

# **The Sacred Balance Rediscovering Our Place In Nature David Suzuki**

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## **The Spirit of Magic**

Do your sentences sag? Could your paragraphs use a pick-me-up? If so, *The Writer's Diet* is for you! It's a short, sharp introduction to great writing that will help you energize your prose and boost your verbal fitness. Helen Sword dispenses with excessive explanations and overwrought analysis. Instead, she offers an easy-to-follow set of writing principles: use

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active verbs whenever possible; favor concrete language over vague abstractions; avoid long strings of prepositional phrases; employ adjectives and adverbs only when they contribute something new to the meaning of a sentence; and reduce your dependence on four pernicious “waste words”: it, this, that, and there. *Sword* then shows the rules in action through examples from William Shakespeare, Emily Dickinson, Martin Luther King Jr., John McPhee, A. S. Byatt, Richard Dawkins, Alison Gopnik, and many more. A writing fitness test encourages you to assess your own writing and get immediate advice on addressing problem areas. While *The Writer’s Diet* is as sleek and concise as the writing ideals contained within, this slim volume packs a powerful punch. With *Sword’s* coaching writers of all levels can strengthen and tone their sentences with the stroke of a pen or the click of a mouse. As with any fitness routine, adhering to the rules requires energy and vigilance. The results, however, will speak for themselves.

### **The Urban Bestiary**

Facilitate honest, thoughtful and respectful consideration of controversial questions An exciting first edition, *Congenial Debates on Controversial Questions* is designed to promote careful and vigorous yet congenial and respectful examination of a wide range of controversial ethical issues. It is unique in focusing attention on two steps that are essential prior to productive consideration of controversial questions: First, the elimination of Straw Man distortions that cause students to not only talk

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past one another but also to have a very negative view of those with whom they disagree; and second, the importance of understanding that those on the opposing side have legitimate and important concerns that can be understood and appreciated even by those who strongly disagree with their position. With those problems cleared away, students can approach these difficult questions with openness to the best arguments on both sides: not with the goal of “meeting in the middle,” but of honestly appreciating the actual issues and the complexities of those issues. Congenial Debates on Controversial Questions is organized around 15 major current issues, including the most vigorously debated contemporary social issues, such as abortion, capital punishment, drug legalization, immigration, same-sex marriage, church/state relations, the social responsibilities of corporations, and animal rights. Learning Goals Upon completing this book, readers will be able to:

- Recognize the misinformation and Straw Man arguments in daily conversations.
- Explore new perspectives on examining difficult issues.
- Gain an honest appreciation of the best points of differing views.

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## **The Big Picture**

### **Black on Earth**

One day at the beach, Megan and Jamey learn that, although the air is invisible, it is all around us, and it does amazing things. Without air, animals and plants could not live. In the second book of the *Nature All Around* series, readers can learn, through the story and drawings, all about the importance of the air.

### **Walking a Sacred Path**

Whether he's discussing how to reconcile economy with ecology, why a warmer world will result in more poison ivy, why Britney Spears gets more hits on Google than global warming does, or why we might need to start eating jellyfish for supper, David Suzuki points the direction we must take as a society if we hope to meet the environmental challenges we face in our still-young century. Covering suburban sprawl, sustainable transportation, food shortages, biodiversity, technology, public policy, and more, *The Big Picture* not only identifies the problems we face but proposes solid, science-based solutions. These engaging essays look beyond environmental challenges to examine the forces that are preventing real change from occurring. Together they tell the story of a species struggling to come to grips with its own biological nature, a nature we must ultimately embrace to live in balance with the systems that sustain us.

## **The Sacred Balance**

When rain keeps Jamey and Megan from taking their nature walk with their father, they learn that nature is not just outside, but it is all around them--even indoors

## **David Suzuki's Green Guide**

### **Recovering a Sense of the Sacred**

This book was written with one purpose in mind - to share the knowledge and wisdom the author has acquired since he began working with the system of magic designed by the Czech adept Franz Bardon. The contents of this book contain: - Reflections about the nature of magic made after over a decade of studying and practicing the art in its most genuine and pure form - Helpful comments on important technical exercises and basic theoretical teachings - An assessment of the inner inspiration that lies at the heart of magic and brings the art to life. 'The Spirit of Magic' contains anecdotes and stories to illustrate important aspects of magical training. The author's engaging and straightforward approach offers a serious, yet enjoyable and easily understandable guide for those seeking balanced and steady magical advancement. This book is unique in its approach since it draws upon the full spectrum of life in order to illustrate the most basic and important principles of the sacred art. Hardback copies are also available on the Falcon Books Publishing website:

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[www.falconbookspublishing.com](http://www.falconbookspublishing.com).

