

TOOLS, BOOKS, PUBLICATIONS, THE INTERNET

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BUSINESS OPPORTUNITIES

HAVE A PAPER ROUTE, meet new people! New Spirit Journal has a route available from time to time. If you have a reliable car and would like to explore this opportunity, contact Krysta at (206) 799-7753 or (425) 356-7237.

TRAINING

INTRODUCTION TO CHRISTIAN MYSTICISM. Discover the ancient wisdom teachings of prayer, meditation, blessing, light and soul. Center of Light, 6827 Oswego Place, N.E. (206) 525-9488.

SPIRITUAL CHANNEL

Spiritual Channel Past Life Regressions REIKI/ Healing "A Course In Light" Good Talk

I was born an open channel for the Ascended Masters and I have been teaching and doing private readings For over 40 years.



John Jennings

I am available for private sessions in my home or by telephone.

(206) 417-4903

On The Bookshelf

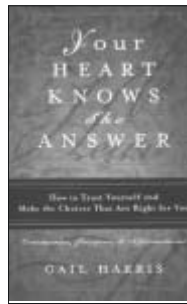
Reviewed by Krysta Gibson

Your Heart Knows the Answer
How to Trust Yourself and Make the Choices that are Right for You
By Gail Harris
Inner Ocean Publishing

If you have been wanting to know how to get in touch with your inner self so that you can know and follow your inner guidance, this is the book for you. Through exercises, ceremony, and affirmations the author takes

you through a process that is certain to put you in touch with your higher self.

You are taught how to listen to the voices of your heart so you can distinguish them from other voices



in the world as well how to deepen your awareness of the everyday world. The self-marriage ceremony helps you make a commitment to yourself as a powerful person.

This is a friendly, step-by-step book that will teach you how to listen to and follow your heart truly trusting that you can make the right choices in life. Easy to read and very user friendly!



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You're invited to



A Monthly Network Gathering of People of Positive Influence

July 11, 11 a.m. to 12:30 p.m.

Nancy Clark, Bowenwork

What's the latest buzz in Complementary Healthcare? It's Bowenwork! Join Nancy Clark, LMP, RBT, Bowenwork Health Center, