



Gazelle

MANDEVILLE PRESS

New York Times #1 Bestselling Author

Living THE Spiritual Principles OF Health AND Well-Being

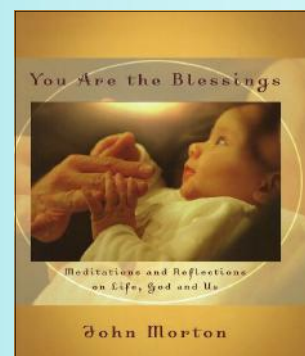
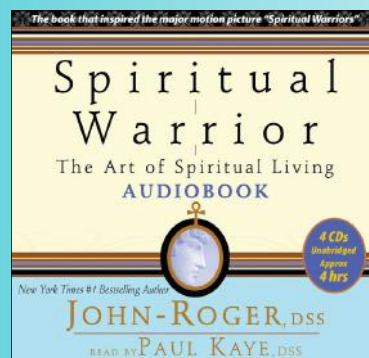
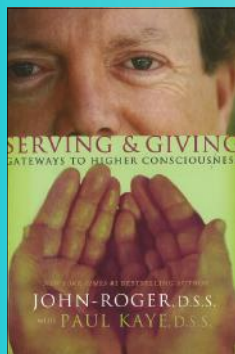
*The bottom line: love heals.
his remarkable book shows how..."*
Larry Dosco, MD

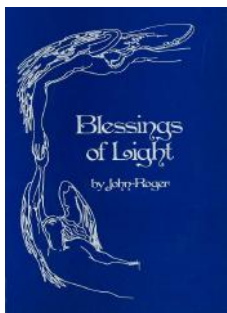
*Everyone who reads this masterpiece
lives themselves an experience in healing..."*
Caroline Myss

Foreword by
Philip Baro, M.D.

John-Roger, D.S.S.
with Paul Kaye, D.S.S.

**MIND
BODY
SPIRIT**

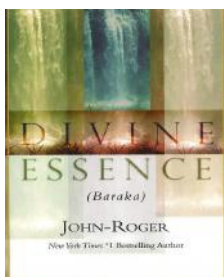




BLESSINGS OF LIGHT John-Roger

When a minister is ordained in the Movement of Spiritual Inner Awareness (MSIA), he or she is given a blessing that spirit brings forward. Needless to say, these are special and powerful moments where everyone present experiences the power and grace of spirit as it touches directly in to the newly ordained minister of God. This book is a compilation of the blessings of light brought forward by John-Roger during ordinations.

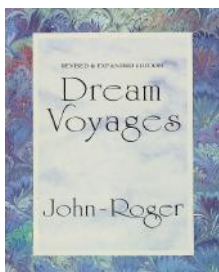
PB 9780882389493 £4.50 January 1981 Mandeville Press 96 pages 228x152mm b/w illus



DIVINE ESSENCE (BARAKA) John-Roger

Merging Eastern concepts of devotion and the presence of the divine in everyday life with Western practicality, this book offers information on spirituality and relationships with God. Described is the lineage of each individual's direct connection to God, the process of working with a spiritual master, and methods of screening a spiritual master.

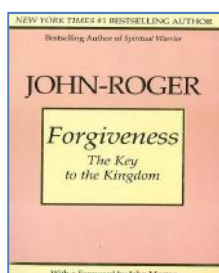
PB 9781893020047 £8.50 December 2001 Mandeville Press 164 pages 228x152mm



DREAM VOYAGES: 2nd Edition John-Roger

This book reveals the fascinating inner world of soul travel, as opposed to dreams, and how that can result in heightened spiritual awareness in one's waking hours. Even for those who have difficulties remembering their dreams, John-Roger offers ways to delve into the "sleeping" part of one's life. Included is guidance on how to use dreams for advancement.

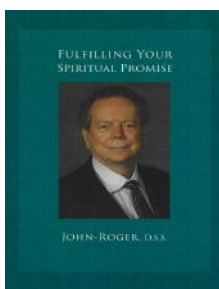
PB 9780914829317 £10.50 January 1992 Mandeville Press 128 pages 228x152mm



FORGIVENESS: The Key to the Kingdom John-Roger

Uplifting and anecdotal in nature, this insightful book shows how all individuals can change their perspective with the power of forgiveness, resulting in more freedom and joy.

