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SUC7TF - WARREN KENZIE

A fascinating exploration of lakes around the world, from Walden Pond to the Dead Sea. More than a century and a half have passed since Walden was first published, and the world is now a very different place. Lakes are changing rapidly, not because we are separate from nature but because we are so much a part of it. While many of our effects on the natural world today are new, from climate change to nuclear fallout, our connections to it are ancient, as core samples from lake beds reveal. In *Still Waters*, Curt Stager introduces us to the secret worlds hidden beneath the surfaces of our most remarkable lakes, leading us on a journey from the pristine waters of the Adirondack Mountains to the wilds of Siberia, from Thoreau's cherished pond to the Sea of Galilee. Through decades of firsthand investigations, Stager examines the significance of our impacts on some of the world's most iconic inland waters. Along the way he discovers the stories these lakes contain about us, including our loftiest philosophical ambitions and our deepest myths. For him, lakes are not only mirrors reflecting our place in the natural world but also windows into our history, culture, and the primal connections we share with all life. Beautifully observed and eloquently written, Stager's narrative is filled with strange and enchanting details about these submerged worlds—diving insects chirping underwater like crickets, African crater lakes that explode, and the growing threats to some of our most precious bodies of water. Modern science has demonstrated that humanity is an integral part of nature on this planet, so intertwined with it that we have also become an increasingly powerful force of nature in our own right. *Still Waters* reminds us how beautiful, complex, and vulnerable our lakes are, and how, more than ever, it is essential to protect them.

Analayo investigates the meditative practices of compassion and emptiness by examining and interpreting material from the early Buddhist discourses. Similar to his previous study of *satipaa'-a'-hana*, he brings a new dimension to our understanding by comparing Pali texts with versions that have survived in Chinese, Sanskrit and Tibetan. The result is a wide-ranging exploration of what these practices meant in early Buddhism.

"In language totally fresh and jargon-free, Sakyong Mipham Rinpoche distills the wisdom of many centuries. Simple as it is profound, his book bears reading many times."—Peter Conradi, author of *Iris Murdoch: A Life and Going Buddhist* Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.

Bringing together extensive research on psychology, psychophysiology and phenomenology of the shamanic trance and altered states of consciousness, this book represents a cross-cultural approach to the study of shamanism. It discusses Buryat shamanism in Siberia in comparison with Buddhist and Hindu Yogic techniques, as well as other esoteric traditions. The phenomenon of the shamanic trance is here investigated from the esoteric point of view as a form of mystical or religious experience. The book explores the inner feelings and psychic states of the shaman during the trance, describing the inner psychic processes and referring to the systems of chakras and subtle channels in shamanism and classical Buddhist and Hindu yoga, as well as other cultural traditions. In addition to its adoption of psychoanalytic and transpersonal approaches, it also uses phenomenological methods in its investigation, representing works from scholars in Oriental studies, as they provide deeper insight into the research of shamanism and mystical experiences.

A guide to personal spiritual initiation through the transformation of habitual patterns, apathy, and resistance • Based on the Native American medicine wheel, the Vedic wheel, and the universal initiatory mandala • Enables readers from any tradition to initiate themselves through practices of thought transformation, narrative medicine, meditation exercises, rituals, and journaling • Facilitates breaking through personal and societal illusions that perpetuate resistance and apathy Intentions and spiritual principles, meditation and contemplation, ritual, and risk-taking are the conditions that comprise an initiated life. Regrettably, in modern society we do not have rites of initiation that break through the personal and societal illusions that instill and perpetuate negative habits that keep us in states of resistance. Lacking initiation practices, we often remain trapped in ways of being in the world that were formed by our past conditions and attachments. We tend to identify too strongly with the status quo, which must be challenged to prevent stagnation and to encourage happiness and authenticity. Julie Tallard Johnson shows how to become initiated into an authentic life through practices of thought transformation, cultivating attention, journaling, storytelling, and rituals found in the four directions of the universal mandala. She begins the Wheel of Initiation in the South, where initiates set their intentions; then moves into the West, where they free themselves from habitual patterns and core beliefs; then into the North, the direction of cultivating attention and unity; and finishes in the East, the direction of regeneration and initiation. Drawing upon the life experiences of those who have successfully navigated the wheel, Johnson demonstrates that once fears, assumptions, and ingrained beliefs are confronted and transformed, initiates emerge ready to reenter society with renewed energy and vision that will enrich their own lives and their communities.

