

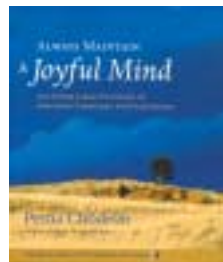
On The Bookshelf

Reviewed by Krysta Gibson

Always Maintain a Joyful Mind

By Pema Chodron

Book and CD
Published by
Shambhala



Once you listen to her, how can anyone not love Pema Chodron? She is an American Buddhist nun in the lineage of Chogyam Trungpa, the renowned Tibetan meditation master. Currently she is a resident teacher at Gampo Abbey in Nova Scotia. She is a powerful and compassionate teacher who is relevant for today's world.

Pema is the author of eight books and this one focuses on how to use the 59 Tibetan Buddhist slogans (called lojong or mind-training techniques) as powerful reminders on how to awaken our hearts in the midst of everyday life, under any circumstances.

Each day, the reader chooses one of the slogans, reads her commentary, and then uses that slogan as the basis of their practice for the day. Included with the book is a CD that offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself

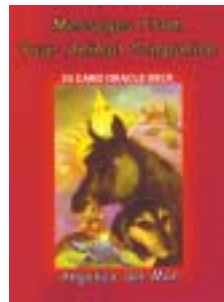
and others.

One does not need to be Buddhist to enjoy this process. It is easily available to anyone who wishes to engage in the practice she describes. This book and CD would make an excellent gift to oneself or to another.

Messages From Your Animal Companion

by Angelica del Mar

55 Card Oracle Set
Blue Moon Publishing



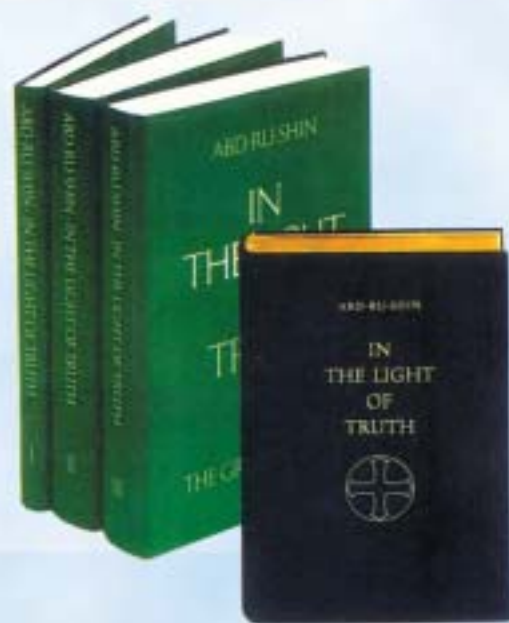
This deck is designed to help people communicate with their animal companion. One shuffles the deck and asks the question they want answered. It can be as simple as, "What do you want to tell me?" Then pull the card you are drawn to and read the answer.

The cards have 55 different answers ranging from Grooming ("please brush or groom me as appropriate; my skin is itchy; my feathers are falling out; my nails need trimming") to Best Friends ("we're buddies; I love you; I feel loved by you; we're in this together; I am here for you").

In the Light of Truth

THE GRAIL MESSAGE
by Abd-ru-shin

The author writes, "In the knowledge of Creation which I have given in my Message, and in the related explanation of all the Laws automatically working in Creation, which may also be called the Laws of Nature, the whole weaving of Creation is displayed without a gap; it allows every process to be clearly recognized, and therewith the purpose of man's whole life. With unassailable logic it also unfolds his "whence" and his "whither," thus giving an answer to every question, provided man seriously seeks for it." (Lecture - Rigidity)



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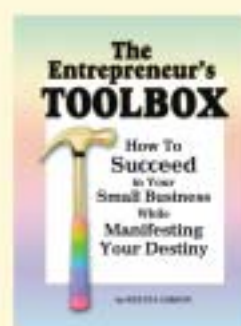
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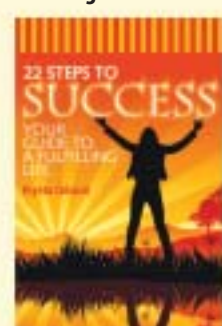
Live, Love, Thrive with these titles by Krysta Gibson

The Entrepreneur's Toolbox, How to Succeed in Your Small Business While Manifesting Your Destiny



A five-week course written especially for the holistic practitioner. Learn how to set up your business, market it, and succeed on all levels.

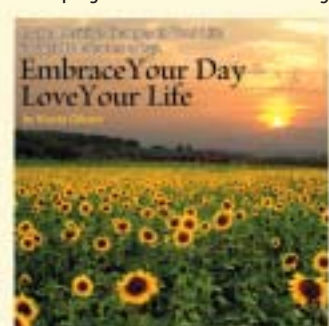
22 Steps to Success, Your Guide to a Fulfilling Life — In her succinct and enchanting manner, Krysta leads you through 22 concepts that can help you live your life the way it is meant to be lived: with joy and zest!



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Available at many area bookstores as well as on the internet at www.krystagibson.com

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Know ThySelf
EAST WEST BOOKSHOP

When I first got the deck I pulled a card for my corgi, Jazz, and pulled one about sleep, saying that her sleeping needs has changed. For the past few nights instead of sleeping in her crate she had chosen to hop up into bed and sleep at my head. The response was very accurate.

The cards have photos of dogs, cats, horses, birds, and fish and can be used with any species. This is a pretty deck and one any animal-lover would enjoy. The deck can be ordered from www.angelicascards.com and would make a great holiday gift!

Women in Chant: The Announcement of Christmas

The Choir of Benedictine Nuns of the Abbey of Regina Laudis

Sounds True

If you enjoy a capella chanting, this is the CD for you. The nuns of this abbey have already enjoyed the success of their first album, *Women in Chant*, and have returned with this one which offers the original Christmas music of the monastic tradition. Listening to this, it is easy to feel that the original Christmas music was sung as an act of prayer rather than as a performance. The CD takes us through the different phases of the season: the four weeks of Advent, Christmas Eve, Christmas Day, and the Epiphany.

The selections range from majestic ensembles to stunning solo pieces and listeners are provided a truly unforgettable experience. If you would like something different and more sacred for your listening pleasure this holiday season, give this a try. I think you will find it to be quite a treat.

Burn the Ships Ramblings of a Curious Woman

By Norma Menzies
Sandra Lotus Press

Many people in our community know Norma Menzies. She is the founder of the ever-popular Bluebird of Happiness clubs and is a working psychic reader. But not a lot of people know much about Norma's background and life experiences. This book will change that in a hurry.

Burn the Ships is a delightful blend of wisdom gleaned from a life well-lived. Subtle humor that flows from the wisdom and an around-the-kitchen-table chattiness makes the book fun to read. Norma allows herself to be vulnerable, sharing some of her intimate thoughts, experiences, and values. Sprinkled throughout are practical, hands-on ways to apply the spiritual information she is sharing. Read *Burn the Ships*, apply its teachings, and watch your life improve.

Whether you know Norma personally or not, you will enjoy the wisdom in this book. It is practical, balanced, and easy to apply to your daily life.

Five Wishes: How Answering One Simple Question Can Make Your Dreams Come True

By Gay Hendricks
New World Library

Based on a true story, Gay Hendricks shares a conversation he had at a party, a conversation that changed his life. And he