PB 9780914829621 £10.50 September 2001 Mandeville Press 219 pages 228x152mm



FULFILLING YOUR SPIRITUAL PROMISE John-Roger

This three-volume compilation offers an overview of soul transcendence, including explanations of such broad concepts as karma, incarnation, the realms of the Spirit, and human consciousness, as well as information about relationships, dreams, practical spirituality, and how to live in grace. Complete with an index and glossary for easy reference, this primer on living in freedom through spiritual fulfillment sets readers on the path to an abundant life.

HB 9781893020177 £37.50 December 2007 Mandeville Press 1300 pages 215x146mm

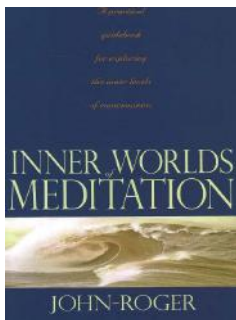


GOD IS YOUR PARTNER: Spiritual Principles of Abundance and Prosperity

John-Roger

Providing sound financial advice as well as explaining the religious traditions of seeding and tithing, this updated guide shows how giving money to the source of one's spiritual teachings creates more wealth and allows the giver to lead a worry-free, spiritual life of joy and contentment. Defining tithing as giving money back to God in thanks for the gift of abundance and seeding as planting for the future, the discussion emphasizes that giving money away takes a generous and unconditional frame of mind.

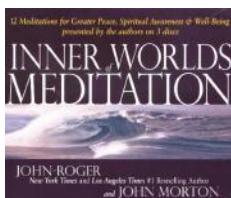
HB 9781893020269 £16.99 August 2007 Mandeville Press 130 pages 228x177mm



INNER WORLDS OF MEDITATION: A Practical Guidebook for Exploring the Inner Levels of Consciousness John-Roger

This book is a guide for discovering powerful keys for greater peace, relaxation, and spiritual awareness through meditation.

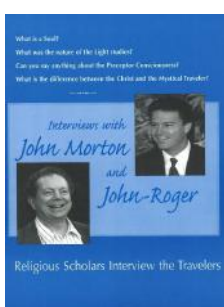
PB 9780914829454 £9.99 May 1997 Mandeville Press 144 pages 228x152mm



INNER WORLDS OF MEDITATION: 12 Meditations for Greater Peace, Spiritual Awareness and Well-Being John-Roger Morton, John Morton

CD version of the guide for discovering powerful keys for greater peace, relaxation, and spiritual awareness through meditation.

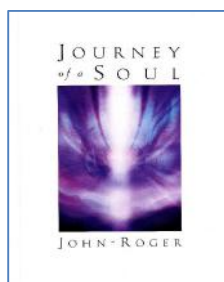
CD-Audio 9780914829645 £41.99 November 2002 Mandeville Press 139x127mm



INTERVIEWS WITH JOHN MORTON & JOHN-ROGER: Religious Scholars Interview the Travelers Mark Lurie, John-Roger

Religious scholars from around the world interview John Morton and John-Roger in this enlightening book that reveals a great deal about the foundation and teachings of the Movement of Spiritual Inner Awareness (MSIA). With frankness and clarity, John-Roger and John Morton discuss the origins of MSIA and how it compares to Eastern religions.

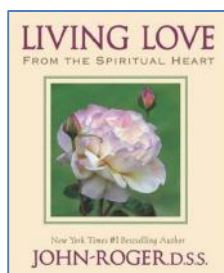
PB 9781893020016 £9.99 January 1999 Mandeville Press 120 pages 228x152mm



JOURNEY OF A SOUL John-Roger

A comprehensive guide to the soul, this book offers an easy grasp of the true essence inside everyone, commonly known as the soul. How is the soul incarnated and how does it play a role in our everyday lives? Illuminating in its information, it leaves the reader with a deeper understanding of who we truly are as souls.

