

10 million copies sold in 20 languages



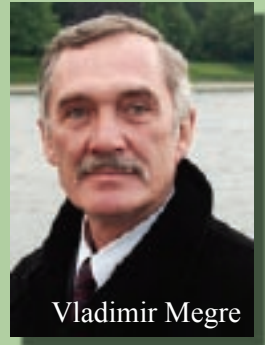
I exist for those
for whom I exist

ANASTASIA

*"What a blast that Anastasia is!
I couldn't sleep after reading it."*

THE RINGING CEDARS — hope for the world

In 1994 a Siberian elder told entrepreneur Vladimir Megre a fascinating story about ‘ringing cedars’ — trees which heal bodily diseases and elevate the human spirit. The elder told him where such a cedar was growing in the Siberian backwoods. Intrigued, Vladimir Megre delved into literature on Siberian cedar trees and was one of the first Russian businessmen to re-discover the tremendous folk medicinal, nutritional and commercial value of virgin oil pressed from Siberian cedar nuts. However, knowledge of the traditional technique of pressing the oil had been lost.



Vladimir Megre

Determined to re-discover the secret and launch a highly lucrative production of cedar nut oil, Vladimir Megre set out on an expedition to find the tree, but his encounter with the elder’s granddaughter, named Anastasia, transformed him so deeply that he abandoned his commercial plans and, peniless, went to Moscow to fulfil his promise to Anastasia and write a book about the spiritual insights she so generously shared with him.



Eco-village *Rodnoye*, founded by inspired readers of the Series

What happened next has thrilled and inspired millions. With no advertisement other than word of mouth, books of the Ringing Cedars Series have sold over 10 million copies in Russia alone and have been translated into 20 languages, making Vladimir Megre one of Russia’s most widely read authors. Inspired by the Ringing

Cedars, thousands of people are now planting trees, changing their lifestyle and, in search for a mortgage-free existence and spiritual re-connection with the Earth, are relocating to new eco-villages which have sprouted all over Russia and beyond. Thousands of readers have felt a huge creative upsurge and started writing poetry and songs and doing paintings.

These mind-stirring books read like a fascinating novel, have the authenticity of a documentary account and present spiritual insights of incredible depth. Spanning dozens of subjects from child-rearing to gardening, from adventure to the meaning of human life, from megalithic science to breast-feeding and from sexuality to religion, they present an incredibly beautiful and equally practicable vision of humanity’s spiritual connection to Nature that helps us understand ourselves and heal our Earth.

The Ringing Cedars Series reasserts the limitless creative potential hidden in each of us. As books that address issues in which all our way of living and thinking is involved, they cannot be confined to a single category. Here are but a few examples of the themes the Series touches upon, which — woven together in a whole new outlook on life — contribute immensely to a realisation of our fulness of being.

GARDENING is a powerful way to re-connect to the living creation and to create a space of beauty and love around us. The books describe practical steps for establishing a flow of spiritual nourishment between us and our plants, helping us grow healthier food that literally nourishes both our bodies and our souls.



Gardening experience is essential for children to grow up happy

A school campus fully designed, built and decorated by pupils 12–17 years old



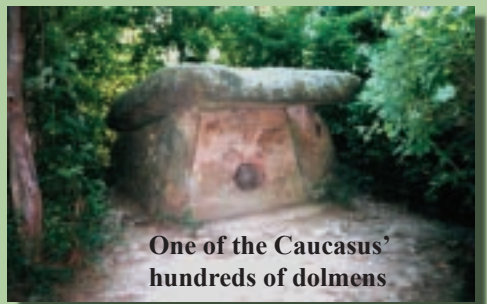
Pupils building a new mansion (no adults present)

Shchetinin's school (Bk 3)

Modern EDUCATION ignores children's real creative potential.

As an alternative, Me-gre describes an actual school where children effortlessly cover the 10-year Russian school programme in just two years and earn legitimate post-graduate degrees by the time they are seventeen.

Ancient MEGALITHS are part of our forebears' spiritual heritage. The Series describes the previously neglected dolmens of the Caucasus and the wealth of wisdom they help us rediscover for a better understanding of history, the purpose of life and even breast-feeding.





