



## Take a *Deep* Breath

### A Note From Us

We can all see that chaos seems to be the natural order of things. Especially as of late. But, you know, that's okay. Whether we like it or not, there is far more in the world that is *out of our control* than within it. So, how do we *deal* with it? Well, from "economic meltdown" in the headlines, to "emotional meltdown" within ourselves, there one remedy that works pretty well...

Take a deep breath...  
then let it out...slowly.  
Repeat as needed.

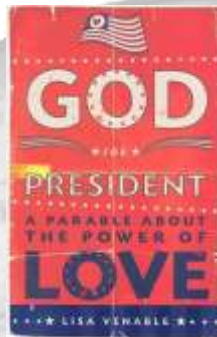
Maybe this sounds like an oversimplification, but next time all hell is breaking loose give it a try. You see, the Tantra yogis of Asia realized something that we all actually know from our own experience but don't give much credit to: the breath and the mind are very connected to one another. When the mind tenses, our breathing tenses. However, it works both ways. When you *slow and deepen* your breath, the mind follows suite. Try it. And remember—just like water—mind can be very chaotic, and yet eventually it always comes back to stillness.

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### God For President

*A Parable About the Power of Love*



Lisa Venable

\$14.95  
Paperback

The fate of the world is at stake, so God is running for president in Lisa Venable's delightful parable. Sarah Rose, a disillusioned American activist, has retreated from Washington politics to her hometown in Minnesota to work for a friend at the Heavenly Hair Salon. Sarah has essentially given up on God, but one day is provoked by a conversation between customers at the salon about the state of the world and she begins to wonder what God would do as president of the free world. Sarah exclaims, "Imagine it...people would think twice before they act. Laws would be made with love. The water would be clean again. The fighting and wars would cease. God would never allow these atrocities!" Out of nowhere, a mysterious, dazzling woman drops into Sarah's life and recruits her to help in a run for the Oval Office. Torn by her desire for a better world and her anger with U.S. politics, Sarah tries desperately to resist the woman's magnetism and call to help her country in the name of love.

God for President offers a poignant reminder that listening to each other may get us farther along than shouting.

### Living Green

*A Practical Guide To Simple Sustainability*



Greg Horn

\$14.95  
Paperback

Over 85% of Americans today express concern about health and the environment, but only a small fraction say they know where to begin. Whether you are concerned about climate change, personal health, or just want to live more lightly on the planet, this book is for you. It helps you get past the worry and take positive action to improve both your health and the health of our environment.

Based on a lifetime of research and practice, this practical guide for living green offers advice and solutions you can easily put into practice.

*"I highly recommend this book for anyone who wants to make a difference in the world today, right from your home. Living Green is a quick read and packed full of useful ideas—a lot of which can be implemented quickly and cheaply."*

*This book and many others can be found in Barjon's NEW Sustainability Section. This section features over 40 titles dedicated to green living, sustainability and environmental awareness."*

— Jim, Barjon's Staff

## What Are Flower Essences?



Flowers are the crowning achievement of the plant kingdom, divine expressions of creativity made manifest through heavenly scents and stunning displays of color. This divine creativity is also present on a subtle vibrational level, where each flower embodies a life-affirming pattern of conscious energy. These patterns have their origin in the higher dimensions and are manifested in our physical world through the specific form of each plant.

Flower essences are a transference of these positive patterns of energy into a liquid medium. This is accomplished by placing healthy flowers that are at the peak of their blossoming cycle into a bowl of pure water, which is then left to potentize in the sun. The resulting infusion is then preserved and diluted for internal and external use.



The positive patterns of energy embodied in flower essences awaken dormant qualities of consciousness within us and stimulate the release of blockages to our spiritual evolution, which can be seen as the ongoing process of anchoring our spiritual selves into our physical bodies.

Flower essences are unique in that they are a source of intelligent healing energy that is available to both educate and empower the person taking them. They may be readily introduced into any health care program, and do not interfere with nor are they adversely affected by other forms of treatment, such as homeopathic remedies or prescription drugs. They may be safely used by people of all ages, and can also be a gift of healing to members of the animal and plant kingdoms.

## New! Alaskan Flower Essences Coming Early November!



The Alaskan Flower Essence Project is the only essence company in the world that has designed a system of vibrational healing based on the co-creative relationship that exists between the plant, mineral, and elemental kingdoms. This threefold system derives its effectiveness from the special qualities of healing energy that each kingdom has to offer, and from the synergy that is created when these essences are used together.

Look for Alaskan Flower Essences coming to Barjon's early November, including Indigo Essences—a series of blends just for kids!

## A Thought...

As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the “atomic age” – as being able to remake ourselves.

– Mahatma Gandhi

## New Loreena McKennitt!



A Midwinter  
Night's Dream

\$18.98  
Compact Disc

Loreena celebrates the season with a new CD that blends the five songs from *A Winter Garden* (1995) with eight new songs inspired by seasonal favourites. The seasonal collection features an array of Loreena's wide musical influences, ranging from Celtic to classical to Middle Eastern.

