckhart Tolle, world-renowned spiritual teacher, this handsome collection of four-color cards makes a thoughtful present that provides insights into living with grace and ease. It is both intensely inspirational and practical. Excerpted from Tolle's powerful lessons in Stillness Speaks, the deck divides into topics such as "Beyond The Thinking Mind" and "Suffering the End of Suffering" and features key topics on the front and short quotations on the back. Guidance to living in the now has never been more accessible.

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