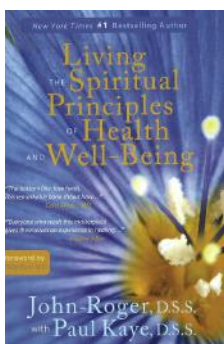
PB 9781893020139 £6.99 January 2001 Mandeville Press 88 pages 228x152mm



LIVING LOVE: From the Spiritual Heart John-Roger

Insisting that loving is the deepest truth about each person, this inspiring volume encourages people to live from love. Crafted to awaken the notion that all love is internal, the book touches on spiritual exercises, relationships with others, loving through life's challenges, and the importance of service. Love is the keynote of John-Roger's 40 years of teaching about living a life deeply in touch with the spirit, and this inspirational book goes to the heart of his teachings.

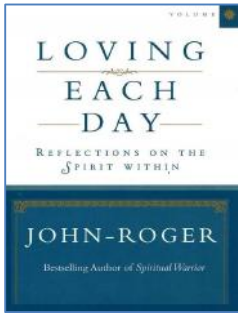
PB 9781893020320 £5.99 April 2006 Mandeville Press 65 pages 175x150mm



LIVING THE SPIRITUAL PRINCIPLES OF HEALTH & WELL-BEING John-Roger

Looking at health from a holistic, multidimensional perspective, this book provides a spiritual foundation for well-being that supplements traditional medical- and alternative-healing models. By exploring the concepts of health and disease from the inside out and breaking down the process into simple precepts that can be implemented at no cost, the guide presents techniques and practices that develop a greater awareness of the factors that impact health. An analysis of eight spiritual principles that serve as a basis for healthy living are followed by useful information regarding stress, fasting, stretching, breathing, laughter, acid and alkali balance, and the effect of sugar on the body. A 30-day health plan rounds out the discussion.

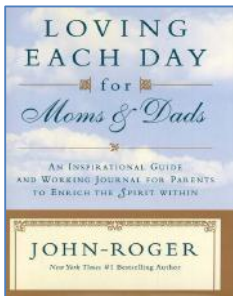
PB 9781935492078 £14.50 September 2010 Mandeville Press 280 pages 160x235mm



LOVING EACH DAY: Reflections on the Spirit Within John-Roger

Containing one page for each day of the year, this collection of inspiring messages speaks to the heart, gently bringing closer the awareness that all are loved, cherished, and worthy of all the blessings that are dear.

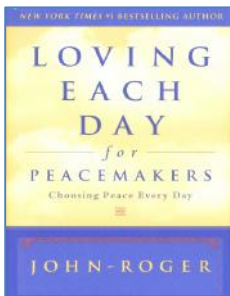
HB 9780914829263 £14.99 August 1989 Mandeville Press 384 pages 184x133mm



LOVING EACH DAY FOR MOMS & DADS: An Inspirational Guide and Working Journal for Parents to Enrich the Spirit Within John-Roger

Speaking to the heart of parenting, this journal and guide is designed to assist parents in having a healthy and happy parenthood, raise joyful kids, and evoke a parent's inner wisdom.

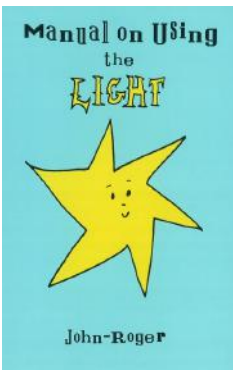
HB 9781893020092 £12.50 June 2001 Mandeville Press 304 pages 184x133mm



LOVING EACH DAY FOR PEACEMAKERS: Choosing Peace Every Day John-Roger

Peace can only be achieved in the world if it is first achieved by individuals in their daily lives. People are constantly looking for peace, even when they fight, but they often lack the tools and the knowledge to find it. The tips in this guide provide a first step for those who are looking for a better, calmer way to live. Each exercise is an opportunity to practice peace, and each accompanying quote is a thought-provoking suggestion about the nature of peace. Together they provide concrete tools for use every day, even in the midst of challenging situations.

