

On The Bookshelf

Book and Media Reviews by Krysta Gibson

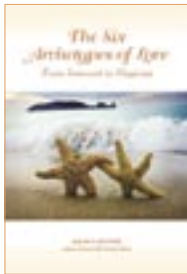
Six Archetypes of Love From Innocent to Magician

By Allan G. Hunter
Findhorn Press

We're all in relationships of one sort or another and this seems to be an area of challenge at one time or another, especially in intimate relationships. This book can help you gain insights relating love to the spiritual development in each of six universal archetypes. The author identifies six classic profiles of individuals in love: the Innocent, the Orphan, the Pilgrim, the Warrior-Lover, the Monarch, and the Magician.

He explains how we move through these different archetypes and helps answer questions such as "What is love? How do I find it and how do I keep it? He uses examples from the modern world such as Prince Charles and Princess Diana and the television show Desperate Housewives.

His use of the images and wisdom from the tarot make for an interesting mix and fascinating read, not to mention the usefulness of applying it to your own life.



Brain Wave Vibration Getting Back into the Rhythm of a Happy, Healthy Life

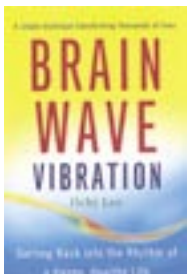
By Ilchi Lee
Best Life

Can shaking your head and body make you feel better and enjoy better health? According to many people, it can. In its most basic form, brain wave vibration involves the gentle, rhythmical shaking of the head and body, through which the practitioner achieves a more relaxed, peaceful state of being. People who have been using this technique are claiming health benefits from reduced stress to lessening of chronic diseases.

Of course, I tried it. Yes, it feels good; sort of getting the kinks out on many levels. The book gives an extensive background and basis for brain wave vibration while the part which tells you how to do it is actually very short. I enjoyed getting the background information because it all made so much sense.

The author is a world-renowned brain philosopher and educator Ilchi Lee, who is the person who started the Dahn Yoga Centers. The book is the culmination of over 30 years of studies aimed at finding effective means of natural health maintenance.

If you want a preview of this, go to www.brainwavevibration.com, where you can see a video of the practice and get more information. This doesn't take the place of reading the book but it will give you some practical knowledge to start with.



Remember Who You Are Seven Stages on a Woman's Journey of Spirit

By Linda Carroll
Conari Press

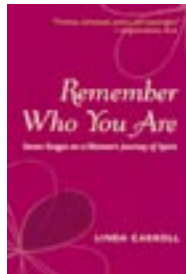
Using a very personal style, the author takes us through the seven stages of spirit's journey. These stages apply to men as well as to women but the book is written more specifically from the view of a woman walking these

paths.

The stages are: forgetting, remembering, exploring, practicing, shadows on the path, reclaiming, and finally to acceptance. There are many poems and stories to augment the information provided and the book is written in such a way that it could be used by a woman's group as a shared study guide.

Linda Carroll is a psychotherapist in Oregon as well as being an author. This is evident throughout the book as she is able to merge spirituality and psychology in a grounded manner that invites the reader to fully engage all aspects of themselves for this exciting and sometimes grueling journey.

Filled with practical and inspirational information, Remember Who You Are is sure to be a special and prized tool for many in the years to come.

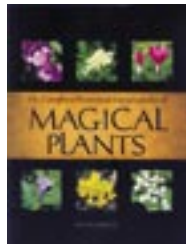


The Complete Illustrated Encyclopedia of Magical Plants

By Susan Gregg
Fair Winds Press

What a gorgeous book this is. As an oversized, soft cover book, it is in full color with beautiful photos of the plants being discussed. The book is a comprehensive guide to the magical properties and mystical uses of nearly 300 herbs, flowers, and other plants. The author explains how to harness the healing and protective power of plants to better connect with nature and spirit.

