



CATALOG OF  
[RingingCedarsofRussia.org](http://RingingCedarsofRussia.org)



## VLADIMIR NIKOLAEVICH MEGRE

Author of the series *The Ringing Cedars of Russia*



*Vladimir Nikolaevich  
Megre*

Little is known about Vladimir Megre's early background, apart from a few experiences he himself describes in the context of his writings. One of these occurred in the 1960s when over the course of a year the teen-aged Megre made periodic visits (as inconspicuously as possible) to a monk named Father Feodorit at the Trinity-Sergiev Monastery in the town of Sergiev Posad (then known as Zagorsk), just east of Moscow. These meetings (described in Chapter 24 of Book 2, *The Ringing Cedars of Russia* (pp. 119–31) left a lasting impression on the young Vladimir's consciousness, and can perhaps be taken as a prelude to his later spiritual transformation during his meetings, as he describes them, with Anastasia in the Siberian taiga.

We know that by the mid-1980s Megre was married with a daughter and living in Novosibirsk, where, like many other budding Russian capitalists, he took advantage of perestroika and the subsequent collapse of the communist system to launch into an entrepreneurial career. Even before perestroika he had shown his business acumen in finding ways to significantly increase the profits of a photographic collective. He went on to form a number of commercial co-operatives and by the late 1980s had leased a fleet of river steamers which plied the waters of the Ob River north of Novosibirsk. (see Chapter 1 of Book 1, *Anastasia* ).

On one of these trips north in 1994, he encountered two elderly gentlemen who told him of a cedar tree ( kedr in Russian, more commonly known as the Siberian pine in English) deep in the taiga forest that was making a 'ringing' or humming sound, which meant it was near the end of its centuries-old life and was ripe for cutting up and giving out pieces to those interested in its remarkable healing properties. He decided to return to the area the following year (1995) on his own to investigate. In place of the two elderly gentlemen he discovered a young woman in her twenties who said they were her grandfather and great-grandfather, and offered to take him to the cedar they had described. She turned out to be a recluse who lived all alone in the taiga, with no other company or facilities (including housing and food supply) than those provided by Nature.

But that was just the beginning. During the three days Megre spent with her in the taiga, she revealed to him not only the secrets of the ringing cedar, but many mysteries of Nature and the Universe — especially their role in the Divine order of things — that had been known to people in so-called ancient times but subsequently lost to mankind. Much of the earlier knowledge had been deliberately consigned to oblivion by so-called 'wise men' who felt their own sophisticated world-view threatened by the simple wisdom of their forebears.

At his new acquaintance's insistence he reluctantly abandoned his business career and set about writing a book about his taiga experiences (but only after he became peniless trying to set up a league of ethical entrepreneurs and only after his marriage failed, although he received help from a number of Moscow university students as well as his

grown daughter Polina). The book, entitled *Anastasia*, was published in 1996 — largely thanks to the generosity of the manager of a print shop Megre had shown it to — and sold by the author himself in Moscow subway stations.

Then an incredible turn of events suddenly took place. A great number of those who purchased the book returned directly they finished reading it (or even before) to buy copies for their friends and neighbours, and the first print-run of 2,000 copies sold out in a very short time. A generous donor financed the next printing, before a recognised publisher caught wind of its success and launched it into mass production. (The Russian editions of the Ringing Cedars Series are now published by Dilya Publishers in Moscow & St-Petersburg.) And one copy of the first printing even ended up in the United States Library of Congress collection.

The success of Book 1 prompted the author to write a second volume, *The Ringing Cedars of Russia*, which offers, among other things, a fascinating behind-the-scenes look at the story of how *Anastasia* came to be published, as well as a deeper exploration of the concepts revealed in the first book. Subsequent visits to *Anastasia* in the taiga — including conversations with the son she had conceived together with the author — engendered even more books, which now number eight in the original (the last one running into two volumes). By 1999, only three years after the first book appeared, Vladimir Megre had become modern Russia's most widely read author, with his writings selling in the millions.