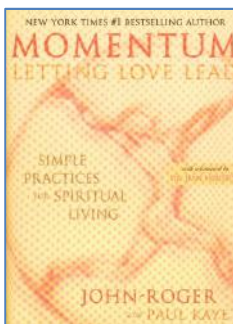
HB 9781893020146 £9.99 April 2002 Mandeville Press 248 pages 184x133mm



MANUAL ON USING THE LIGHT John-Roger

For spiritual seekers everywhere, this book explains the magnificence of the light and how to use it for the highest good of all concerned. The simple, entertaining format is perfect for reading to children, as it can be easily read in one sitting and is full of drawings.

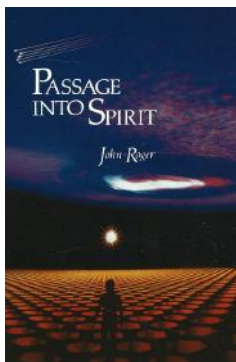
PB 9780914829133 £4.50 January 1976 Mandeville Press 80 pages 215x139mm b/w illus



MOMENTUM: LETTING LOVE LEAD: Simple Practices for Spiritual Living John Roger

This guide advocates creating spiritual calm by following rather than fighting the rhythms of daily life. The feeling of being out of balance is a sign that there is movement in one's life, and the best thing to do is to follow that motion and to let natural flows take over. Simple habits and exercises, designed to locate love in each moment and to ease anxiety, are taught with humor and gentleness. Structured in an accessible and direct manner, these inspirational quotes are followed with specific steps for achieving calm and contentment.

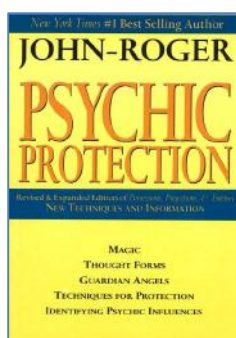
HB 9781893020184 £16.99 November 2002 Mandeville Press 180 pages 215x165mm



PASSAGE INTO SPIRIT John-Roger

Why are we here? Is there anything below the physical realm? Are our lives determined by divine destiny or free will? Is love a concept or an action? This comprehensive, detailed book deals with these questions and more, addressing topics such as the process of incarnation, the spiritual hierarchy, the sights and sounds of the five spiritual realms, and the greatest secret.

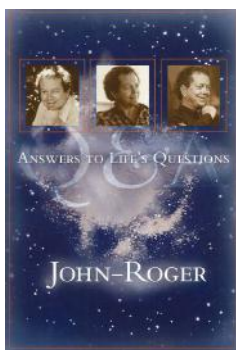
PB 9780914829256 £6.99 January 2000 Mandeville Press 138 pages 228x152mm



PSYCHIC PROTECTION John-Roger

Described in this book are the invisible levels of the mind--the power of thoughts, the unconscious, elemental energies, and magic. Also discussed is how to protect oneself from the negativity that can be part of these levels.

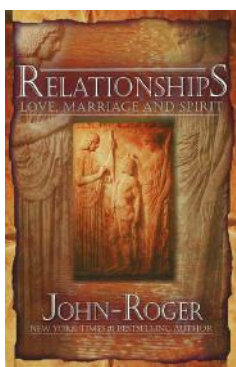
PB 9780914829690 £5.99 July 1998 Mandeville Press 192 pages 177x101mm



Q & A: ANSWERS TO LIFE'S QUESTIONS: Answers to Life's Questions John-Roger, DSS

This book is an engaging sample of questions John-Roger has answered over the last 30 years about soul transcendence, the spiritual nature of life, and practical spirituality. Covering subjects from angels and the souls of animals to the silent ones and the names of God, this book offers food for thought and nourishment for the soul.

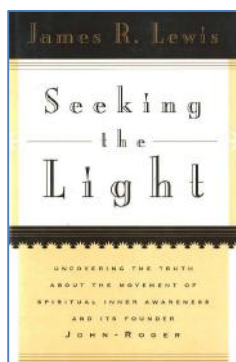
PB 9781893020078 £6.99 January 2000 Mandeville Press 84 pages 228x152mm



RELATIONSHIPS: Love, Marriage, and Spirit John-Roger

Offering insights into the issues that threaten relationships and practical tools to strengthen and make them work, this book reveals secrets on how to move past the limitations of traditional roles--woman, man, mommy, daddy, and others--into practical ways to give and receive more loving, sharing, happiness, and fulfillment.