### **If We Could See the Air**

Climate change is the most important crisis humanity has faced, but we still confront huge barriers to resolving it. So, what do we do, and is there hope for humanity? The problem itself is complex, and there's no single solution. But by understanding the barriers to resolving global warming and by employing a wide range of solutions—from shifting to clean energy to planting trees to reforming agricultural practices—we can get the world back on track. Just Cool It is David Suzuki at his most passionate. In this book, he offers a comprehensive look at the current state of climate science and knowledge and the many ways to resolve the climate crisis, imploring us to do what's necessary to live in a better, cleaner future. When enough people demand action, change starts happening—and this time, it could be monumental.

### **Just Cool It!**

### **Written in Water**

The Essential Guide to Rolling Back the Progressive Assault and Putting America Back on Course Many Americans are concerned, frightened, angry. The country, it seems, is on the wrong track. But what is the right course for America? Knowing what we stand against is not the same as knowing what we stand for. Just in time, Matthew Spalding provides the plan for

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translating angst into proper action in this bestselling book. *We Still Hold These Truths* offers a bracing analysis of how and why we have lost our bearings as a nation and lays out the strategy to rescue our future from arbitrary and unlimited government.

### **A Good Man**

“This book comes at just the right moment. It is NOT too late if we get together and take action, NOW.”  
—Jane Goodall  
Fears about climate change are fueling an epidemic of despair across the world: adults worry about their children’s future; thirty-somethings question whether they should have kids or not; and many young people honestly believe they have no future at all. In the face of extreme eco-anxiety, scholar and award-winning author Elin Kelsey argues that our hopelessness—while an understandable reaction—is hampering our ability to address the very real problems we face. Kelsey offers a powerful solution: hope itself. *Hope Matters* boldly breaks through the narrative of doom and gloom to show why evidence-based hope, not fear, is our most powerful tool for change. Kelsey shares real-life examples of positive climate news that reveal the power of our mindsets to shape reality, the resilience of nature, and the transformative possibilities of individual and collective action. And she demonstrates how we can build on positive trends to work toward a sustainable and just future, before it’s too late. Praise for *Hope Matters* “Whether you consider yourself a passionate ally of nature, a busy bystander, or anything in between, this book will uplift

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your spirits, helping you find hope in the face of climate crisis.” —Veronica Joyce Lin, North American Association for Environmental Education “30 Under 30” “A tonic in hard times.” —Claudia Dreyguis, author of *Scientific Conversations: Interviews on Science from the New York Times* “Beautifully written and an effective antidote against apathy and inaction.” —Christof Mauch, Director, Rachel Carson Center for the Environment and Society Published in Partnership with the David Suzuki Institute.

### **Tree**

In this intimate portrait of an extraordinary father-son relationship, Mark K. Shriver discovers the moral principles that guided his legendary father and applies them to his own life. When Sargent "Sarge" Shriver—founder of the Peace Corps and architect of President Johnson's War on Poverty—died in 2011 after a valiant fight with Alzheimer's, thousands of tributes poured in from friends and strangers worldwide. These tributes, which extolled the daily kindness and humanity of "a good man," moved his son Mark far more than those who lauded Sarge for his big-stage, headline-making accomplishments. After a lifetime searching for the path to his father's success in the public arena, Mark instead turns to a search for the secret of his father's joy, his devotion to others, and his sense of purpose. Mark discovers notes and letters from Sarge; hears personal stories from friends and family that zero in on the three guiding principles of Sarge's life—faith, hope, and love—and recounts moments with Sarge that now

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take on new value and poignancy. In the process, Mark discovers much about himself, as a father, as a husband, and as a social justice advocate. *A Good Man* is an inspirational and deeply personal story about a son discovering the true meaning of his father's legacy.