At the end of Book 3, *The Space of Love*, may be found a thumbnail sketch of the “Series at a glance”, as well as a brief description of the background to the series and profiles of the author, translator and editor.

It is interesting to note the change in the author's style over the course of the books. According to his own admission, before his taiga adventure this hard-nosed businessman had never written a word of prose or poetry before in his life, but he reluctantly launched into writing a book at the insistence of *Anastasia*. He admits his initial prose did not sound professional, which only aggravated his difficulty in getting his first book to press. This prose may well be described as ‘choppy’ and simplistic, but over the first few books — under the influence, he says, of *Anastasia* — his writing gradually developed into a style more and more polished and professional. By the latter part of Book 3, entitled *The Space of Love*, and throughout a good part of Book 4, *Co-creation*, his dialogues with the Siberian recluse take on the quality of poetic prose, including elements of metre and even rhyme. These features have been preserved as much as possible in the English translation.

*John Woodsworth, Slavic Research Group, University of Ottawa*

### **BOOKS TO DATE:**

- Anastasia (book 1)**
- The Ringing Cedars of Russia (book 2)**
- The Space of Love (book 3)**
- Co-creation (book 4)**
- Who are we? (book 5)**
- The Book of Kin (book 6)**
- The Energy of Life (book 7)**
- The New Civilisation (book 8)**

## BOOKS IN RUSSIAN



- Book 5 – **Кто Же Мы?**  
Soft cover; Code #25S; Price - \$5
- Book 5 – **Кто Же Мы?**  
Hard cover; Code #25H; Price - \$10
- Book 6 – **Родовая Книга**  
Soft cover; Code #26S; Price - \$5
- Book 6 – **Родовая Книга**  
Hard cover; Code #26H; Price - \$10
- Book 7 – **Энергия Жизни**  
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- Book 7 – **Энергия Жизни**  
Hard cover; Code #27H; Price - \$10
- Book 8 – **Новая Цивилизация**  
Soft cover; Code #28S; Price - \$5.50
- Book 8 – **Новая Цивилизация**  
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Soft cover; Code #21S; Price - \$5
- Book 1 – **Анастасия**  
Hard cover; Code #21H; Price - \$10
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- Book 4 – **Сотворение**  
Soft cover; Code #24S; Price - \$5
- Book 4 – **Сотворение**  
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## BOOKS IN ENGLISH



- Book 1 – **Anastasia**  
Code #01; Price 14.95
- Book 2 – **The Ringing Cedars of Russia**  
Code #02; Price 14.95
- Book 3 – **The Space of Love**  
Code #03; Price 14.95
- Book 4 – **Co-creation**  
Code #04; Price 14.95
- Book 5 – **Who are We?**  
Code #05; Price 14.95

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- Book 4 – **Stvoreni**  
Soft cover; Code #84S; Price \$12.95
- Book 5 – **Kdo Vlastne Jsme?**  
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- Book 7 – **Energie Zivota**  
Soft cover; Code #87S; Price \$12.95
- Book 8 – **Nova Civilizace**  
Soft cover; Code #88S; Price \$12.95
- Book 8, part 1 – **Obrady Lasky**  
Soft cover; Code #88IS; Price \$12.95

- Book 1 – **Anastasia**  
Soft cover; Code #81S; Price \$12.95

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Book 2 - **Die klingenden**



**Zedern Russlands**  
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Price \$19.95

Book 2 - **Die klingenden  
Zedern Russlands**  
Soft cover; Code #42S;  
Price \$14.95



Book 3 - **Raum der Liebe**  
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Price \$19.95

