

Earth



Aliens On Earth.com

Resources for those who are stranded here

Earth



Navigation

- [UFOs](#)
- [Paranormal](#)
- [People](#)
- [Places](#)
- [Area 51](#)
- [Random](#)
- [Top 100](#)
- [Catalog](#)
- [What's New](#)

Search...

...for this word in:

- Page Titles
- Page Contents
- Book Title/Author

[Help](#)

New Catalog Items (Random Selection)

- [Signs of the Gods](#) (used hc) - \$25.00
- [Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder](#) (used trpb) - \$6.00
- [Interference: How Organized Crime Influences Professional Football](#) (used hc) - \$6.00
- [Night Visitors](#) (used hc) - \$8.00
- [Strike from Space](#) (used pb) - \$10.00
- [Behind the Flying Saucers](#) (used pb) - \$20.00

[Other New Items](#) | [Main Catalog Page](#) | [Subjects](#)

2000+ new & used titles, including hundreds you won't find at Amazon!

Log-In Here

For Advanced Features

[Mothership](#) -> [Catalog](#) -> [Subjects](#) -> [Topic Listing](#) -> Here

[Our Focus](#)

Book Catalog

Mediation, Yoga and Biofeedback

Sections Below: [General](#) | [Yoga and Meditation](#) | [Massage](#) | [Biofeedback](#) | [Subconscious](#) | [Biorhythm](#) | [Non-Verbal Communication](#) | [Hypnosis](#) | [Reflexology](#)

19 titles below (\$2.00 to \$25.01) including (in alphabetical order): [Biofeedback](#) * [Biorhythm](#) * [The Body Language of Sex, Power and Aggression](#) * [Hand Reflexology](#) * [Hypnosis for the Seriously Curious](#) * [The Power of your Subconscious Mind](#) * [The Practices of Yoga for the Digestive System](#) * [Psychic Massage](#) * [Richard Hittleman's Introduction to Yoga](#) * [The Silva Mind Control Method](#) * [Slimming with Yoga](#) * [Trance-Formations](#) * [Using the Whole Brain](#) * [Yoga for Americans](#) * [Yoga for Physical Fitness](#) * [Yoga Self-Taught](#) * [The Yoga Way to Figure and Facial Beauty](#) * [Yoga, Youth and Reincarnation](#) * [Your Subconscious Power](#)

Assortment - [Abbreviations Used](#)

To add an item to your shopping cart or place an order, click on the checkbox beside the item code and press the "Add..." button at the [bottom](#).

Code	Description	Price
See Also:	Developing Psychic Powers: Self-Help Guides - 18 titles For training in other spiritual and psychic fields.	
See Also:	Krishna, Buddhism and Hinduism: And Other Religious Movements from Asia - 7 titles	

