

On The Bookshelf

Book and Media Reviews by Krysta Gibson

Camino de Santiago Camino Portugués Camino Finisterre

By John Brierley
Published by Camino Guides

The Camino in Spain was made famous to many spiritual seekers when Shirley McLaine made her pilgrimage there. Although people have been walking this ancient path for over 10 centuries, during the past 10 years there has been a renewed interest in walking the Camino.



These books are written by a man who has walked these paths more than once and who talks about them in both practical and mystical ways. The guides are full of every type of information a traveler would need from where to sleep to what to bring (and what to leave at home), the sites along the way, and weather-related information. The material is supported by maps and photos and the books are easily carried in one's backpack.

What is so wonderful is the inclusion of spiritually-oriented material which would help you make this into a true pilgrimage that can "open the space that allows for profound personal transformation."

Even if you don't think you will ever make this pilgrimage, you will enjoy the books because they help you feel like you are right there, making the journey along with the many travelers on the paths.

Less Accomplishing More by Doing Less

By Marc Lesser
New World Library

Have you noticed that we live in a very busy world, one where it is more and more the norm to be overly busy? Me, too, and I am weary of it. Aren't you?

Marc Lesser is an executive coach, busi-

ness leader, and Zen teacher who has come up with ways for people to leave some of the busyness behind and be able to embrace their lives with more groundedness and focus. Like the surgeon whose last name is "Cutt," it is serendipitous that Marc's last name is "Lesser!"

The book helps the reader understand what is driving our increased busyness; get past the belief that doing less makes us lazy; find out how to stop letting busyness have a negative impact on our families; how to be present and focused; and how to make time for quiet and reflection.

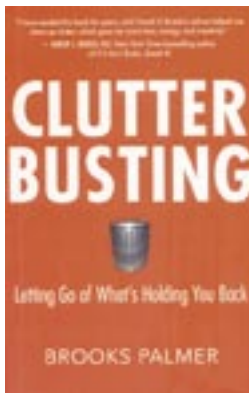
When so many people are being challenged by having less, this is the perfect time to consider the joys of doing less. Perhaps both can lead a person to new insights and a more meaningful and enjoyable life.

Clutter Busting Letting Go of What's Holding You Back

By Brooks Palmer
New World Library

This book is a great companion to the book above, Less. In fact, Marc Lesser wrote some praise for Clutter Busting and indicates it has helped him to make more room in his life.

How often have you heard that in order to open your life to greater prosperity and meaning, you should start decluttering your home and office? The beauty of this book is that it is written from both the physical perspective of letting go of the stuff you no longer need or use, but it also addresses the emotional and spiritual aspects of letting go of clutter.



The author has helped people with this issue for many years and the book is full of stories that help to dramatize the issues. Finally, someone truly explains what clutter means, how to bust it once and for all, gives practical tips for getting it done, and helps us understand why we have such a hard time letting go of our clutter.

It is impossible to read this book without looking around your home, office, and car and starting to ask yourself what the stuff in your life really means to you and do you truly need or want it. My car is already loaded with things are their way to the Goodwill and it feels great. This book will give you the support to get started and to stay the course. Give it a whirl!

The Power of Soul

By Dr. Zhi Gang Sha
Atria Books

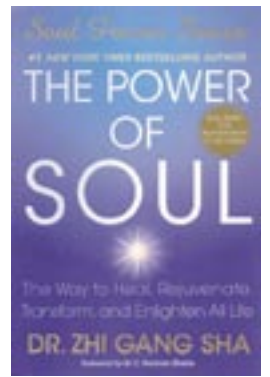
Dr. Sha is fascinating and this book contains a lot of really useful information. The book guides you through a complete healing process, one that will touch all aspects of who you are: body, mind, soul, and spirit.

After explaining how he became dedicated to the healing of all souls on the planet, we

are lead through many different exercises that are designed to bring us back to wholeness. We are also exposed to various "Divine Soul Downloads that can purify the soul and transform your life."

Simply reading the book and doing the various exercises as you are reading, brings in a different sort of energy. It is like you're remembering something about yourself and can enter into a more relaxed comfort with yourself.

People such as Wayne Dyer, Marianne Williamson, Lary Dossey, Dr. Masaru Emoto and C. Norman Shealy have experienced Dr. Sha's work. You might want to try it yourself. The book comes with a free CD of Dr. Sha's "Soul Song for Rejuvenation" which feels very healing and supportive. More information and Soul Songs are available at www.DrSha.com.








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