### **Earthtime, Moontime**

During a walk in the woods with her father, Kate learns about the life cycle of the sockeye salmon, as well as its place in the larger circle of life.

### **Rediscovering the Sacred**

What if there was an underlying universal language that encompassed everything in your reality but you simply were not aware? What if you had been led away from this truth as a child? Would you want to know? What if you could find a way to rediscover your connection to it and in doing so could change your whole perspective on life and your powerful place within it? Through significant philosophical conversations with spiritual leaders, scientists, researchers, and philosophers from around the globe coupled with his own life experiences, Author, Scott Leuthold gained new perspectives on his reality. In his new book *Rediscovering Your Divine Music*, he shares a timely message that we must reconnect with our natural world and learn to love and respect ourselves, everyone, and everything under the premise that all is one.

## **The Sacred Balance: Rediscovering Our Place in Nature, Updated and Expanded**

An in-depth, meticulously documented exploration of the ecological wisdom of Native Peoples from around the world Arranged thematically, *Wisdom of the Elders* contains sacred stories and traditions on the interrelationships between humans and the environment as well as perspectives from modern science, which more often than not validate the sacred, ancient Wisdom of the Elders. Native peoples and environments discussed range from the Inuit Arctic and the Native Americans of the Northwest coast, the Sioux of the Plains, and the Pueblo, Hopi, and Navajo of the Southwest to the Australian Outback, to the rich, fecund tropics of Africa, Malaysia, and the Amazon. “Our technological civilization is speeding toward a violent collision with nature, and we are threatening the ability of the Earth—our home—to support life as we know it. Suzuki and Knudtson’s extraordinary work powerfully reminds us that we are indeed one with the Earth. We are truly indebted to them for charting for us the course toward a healthy and sustaining relationship with our planet.”—Vice President Al Gore

### **Rediscovering America's Sacred Ground**

In this inspiring series of letters to his grandchildren, David Suzuki offers grandfatherly advice mixed with stories from his own remarkable life and explores what makes life meaningful. He challenges his grandchildren — and us — to do everything at full tilt.

## Read Book *The Sacred Balance Rediscovering Our Place In Nature* David Suzuki

He explains why sports, fishing, feminism, and failure are important; why it is dangerous to deny our biological nature; and why First Nations must lead a revolution. Drawing on his own experiences and the wisdom he has gained over his long life, he decries the lack of elders and grandparents in the lives of many people, especially immigrants, and champions the importance of heroes. And he even has something to say about fashion. The book also provides an intimate look at Suzuki's life as a father and grandfather with letters that are chock-full of anecdotes about his children and grandchildren when they were small. As he ponders life's deepest questions and offers up a lifetime of wisdom, Suzuki inspires us all to live with courage, conviction, and passion.

### **Letters to My Grandchildren**

In this work, David Suzuki suggests how we can meet our basic needs and create a way of life that is ecologically sustainable, fulfilling and just. By exploring issues such as the importance of love and spirituality in our lives, he shows us how we can live in true harmony with our surroundings.

### **Congenial Debates on Controversial Questions**

'Walking the Labyrinth' has reemerged today as a metaphor for the spiritual journey and a powerful tool for transformation. This walking meditation is an archetype, a mystical ritual found in all religious

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traditions. It quiets the mind and opens the soul. *Walking a Sacred Path* explores the historical origins of this divine imprint and shares the discoveries of modern day seekers. It shows us the potential of the Labyrinth to inspire change and renewal, and serves as a guide to help us develop the higher level of human awareness we need to survive in the twenty-first century.

### **The Sacred Balance**

Sees a way out of the contentious debates over the role of religion in American public life by looking back to the ideas of John Locke and the nation's Founders.

### **Earth Time**

In this revised and expanded edition of his collected writings, David Suzuki continues to explore the themes that have informed his work for more than four decades — the interconnectedness of all things, our misguided elevation of economics above all else, the urgent need to deal with climate change — but with an increased emphasis on solutions to the myriad problems we face, his inspiring vision for the future, and the legacy he hopes to leave behind. There is also more emphasis on the personal, as he recounts episodes from his childhood and early adulthood and speaks eloquently about old age, death, and the abiding role of nature and family in his life. Written with clarity, passion, and wisdom, this book is essential for anyone who is an admirer of David Suzuki, who wants to understand what science

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can and can't do, or who wants to make a difference.