#01 *Anastasia*, Book 1 of the Ringing Cedars Series, tells the story of entrepreneur Vladimir Megre’s trade trip to the Siberian taiga in 1995, where he witnessed incredible spiritual phenomena connected with the sacred ‘ringing cedar’ trees. He spent three days with a recluse named Anastasia, who shared with him her unique outlook on subjects as diverse as gardening, child-rearing, healing, Nature, sexuality, religion and more. This wilderness experience transformed Vladimir so deeply that he abandoned his commercial plans and, penniless, went to Moscow to write a book about the new dimensions of life revealed to him.

US\$14.95 CA\$19.95 AU\$24.95

ISBN 0-9763333-0-9

“*Anastasia* will impact a new generation of readers, like the works of Carlos Castaneda did for a previous generation — only this time through awakening the latent spiritual connection each of us has with nature. These books catapult us to an entirely new way of being on planet Earth.”

— *Steven Foster, author of A field guide to medicinal plants and herbs*

#02 *The Ringing Cedars of Russia*, the second book of the Series, in addition to providing a fascinating behind-the-scenes look at the story of how *Anastasia* came to be published, offers a deeper exploration of the universal concepts so dramatically revealed in Book 1. It takes the reader on an adventure through the vast expanses of space, time and spirit — from the Paradise-like glade in the Siberian taiga to the rough urban depths of Russia’s capital city, from the ancient mysteries of our forebears to a vision of humanity’s radiant future.

ISBN 0-9763333-1-7

US\$14.95 CA\$19.95 AU\$24.95





#03 *The Space of Love*, Book 3 of the Series, describes the author’s second visit to Anastasia. Rich with new revelations on natural child-rearing and alternative education, on the spiritual significance of breast-feeding and the meaning of ancient megaliths, it shows how each person’s thoughts can influence the destiny of the entire Earth. Megre shares his new outlook on education and children’s real creative potential after a visit to a school where pupils have built their own campus and cover the ten-year Russian school syllabus in just two years. Complete with an account of an armed intrusion into Anastasia’s habitat, the book highlights the limitless power of Love and non-violence.

US\$14.95 CA\$19.95 AU\$24.95

ISBN 0-9763333-2-5

“The Series reveals a genuine spiritual path to a world where Love is the primary creative force behind physical events. It shows how our thoughts and lifestyles affect the destiny of the whole planet and guides us in creating a space for happiness and Love for ourselves, our children and our Earth.”

— *Dr Richard Bolstad, author of RESOLVE: a new NLP model of therapy*

#04 *Co-creation*, Book 4, paints a dramatic living image of the creation of the Universe and humanity’s place in this creation, making this primordial mystery relevant to our everyday living today. Deeply metaphysical yet at the same time down-to-Earth practical, this poetic heart-felt volume helps us uncover answers to the most significant questions about the essence of the Universe and the purpose of our existence. It also shows how and why the knowledge of these answers, innate in every human being, has become obscured and forgotten, and points the way toward reclaiming this wisdom in partnership with Nature.

ISBN 0-9763333-3-3

US\$14.95 CA\$19.95 AU\$24.95





#05 *Who are we?* — Book 5 of the Ringing Cedars Series — describes the author’s search for real-life ‘proofs’ of Anastasia’s vision presented in the previous volumes. Finding these proofs and taking stock of the ongoing global environmental destruction, Vladimir Megre describes further practical steps for putting Anastasia’s vision into practice. Full of beautiful, realistic images of a new way of living in co-operation with the Earth and each other, this book also highlights the role of children in making us aware of the precariousness of the present situation and in leading the global transition toward a happy, violence-free society.

US\$14.95 CA\$19.95 AU\$24.95

ISBN 0-9763333-4-1

“This book is awesome. The messages within it are very thought-provoking and essential for future generations. A must read if you are concerned about the future of our children.”

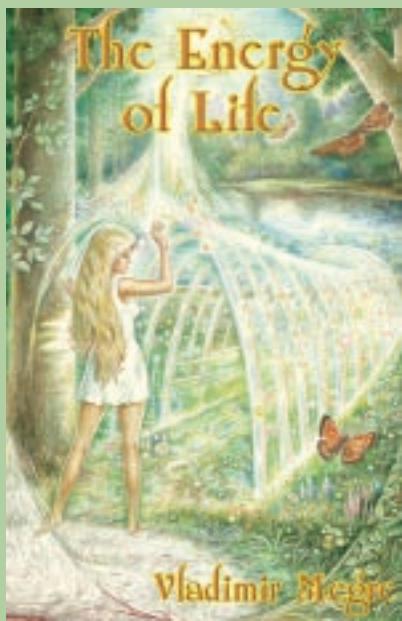
— *Durand, Central Minnesota, USA*

#06 *The book of kin*, Book 6, describes another visit by the author to Anastasia’s glade in the Siberian taiga and his conversations with his growing son, which cause him to take a new look at education, science, history, family and Nature. Through parables and revelatory dialogues and stories Anastasia leads Vladimir Megre and the reader on a shocking rediscovery of the pages of humanity’s real history that have been distorted or kept secret for thousands of years. This knowledge sheds light on the causes of war, oppression and violence in the modern world. It guides us in preserving the wisdom of our ancestors and passing it on to future generations.



