

On The Bookshelf

Book and Media Reviews by Krysta Gibson

The Anubis Oracle

A Journey into the Shamanic Mysteries of Egypt
 Nicki Scully and Linda Star Wolf
 Illustrated by Kris Waldherr
 Bear & Company

This 35-card deck and accompanying 176-page guidebook is a shamanic guide to what the authors call our "Inner Egypt," or place of mystery, wisdom, and abiding love that resides within each of us. Similar to other oracular tools, one forms a question and then chooses a card for response. After allowing one's own intuition to decode the information, one can turn to the guidebook for a clearer

understanding

What's really fun and interesting about this deck is that it is based on the mysteries and knowledge of Egypt so if one is not familiar with these, this is a chance to learn something new. Nicki Scully is well-known for her work with the Egyptian Mysteries and she has been studying and traveling there since 1983.

The artwork in the cards is beautiful, very colorful, and filled with symbology that one can use to meditate and gain deeper understandings. The explanation in the book as to how the cards came to be is very interesting and adds to the depth of mystery they offer.

Seeing Through the Illusion of Fear

Continued from Page 12

yourself.

Your entire human experience is predicted on your viewpoint, which is predicted on your belief systems and that is predicted on how much you believe in fear and how much you believe in love. You experience as you believe. The very world you exist in, positive and negative, is a

product of what you hold true. Your life is not your master. It is your child. You can create a garden of bliss if you believe in it or intolerable suffering if you believe that is necessary. Look at your belief systems and discern how well they are serving you. Suffering is not the way to light, pleasure is. Bring pleasure wherever you can, see it as truth and not as some secret sin. When you

choose fear and aversion in this world of duality, you add to the darkness of our planet. When you choose love, the entire planet is lighter, which affects everyone. The challenge is to sit in the darkness and believe in light.

Jennifer Yost has a private practice and teaches reiki. Visit www.integratehealing.com.

The Wisdom of the Buddhist Masters Common and Uncommon Sense By Robert Sachs Watkins Publishing

What a great book! Haven't you wondered what some of our greatest Buddhist leaders would say about the complex issues facing our world today? The author says that Buddhism does not shy away from confrontation and conflict even though it does teach compassion and gentleness. He put together a list of questions that would cover all of today's important issues, everything from the economy to the war in Iraq, social issues, pacifism, poverty, and sickness.

He gave this list of questions to deeply spiritual thinkers, people who are steeped in meditation, widely traveled. And who have seen human misery and warfare with their own eyes. Their responses are empowering, sometimes surprising, and can help us see where our spirituality might fit into the impetus for change and make a real difference.

The book is written in several sections and gives a lot of background about what the author calls the "formula for miracles." He tells the story of the woman who discovered Theta healing as well as his own story of healing. There is a tremendous amount of good information here about how the mind works, how muscle-testing works and about the results of using Theta-healing. If a person does not already have this information, this book is a great source for learning it.

What is missing and what made the book frustrating for me is that we are not taught the technique of Theta healing but must go to a live seminar to learn it. Since this is the crux of the book, I was left feeling like I had been given a lot of good information — an appetizer — with the main course being kept from me unless I went to another restaurant.

Many books are submitted for review and there is not room for all of them in this space. Krysta reviews more books on her blog, www.krystagibson.com.

Where Science Meets Spirit The Formula for Miracles By Brent Phillips

The author of this book is an MIT-trained engineer who presents information about how to work with the subconscious mind in such a way that blockages are cleared allowing more health, wealth, and happiness to come into a person's life.

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