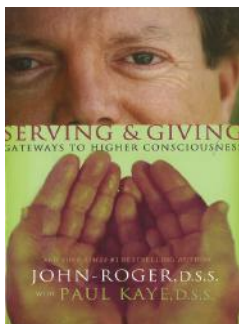
HB 9781893020054 £16.99 October 2000 Mandeville Press 218 pages 228x152mm



SEEKING THE LIGHT: Uncovering the Truth About the Movement of Spiritual Inner Awareness and Its Founder John-Roger James R Lewis

Researcher and expert in nontraditional religions James R. Lewis explores the Movement of Spiritual Inner Awareness (MSIA) from the inside out. His comprehensive study looks at MSIA under a microscope, examining the religious and spiritual heritage of MSIA, and presenting the truth about this so-called controversial movement. His conclusions are enlightening and informative, interesting not only in the context of MSIA, but in relation to our politics, our culture, and our response to alternative religious movements.

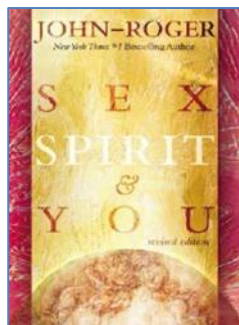
HB 9780914829423 £19.99 January 1998 Mandeville Press 234 pages 234x158mm b/w photos



SERVING & GIVING: Gateways to Higher Consciousness

Looking at the act of giving as a way to bring greater happiness into the life of the giver as well as the receiver, this insightful exploration challenges contemporary concepts of service. Offering simple and practical techniques for open-minded volunteering, a wealth of quotes, narratives, and reflective pieces seek to motivate and inspire. Encouraging an attitude of selflessness with positive and timely action, this thought-provoking guide posits that serving is a gateway to higher consciousness. Comprised of brief, clear chapters, this perceptive meditation is easy to reference while attending the needs of others.

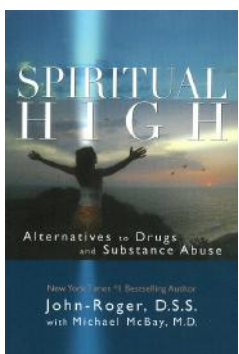
PB 9781893020993 £12.50 November 2009 Mandeville Press 178 pages 155x230mm



SEX, SPIRIT & YOU John-Roger

With sensitivity and clarity, this book addresses questions about the relationship between sex and spirituality. John-Roger deals with sex as a natural function of the body rather than something shameful, healing separation between the body and the soul.

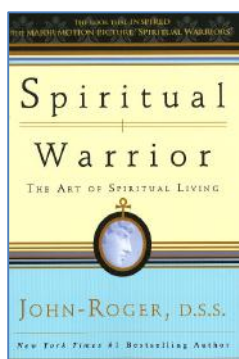
PB 9781893020030 £8.50 September 2000 Mandeville Press 104 pages 228x152mm



SPIRITUAL HIGH: Alternatives to Drugs and Substance Abuse Michael McBay

Providing clear, useful, and nonjudgmental information, this revised and fully updated handbook describes some of the effects drugs can have on the human body, mind, emotions, and unconscious. Simple and healthy alternatives to consciousness-altering substances, including hallucinogens, uppers and downers, marijuana, cocaine, and alcohol, are offered to those wishing to break away from drug use. For those seeking to experience higher, more enlightened levels of consciousness, this guide offers methods that can give lasting and uplifting results, including spiritual exercises, sacred tones, keeping a journal, and exploring one's spiritual heritage.

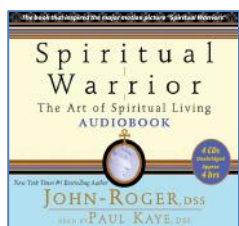
PB 9781893020306 £5.99 December 2005 Mandeville Press 108 pages 177x120mm



SPIRITUAL WARRIOR: The Art of Spiritual Living John-Roger, DSS

Presenting keys for mastering relationships and combating fear and addictions, this perceptive meditation reflects on methods for creating abundance and love. Examining the question How do we live rewarding inner spiritual lives in a constantly changing world? , this useful guide offers successful tips for countering negative habits and living more successfully each day. Full of wisdom, humor, and common sense, the book portrays conscious individuals as warriors battling the anxieties of modern life through intention and impeccability, as opposed to violent means. A practical journal of spiritual convergence is also included.