### **The Sacred Balance**

#### **Inner Divinity**

Suggests that humans need to move away from global economic competition and towards a recognition of our connection with the Earth.

#### **Wisdom of the Elders**

American environmental literature has relied heavily on the perspectives of European Americans, often ignoring other groups. In *Black on Earth*, Kimberly Ruffin expands the reach of ecocriticism by analyzing the ecological experiences, conceptions, and desires seen in African American writing. Ruffin identifies a theory of “ecological burden and beauty” in which African American authors underscore the ecological burdens of living within human hierarchies in the social order just as they explore the ecological beauty of being a part of the natural order. Blacks were ecological agents before the emergence of American nature writing, argues Ruffin, and their perspectives are critical to understanding the full scope of ecological thought. Ruffin examines African American ecological insights from the antebellum era to the twenty-first century, considering WPA slave narratives, neo-slave poetry, novels, essays, and documentary films, by such artists as Octavia Butler, Alice Walker, Henry Dumas, Percival Everett, Spike

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Lee, and Jayne Cortez. Identifying themes of work, slavery, religion, mythology, music, and citizenship, *Black on Earth* highlights the ways in which African American writers are visionary ecological artists.

### **You are the Earth**

Explores our natural connection to the earth and its four elements, air, water, soil, and fire, underlining the importance of biodiversity and respect for the environment.

### **We Still Hold These Truths**

Even in the age of high-tech our bodies still respond to the cycles of earth and moon. This handbook demonstrates how we can rediscover the sacredness of everyday experiences and reconnect with the rhythm of the natural world. It also covers how the energies of your birth moon affect your life.

### **Fearless at Work**

David Suzuki's autobiography limns a life dedicated to making the world a better place. The book expands on the early years covered in *Metamorphosis* and continues to the present, when, at age 70, Suzuki reflects on his entire life — and his hopes for the future. The book begins with his life-changing experience of racism interned in a World War II concentration camp, and goes on to discuss his teenage years, his college and postgraduate experiences in the U.S., and his career as a geneticist

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and then as the host of *The Nature of Things*. With characteristic candor and passion, he describes how he became a leading environmentalist, writer, and thinker; the establishment of the David Suzuki Foundation; his world travels and meetings with luminaries like Nelson Mandela and the Dalai Lama; and the abiding role of nature and family in his life. David Suzuki is an intimate and inspiring look at a modern-day visionary.

### **The Sacred Balance**

From the bestselling author of *Crow Planet*, a compelling journey into the secret lives of the wild animals at our back door. In *THE URBAN BESTIARY*, acclaimed nature writer Lyanda Lynn Haupt journeys into the heart of the everyday wild, where coyotes, raccoons, chickens, hawks, and humans live in closer proximity than ever before. Haupt's observations bring compelling new questions to light: Whose "home" is this? Where does the wild end and the city begin? And what difference does it make to us as humans living our everyday lives? In this wholly original blend of science, story, myth, and memoir, Haupt draws us into the secret world of the wild creatures that dwell among us in our urban neighborhoods, whether we are aware of them or not. With beautiful illustrations and practical sidebars on everything from animal tracking to opossum removal, *THE URBAN BESTIARY* is a lyrical book that awakens wonder, delight, and respect for the urban wild, and our place within it.

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## **The Legacy**

Acknowledgments Introduction Water: The ocean flowing through our veins Air: The breath of all green things Fire: Let there be light Earth: Made from the soil Biodiversity: Protected by our kin Love: The tie that binds Spirit: Sacred matter Notes

## **The Writer's Diet**

Everyone knows that the planet is in trouble, but is there a solution? This timely book identifies the most effective ways individuals can be more green in four key areas: home, travel, food, and consumerism. It also describes how citizens can ensure that governments take the actions necessary to make sustainable lifestyles the norm instead of the exception. Environmental lawyer David Boyd and celebrated ecologist David Suzuki provide vital tips for choosing a home, creating a healthy indoor environment, and decreasing energy and water use — and utility bills. They discuss what readers can do to drive and fly less, profile the most environmentally friendly transportation choices, and explain how to purchase carbon credits, among other suggestions. In addition, they offer simple changes individuals can make in their diet to eat fresher, tastier, healthier food. Included too is invaluable advice about how to buy fewer things and avoid toxic consumer products.

