

# On The Bookshelf

## Book and Media Reviews by Krysta Gibson

### Beauty from Brokenness Bit and Pieces of My Journey Into Wholeness. by Constance D. Funk PublishingWorks, Inc.

The picture on the cover of this book would lead you to believe it is a book about horses and the author's relationship to them. This is true and the book is so much more. It is the story of horses, and dogs, and cats, and people, and incidents in the author's life. Some make you chuckle. Some make the head nod in recognition of events in your own life. And some make you want to cry.



In the telling of her story of healing through her relationship with a horse named Chasta, Connie shares herself and many of her lessons learned through her human and animal family.

This book almost reads like a collection of short stories that are woven together with the common theme of the author's growth in spiritual process and emotional healing. Sometimes you feel as if you are reading her private journal and feel gratitude for her willingness to share in such an open and vulnerable manner.

This isn't a fast read; rather, it is one to read in shorter sessions so you can incorporate the feelings and events into your own life. Give this as a gift to the animal lover in your life who is also on their spiritual journey, they will love you for it! Connie is a local author.

Her website is [www.constancefunk.com](http://www.constancefunk.com).

### Color Intuition Master the Energy of Color for Higher Awareness, Extraordinary Perception, and Healing, by Laura Alden Kamm Sounds True

Called a "complete kit for awakening the consciousness of color," this truly does give a great overall education in how to use color for healing, develop your intuition, expand your awareness, and develop your energetic perception.



There is a 47-page workbook, 34 beautiful healing cards, and two audio CDs with several guided meditations. The CDs help you experience the use of color in a very impactful way and assist you in learning how to ground your energy while working with color.

There are solid color cards that represent the primary chakras and can be used for meditation or to place over areas of the body which need a particular color. There are cards called "star burst" which represent the energy that is needed in the core of your life, chakra, or body system. The workbook explains how to use the cards in various ways.

This kit is another fabulous gift idea for someone who wants to learn how to develop their intuition and/or to begin learning how to use color more effectively in their daily life. It is fun as well as very informative.

### The Wonder of Unicorns Book and Card Deck by Diana Cooper Findhorn Press

Even though I have never had one, I adore horses and I have always thought unicorns are the super-horses of the spirit world! This deck and book explains who these beings really are, how to connect with them, and takes the reader on a wonderful journey of self-discovery.



The author says that unicorns "...help you hold your vision and give you courage and faith to continue in the face of challenges and opposition. They strengthen and steady you so that you have the dignity and charisma to fight for what you believe is right. Unicorns grant wishes... soul wishes, those things that satisfy you deeply and help you fulfill your pre-life contract."

The artwork on the cards is truly beautiful and the book contains many exercises designed to support you in living the life of your dreams. The information goes way beyond unicorns and includes working with color, crystals, flowers, and so much more. This would make a terrific holiday gift. The author is the principal of the Diana Cooper School of Angels and Ascension and has a beautiful website at [www.dianacooper.com](http://www.dianacooper.com).

### Soul Currency Investing Your Inner Wealth for Fulfillment & Abundance, by Ernest D. Chu New World Library

If ever there was a time we need a book like this one, it is now. With the financial unrest



in the world, we need to hear from someone who has lived the Wall Street life, lost it all, and come back from the ashes to share his wisdom with us. Chu is a corporate finance expert as well as a minister with the Church of Religious Science in Florida. This, coupled with his fascinating background, makes him eminently qualified to speak to this topic.

The book is explanatory about how to: determine your soul's assets, calculate your spiritual capital, eliminate counterfeit currency, build up your support system of stakeholders, and create a solid "Adventurprise." There are many exercises to support the journey as well as stories from his clients and seminar attendees.

Endorsed by people like Jean Houston, Deepak Chopra, and Mark Victor Hansen, this is bound to be a well-read and practiced book by many. The application of the principles in this book could very well be your ticket to a life of great love and abundance. We will publish an interview of Ernest Chu in the January issue.

### Reiki for the Heart and Soul The Reiki Principles as Spiritual Pathwork, by Amy Z. Rowland Healing Arts Press

Reiki practitioners are going to love this book. It explores how the principles of Reiki can be used for more than healing. They can also be used for spiritual growth. Using many stories of clients, other practitioners, and the founders of Reiki, the author explores how to practice the Reiki values of peace, serenity, gratitude, integrity, and kindness in everyday life no matter what might be going on.

There are exercises and meditation that will assist in deepening the practice of Reiki using the five Reiki precepts: do not anger, do not worry, be grateful, do an honest day's work, be kind.

Whether you use Reiki only for

Continued on page 14

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