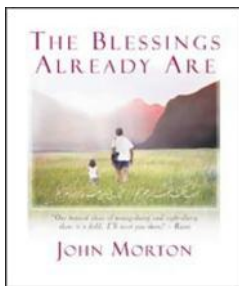
PB 9781893020481 £12.50 April 2009 Mandeville Press 171 pages 228x152mm



SPIRITUAL WARRIOR: The Art of Spiritual Living John-Roger, DSS Read by Paul Kaye

Presenting keys for mastering relationships and combating fear and addictions, this auditory guide reflects on methods for creating abundance and love. Examining the question How do we live rewarding inner spiritual lives in a constantly changing world? , this useful meditation offers successful tips for countering negative habits and living more successfully each day. Full of wisdom, humor, and common sense, the book portrays conscious individuals as warriors battling the anxieties of modern life through intention and impeccability, as opposed to violent means.

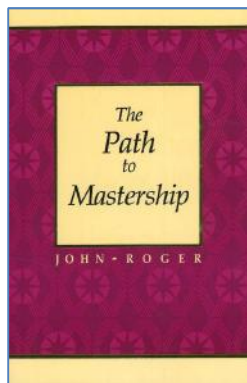
CD-Audio 9781936514526 £18.95 July 2014 Mandeville Press 127x139mm



THE BLESSINGS ALREADY ARE John Morton

Revealing a profound spiritual perspective for day-to-day living, this book covers a variety of real-life subjects and offers an opportunity to view life through the eyes of loving and acceptance. The blessings contained in this book are intended to inspire and uplift into an expanded awareness of the perfection in all things.

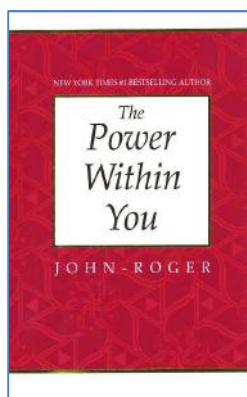
HB 9780914829676 £20.99 January 2000 Mandeville Press 208 pages 215x177mm



THE PATH TO MASTERSHIP John-Roger

John-Roger shares wisdom on how to attain true mastership and offers eleven keys to moving one's life towards greater self-realization and spiritual enlightenment. Also included are ways to recognize true mastership in spiritual teachers and see the inner path that awakens the God source in everyone.

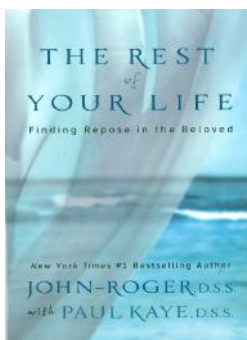
PB 9780914829164 £6.99 January 1982 Mandeville Press 78 pages 139x212mm



THE POWER WITHIN YOU John-Roger

Outlining how the tools for creating what one wants are within one's reach, this book describes how the greatest tools and resources lie within. Included are methods for discovering the powerful, positive use of the conscious, subconscious, and unconscious mind; practicing and developing the skill of working with inner success mechanisms; and expanding their personal power.

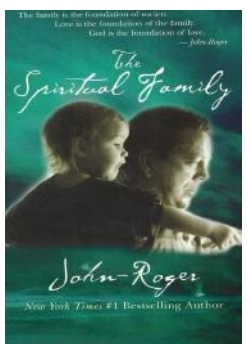
PB 9780914829249 £8.50 January 1984 Mandeville Press 104 pages 228x152mm



THE REST OF YOUR LIFE: Finding Repose in the Beloved John-Roger, Paul Kaye, DSS

Leading a more fulfilling life is made possible with this innovative guide that shows that rest is not just an action, but an attitude. The rush of the outside world can lead to stress and exhaustion, but when approached correctly, life can actually be lived in a relaxing and tranquil manner. A series of breathing meditations provided on the included audio CD demonstrate how to find the inner peace that ultimately leads to a proper state of rest. Not just calming and healthy, adequate rest also provides the necessary energy to respond appropriately when the moment of action arrives.