Originally published in 1997, *Religions of Tibet in Practice* is a landmark work—the first major anthology on the topic ever produced. This new edition—abridged to further facilitate course use—presents a stunning array of works that together offer an unparalleled view of the Tibetan religious landscape over the centuries. Organized thematically, the twenty-eight chapters are testimony to the vast scope of religious practice in the Tibetan world, past and present. *Religions of Tibet in Practice* remains a work of great value to scholars, students, and general readers.

It is said that men are 'in crisis', blighted by the adverse effects of corrosive masculine norms ranging from emotional disconnection to aggression. This book follows one group of men seeking to overcome their masculine inheritance and ultimately reach a sense of wellbeing by taking up meditation. Mindfulness-based approaches to medicine, psychology, neuroscience, healthcare, education, business leadership, and other major societal institutions have become increasingly common. New paradigms are emerging from a confluence of two powerful and potentially synergistic epistemologies: one arising from the wisdom traditions of Asia and the other arising from post-enlightenment empirical science. This book presents the work of internationally renowned experts in the fields of Buddhist scholarship and scientific research, as well as looking at the implementation of mindfulness in healthcare and education settings. Contributors consider the use of mindfulness throughout history and look at the actual meaning of mindfulness whilst identifying the most salient areas for potential synergy and for potential disjunction. *Mindfulness: Diverse Perspectives on its Meanings, Origins and Applications* provides a place where wisdom teachings, philosophy, history, science and person-

al meditation practice meet. It was originally published as a special issue of *Contemporary Buddhism*.

A call to action for Buddhist women re-examines the religion's history and women's place in it while encouraging women to take a more active role in the religion. Original.

Now available for the first time—more than 50 years after it was written—is the memoir of Michael Dillon/Lobzang Jivaka (1915-62), the British doctor and Buddhist monastic novice chiefly known to scholars of sex, gender, and sexuality for his pioneering transition from female to male between 1939 and 1949, and for his groundbreaking 1946 book *Self: A Study in Ethics and Endocrinology*. Here at last is Dillon/Jivaka's extraordinary life story told in his own words. *Out of the Ordinary* captures Dillon/Jivaka's various journeys—to Oxford, into medicine, across the world by ship—within the major narratives of his gender and religious journeys. Moving chronologically, Dillon/Jivaka begins with his childhood in Folkestone, England, where he was raised by his spinster aunts, and tells of his days at Oxford immersed in theology, classics, and rowing. He recounts his hormonal transition while working as an auto mechanic and fire watcher during World War II and his surgical transition under Sir Harold Gillies while Dillon himself attended medical school. He details his worldwide travel as a ship's surgeon in the British Merchant Navy with extensive commentary on his interactions with colonial and postcolonial subjects, followed by his "outing" by the British press while he was serving aboard *The City of Bath*. *Out of the Ordinary* is not only a salient record of an early sex transition but also a unique account of religious conversion in the mid-twentieth century. Dillon/Jivaka chronicles his gradual shift from Anglican Christianity to the esoteric spiritual systems of George Gurdjieff and Peter Ouspensky to Theravada and finally Mahayana Buddhism. He concludes his memoir with the contested circumstances of his Buddhist monastic ordination in India and Tibet. Ultimately, while Dillon/Jivaka died before becoming a monk, his novice ordination was significant: It made him the first white European man to be ordained in the Tibetan Buddhist tradition. *Out of the Ordinary* is a landmark publication that sets free a distinct voice from the history of the transgender movement.