Book 4 - **Schopfung**  
Hard cover; Code #44H;  
Price \$19.95

Book 5 - **Wer sind wir**  
Hard cover; Code #45H;  
Price \$19.95

Book 6 - **Das Wissen der Ahnen**  
Hard cover; Code #45H;  
Price \$19.95

Book 7 - **die Energie des Lebens**  
Hard cover; Code #45H;  
Price \$19.95

Book 8 part 1 - **Neue Zivilisazion**  
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Book 3 – **Prostranstvo Ljubavi**  
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Book 4 – **Stvaranje**  
Soft cover; Code #64S; Price \$10

Book 5 – **Tko Smo Mi?**  
Soft cover; Code #65S; Price \$10

Book 6 – **Knjijaga Naslijeda**  
Soft cover; Code #66S; Price \$10

## BOOK IN ROMANIAN



Book 1 – **Anastasia**  
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Price \$10

## “THE RINGING CEDARS OF RUSSIA”



### CEDAR NUT OIL

Regular Price - \$35.80  
Buy 3 or more - \$32.22  
10% discount!  
Buy 7 or more - \$28.64  
20% discount!  
Code #10



### SIBERIAN CEDAR SPOONS

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10% discount!  
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Regular Price - \$5.00  
Buy 5 or more - \$4.50  
10% discount!  
Buy 10 or more - \$4.00  
20% discount!  
Code #17

*Product not available in  
Australia and New Zealand.*

The brand name “THE RINGING CEDARS OF RUSSIA” stands for business integrity, decency and the highest possible quality of product. All products marketed under this brand name convey the primordial power of Nature and the warmth of our hearts. We offer:

- An amazing series of books written by bestselling Russian author Vladimir Nikolaevich Megre, full of profound knowledge and wide-ranging significance, along with video- and audio-tapes related to these books.
- A variety of high-quality cedar products, including cedar nuts, cedar flour and cedar nut oil.

Huge plantations of cedar trees grow in the Siberian taiga, said to be the ecologically purest area of the world. The virgin forest of the taiga has never been treated with any chemicals or artificial fertilisation, nor abused by agricultural machines. Cedar nuts (the seeds of the cedar tree) take two years to mature, during which time the tree accumulates a huge volume of positive cosmic energy. Crops of nuts are harvested manually by people lovingly devoted to this task, working in a pleasant environment without undue haste to create unique products full of positive energy reflecting the infinite powers of Nature. Specific preparations include:

- We pick only cedar cones which fall naturally from the trees, thus ensuring that only ripe cones are selected. We always avoid hitting the trees to shake unripe cedar cones down (as happens with some other commercial operations) — a practice which causes the nuts to lose their healing power.
- Cones are then manually shelled with the help of wooden shell-removers. Nut centres are separated from their shells using wooden rollers

Cedar nut oil and cedar nut flour marketed under our brand name are obtained by the cold-pressure method, using manual wooden oil-presses.

- Cedar nut oil is then stored in special containers and packed in a small village near Novosibirsk by name “Kandayrovo” using unique technology to avoid any contact with metal. The whole process is strictly supervised to ensure it complies with all sanitary requirements.
- Final products are placed in special packaging to prevent daylight penetration, and stored at a temperature of 0°C to +5°C to better preserve the product’s natural components. The resulting product is a bright gold-coloured liquid with the pleasant smell of cedar nuts. It is a 100% natural product.

## “THE RINGING CEDARS OF RUSSIA”

Special steps have been taken to protect “THE RINGING CEDARS OF RUSSIA” cedar nut oil against counterfeit.

First, the package features a small calendar with a portrait of Anastasia.

Second, each box contains one half of a ten-rouble note with an official registration number. The second half of the note is retained by THE RINGING CEDARS OF RUSSIA official representative.

You will find the E-mail address [anti-counterfeit@RingingCedarsofRussia.org](mailto:anti-counterfeit@RingingCedarsofRussia.org) printed on each box – this address you can use to verify the authenticity of the product you have purchased.

[www.RingingCedarsofRussia.org](http://www.RingingCedarsofRussia.org) is an official representative of “The Ringing Cedars of Russia”. We adhere to the highest ethical principles of business as expressed in Ringing Cedars Series books. Part of our revenue goes toward promoting the ideals set forth in the books.