ISBN 0-9763333-6-8

US\$14.95 CA\$19.95 AU\$24.95



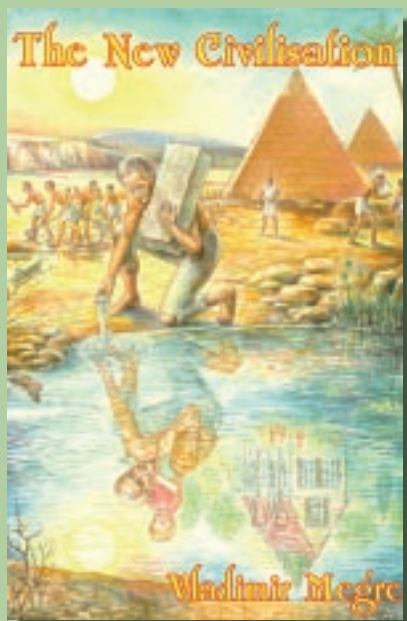
#07 *The energy of life*, Book 7 of the Series, reasserts the power of human thought and the influence of our thinking on our lives and the destiny of the entire planet and the Universe. It also brings forth a practical understanding of ways to consciously control and build up the power of our creative thought. The book sheds still further light on the forgotten pages of humanity's history, on religion, on the roots of inter-racial and inter-religious conflict, as well as on ideal nutrition, and shows how a new way of thinking and a lifestyle in true harmony with Nature can lead to happiness and solve the personal and societal problems of crime, corruption, misery, conflict, war and violence.

US\$14.95 CA\$19.95 AU\$24.95

ISBN 0-9763333-7-6

“I found myself with a new revelation on nearly every page and it brought many of my thoughts / beliefs / instincts? full circle. *Anastasia* reinforced many of my deepest beliefs while also providing me with many new perspectives on our interconnectedness with the natural world and each other.”
 — *Lawrence, Ohio, USA*

#08 *The new civilisation*, Book 8, offers a breathtaking perspective on Man's physical immortality and shows in ever greater detail how to bring our lifestyle in harmony with all-powerful laws of Nature. Describing how Anastasia's visions have already taken form in real life and produced massive changes in Russia and elsewhere, the author discerns the birth of a new civilisation. The book also paints a vivid image of America's radiant future, in which the conflict between the powerful and the helpless, the rich and the poor, the city and the country, is transcended, leading to significant transformations in both the individual and society.



ISBN 0-9763333-8-4

US\$14.95 CA\$19.95 AU\$24.95

#30 POSTER. 24 x 18 in (60 x 40 cm), full colour, 100 lb. gloss paper. A beautiful poster featuring (a) a blow-up of the *Anastasia* cover, (b) small-format reproductions of the covers of the first seven books in the Series and (c) “The Ringing Cedars of Russia” brand products.

US\$5.95 CA\$7.95 AU\$7.95



A LIFE-CHANGING JOURNEY... for the entire Earth



Vladimir Megre could not know that his 1995 trade trip would change his entire life and affect the whole of humanity.

Above: The *Mikhail Kalinin*, one of Vladimir Megre’s ships. **Right:** Megre (front, at left) with his company in 1994. **Below:** a typical *dacha* garden plot, productive and beautiful.



Anastasia’s messages have spread like wildfire throughout Russia and beyond. News reporters are already writing about an “eco-village revolution” taking place, which may change the country’s — and the whole world’s — destiny. Read these books and witness the birth of a radiant vision that has changed our life and may change yours.

The Ringing Cedars Series by Vladimir Megre

Translated by John Woodsworth, published by Ringing Cedars Press

For ORDERING INFORMATION please see p. 16 of this catalogue

"Anastasia, that cedar nut oil, are its healing properties stronger or weaker than the pieces of the ringing cedar?"

"The same. Provided the nuts are gathered at the proper time and with the proper attitude toward the cedar. Provided the tree bestows them of itself."

