

Baraka

A cinematic poem celebrating the human relation to the eternal. Not a word is spoken, but every person alive in the twenty-four countries this was filmed in would understand it. It's about Us on Earth Now. It's the first truly sacred film I've seen (best viewed in DVD on as large a screen as possible). Next time they send a disc into space to be viewed by aliens, this is the disc they should send.

—KK

Baraka

Ron Fricke
1992, 104 minutes
DVD, \$24.90
VHS, \$17.99
Magidson Films
www.mpimedia.com



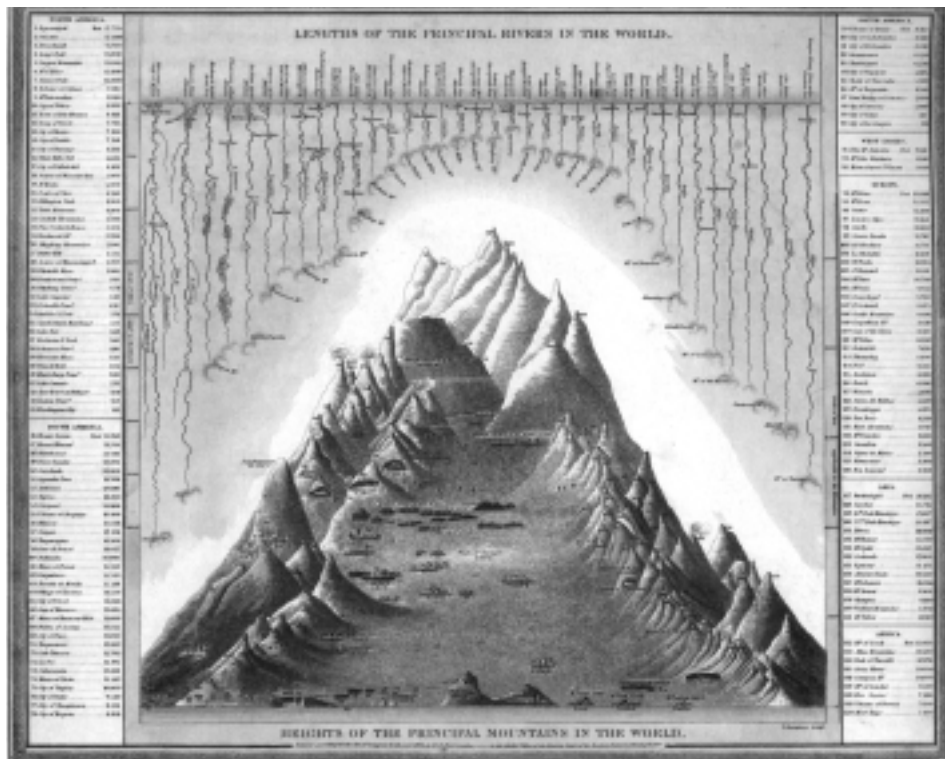
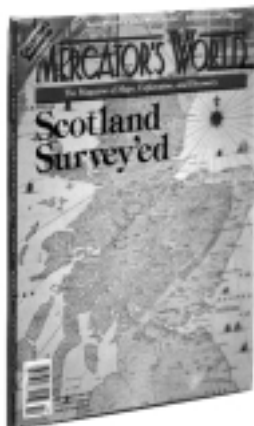
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—KK

Mercator's World

The Magazine of Maps, Exploration, and Discovery
Gary Turley, editor
\$39.95, 1 year (6 issues)
Aster Publishing
845 Willamette Street,
Eugene, OR 97401
541/345-3800
circulation@mercatorsworld.com



Breath by Breath



Breath by Breath

Larry Rosenberg
1999, 240 pages
\$14.95
Shambhala
Publications

On holiday recently, I was confronted with a situation that caused me discouragement and humiliation. Using the lessons of this book, I breathed while drawing my attention to my breath, observed the emotions arise, and without attaching to them, allowed them to pass. I was able to get back to enjoying my holiday. The breathing and observing and letting it pass—the essence of meditation on the breath as set forth by Buddha 2500 years ago—enabled me to break the typical habit of getting attached to a negative emotion and replaying it over and over. Another side effect of practicing this meditation technique—during the day, I notice more often when my mind is living in the past or future, and I can remember to return to the present. That's all Buddhist enlightenment is, I think—remembering to live in the present, and refrain from getting attached to transitory phenomena like our thoughts, emotions, and bodies. This technique works, and this book is the best explanation I've found about why and how it works.

—Howard Rheingold

But it is also true that much of what the sutra describes will turn up naturally if you just sit and follow the breathing, if you persist in that practice over the course of days and months and years. It is natural for your attention to deepen until it includes the whole body, and for that process gradually to calm the body. Once your attention is in the body, you begin to notice feelings and your mental reactions to them, which lead you into the mind as a vast realm to explore. Finally, if you're paying attention, you can't help noticing that all the phenomena you're observing arise and pass away, that they are impermanent and lack an essential core.

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Plate 72 from Samuel Augustus Mitchell's *New Universal Atlas*, published in 1846, illustrating the heights of mountains and the lengths of rivers.