*We wish you and your family love and prosperity!*

## THE CEDAR NUTS – A TREASURE-HOUSE OF USEFUL SUBSTANCES

The nutritional and medicinal properties of nuts come largely from their content of fat, protein and other substances. Cedar nut fat differs from other fat sources in its high content of polyunsaturated fatty acids, especially linolic acid.

First among nitrogenous substances are the proteins, which in turn are characterized by an elevated content of amino acids, especially argentine. These amino acids are extremely important to development of the growing organism. Hence cedar nuts have been essential in the diet of children, teenagers and pregnant women. Nut protein is easy to digest.

Cedar nuts contain valuable lipolytic vitamins E and P . E-group vitamins, or tocopherols, are very important and essential in ensuring complete genetic heredity. (The word tocopherol in Greek literally means “I bear offspring”.) A deficiency of Vitamin E upsets the fatty balance in the system. Vitamin E is responsible for the production of milk in nursing mothers, and its deficiency can stop lactation. A person’s predisposition to atherosclerosis can also be explained by a Vitamin-E deficiency.

Cedar nuts contain a complex of B vitamins, which normalize the activity of the nervous system, have a favorable influence on the growth and development of the human organism, and improve blood composition. Young wolves delight in feasting on cedar nuts during exfoliation. Cedar nuts are used by both carnivores and herbivores, and are an effective antidote to vitamin deficiency, which causes serious disorders in the system.

Cedar nut nuclei are rich in valuable mineral substances and micronutrients. The food value is confirmed by the chemical composition of the cedar nuts. They surpass all other nuts as well as oil seeds in terms of phosphatidic content. As the richest source of lecithin they are comparable only to soybean. Cedar nuts are also a rich source of iodine, which is very important to residents of northern latitudes.



### SHELLED CEDAR NUTS

**3.5 oz - 100g**

Regular Price - \$5.25  
Buy 3 or more - \$4.73  
10% discount!  
Buy 7 or more - \$4.46  
15% discount!  
Code #12



## SHELLED CEDAR NUTS

17.6 oz - 500g

Regular Price - \$24.95

Buy 3 or more - \$22.46

10% discount!

Buy 7 or more - \$21.21

15% discount!

Code #11

maintenance of health and preservation of human work capacity for many years. It can be added to desserts, creams, fruit and vegetable salads. It gives cakes, pies, ice cream and other confectionary products a delicate taste and aroma. It can be used as well with cottage cheese, honey, muesli, cereals etc.

According to research, the cedar nut nucleus weighs, on average, approximately 43% of the total mass of the nut. These amazing seeds contain, as has been stated above, an incredible number of useful substances: vitamins, micronutrients, proteins, carbohydrates and fats. Let us examine all this treasure in more detail. *See Table.*

Nut nuclei contain 63.9% high-quality oil and 17.2% easily digestible proteins, including 19 amino acids:



## UNSHELLED CEDAR NUTS

1000g

Regular Price - \$24.95

Buy 3 or more - \$22.46

10% discount!

Buy 7 or more - \$21.21

15% discount!

Code #14

*Product not available in  
Australia and New Zealand.*

- triptophane
- leucine and isoleucine
- amino isovaleric acid
- diamino-hexanoic acid
- methionine
- glutanic acid
- histidine
- pyrrolidine  
carboxylic acid
- serine
- aminoacetic acid
- threonine
- lactamic acid
- asparagic acid
- phenylalanine
- cystine and cysteine
- arginine
- tyrosine

70% of these are essential and relatively essential, which indicates the high biological value of proteins. While arginine (up to 21g/100 g of protein) is considered replaceable in the diet of an adult person, it is considered essential in the case of children.