Anastasia



The Ringing Cedars of Russia

brand Siberian cedar products offer you an authentic taste of the Siberian wilds

- cedar nut oil
- cedar nuts
- cedar pendants
- cedar cones
- other unique products



THE SIBERIAN CEDAR — the majestic sacred tree of the taiga

The Siberian cedar (also called Siberian pine, *Pinus sibirica*) is a majestic tree that lives to 550 years, grows to over 30 m (100') tall and covers over 100 million acres (more than 40 million ha) of the Siberian taiga (boreal forest). Famous for its exceptionally nutritious, healthful nuts (also called *pine nuts*), the Siberian cedar is a tree of unparalleled grace and beauty, a patriarch of the Eurasian forests.

It is also a tree of exceptional spiritual importance. The Siberian cedar has been a totemic tree of indigenous Siberian cultures for many millennia. In Russia, monks planted



sacred Siberian cedar trees in monasteries and distributed cones and seeds to pilgrims for planting elsewhere. The Siberian cedar also had a particular spiritual significance in ancient Slavic culture. The long-forgotten notion of ‘Ringing Cedars’ — trees that over the centuries of their lives accumulate cosmic energy and then distribute it to human beings — was rediscovered and popularised by Russian author Vladimir Megre in his wildly popular Ringing Cedars Series books.

Recently, the Siberian cedar forests have been under increasing logging pressure from corporations, because of the exceptional qualities and value of Siberian cedar wood. These beautiful and generous trees, each of which can provide bountiful harvests of the valuable pine nuts for over 400 years, are being logged illegally and smuggled out to China and Japan.

To help remedy the situation, “The Ringing Cedars of Russia” brand — distinguished by the quality of its products and the most honest business practices — makes the treasures of the Siberian cedar available on the market in a sustainable manner, bringing cedar nuts, cedar nut oil and other products directly from Siberia, with no intermediaries. By purchasing ‘fair trade’ Siberian cedar nuts and cedar nut products bearing “The Ringing Cedars of Russia” brand logo, you help sustain these unique trees, their unique forests and the local communities that depend on them for survival. They contribute to a healthy, Earth-conscious living.

SIBERIAN CEDAR NUTS (Siberian pine nuts)

Fresh nuts from the Siberian cedar (Siberian pine, *Pinus sibirica*). Wild-harvest. Chemical-free processing and packaging. Ready to eat. Healthy and delicious. Cedar nuts are so nutritious they have traditionally been a staple in the diet of the people of Siberia. They are so healthy, no wonder Anastasia's grandfather is over 100 years old! This is genuine natural 'power food'! "The Ringing Cedars of Russia" brand means real quality and taste, not like the 'pine nuts' you get in grocery stores! A great healthy snack all by themselves and an essential ingredient in many dishes (for some ideas see our Recipes section on p. 15)

Cedar nuts (pine nuts) come in a variety of packages to suit all needs and budgets. Note the attractive vacuum packaging to preserve freshness for shelled nuts; along with the beautiful cloth bag, complete with seal, for unshelled nuts. Keep refrigerated. Shelf-life: 6 months. May be frozen to extend shelf-life.

#11 Shelled, 17.6 oz (500 g) . . . US\$22.30 bag

#12 Shelled, 3.5 oz (100 g) US\$4.99 bag

#14 Unshelled, 35.2 oz (1 kg) . . US\$21.50 bag



#15 SIBERIAN CEDAR NUT FLOUR (Siberian pine nut flour)

Cedar nuts, after being crushed and having had part of their oil extracted, become *cedar nut meal* or *flour*, which has a wide variety of culinary uses (see recipes on p. 15). It is a healthy gourmet substitute for wheat or rye flour, and can be used in pastries, pancakes etc., giving them a rich nutty flavour. Mixed with water (3 tbsp per glass of water), the meal becomes a terrific pine nut milk or pine nut cream — a milk-like drink with a sweet, rich nutty flavour (great for nursing mothers!). Keep refrigerated. Shelf-life: 6 months. Attractive vacuum packaging to preserve freshness.



#15 17.6 oz (500 g)
US\$12.00 bag

CEDAR NUT OIL (pine nut oil), a treasure of the Siberian wilds

#10 SIBERIAN CEDAR NUT OIL (Pine nut oil). Pressed from fresh nuts of the Siberian cedar (Siberian pine, *Pinus sibirica*) on wooden presses amidst the Siberian taiga. Extra-virgin & cold pressed. Because of its exceptional quality and purity, this oil has a shelf-life of 12 months, refrigerated. “The Ringing Cedars of Russia” brand. Glass bottle in superb packaging. Net wt 3.52 oz (100 g). **US\$36.00 ea.**



Great on salads, cereals, in pastries, etc. (see p. 15 for recipes). It has also been used for centuries in traditional medicine (see next page).