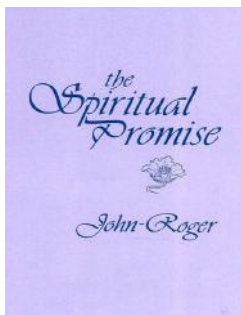
PB 9781893020436 £14.50 October 2007 Mandeville Press 295 pages 228x152mm



THE SPIRITUAL FAMILY John-Roger

John-Roger speaks of the spiritual love that is present among husbands, wives, and their children. He offers suggestions of how to keep the love flowing as well as practical guidelines on how to cope with children's behavior patterns--everything from bedwetting and homework to household chores and teenage dating.

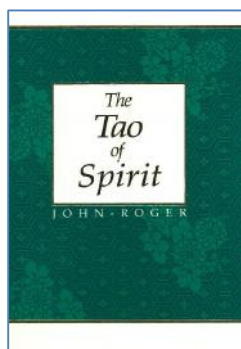
PB 9780914829218 £5.99 January 1997 Mandeville Press 176 pages 177x114mm



THE SPIRITUAL PROMISE John-Roger

This book of inspirational poetry reminds us of the beauty and wonder of our inner Self and of the awakening that lies before us as we embark on our spiritual journey home. With these words John-Roger echoes the ancient promise: One day you will see the face of God and you will know it.

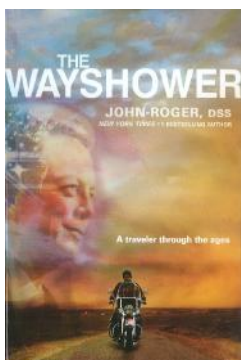
HB 9780914829225 £5.99 January 1989 Mandeville Press 64 pages 139x114mm



THE TAO OF SPIRIT John-Roger

This collection of writings is designed to free the soul from outerworldly distractions and provide a guide for a return to the stillness within. Also provided are daily inspiration and new approaches on how to handle frustrations.

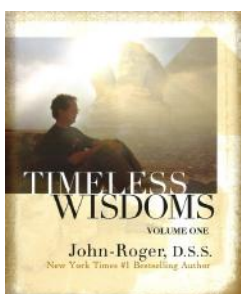
HB 9780914829331 £12.50 June 1994 Mandeville Press 184 pages 228x152mm



THE WAYSHOWER: A Traveler Through the Ages John-Roger, DSS

This collection relates colorful moments of spiritual awakening and follows one man's journey down a solo path to enlightenment while offering lessons on identifying one's own true self. From the first spark of simple inner awareness to the eventual formation of a church dedicated to spiritual assistance, this compact history follows John-Roger's spiritual growth as it progresses into a full-fledged metaphysical movement. While telling his personal story, John-Roger provides unique responses to universal questions, including Who is a spiritual master? How does one endure the tests on a mystic path? and How do we become aware that we are spiritual beings, not of this world, but with human experience?

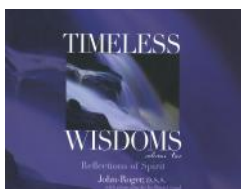
PB 9781935492764 £7.50 July 2011 Mandeville Press 165 pages 196x152mm



TIMELESS WISDOMS: Volume One John-Roger, DSS

Following from the premise that each person is a unique, divine being, this collection of short essays serves as a constant guide to the spirit within. Each essay provides a few moments of repose and reflection to balance the fast pace and multitasking of daily living. Concise and compassionate, the wisdom in this volume is pertinent in any given time or situation.

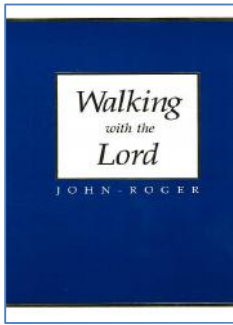
PB 9781893020474 £10.99 September 2008 Mandeville Press 218 pages 190x152mm



TIMELESS WISDOMS: Volume II: Reflections of Spirit John-Roger, DSS, David Sand

Following the premise that each person is a unique, divine being, this collection of quotations serves as a constant guide to the spirit within. Compiling a wide range of topics and expressions--humorous, mystical, pragmatic, and profound--each short essay provides a few moments of repose and reflection to balance the fast pace and multitasking of daily living. Harmonizing uplifting images with clear and compassionate words of wisdom, this reflective guide serves as a foundation for contemplation and the awareness of true self.