## **Rediscovering Your Divine Music**

In this extensively revised and enlarged edition of his

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best-selling book, David Suzuki reflects on the increasingly radical changes in nature and science — from global warming to the science behind mother/baby interactions — and examines what they mean for humankind’s place in the world. The book begins by presenting the concept of people as creatures of the Earth who depend on its gifts of air, water, soil, and sun energy. The author explains how people are genetically programmed to crave the company of other species, and how people suffer enormously when they fail to live in harmony with them. Suzuki analyzes those deep spiritual needs, rooted in nature, that are a crucial component of a loving world. Drawing on his own experiences and those of others who have put their beliefs into action, *The Sacred Balance* is a powerful, passionate book with concrete suggestions for creating an ecologically sustainable, satisfying, and fair future by rediscovering and addressing humanity’s basic needs.

### **Hope Matters**

“Only God can make a tree,” wrote Joyce Kilmer in one of the most celebrated of poems. In *Tree: A Life Story*, authors David Suzuki and Wayne Grady extend that celebration in a “biography” of this extraordinary — and extraordinarily important — organism. A story that spans a millennium and includes a cast of millions but focuses on a single tree, a Douglas fir, *Tree* describes in poetic detail the organism’s modest origins that begin with a dramatic burst of millions of microscopic grains of pollen. The authors recount the amazing characteristics of the species, how they

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reproduce and how they receive from and offer nourishment to generations of other plants and animals. The tree's pivotal role in making life possible for the creatures around it — including human beings — is lovingly explored. The richly detailed text and Robert Bateman's original art pay tribute to this ubiquitous organism that is too often taken for granted.

### **The David Suzuki Reader**

*Written in Water: Messages of Hope for Earth's Most Precious Resource* comprises a collection of essays authored by heroes and leaders in the field of water solutions and innovations—a broad range of people from varied disciplines who have contributed their hearts and minds to bringing awareness to and conserving Earth's freshwater supply. In their own words, authors tell of such tragedies as water slavery, drought, or contamination, as well as their own professional struggles and successes in pursuit of freshwater solutions. Contributors include: Alexandra Cousteau, social environmental advocate and granddaughter of legendary marine scientist Jacques Cousteau; Peter Gleick, environmental visionary and winner of a 2003 MacArthur "genius grant"; Bill McKibben, bestselling author and winner of a Guggenheim fellowship; Sylvia Earle, oceanographer and *Time* magazine's first "hero for the planet"; and Christine Todd Whitman, former head of the Environmental Protection Agency, along with more than a dozen other notable people. These visionaries' stories touch, surprise, and amaze as they help us see

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the essential role played by water in our world, our lives, and our future. These are all people who are thinking far beyond the realm of self; they are devoted to creating a better world for all of us.

### **David Suzuki**

In this expanded version of an inspiring speech delivered in December 2009, David Suzuki reflects on how we got where we are today and presents his vision for a better future. In his living memory, Suzuki has witnessed cataclysmic changes in society and our relationship with the planet: the doubling of the world's population, our increased ecological footprint, and massive technological growth. Today we are in a state of crisis, and we must join together to respond to that crisis. If we do so, Suzuki envisions a future in which we understand that we are the Earth and live accordingly. All it takes is imagination and a determination to live within our, and the planet's, means. This book is the culmination of David Suzuki's amazing life and all of his knowledge, experience, and passion — it is his legacy.

### **Nature in the Home**

Draws on Buddhist philosophy to explain how mindfulness can inspire confidence and openness to new possibilities at work and how developing a sense of fearlessness can awaken natural resourcefulness and resilience.