Sandra Ingerman We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. With *The Book of Ceremony*, shamanic teacher Sandra Ingerman presents a rich and practical resource for creating ceremonies filled with joy, purpose, and magic. "We are hungry to connect with more than what we experience with our ordinary senses in the material world," writes Sandra. "By performing ceremonies, you will find yourself stepping into a beautiful and creative power you might never have imagined." Weaving shamanic teachings together with stories, examples, and guiding insights, *The Book of Ceremony* explores: • The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected • Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen • Guidance for working alone, in community, and across distances with virtual ceremonies • Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine • Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings • Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more • Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden or to revitalizing your home or office to helping heal our planet *The Book of Ceremony* is more than a "how-to" guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, "If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves."

An introduction to the ancient practice of shamanism, including step-by-step, practical exercises. More than just a book about shamanism however, the book is a detailed examination as to how our turning away from shamanism led to many of the mental health and environmental problems we now face, and the vital role shamanism can play in our recovery.

The classic guide to enlightened living that first presented the Buddhist path of the warrior to Western readers—with a new foreword and cover presentation. This timeless classic presents a vision of basic human wisdom that synchronizes the mind and body—what Chögyam Trungpa called the sacred path of the warrior. This discipline embodies characteristics that many cultures, regions, and spiritual traditions throughout time have found valuable. The sacred warrior conquers the world not through violence or aggression but through gentleness, courage, and self-knowledge, discovering the basic goodness of human life and radiating that goodness out into the world for the peace and sanity of others. That's what the Shambhala teachings are all about, and this is the book that has been presenting them to a wide and appreciative audience for more than thirty years. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Many of us, without even realizing it, are dominated by fear. We might be aware of some of our fears—perhaps we are afraid of public speaking, of financial hardship, or of losing a loved one. Chögyam Trungpa shows us that most of us suffer from a far more pervasive fearfulness: fear of ourselves. We feel ashamed and embarrassed to look at our feelings or acknowledge our styles of thinking and acting; we don't want to face the reality of our moment-to-moment experience. It is this fear that keeps us trapped in cycles of suffering, despair, and distress. Chögyam Trungpa offers us a vision of moving beyond fear to discover the innate bravery, trust, and delight in life that lies at the core of our being. Drawing on the Shambhala Buddhist teachings, he explains how we can each become a spiritual warrior: a person who faces each moment of life with openness and fearlessness. "The ultimate definition of bravery is not being afraid of who you are," writes Chögyam Trungpa. In this book he offers the insights and strategies to claim victory over fear.

The author's journey to becoming a Bushman shaman and healer and how this tradition relates to shamanic practices around the world • Explores the Bushmen's ecstatic shaking and dancing practices • Written by the first non-Bushman to become fully initiated into their healing and spiritual ways In *Bushman Shaman*, Bradford Keeney details his initiation into the shamanic tradition of the Kalahari Bushmen, regarded by some scholars as the oldest living culture on earth. Keeney sought out the Bushmen while in South Africa as a visiting professor of psychotherapy. He had known of the

Kalahari "trance dance," wherein the dancers' bodies shake uncontrollably as part of the healing ceremony. Keeney was drawn to this tradition in the hope that it might explain and provide a forum for his own ecstatic "shaking," which he had first experienced at the age of 19 and had tried to suppress and hide throughout his adult life. For more than a dozen years Keeney danced with Bushman shamans in communities throughout Botswana and Namibia, until finally becoming fully initiated into their doctoring and spiritual ways. Through his rediscovery of the "rope to God" in a Bushman shaman dream, he offers readers accounts of his shamanic world travels and the secrets of the soul he learned along the way. In *Bushman Shaman* Keeney also reveals his work with shamans from Japan, Tibet, Bali, Thailand, Australia, and North and South America, providing new understandings of other forms of shamanic spiritual expression and integrating the practices of all these traditions into a sacred circle of one truth.