## Holiday Cards Have Arrived!

Boxed and singles! Whether your looking for Yuletide, Winter Solstice, Hanukkah, Christmas or general holiday wishes, Barjon's has an unique array of cards for you this season. As always, supply is limited, so stop down and check 'em out!

## Coming Mid-November! Bindrunes



"Guardian"

"Power"

*What Is a Bindrune?*

Runes are magical symbols of Norse tradition, often used in divination and charms. They are a very ancient and very powerful system. A *bindrune* is a combination of these runes for a specific intention or purpose, and are often wore as a charm or amulet. Though historically, *bindrunes* are extremely rare in Viking Age inscriptions, they are found in pre-Viking Age (Proto-Norse) and in post-Viking Age (medieval) inscriptions.

Sterling silver Bindrunes Pendants have just arrived at Barjon's! Charms include "Healing", "Love", "Money", "Security", "Wishes", "Guardian", and "Power".

Coming Early November!

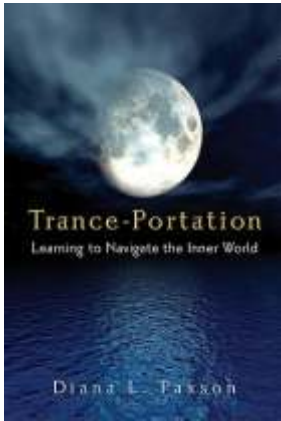
## Fairies!



Stop by and see the selection!

## Trance-Portation

Learning to Navigate the Inner World



Diana  
L. Paxson

\$19.95  
Paperback

The ability to move from the ordinary into an altered state of consciousness is one of the most valuable skills in both magic and religion. From the ceremonial magician to the shaman, using trance work to explore inner realms is essential to the magical process of healing, transcendence, and wisdom desired throughout diverse occult and spiritual traditions. Trance-Portation offers a comprehensive and multi-spirited way to enter the inner realm.

Blending the modern world with the ancient arts, Trance-Portation's 1st three chapters, Travel Planning, Crossing the Threshold, and Getting Started, offer preparatory suggestions including meditations and relaxations, breathing, warding, shifting gears, and returning. Drawing on examples from varied traditions, from Western Mystery to Native American, Ancient Celtic to Eastern Mysticism, and peppered with folk lore and tales from popular science fiction stories, Trance-Portation explores spiritual journey work extensively, offering readers the chance to find their own ways into the inner realm, encounter their own guides and fellow travelers, and create divine relationships with the deities and gods and goddesses that they meet.

### How To Save the Planet (In Four Lines)...

*Manifest plainness,  
Embrace simplicity,  
Reduce selfishness,  
Have few desires.*

- Lao Tzu



## Magnificent Jewelry!

Whether for amulets, talismans or simply to look beautiful, Barjon's has hundreds of amazing pieces of jewelry awaiting the perfect "caretaker". We have earrings, pendants and necklaces as well as rings and sterling silver chains.

*Here are just a few of lines we carry...*

Mystic Mountain Originals from Helena features one-of-a-kind hand-made necklaces and earrings adorned with an amazing array of semi-precious stones. Each piece is created specifically with the intention that you will find the one that is meant for you!

Silver Sage Designs of Billings features the luminous and breathtaking glass-work pendants of artist Julie Karnos. Each eye-catching piece celebrates a dance of colors—from vivid to earthy.

Crystal Earth Studios, of international renown, is one of our customers favorites. This line offers a huge variety of rings, pendants and earrings—everything from esoteric and magical symbolism, to elegant modern themes.

Tibet Collection's work stunned us when we first discovered them! Made with the utmost care, these pieces are sure to draw eyes to you. In addition to being beautiful, Tibet Collection jewelry is Fair Trade, and proceeds go directly to the Tibetan monks and nuns who craft them in Dharamsala, India.  
*Coming to Barjon's Mid-November.*

Peterstone Jewelry is a classic at Barjon's, and sets the bar of quality when it comes to sterling silver jewelry design. This year we are focusing on rings—from Celtic knotwork to pentacles.

**Find the one that is right  
for you – or the one you love!**

## Calling All Humans...



*Contemplate This Quote...*

*"I do not want to talk about what you understand about this world. I want to know what you will do about it.*

*I do not want to know what you hope. I want to know what you will work for.*

*I do not want your sympathy for the needs of humanity. I want your muscle.*

*As the wagon driver said when they came to a long, hard hill, 'Them that's going on with us, get out and push. Them that ain't, get out of the way.'*

— Robert Fulghum

## New Intuitive Reader

Tamara Childs, M.A.



Are you in need of an "Energy Tune-Up?" Change your blueprint with a vibrational healing. Tamara's intuitive readings adjust your inner map of reality, creating transformation.

Tamara Childs will be doing readings at Barjon's on Fridays from 11am - 3pm. Her rates are 20 min. for \$30.00 / 30 min. \$45

Call 252-4398 to make an appointment!

For more about Tamara Childs see Page 4 or visit [www.tammagi.com](http://www.tammagi.com).