Cedar nut protein is distinguished from the protein of other products by its elevated content of diamino-hexanoic acid (up to 12.4g/100g of protein), methionine (up to 5.6g/100g of protein) and triptophane (up to 3.4g/100g of protein)



## COMPOSITION OF CEDAR NUTS

Nutrient Analysis Source: Custom  
 1 Yield: (28.000 gram(s))  
 No. Ingredients: 1  
 Category: Basic Food

Manufacturer: (None)  
 Nutrient Goal Template: DAILY  
 VALUES/RDI - ADULT/CHILD  
 Percentage of Kcals

Protein 10.0%  
 Carbohydrate 6.2%  
 Fat, total 83.8%  
 Alcohol 0.0%

*Table prepared by First DataBank Nutritionist Pro™*

Nutrient	Value	Unit	Goal	%	Nutrient	Value	Unit	Goal	%
Weight	28.000	g			Pantothenic Acid	0.059	mg	10.000	1 %
Kilocalories	186.760	kcal	2000.000	9 %	Vitamin K			80.000	
Protein	1.904	g	50.000	4 %	Phosphorus	9.800	mg	1000.000	1 %
Carbohydrate	1.176	g	300.000	0 %	Iodine			150.000	
Fat, Total	7.056	g	65.000	11 %	Magnesium	65.520	mg	400.000	16 %
Alcohol	0.000	g			Zinc	1.198	mg	15.000	8 %
Cholesterol	0.000	mg	300.000	0 %	Copper	0.290	mg	2.000	14 %
Saturated Fat	2.626	g	20.000	13 %	Manganese	1.213	mg	2.000	61 %
Monounsaturated Fat	6.424	g			Selenium			70.000	
Polyunsaturated Fat	7.187	g			Fluoride Chromium			0.120	
MFA 18:1, Oleic	6.028	g			Molybdenum			75.000	
PFA 18:2, Linoleic	6.967	g			Dietary Fiber, Total	2.996	g	25.000	12 %
PFA 18:3, Linolenic	0.220	g			Soluble Fiber				
PFA 20:5, EPA					Insoluble Fiber				
PFA 22:6, DHA					Crude Fiber				
Trans Fatty Acid					Sugar, Total				
Sodium	20.160	mg	2400.000	1 %	Glucose				
Potassium	175.840	mg	3500.000	5 %	Galactose	0.000	g		
Vitamin A (RE)	0.840	RE			Fructose				
Vitamin A (IU)	8.120	IU	5000.000	0 %	Sucrose				
Vitamin A (RAE)	0.280	µg			Lactose	0.000	g		
Beta-Carotene					Maltose				
Alpha-Carotene					Sugar Alcohol				
Lutein (+ Zeaxanthin)					Other Carbohydrate				
Beta-Cryptoxanthin					Tryptophan	40.880	mg		
Lycopene					Threonine	102.760	mg		
Vitamin C	0.560	mg	60.000	1 %	Isoleucine	126.000	mg		
Calcium	2.240	mg	1000.000	0 %	Leucine	233.520	mg		
Iron	0.857	mg	18.000	5 %	Lysine	121.520	mg		
Vitamin D (µg)	0.000	µg	10.000	0 %	Methionine	57.960	mg		
Vitamin D (IU)	0.000	IU	400.000	0 %	Cystine	58.800	mg		
Vitamin E (mg)			20.000		Phenylalanine	124.040	mg		
Vitamin E (IU)			30.000		Tyrosine	118.720	mg		
Alpha-Tocopherol					Valine	167.440	mg		
Thiamin	0.348	mg	1.500	23 %	Arginine	630.280	mg		
Riboflavin	0.062	mg	1.700	4 %	Histidine	77.560	mg		
Niacin	1.224	mg	20.000	6 %	Alanine	169.400	mg		
Pyridoxine (Vitamin B6)	0.031	mg	2.000	2 %	Aspartic Acid	295.120	mg		
Folate (Total)	16.240	µg	400.000	4 %	Glutamic Acid	551.320	mg		
Folate (DFE)	16.240	µg			Glycine	164.920	mg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %	Proline	174.160	mg		
Biotin	300.000				Serine	137.480	mg		
					Moisture	1.652	g		
					Ash	0.633	g		
					Caffeine	0.000	mg		

*Friday, September 01, 2006 First DataBank Nutritionist Pro™. g = gram; mg = milligram; mcg = microgram; IU = International Units*

— these are the most frequently deficient amino acids, which usually limit the biological value of protein in product composition.