The first book written about Mongolian and Siberian shamanism by a shaman trained in that tradition. • A thorough introduction to Mongolian and Siberian shamanic beliefs and practices, which, until the collapse of the Soviet Union, were banned from being practiced. • Includes rituals for healing and divination techniques. In traditional Mongolian-Buryat culture, shamans play an important role maintaining the tegsh, the "balance" of the community. They counsel a path of moderation in one's actions and reverence for the natural world, which they view as mother to humanity. Mongolians believe that if natural resources are taken without thanking the spirits for what they have given, those resources will not be replaced. Unlike many other cultures whose shamanic traditions were undermined by modern civilization, shamans in the remote areas of southern Siberia and Mongolia are still the guardians of the environment, the community, and the natural order. *Riding Windhorses* is the first book written on Mongolian and Siberian shamanism by a shaman trained in that tradition. A thorough introduction to Mongolian/Siberian shamanic beliefs and practices, it includes working knowledge of the basic rituals and various healing and divination techniques. Many of the rituals and beliefs described here have never been published and are the direct teachings of the author's own shaman mentors.

An analysis of the causes of poverty in England, with some proposed solutions, from the founder of the Salvation Army. The title is a deliberate reference to Stanley's "In darkest Africa," which was published the same year.

• Mongolian shamaness Sarangerel provides a hands-on guide for serious students of the shamanic path. • Includes complete directions for traditional Siberian rituals, meditations, and divination techniques never before published. • Shows how to recognize and acknowledge a call from the spirits. • Offers traditional wisdom for nurturing a working relationship with personal spirit helpers to promote healing and balance in a community. The shaman's purpose is to heal and restore balance to his or her community by developing a working relationship with the spirit world. Mongolian shamanic tradition maintains that all true shamans are called by the spirits—but those who are not from shamanic cultures may have difficulty recognizing the call or nurturing the essential shamanic relationship with their helper spirits. Buryat shamaness Sarangerel has written *Chosen by the Spirits* as a guide for both the beginning shaman and the advanced practitioner. Although raised in the United States, she was drawn to the shamanic tradition, and in 1991 returned to her ancestral homeland in the Tunkin region of southern Siberia to study with traditional Buryat shamans. Her first book, *Riding Windhorses*, provided an introduction to the shamanic world of Siberia. Chosen by the Spirits delves more deeply into the personal relationship between the shamanic student and his or her "spirit family." Sarangerel recounts her own journey into shamanic practice and provides the serious student with practical advice and hands-on techniques for recognizing and acknowledging a shamanic calling, welcoming and embodying the spirits, journeying to the spirit world, and healing both people and places.

What does it mean for nature to be sacred? Is anything supernatural or even unnatural? *Nature's Transcendence and Immanence: A Comparative Interdisciplinary Ecstatic Naturalism* discusses nature's divinizing process of unfolding and folding through East-West dialogues and interdisciplinary methodologies. Nature's selving/god-ing processes are the sacred that is revealed as nature's transcendent and immanent dimensions. Each chapter of *Nature's Transcendence and Immanence: A Comparative Interdisciplinary Ecstatic Naturalism* shares a part of nature's sacred folds that are complex within nature that have unusual semiotic density. These discussions serve to help restore a better relationship to nature as a whole through an innovative combination of research and ideas from a variety of traditions and disciplines. This collection not only introduces ecstatic naturalism and deep pantheism as sacred practices of philosophy and theology, but also invites a broader audience from a wide range of academic disciplines such as neuro-psychoanalysis, aesthetics, mythology, neuroscience, and artificial intelligence (AI).

"This book helps to fill what has long been a glaring gap in the scholarship of early Buddhism, offering us a detailed textual study of the Satipatthāna Sutta, the foundational Buddhist discourse on meditation practice."--Back cover.