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

General

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Yoga and Meditation

HittIntro_	<p>Richard Hittleman's Introduction to Yoga: Beginning and Intermediate Exercises for Peace and Physical Fulfillment (used pb)</p> <p>By Richard Hittleman. 1969 (1977), Bantam, 192pp, b+w photos throughout. (VG) (7/8/99)</p>	<p>\$5.00 std</p> <p>Add to cart</p>
YogaWay_	<p>The Yoga Way to Figure and Facial Beauty (used pb)</p> <p>By Richard L Hittleman. 1968 (1970), Avon, 205pp. B+W photos throughout. (G. Yellowed pages. Solid binding.) "To achieve the buotan, supple look of TODAY... Demonstrats a series of simple positions to firm, tighten, and shape the natural contours of your figure." (7/15/99)</p>	<p>\$5.00 std</p> <p>Add to cart</p>
YogaSelfTaught_	<p>Yoga Self-Taught (used hc)</p> <p>By Van Lysebth, Andre. 1971 (1973), Barnes & Noble, 264pp. (G, no DJ, as issued. Xlib with usual markings.) "This study of hatha-yoga is primarily for the beginner who who wants to learn the correct practice of yoga but lacks the opportunity to attend classes." Yoga (5/5/99)</p>	<p>\$5.00 book1</p> <p>Add to cart</p>
YogaAmer_	<p>Yoga for Americans: A Complete 6-week Course in Hatha Yoga (used pb)</p> <p>By Indra Devi. 1959 (1968), Signet, 208pp. "With diets, recipes, exercises, and special guides for the overweight, artritcs, and asthmatics." (VG) (9/13/99)</p>	<p>\$5.00 std</p> <p>Add to cart</p>
YogaFitness_	<p>Yoga for Physical Fitness (used pb)</p> <p>By Richard L. Hittleman. 1964 (1974), Warner, 250pp, illustrations throughout. (Fair) "Enjoy vibrant good health and sparkling energy with the step-by-step, effective program geared for those whose work prevents them from getting enough exercise." Yoga (5/11/99)</p>	<p>\$4.00 std</p> <p>Add to cart</p>
YogaDigest_	<p>The Practices of Yoga for the Digestive System (used trpb)</p> <p>BY Swami Shankardevanda Saraswati and Swami Satyananda Saraswati. 1987, Bihar School of Yoga (munger, Bihar, India), 259pp. (G+) How to use the priciples of Yoga to improve the digestive system. Published in India. Line drawings. Yoga (6/5/99)</p>	<p>\$25.01 book1</p> <p>Add to cart</p>
YogaSlimming_	<p>Slimming with Yoga (used pb)</p> <p>By Audrey T. Webb. 1970, Essandess/Simon & Schuster, 128pp. (G+) "This excellent exercise book tells you how to achieve better looks, better health, and a better outlook on life." Yoga (6/5/99)</p>	<p>\$8.00 std</p> <p>Add to cart</p>
ReinYoga_	<p>Yoga, Youth and Reincarnation (used pb)</p> <p>By Jess Stearn. 1965 (1968), Bantam, 344pp. A bestseller in 1968. "The amazing key to physical, sexual and spiritual harmony -- a modern step-by-step approach to the ancient art of yoga. Completely illustrated with photographs and diagrams." (12/20/98) Yoga - Also listed on Reincarnation, Past Lives and Life After Death.</p>	<p>\$8.00 std</p> <p>Add to cart</p>

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Massage

PsychicMassage_	<p>Psychic Massage (used trpb)</p> <p>By Roberta DeLong Miller. 1975, Harper, 216pp, B+W illustrations throught, 8x7". (VG-. Prev. owner's name along edge, else VG.) "This book describes a method of healing. It evelved from massage, yet it is</p>	<p>\$10.00 book1</p>
-----------------	---	--------------------------

more than massage. The addition of psychic awareness makes it possible to heal or balance a person's mind and emotions throught the body." (5/10/99)

[Add to cart](#)

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

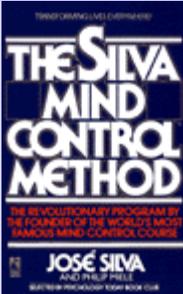
Biofeedback

WholeBrain	<p>Using the Whole Brain: Integrating the Right and Left Brain with Hemi-Sync Sound Patterns (new trpb)</p> <p>By Ronald Russell (editor) and Robert Monroe and Monroe Institute. 1993, Hampton Roads, 262pp. Describes a system of synchronizing the left and right hemispheres of the brain through patterns of sound. (7/15/99)</p>	<p>\$14.95</p> <p>book1</p> <p>Add to cart</p>
BioFeedTurn_	<p>Biofeedback: Turning On The Power of your Mind (used pb)</p> <p>By Marvin Karlins and Lewis M. Andrews. 1972 (1974), Warner, 190pp. (VG) "An extraordinary technique which allows you to control the state of your health, happiness and well-being solely through the power of your mind." (5/4/99)</p>	<p>\$5.00</p> <p>std</p> <p>Add to cart</p>

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Subconscious

PowSubMind_	<p>The Power of your Subconscious Mind (used pb)</p> <p>By Joseph Murphy. 1963, Bantam, 224pp. (VG+) "At last, a great new scientific discovery brings the incredible force of your subconscious mind under your control." (5/4/99)</p>	<p>\$4.00</p> <p>std</p> <p>Add to cart</p>
YourSubPower_	<p>Your Subconscious Power: How to Make it Work for You (used hc)</p> <p>By Charles M. Simmons. 1957, Prentice-Hall, 286pp. (Poor. Badly chewed up, but all pages present, bound and readable.)</p>	<p>\$2.00</p> <p>book1</p> <p>Add to cart</p>
<p>Silva_</p> 	<p>The Silva Mind Control Method (used pb)</p> <p>By Jose Silva. 1977, Pocket Books, 239pp. "The revolutionary program by the founder of the World's most famous mind control course.". (Fair) (8/24/99)</p>	<p>\$3.00</p> <p>std</p> <p>Add to cart</p>