The vitamins contained in cedar nuts contribute to the growth of the human organism. The composition of the nuts, therefore, includes the following vitamins:

- Vitamin A — the vitamin for growth and development;
- Vitamin B1 (thiamine) — which regulates the oxidation of carbohydrate metabolism products, and participates in the metabolism of amino acids, the formation of fatty acids

and influences cardiovascular, digestive, glandular functions as well as the function of the central and peripheral nervous system;

- Vitamin B2 (riboflavin) — which helps the organism in the conversion of proteins, fats and carbohydrates into energy and is essential to the formation and sustenance of the fabric of the organism; it increases sensitivity of vision to light and color, has a positive influence on the condition of the nervous system, skin and mucous membranes, the functioning of the liver and blood formation;

- Vitamin B3 (niacin) — which is important for fat synthesis, protein metabolism and food-energy conversion; it acts to regulate the higher nervous activity, the cardiovascular system, the functioning of the digestive organs, cholesterol metabolism and blood formation;

- Vitamin E (tocopherol), which influences the functions of the sex and other vascular glands, stimulates the action of the muscles, participates in the metabolism of proteins and carbohydrates, facilitates the digestion of fats, Vitamins A and O, and also protects cell membranes from injury.

Cedar nuts are rich in the most important macro- and micronutrients:

- copper — which is involved in the functioning of the brain and is essential for the formation of red corpuscles;

- magnesium — which is required for the formation of correct bone structure, and is also an important component of soft tissue;

- manganese — which is essential for the tendons and hormones and helps the organism take in glucose; it also participates in the activity of the enzymes in the reproductive process, as well as growth and fat metabolism;

- silicon — which facilitates the formation and elasticity of the organism's connective tissue, and also participates in the calcification of the bones;

- vanadium — which retards the formation of cholesterol in the blood vessels; it also participates in the activity of the enzymes, in the metabolism of glucose and fat, and in the development of bones and teeth;

- potassium — which regulates the organism's water balance; it also assists in the normalization of cardiac contractions and supplying nutrition to the muscle system;

- phosphorous — which is involved in the formation and maintenance of teeth and bones and plays an important role in the activity of the muscles and nerve cells and in quick energy release;

- calcium — which is the main component of bones and teeth and is essential for blood coagulation, cell integrity and heart action; it is also important for normal muscle contraction and the functioning of the nervous system;

- molybdenum — which assists in the metabolism of carbohydrates and fats, and facilitates prevention of blood deficiency;

- nickel — a deficiency of which influences blood formation and retards growth, along with changes in the content of iron, copper and zinc in the liver;

- iodine — which is part of the hormones of the thyroid gland and is essential for full metabolism processes;

- tin — a deficiency of which in the organism may lead to retardation of growth;

- boron — a deficiency of which can weaken mental alertness and the capacity to bear physical burdens;

• zinc — which plays a vital role in the restoration of tissue, normal skeletal growth and muscle contraction, and also helps in healing wounds and contributes to the normal functioning of the prostate gland;

• iron — which is the most important component in hemoglobin and protein.

Apart from the micronutrients listed above, cedar nuts also contain barium, titanium, silver, aluminium, iodide, cobalt and sodium.

The composition of cedar nuts includes carbohydrates such as:

- |            |              |             |
|------------|--------------|-------------|
| • glucose  | • sugar      | • pentosans |
| • fructose | • starch     | • cellulose |
| • sucrose  | • starch gum |             |

The shell of the cedar nut accounts for 55–60% of the weight of the seeds. Its composition includes tannic substances, amino acids, sugar and micronutrients.