We are energy; our bodies, as well as all matter, are merely slowed down energy. We all have an energetic body that houses all our memories and experiences of all our lifetimes. We absorb energies from our families, our previous incarnations as well as from the culture in which we live. These energies often mask who we truly are and may block us from developing our true potential. Ways to recognize and work with these imprints are at the heart of the book. *The Energetic Dimension* offers a new paradigm for the West as to how we function as humans. It is a paradigm that is intuitively known by us but has not to date been articulated as it has in this book. This book explores the energetic web in which we are encased, ways to cultivate its strengths, and heal and remove the negative aspects of unwanted energies. The goal is to be able to shed the layers that block us from experiencing our core essence and who we truly are.

"I stayed [in the forest] for two nights. The first night, nothing happened. The second night, at about one or two in the morning, a tiger came--which meant that I didn't get any sleep the whole night. I sat in meditation, scared stiff, while the tiger walked around and around my umbrella tent (klot). My body felt all frozen and numb. I started chanting, and the words came out like running water. All the old chants I had forgotten now came back to me, thanks both to my fear and to my ability to keep my mind under control. I sat like this from 2 until 5 a.m., when the tiger finally left." --A forest monk
During the first half of this century the forests of Thailand were home to wandering ascetic monks. They were Buddhists, but their brand of Buddhism did not copy the practices described in ancient doctrinal texts. Their Buddhism found expression in living day-to-day in the forest and in contending with the mental and physical challenges of hunger, pain, fear, and desire. Combining interviews and biographies with an exhaustive knowledge of archival materials and a wide reading of ephemeral popular literature, Kamala Tiyavanich documents the monastic lives of three generations of forest-dwelling ascetics and challenges the stereotype of state-centric Thai Buddhism. Although the tradition of wandering forest ascetics has disappeared, a victim of Thailand's relentless modernization and rampant deforestation, the lives of the monks presented here are a testament to the rich diversity of regional Buddhist traditions. The study of these monastic lineages and practices enriches our understanding of Buddhism in Thailand and elsewhere.

An experiential guide to the wisdom preserved in Europe's far north • Includes shamanic journeys to connect with deities and your ancestral shamans • Provides step-by-step instructions to prepare for

and conduct a seiðr ceremony • Draws on archaeological evidence and surviving written records from Iceland • Reveals the long tradition of female shamans in northern European shamanism Shamanism is humanity's oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman's world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for reconnecting with the powers of nature. She explains the key concepts of Ørlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

A guide to Zen meditative practice informed by the latest findings in brain research. This is not the usual kind of self-help book. Indeed, its major premise heeds a Zen master's advice to be less self-centered. Yes, it is "one more book of words about Zen," as the author concedes, yet this book explains meditative practices from the perspective of a "neural Zen." The latest findings in brain research inform its suggestions. In *Meditating Selflessly*, James Austin—Zen practitioner, neurologist, and author of three acclaimed books on Zen and neuroscience—guides readers toward that open awareness already awaiting them on the cushion and in the natural world. Austin offers concrete advice—often in a simplified question-and-answer format—about different ways to meditate. He clarifies both the concentrative and receptive styles of meditation. Drawing widely from the exciting new field of contemplative neuroscience, Austin helps resolve an ancient paradox: why both insight wisdom and selflessness arise simultaneously during enlightened states of consciousness.

First published in 1997. Routledge is an imprint of Taylor & Francis, an informa company.

THE SHAMAN WARRIOR is a classic book of magic and psychic exploration, much like the series of books by Carlos Castaneda and by Lynn Andrews. The author, a sociologist/anthropologist, first met Michael Fairwell, the shaman teacher she studied with, at a magical encampment, and much of *Shaman Warrior* consists of her descriptions of expeditions into the wilderness to work with Michael and other members of the group in contacting and communicating with the forces of nature. But she also highlights Michael's teachings of the principles of the shaman warrior way, provided in a series of ten lessons by Michael. These cover such topics as "seeing" into other realities, directing and stepping into dreams, projecting one's consciousness into other places and the future, getting in touch with one's inner voice, meeting one's ally, and working with trance, channeling, and ritual. Author Gini Graham Scott additionally sparks up the book with some of the interpersonal dynamics going on in the group of students she studied with. "Finally, a book which brings Shamanism to ALL people, women as well as men. Long overdue. A great work."-Susan B. White, *Cyber-Shaman* "Dr. Scott's book is an excellent text in teaching us that every man and every woman is a Star and that each of us has a right to practice our own Magick."-Christopher S. Hyatt, PhD, *Magical Blend* "Shaman Warrior is an intriguing breakthrough book in the field of magic and psychic exploration, much like the series of books by Carlos Castaneda and by Lynn Andrews The book is definitely an exciting read, and one can see Scott taking her place soon besides Castaneda, Andrews, and others who have been reporting on their continuing experience with modern shamans."-Frances Ling, *Magical Blend*