There are simple recipes for teas, tonics, and elixirs as well as ways to burn incense and other methods to tap into and apply the magic these plants possess. If you have any interest in deepening your understanding of how the plant kingdom interfaces with your life, you will thoroughly enjoy this book. It would make a terrific gift for the gardener in your life who is open to working with energy.



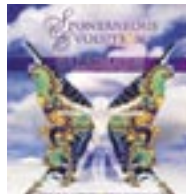
Spontaneous Evolution Our Positive Future and How to Get There from Here

Five CDs

Bruce Lipton and Steve Bhaerman
Sounds True

At five and a half hours, this is a very interesting presentation by internationally-recognized cellular biologist Bruce Lipton and author/educator/syndicated columnist Steve Bhaerman who is also known as Swami Beyondananda. As a mixture of science and culture, they examine where the world is today and where it is headed.

If you find yourself being fearful that we are going to the proverbial hell in a handbasket, these men say we should take heart. The world is exactly where it ought to be. Things really are going through major changes and shifts. And, best of all, we get to participate in the natural process of releasing what no longer works and welcoming in the new era.



Continued on Page 14



Academy of Spirit

Multimedia Marketing

The carbon free way to get your message to the world!

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Turn your idea for a video into a reality. Put video on your website, create a DVD to send to your clients, develop a series of video classes. Academy of Spirit can do it all. We will be your production staff and take care of everything from the technical side.

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Are you a teacher? Widen your seminar audience to include the whole world at once with Academy of Spirit's LIVE internet broadcasting technology. Using LIVE Streaming Video you can reach everyone in the world who has access to high speed internet – all at the same time. Put on a one hour workshop or a multiple day event right from our studio in Lynnwood, Washington, or we'll come to your location.

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Academy of Spirit offers the teachings of many wonderful instructors through it's website using recorded streaming video technology. We offer classes in many categories like Health and Wellness and Spiritual Growth.

Are you a teacher? Please contribute your talents and teachings to our website. We are working to build a world wide resource to empower an ever-changing world.

Room Rental

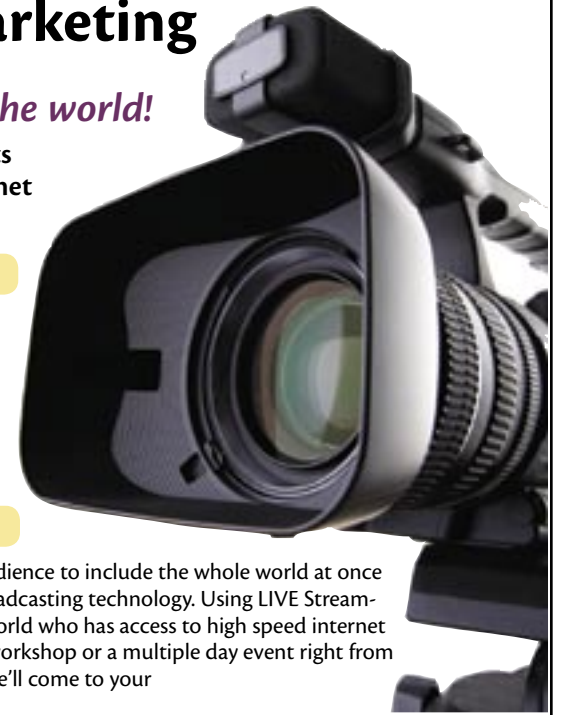
We offer room rental At our offices in Lynnwood, Washington

Classroom Rental

725 square foot classroom for \$35 per hour (or less with multiple rentals) easily sets 50 theater style. Rent this room for teaching classes, having a party, or anything else that takes open space.

Consulting Room Rental

This room seats up to four in very comfortable swivel rockers. Use it occasionally with clients or to hold a small class or gathering. This room is available for \$10 per hour for regular renters, only \$15 per hour for a one-time rental.



For more details about all of these opportunities please see our website: www.academyofspirit.com or contact us at 425-398-8011 or 1-888-336-5554



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