PB 9781893020511 £20.99 April 2009 Mandeville Press 180 pages 196x285mm 149 photos



WALKING WITH THE LORD John-Roger, Paul Kaye

For anyone interested in spiritual exercises, or for anyone who wants a deeper relationship with God, this guide is indispensable. It is a handbook that provides instruction in meditation, in chanting the name of God, and in dealing with mental and emotional distractions that tend to get in the way. It also describes the quality of empathy that awakens through doing spiritual exercises and explains the various realms of the Spirit that meditators may visit.

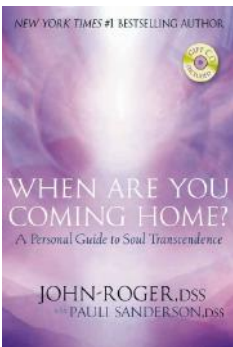
PB 9780914829300 £10.99 January 1991 Mandeville Press 144 pages 228x152mm



WHAT'S IT LIKE BEING YOU? Living Life as Your True Self! John-Roger, Paul Kaye

Practical and profound, this guide to discovering a true self behind the "parts" played in everyday life presents the information and inspiration necessary to achieve fulfilment. Often taking a humorous perspective, this work is centred on a belief that the tools we use to deceive ourselves and others are the same tools we need to know ourselves better. Guided meditation is one of a series of practices at the centre of this strategy that slowly brings into focus an awareness of life and its possibilities.

PB 9781893020252 £12.50 November 2004 Mandeville Press 174 pages 210x150mm

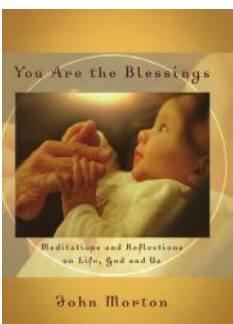


WHEN ARE YOU COMING HOME?: A Personal Guide to Soul Transcendence

John Roger, Paul Sanderson

Inspired by the concept of the prodigal son and based on the author's experiences, this is a unique and intimate story of spiritual awakening. Although largely biographical, it contains elements of an adventure story that follows the exploration of a universal divine essence and a greater reality of spirit. Both simple and profound, it conveys with disarming candour the immediacy of the soul. This book will prove invaluable to those who are looking for life's deeper meaning in the face of modern challenges, and individuals who are searching for a greater spiritual understanding of the human experience. Included are a chart of the inner realms of the spirit and a CD audio tour of the reflective process.

HB 9781893020238 £16.99 November 2004 Mandeville Press 272 pages 228x152mm



YOU ARE THE BLESSINGS: Meditations and Reflections on Life, God and Us

John Morton

With a wealth of reflections, prayers, and poems, this compilation of spiritual wisdom stimulates the mind and soul while readying the body for life's everyday challenges. Accessible and timeless, the substance offered will appeal to both the curious layman and those well versed in meditative thought with perceptive chapters such as Doing Good, Forgiveness, Gratitude, Knowing Who We Are, Love and Loving, and Peace. Written with a keen eye for practical incorporation into varied daily routines and supplemented with a CD recording of blessings and meditations led by the author, this all-encompassing guide is a must-have for those seeking to understand the steps necessary to achieve lifelong fulfillment.

HB 9781893020467 £20.99 April 2008 Mandeville Press 200 pages 165x203mm



Gazelle

MANDEVILLE PRESS

SPIRITUAL HIGH

Alternatives to Drugs
and Substance Abuse

New York Times #1 Bestselling Author

John-Roger, D.S.S.
with Michael McBay, M.D.

**MIND
BODY
SPIRIT**



Distributed by

Gardners Books, 1 Whittle Drive, Eastbourne, East Sussex, BN23 6QH