What is it like to be completely alone, attempting to face your experience with only nature for company? Author Vajragupta has been doing just that every year for 25 years. Here he recounts how solitary retreats have changed him, how he fell in love with the places he stayed in and the creatures there. He reflects on how the outer world and his inner world began to speak more deeply to each other. Also includes an 'A-to-Z' guide of how to do your own solitary retreat.

This book lays out the principles and practices of transformative sustainability education using a relational way of thinking and being. Elizabeth A. Lange advocates for a new approach to environmental and sustainability education, that of rethinking the Western way of knowing and being and engendering a frank discussion about the societal elements that are generating climate, environmental, economic, and social issues. Highlighting the importance of Indigenous and life-giving cultures, the book covers educational theory, transformation stories of adult learners, social and economic critique, and visions of changemakers. Each chapter also has a strong pedagogical element, with entry points for learners and embodied practices and examples of taking action at micro/meso/macro levels woven throughout. Overall, this book enacts a relational approach to transformative sustainability education that draws from post humanist theory, process thought, relational ontology, decolonization theory, Indigenous philosophy, and a spirituality that builds a sense of sacred towards the living world. Written in an imaginative, storytelling manner, this book will be a great resource for formal and non-formal environmental and sustainability educators.

This volume documents healing traditions in Eastern Siberia in an area extending from Lake Baikal to the Arctic Ocean. The region shows an interesting unity in healing traditions across a wide range of landscape types and culture areas: from the taiga-steppe borderlands influenced by Tibetan and Russian practices in the south, to the north where regional shamanic traditions prevail. There are broad similarities in using unrefined natural materials for healing, as well as in a concern over the 'spiritual' foundations of health, with an accent upon the land as an important dimension. Due to this diversity, this region provides a strong point of comparison to ecologies in other parts of the circumpolar North. The chapters document a blossoming of autonomous healing traditions in post-Soviet Siberia resulting from a social crisis in the aftermath of the collapse of the previous centralized health system. It is a type of 'medical pluralism' marked by a popularity of alternate, non-clinical treatments. But, the sudden upsurge in autonomous cures also speaks to the silent survival of these knowledge traditions in a context where the official medical practice dominated the public sphere for seventy years.

This text outlines the development and spread of ancient Buddhism. It describes its journey west and its evolution here, sketching the lives and teachings of some of Western Buddhism's most important figures.

This is the story of a circle of friends dreaming a dream, and working to make it a reality. It's a re-

cord of idealism and naivety, growth and growing pains, friendship and fall-out. It's a celebration of how so much was achieved in so short a time, and a reflection on the mistakes made, and lessons learnt. The Triratna Story charts the growth of a Western Buddhist movement founded in the late Sixties as the 'Friends of the Western Buddhist Order' (FWBO) and recently renamed Triratna Buddhist Community. From its inception in London, to its development worldwide, The Triratna Story takes you behind the scenes of a unique modern Buddhist community.

