

Continued from page 15

yourself or if you have clients, you will treasure this book and the energy it carries. It brings the practice of Reiki to your daily life in a practical and grounded spiritual way.

Movies and Music

Spiritual Cinema Circle has released a great version of Louise Hay's **You Can Heal Your Life** movie that can inspire you to make changes in your life and to pursue your dreams. It also has parts of interviews with such notables as Wayne Dyer and Doreen Virtue. The same DVD also offers three short movies that are entertaining and inspiring. Sounds True has three new CDs out that

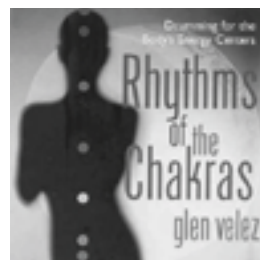
are really great. Each has great liner notes so you might want to consider getting the CD rather than the download version.

I can't stop listening to **Yoga Sol**, a collection of music put together by yoga teacher Shiva Rea. The sounds are a blend of jazz, new age, electronic, world, very soothing with great underlying beats. Perfect music for listening, writing, pondering, and oh, yeah, for doing your yoga too. Lucious!

The second is called **Rhythms of the Chakras** by Glen Velez. This is drumming for



the body's energy centers. Each of the seven tracks is designed to stimulate and activate one of the chakras. You can simply listen and focus on a particular chakra or you can move to the feelings of the rhythms. Most intriguing approach to chakra work.



Third, we have **Voices of the Sacred, Bellissima Opera**. This is a collection of opera put together by Caroline Myss. Whether or not you are familiar with opera or even like it, Caroline asks you to listen to this music in

a sacred manner and to truly allow the sounds and voices to take you where they will. I put on the headphones, closed my eyes, and let the music and voices take over. Sublime!



Because so much material comes in for review and all of it won't fit in the newspaper each month, I will be adding book reviews to my blog from time to time. If you want to know about other books, CDs, and DVDs that are sent to us, go to www.krystagibson.com

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EVENTS

DECEMBER 6, 9 A.M. TO 5 P.M. SELF-HEALING SEMINAR with Eliza Mada Dalian and her groundbreaking new healing method DHM. Held at Bastyr University. For information and registration, www.madadalian.com. Private in-person or phone sessions also available. Tune in to www.conscioustalk.net for live interview with Mada Dalian and see front page article in New Spirit Journal November issue.

DECEMBER 6, 1:00-4:00 P.M. NEAR DEATH EXPERIENCES: support meeting, free. Seattle Unity Church, 200 8th Ave. North, Seattle. 206-525-5489, www.seattlelands.org. There will be a pot luck.

TUESDAY, DECEMBER 16 CLUTTER CLEARING: ORGANIZING WORKSHOP — Take control of chaos & make positive changes. Edmonds PCC 7:00-8:30PM Contact Rebecca Ross/ The Composed Domain 206-546-8535 or info@composedomain.com

DECEMBER 9, 6-8 P.M. FREE INTRODUCTION WORKSHOP at EarthWalk School Of Energy Healing. Take the first step and materialize your desire to become an energy healer. This is a two hour course designed to familiarize you with the rapidly emerging field of energy healing with demonstrations and hands on practice. Registration Required. 425-289-0152, 15921 NE 8th Ste C-106 B Bellevue, WA 98008. Gloria@earthwalkschool.com

EVENTS

DECEMBER 21, 4-8 P.M. WINTER SOLSTICE CANDLELIGHT WALK in Historic Downtown Snohomish. Join us at dusk as we celebrate the birth of Winter! A peaceful candlelight walk along the Snohomish River. For info go to www.Dena-Marie.com or call 425-350-5448.

ONGOING

SPIRITUAL HEALING CLINIC, FREE. Observe, receive, practice. All energy healing methods. First Sundays. Kirkland, WA. "Amplifying Divine Light in All" Church, (425)466-4001.

FREE HEALING CIRCLE, Thursdays, 1:30 p.m. at Camp Edgewood, 1228 26th Ave. Ct., Milton, WA. Call Rev. Marilyn Redmond, 253-845-4907

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OPRAH TOLLE NEW EARTH SUPPORT GROUP, Kirkland, 2nd & 4th Wednesdays. FREE. Rev. Alia Aurami, Amplifying Divine Light in All Church, 425-466-4001, divinelightchurch@gmail.com; <http://etolle.meetup.com/276>

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WWW.INTENDERS.COM CIRCLE, Free, powerful, effective, manifesting support group. 1st & 3rd Tuesdays. Kirkland, WA. "Amplifying Divine Light in All" Church, (425)466-4001. <http://consciousness.meetup.com/171>

FREE SPIRITUAL STUDY GROUP Edgar Cayce's "Search for God", Tuesdays 10-12 a.m. in Edgewood, WA. Call Rev. Marilyn Redmond, 253-845-4907

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