In terms of chemical composition the cedar nut shell contains:

- |                     |  |
|---------------------|--|
| • fats 1.2–1.9%     | • pentozans 21.5–22.7%                 |
| • resin 3.5–4.0%    | • calces 0.6–0.9%                      |
| • proteins 1.6–1.9% | • macro- and micronutrients 0.15–0.19% |
| • cellulose 68–69%  |  |

Water-dissoluble substances at 20° C in the shell constitutes 4.6–4.8%.

## SIBERIAN CEDAR WOOD PENDANT

Those who wear a small wooden cedar pendant on their chest evoke feelings of love and goodwill in themselves and others. Those people gain talent, creativity aptitude, and luck. Any cedar morsel, given to people by Nature itself (do not use chopped down trees) help to overcome illnesses.

There are many healers who feel this power, but do not forget about your role - the “medallion” is nothing but an accumulator of your Love and your Light, which it gives back to you whenever you need it. These Siberian Cedars have positive power, and people who wear the pendant notice an increase in their mental and physical health.

This pendant is made from Siberian Cedar which is older than 300 years, it is chosen by one of Siberian elders who have knowledge about healing powers of trees. These Siberian Cedars have positive power, and people who wear the pendant notice an increase in their mental and physical health. Anastasia has found a way to give out the power of a Ringing Cedar to everyone who needs it, this is why nobody has cut the Ringing Cedar. (read the book #1 “Anastasia” chapter #18 “In him was life; and the life was the light of men”)

*(Please note that the Australian and New Zealand version of this product has the bark removed due to customs issues.)*



### SIBERIAN CEDAR PENDANT

Regular Price - \$4.00

Buy 5 or more - \$3.60

10% discount!

Buy 10 or more - \$3.20

20% discount!

Code #16

## CEDAR PILLOWS

Qualities: Cedar pillow under the brand name “The Ringing Cedars of Russia” has a distinct cedar nut smell, possesses antiseptic qualities, and is of a medium softness.

Uses: For the full benefit of a normal sleep.

Consists of: Fabric - 100% flax. Content: dried, extremely thin layer that exists between the nut and the shell of a cedar nut. Fully natural and ecologically clean components.



### CEDAR PILLOWS

Regular Price - \$135.00

Buy 3 or more - \$121.50

10% discount!

Buy 5 or more - \$108.00

20% discount!

Code #19

Cedar Pillow has a great history in ancient folk medicine. Healers believed that Cedar has a variety of different benefits:

- Relieves nervous tension;
- Assists in deep relaxation;
- Assists in deep sleep and rest;
- Assists in stress relief;
- Gives a feeling of morning freshness;
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The integrity of the child as an individual - indeed, the integrity of the environment - this is the mutual relationship of the two basic principles underlying the concept of the school as shared by myself and my like-minded colleagues. The very first lesson in the school ought to touch upon the meaning of human existence.

In our world today the whole educational curriculum is divided up into divergent layers, isolated from each other. The world of perception is transformed into isolated 'corridors' to such an extent that it is sometimes hard for the pupil to believe that they are all part and parcel of a single whole. Art draws its very strength from the fact that it synthesises fractionalised phenomena, offers a holistic system of education and child-raising, and inculcates a holistic world-view.

But art cannot fully address this question if children are not immersed in an atmosphere where genuine life-values are affirmed - an atmosphere of shared labour and searchings, where every lesson is permeated with a sense of creativity. Then we have something to think about. Then we have a basis on which children will be able to appreciate art with understanding. For if there is no opportunity to live and experience this high ideal first-hand, then the high ideal is not truly perceived - it remains an ideal in word only, and hence begins to compromise itself.

In our educational process we work on the basis of a three-part harmony: "I see - I analyse - I act."

It is not just that we place our own tremendous emphasis on music, visual art and dance - they should make themselves felt in the school on a day-by-day basis, and this is the crux of the whole thing.