## A Thought...

*To the illumined man or woman, a clod of dirt, a stone, and gold are the same.*

- Bhagavad Gita

# Weekly Activities

## Something To Contemplate



### Mondays Conversation Corner

with Glenda Martin  
Free! Walk-ins welcome!  
11am - Noon

Each Monday from 11:00 to noon, drop in the **Conversation Corner** to exchange thoughts on how your reading may have awakened new possibilities or affirmed something for you.

*"You are invited to have a cup of tea as we share ideas or insights from our favorite Barjon's books."*

*"Please stop in and say hello. I look forward to visiting with you."*

— Glenda Martin, a long time seeker of universal knowledge



### Fridays Intuitive Readings

with Tamara Childs  
20 min. Session for \$30.00  
30 min. Session for \$45.00  
11am - 3pm

Are you in need of an "Energy Tune-Up?" Change your blueprint with a vibrational healing. Tamara's intuitive readings adjust your inner map of reality, creating transformation. What wonderful changes would you like to manifest? Receive help with decisions, relationships, career direction, goals, creativity, self-esteem and well-being. All answers/solutions are inside you, waiting to be activated. Your unique spiritual blueprint is powerful- let it work for you. Tamara offers PSYCH-K sessions to reprogram your subconscious beliefs so they match your conscious desires. Discover how your own beliefs and energy affect your world, and become clear and inspired! Tamara Childs, M.A. specializes in practical energy solutions to enhance your world. Please find out more at [www.tammagi.com](http://www.tammagi.com).

When our hands are busy with a worthwhile task...we won't have much chance to brood on our problems. Cravings will not have a chance to grow.

Self-centered desires need a lot of attention to thrive. They are like delicate houseplants, not very hardy. Unless their needs are met precisely, they cannot last long. If we do not water and fertilize them regularly - think about them, dream about them, plan and wish - they will wither and die. To get plants to thrive, it is considered helpful to talk to them in soothing, friendly tones. Destructive desires thrive on talk too; the more we talk about them, the stronger they get.



### Tuesdays Intuitive Readings

with Elizabeth Almann  
20 min. Session for \$30.00  
30 min. Session for \$45.00  
11am - 3pm

Elizabeth Almann, MEd., is a spiritual intuitive, life coach, and healer with over twenty years experience doing intuitive consultations. She uses clairaudience and channeling to provide guidance about all aspects of life, including career, relationships, current challenges or lessons, and your individual talents and strengths. Her insightful readings can help you to find greater happiness, success, and clarity for your life's purpose and path.

In addition to the individual consultations, Elizabeth does monthly group readings (the Spirit Message Circle) and teaches classes\*\*\* on how to develop intuitive and spiritual awareness.



### Saturdays Intuitive Readings

with Cindy Craddock  
20 min. Session for \$20.00  
30 min. Session for \$30.00  
9:30am - Noon

A counselor / therapist for over 2 decades, Cindy Craddock is an Intuitive Psychic recently relocated from Oregon. In addition to being a Reiki Master, her services include Soul Retrievals, Extractions, Healings and Personal Shamanic Journeys. She is also receives prophetic dreams of the future and works with herbs and natural remedies.

Cindy does Intuitive Tarot readings at Barjon's on Saturdays from 9:30 - Noon. Stop by for a reading!

So whenever you feel driven by a compulsive, destructive urge, don't analyze it; don't talk about it; don't dwell on it. Turn your attention away from it by throwing yourself into work for others. It can starve the desire away.

— Easwaren

"Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water."

— A Zen Proverb



### Wednesdays Intuitive Readings

with Elizabeth Shumaker  
10 min. Session for \$15.00  
20 min. Session for \$30.00  
30 min. Session for \$45.00  
Noon - 4pm

Elizabeth Shumaker, NCMTB, combines her use of the tarot with her intuitive awareness and clairvoyance to help you clarify issues, facilitate decision-making, tap higher wisdom, expand awareness, and clear blocks to success. She can access your Akashic Records, the "divine blueprint" of your soul's existence through-out time and space (this may include information about past lives, or your intentions and how they relate your soul's current path or progression). It is helpful to ask specific questions when accessing the Akashic Records, so you are encouraged to come with ideas of what you would like to receive information about.

*For appointments or more information call (406)252-4398*

## Diane Teske Harris Art Show

Opening Friday, December 5

Artist's Reception 5:00pm - 9:00pm



Diane Teske Harris has been telling stories with her drawings ever since she could grip a crayon. She studied art in California at UC Davis and at Art Center College of Design in Pasadena. As a freelance illustrator for at least 25 years, her work includes art for magazines, newspapers, children's books and games, textbooks, greeting cards, clothes designers, department stores, churches and even a gourmet chocolate company. Clients include The New York Times, Wall Street Journal, Mattel Toys, Sports Illustrated, Vogue Magazine, HBO, Capitol Records, IBM, Time Magazine, National Geographic and AT&T.

In 1999 Diane was commissioned by the United States Postal Service to create the "Holiday Music Makers" stamps, which were released October 23, 2003.

In recent years her focus has been illustrating her personal journey and unique view of the world, experimenting with a variety of media and formats. Current projects include art-to-wear brooches and a series of greeting cards.

Please join us on Friday, December 5 from 5:00 - 9:00 pm for the opening of Diane's Teske Harris's show at Barjon's Books.