The bond between humans and horses is deep. For humans, horses provide freedom. Riding on horses and horse-drawn chariots or carts has allowed humans to go farther and faster than they could on their own. Horses (now high-horsepower cars) are our wings. As a result, their images show up in our dreams and our personal and cultural stories as symbols not only of freedom, but of power, swiftness, nobility, and beauty. Equine images empower us to ride on inner journeys, explore the mysteries of the soul, and carry the human spirit forward. In bringing to life the horse tales of many cultures throughout the ages, "Riding on Horses Wings" is as whimsical and magical as it is inspiring. From the white-winged Pegasus and part-human Centaurs in ancient Greek myths, Epona in ancient Celtic lore, the eight-legged Sleipnir in Nordic tales, and Kanthaka in Buddhist lore, to the many horses in Native American mythologies and today's literary and fine arts, movies, YouTube videos, and beyond, horses touch our hearts and elevate our imaginations. In this book, Janet Bubar Rich taps into our love of horses and horse tales, inspiring us all to take life by the reins, make the changes needed to improve our lives, and create sustainable futures for horses, humans, and other species on earth, our home."

This book introduces Buddhism by describing its approach to spiritual development and those who undertake the Buddhist path. It aims to make Buddhism more easily understood by those who might be unfamiliar with its objectives.

This volume constitutes the proceedings of the Horses and Humans Symposium, held in 2000 at the Carnegie Museum of Natural History Powdermill Nature Preserve, in Rector, Pennsylvania, USA, in honor of Mary Aiken Littauer. The four-day symposium brought together 35 academics from Eurasia and America from the disciplines of archaeology, art history, history, paleontology, biology, veterinary medicine, animal husbandry, and other fields for presented papers, round-table discussions, demonstrations and much lively debate in the evenings. The culmination was a one-day public event at the St. Clair Showgrounds called the Celebration of the Horse that involved a wide range of equestrian performances by over 50 horses and riders for a public audience of over 500. In addition to the production of this volume, the symposium introduced many equine scholars to each other and initiated both collaboration and communication amongst this active community.

Part travelogue, part experiential spiritual memoir, Kevin Turner takes us to visit with authentic shamans in the steppes and urban centers of modern-day Mongolia. Along the way, the author, a practicing shaman himself, tells of spontaneous medical diagnoses, all-night shamanic ceremonies, and miraculous healings, all welling from a rich culture in which divination, soul-retrieval, and spirit possession are a part of everyday life. Shamanism, described in the 1950s by Mircea Eliade as "archaic techniques of ecstasy," is alive and well in Mongolia as a means of accessing "nonordinary realities" and the spirit world. After centuries of suppression by Buddhist and then Communist political powers, it is exploding in popularity in Mongolia. Turner gives compelling accounts of healings and rituals he witnesses among Darkhad, Buryat, and Khalkh shamans, and goes on to provide us with his insights into a universal shamanism, principles that lie at the heart of shamanic traditions worldwide. This astounding, inspiring book will appeal to shamans and shamanic therapists, students of Mongolian culture and comparative religion, and fans of off-grid travel memoirs. From the Trade Paperback edition.

In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives. The greatest contribution of the ancient shamans to modern healing is the understanding that in the course of any life we are liable to suffer soul loss — the loss of parts of our vital energy and identity — and that in order to be whole and well, we must find the means of soul recovery. Moss teaches us that our dreams give us maps we can use to travel to the places where we can find and bring home our lost or stolen soul parts. He shows us how to recover our animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how we can heal ancestral wounds and open the way for cultural soul recovery. You'll learn how to enter past lives, future lives, and the life experiences of parallel selves and how to bring back lessons and gifts. "It's not just about keeping soul in the body," Moss writes. "It's about growing soul, becoming more than we ever were before, embodying more of the Greater Self." With fierce joy, he incites us to take the creator's leap and bring something new into our world.

This work is a ground breaking study of Mongolian shamanism and society, past and present. Lavishly illustrated and containing a wealth of new information, it presents a fresh understanding of the widespread phenomenon of shamanism. It looks at gender and ritual, female shamans and goddess worship, death and funeral rituals, the importance of old men and ancestors, and Daur notions of landscape within their direct experience and beyond.

A practitioner of ancient shamanic techniques for healing and journeying explains how to restore reader's animal spirits, heal old wounds through shamanic dreaming and ultimately recover and grow their souls. Original.