It is the search for half-forgotten techniques of pressing virgin cedar nut oil that lead Russian entrepreneur Vladimir Megre to the discoveries described in the life-changing books making up the Ringing Cedars Series. Impressed by accounts of the exceptional curative power of cedar nuts and cedar nut oil, he was eager to make these products available to people... So here they are, helping to sustain forests and communities and a healthy, Earth-conscious lifestyle. “The Ringing Cedars of Russia” products are:

- **of exceptional quality** — this is the only virgin cedar nut oil pressed with wooden presses to preserve its folk medicinal and nutritional values;
- **of exceptional freshness** — delivered by air straight from Siberia to destinations around the globe, and refrigerated;
- **wild-harvest** — assuring the products’ ecological purity and helping to decrease logging pressure on the Siberian taiga, the most endangered frontier forests on Earth;
- **fair trade** — we avoid a long chain of intermediaries, so a large portion of the retail price of each product goes directly to the small-scale producer, helping to sustain local communities;
- **traditional** — producing cedar nuts and cedar nut oil is a centuries-old tradition, brought back to life by the Ringing Cedars Series;
- **supporting Earth-conscious positive change** — the brand belongs to the non-profit Anastasia Foundation, founded by Vladimir Megre to promote the ideas of his books and provide support to the nascent eco-village movement in Russia and beyond.

THE TREASURE OF TRADITIONAL MEDICINE

Various cultures, including the indigenous peoples of Siberia, have traditionally used cedar nut oil to treat and prevent colds, flu, allergies, infectious diseases, asthma, upper respiratory problems, atherosclerosis, high blood pressure, nervous disorders, diabetes, eye disorders, liver and kidney diseases, skin disorders, intestinal diseases; to normalise digestion; to boost immune system resistance and to speed up recovery from diseases. Today, cedar nut oil is used in manufacturing of skin care products and to produce food supplements used in weight loss programmes. It also makes great massage oil. Cedar nut oil is rich in vitamins, micronutrients and polyunsaturated fatty acids. It is considered so valuable that in the early 20th century 10% of all foreign trade revenues of the Russian Empire came from the sale of the virgin cedar nut oil.

NUTRITIONAL VALUE (cedar/pine nuts, per 100 g)

Nutrient	Value	Nutrient	Value
Calories, kcal	670	Zinc, mg	6.45
Protein, g	14	Copper, mg	32
Total Fat, g	68	Manganese, mg	8.80
Saturated fat, g	5	Selenium, mcg	0.70
Monounsaturated fat, g	19	Vitamin C, mg	0.80
Polyunsaturated fat, g	34	Thiamin, mg	0.36
Linoleic acid (18:2), g	33	Riboflavin, mg	0.23
Linolenic acid (18:3), g	0.16	Niacin, mg	4.39
Cholesterol, mg	0	Pantothenic acid, mg	0.31
Carbohydrate, g	13	Vitamin B6, mg	0.09
Fiber, g	4	Folate, mcg	67
Calcium, mg	16	Vitamin A, int. units	29
Iron, mg	5.53	Vitamin K, mcg	53.90
Magnesium, mg	251	Vitamin E, mg	20.48
Phosphorus, mg	575	Phytosterols, mg	141
Potassium, mg	597	Caretenoids, mcg	26
Sodium, mg	2		

Source: USDA National Nutrient Database for Standard Reference, 2003.

More “The Ringing Cedars of Russia” brand products from Siberia



#16 SIBERIAN CEDAR WOOD PENDANT

Made of Siberian cedar (Siberian pine, *Pinus sibirica*) wood. Diameter approx. 1 1/3 in (3.5 cm). The pendant has an exquisite natural sweet smell of Siberian cedar. Attractively packaged, it makes a great gift. Thousands of people enjoy wearing them and report wonderful results. “The Ringing Cedars of Russia” brand. **US\$4.00 ea.**