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Biorhythm

Biorhythm_	<p>Biorhythm: A Personal Science, 1988-89-90 Edition (used pb)</p> <p>By Bernard Gittelson. 1988, Warner Books, 439pp, out-of-print. (Near Fine. Unread.) "No math! No machinery!"</p>	<p>\$4.00</p> <p>book1</p>
------------	---	--

Plot your biorhythmic curves in seconds with this book.... Learn how to chart your natural body cycles of ups and downs so you can plan your life with confidence.... Expanded and updated." (6/18/99)

[Add to cart](#)

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Non-Verbal Communication

BodLangSex_	<p>The Body Language of Sex, Power and Aggression: How to Recognize It and How to Use It (used pb)</p> <p>By Julius Fast. 1977 (1978), Jove/HBJ, 190pp. Photo insert. (VG. Bookstore stamp inside.) Sequel to <u>Body Language</u>. "You will learn instantly how to see the naked truth about everyone around you -- and to use your own body language to convey the impression you want." (7/11/99)</p>	<p>\$4.00</p> <p>std</p> <p>Add to cart</p>
-------------	--	---

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Hypnosis

<p>hypnosis</p> <p>Cover Image</p> 	<p>Hypnosis for the Seriously Curious</p>	<p>\$16.00</p> <p>Ibook</p> <p>Add to cart</p>
Tranceformations_	<p>Trance-Formations: Neuro-Linguistic Programming and the Structure of Hypnosis (used trpb)</p> <p>By John Grinder and Richard Bandler. 1981, Real People Press, 255pp. (VG-. No marks, no creases. Slight moisture warping.) An introduction to the field of Eriksonian Hypnosis. "The material presented in this book is detailed and specific and carefully sequenced, beginning with simple concepts and exercises and proceeding step-by-step to more advanced procedures." (5/14/99)</p>	<p>\$8.00</p> <p>book1.5</p> <p>Add to cart</p>

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Reflexology

HandRefHe_	<p>Hand Reflexology: Key to Perfect Health (used trpb)</p> <p>By Mildred Carter. 1975 (1977), Reward Books, 257pp, B+w photos and illustrations throughout. (G+) "A renowned Reflexologist shows how she manipulates the reflex 'buttons' located in the hands to relieve all manner of aches and ills in her patients and help them achieve abundant physical and mental energy -- and how you can do the same for yourself right at home!" (7/9/99)</p>	<p>\$5.00</p> <p>book1</p> <p>Add to cart</p>
------------	--	---

Place a checkmark beside the items you want to order, then press the button above.
(Or click on "Add to cart" beside each item.)

To order by phone: (702) 227-1818 (8am-9pm Pacific)

If you encounter any problems with the shopping cart, please [tell us](#), providing as many details as possible.

Would you like to be informed when new books are added to this page? If so, enter your email address here:

You will receive a message only when books are added for "Mediation, Yoga and Biofeedback".

[Mothership](#) -> [Catalog](#) -> [Subjects](#) -> [Topic Listing](#) -> [Here](#)



To Order - Use our on-line shopping cart on each product page
- or add product codes to [this blank order form](#)
- or call **(702) 227-1818** (Daily 8am-9pm Pacific)

[The Kind of Books We Carry](#)

[Our Original Reviews Copyrighted](#) © 1995-99 [Area 51 Research Center](#)
PO Box 81166, Las Vegas, NV 89180 Product Inquiries: inquiry@ufomind.com

Proceeds from this catalog help support [the Mothership](#) --
the world's largest website on [UFOs](#), [Area 51](#) and [the Paranormal](#)

Send us corrections using this [Feedback Form](#) or email webmaster@ufomind.com

This page: <http://www.ufomind.com/catalog/pub/para/meditation/> (10/2/99 12:19)
We encourage you to link to this page from your own. No permission required.

*