No programme, no methodology can in and of itself guarantee success in child-raising on the whole.

Together with the educators of the Children's Music School in Kizliar (Daghestan), we emphasise the direct dependence of success in music on the level of a person's overall development, rather than on any special, isolated musical talents. It turns out that skill on one area is manifest when skill is shown in many areas of life.

Young people often conquer summits simply because they have never been persuaded that these summits are unattainable. It is our view that skill in one area of activity is made up of skills in others. Talent is a whole network of different gifts. Which means the task of developing one set of skills is expanded when all of them are set in motion together. And to bring up a specialist, consequently, one has to bring out the overall Man - Man as a unified whole...

...Years are behind us now. I have held on to the conviction that Man can do everything! It is precisely through making sense of this saying that our multifunctional school, the whole school complex, the whole school-Man, has been developed. Our purpose is not 'knowledge-know-how-habits'. It is not endless drilling and rote-learning, or the spoon-feeding of information. Rather, it is the raising of Man to live harmoniously, to act in harmony with society - a Man who, when he sees and analyses the phenomena of life



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which surround him, can feel their interconnection, can perceive the world as a whole. And no matter what he becomes - an engineer, physicist, chemist, builder, teacher etc. - he will understand that he is going out into a whole, complete, unified world!

We are in the process of shaping Man's ability to get along in this whole, unified world from a very young age. Right from childhood Man must be raised beginning with his roots, with his very essence. And the essence of Man is his humanity. And this consists in re-uniting, one way or another, his life-forces in the struggle against the forces of chaos and disintegration. But the development of Man's essence is not only the goal - it is at the same time the means to achieving this goal.

After all, why is the idea of the harmony of the individual so attractive and so productive? Because it alone is capable of appreciating the harmony of the world as the most valuable treasure, capable of preserving this integrity, this very harmony that has been in the making over millions of years of evolution...

In regular schools we notice how our once attentive, wide-eyed pupils seem to fall away from us. We see education gradually turning into a two-edged lie: the young ones pretend to study, the older ones pretend to teach. The mighty energy of the human spirit gets squeezed out by the rigidity and inflexibility of educational technology. It freezes up, only rarely causing faint and pitiful ripples of disturbance to monotonously long and boring classes. But just look at how the school's energy boils over between classes! During these long moments of despair it reminds one of the convulsions of a dying giant.

As a rule, the overwhelming majority of pupils have only two or three classes a day in which they are active, attentive, concentrated and participate as active creators in the learning process. More than two-thirds of the time spent in school is given over to inactivity. It is as though the brain were asleep. But this is not a sleep of relaxation. It is a sleep that is harmful to one's health.

The activity of exchanging information engenders the activity of energy exchange. A state of sleepiness and a sluggish flow of thought processes is reflected in a slowing down of psychophysical functions, in a retarded flow of energy exchange. The body and its nervous system are literally undergoing a slow death. The situation of the one who is 'sleeping' is exacerbated even further by being in a state of anxiety and tension resulting from an attempt to avoid being discouraged by one's inactivity...

The result is that for most of the time the body is in an oppressed state. Perhaps this is why the health curve on one's educational record falls from grade to grade, along with the extinguishing of one's mental forces. The traditional school is not in tune with children's nature. It is not really for them. It does not contribute either to the flourishing of their talents or to the development of their spiritual, physical and moral health. Like a knife-blade, it is aimed at a very narrow target: knowledge-know-how-habits. The focus is not on the child, not on the individual, not on the development of the immeasurable range of the abilities he is endowed with, of his whole universal selfhood, but simply on producing a product of the instructional process.

Mikhail Petrovich Shchetinin

“On the pathway to Man”

*Contemporary Pedagogy (Pedagogika nashikh dnei)*

*ed. Shalva Amonashvili et al.*

*Krasnodar : Knizhnoe izdatel'stvo, 1989, pp. 381-401.*

*translated by John Woodsworth*

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