### **Chakradance**

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Recovering a Sense of the Sacred: Conversations with Thomas Berry is a thoughtful and poignant memoir by Carolyn W. Toben recounting her spiritual journey with renowned scholar, author and cultural historian, Thomas Berry. For ten years, Carolyn spent many hours in deep discussions with Thomas Berry about his transformational thinking for healing the human-earth relationship through recovery of a sense of the sacred. This book is based on her personal notes, practices and reflections from these conversations. "Recovering a Sense of the Sacred is a poignant and intimate portrait that reveals deep insights into the work of the great contemporary mystic-sage, Thomas Berry. Even more than this, at this time of "historic confusion," this tender story provides a profound interior activation; it calls us toward another way of knowing that is essential for new levels of understanding. Reverent and real, this wonderful work provides gracious and wise companionship for a life of the sacred." -Tobin Hart, Ph.D., author of *The Secret Spiritual World of Children* "Carolyn Toben has given us a true gift! Recovering a Sense of the Sacred carries the reader to the heart of his/her deepest identity as a sacred being in a sacred planet in a sacred universe. Those who knew Thomas will find themselves right there in the midst of the conversations, listening in, smiling, bathed again in the warmth of his remarkable presence. For those who are new to Thomas or his work, this book is an excellent introduction to his comprehensive thought and wisdom, for here it reaches us through a sense of his person-his own deep sense of the sacred in every being, his reverence, hospitality and friendship."

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-Mary Southard, CSJ, artist and creator of the Earth Calendar "No thinker in the twentieth or twenty-first century has provided us with as much inspiration and guidance about the relationship between humans and the natural world as Thomas Berry. Carolyn Toben's very personal and eloquent book offers us an opportunity to sit with Thomas and absorb his special wisdom." -Richard Louv, author of *Last Child in the Woods* "In this inspired book, Carolyn Toben chronicles her extended conversations with the noted theologian and philosopher, Thomas Berry. What she has achieved is not only a passionate homage to a great thinker and visionary, but a personal and moving statement of our human responsibility to access the depth of our consciousness in relation to all that exists around us." -Richard Lewis, author of *Living By Wonder: The Imaginative Life of Childhood* "This book is an exquisite gift for those of us familiar with Thomas Berry's writings and for those still new to his work. For here we meet the man himself in the context of an evolving relationship where, in different settings and moments over the last decade of his life, he shares his vision of a living universe and the immensity of meanings it holds for him. And here, in between their conversations, Carolyn Toben explores how his message is altering her own perceptions of the natural world and of herself. Their warm-hearted companionship invites us in as well, to come alive to the creative mutuality at the heart of all that is."

-Joanna Macy, author of *World as Lover, World as Self* "A fascinating and moving portrait of one of the Great Teachers of our time. I am deeply grateful for this lyrical and lucid memoir, which captures Thomas Berry's vision, his graciousness, his deep communion

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with the earth and its beings, and the implications of his work for the future. Skillfully transmitting his wisdom and presence, Carolyn Toben's encounter with the cosmology of Berry is a blessing for the entire planet." -Drew Dellinger, author of *Love Letter to the Milky Way*

### **The Sacred Balance**

The sacred is alive and well in society today. Persisting despite the forces of secularization, the sacred remains constant--and yet it is ever changing, manifesting itself in different forms.

### **The Sacred Balance**

Inner divinity is the spirit you were born with. It underlies who you are today. By rediscovering your inner divinity, you hold the key to bringing balance, healing, and joy into your life. Author Mara Bishop, an intuitive and shamanic practitioner, shares much of the wisdom she's conveyed to clients over the past decade. Inner Divinity contains seven sections that contain exercises for using the concepts practically. Each section covers an area of life where you will benefit by engaging your sacred intelligence: your relationship with yourself, with other people, and with your environment, your intuition, your spiritual support, your health, and your future. Truly believing and understanding your divine nature is an ongoing process. Inner Divinity shares the personal story and realistic practices of one woman who, through discovering her inner divinity, found peace, power,

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and a life she loves.

## **Salmon Forest**

Are we going too fast to stop? Is there another way? In this new collection of essays David Suzuki points the way to a slower way of life in tune with the Earth and its riches. As we rush towards the end of the millennium, we find ourselves in a time of unprecedented change and growth -- in population, in consumerism, in pollution, in information exchange. Are these changes happening too fast? Is it too late to stop and assess? In these essays, David Suzuki takes stock and points the way to a brighter future and a world that we can proudly leave to our children and grandchildren. He looks unflinchingly at the forces that have driven us to the edge: globalization, political shortsightedness, greed, and willful blindness. And he looks at the places from which we should take strength and hope: nature, nurturing of the Earth, local initiatives, children.

## **The Sacred Balance**

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of

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'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuroscience, is quickly catching up hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

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