#18 SIBERIAN CEDAR WOOD SPOONS

2 spoons made of Siberian cedar (Siberian pine, *Pinus sibirica*) wood, measuring 7 1/2 in (19 cm) and 5 3/4 in (14.5 cm) long. They have an exquisite natural sweet smell of Siberian cedar and cedar nuts! Now you don’t have to travel to Siberia to know what the taiga smells like. Attractively packaged, they make a perfect gift. “The Ringing Cedars of Russia” brand. **US\$11.90 a pair**



#17 SIBERIAN CEDAR CONE. Cone of Siberian cedar (Siberian pine, *Pinus sibirica*), one of the most magnificent conifer trees in the world. Centuries ago, monks distributed cones to pilgrims for the planting of sacred Siberian cedar trees. A powerful symbol of natural forces, used for ornamentation, in crafts, or for its sweet exquisite Siberian cedar resin smell. Ummmm! The scent of the taiga! Fabulous packaging. **US\$5.00 ea.**



#19 SIBERIAN CEDAR PILLOW. Now this is an exclusive product indeed! This deep-green 100% flax pillow is filled with... the extremely thin membrane which separates the cedar nut from its shell! Medium size. Medium softness. Handcrafted, stylish, and truly unique! Very limited supply. Full of the sweet smell of fresh cedar nuts! Now this should give you ‘sweet dreams’ par excellence! **US\$120.00 ea.**

PESTO

Ingredients: 3 cups basil leaves, 1/2 cup parsley, 1/2 cup cilantro, 1/3 cup olive oil, 1/3 cup pine nuts, 1/3 cup goat feta cheese.

Instructions: crush and blend all ingredients in a blender. Enjoy!



PINE NUT FRUIT SALAD

Ingredients: 1 carrot, 1 apple, 1 banana, 1 tbsp raisins, 1 tbsp pine nuts, 2 tsp pine nut oil.

Instructions: grate the carrot (with a large-calibre grater), slice the apple and banana, add raisins and pine nuts and mix everything in a salad bowl. Add pine nut oil and mix again. Serves 2. Prep. time 10 min.



SPROUTED RYE & PINE NUT BREAD WITH PINE NUT OIL

Ingredients: 1 cup rye berries, 1 cup pine nut flour, 2 tbsp pine nut oil.

Instructions: soak rye berries for 24 hrs, rinse, spread in a 1/2 inch layer on a plate and leave at room temperature to sprout. Rye usually sprouts within 12 to 24 hours. Put it in a blender, add water to cover the rye and blend at high speed until it becomes a homogenous thick liquid (add water as necessary). Add pine nut flour to the resulting dough. The ideal dough is similar in its thickness to sour cream. Put some dough on a medium-hot pan and spread with a spoon to form a small pancake 1/4 inch thick. Cook until the surface is dry, then turn over to bake the other side. Put on a plate and make more flat breads like this. Oil one side with pine nut oil (using a brush). Alternatively, pour the oil in a small bowl, roll the bread into a roll and dip into the oil while eating. Serves 4. Preparation time 45 min. Very high-energy food!



ORDERING INFORMATION

You may order books in The Ringing Cedars Series and “The Ringing Cedars of Russia” brand products from our on-line stores at:

www.danceofthe7veils.com

or

www.omniparticle.com

E-mails: starlight@omniparticle.com or magicwand@omniparticle.com

Your Name	Street	City	State/Prov.	Zip/Postal code	Country	Phone
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#	Product	Price each, US\$	Qty	Total
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The Ringing Cedars Series (soft cover, translated by J. Woodsworth)

01	Anastasia by Vladimir Megre (Book 1)	14.95		
02	The Ringing Cedars of Russia by V. Megre (Bk 2)	14.95		
03	The Space of Love by Vladimir Megre (Book 3)	14.95		
04	Co-creation by Vladimir Megre (Book 4)	14.95		

“The Ringing Cedars of Russia” brand products from Siberia

10	Cedar nut oil (pine nut oil), 3.52 oz (100 g)	36.00		
11	Cedar nuts (pine nuts), shelled, 17.6 oz (500 g)	22.30		
12	Cedar nuts (pine nuts), shelled, 3.5 oz (100 g)	4.99		
14	Cedar nuts (pine nuts), unshelled, 35.2 oz (1 kg)	21.50		
15	Cedar nut flour, 17.6 oz (500 g)	12.00		
16	Cedar wood pendant	4.00		
17	Siberian cedar (<i>Pinus sibirica</i>) cone	5.00		
18	Cedar wood spoons, set of 2	11.90		
19	Cedar pillow	120.00		

SUBTOTAL

SHIPMENT

TOTAL

You may use additional pages as needed.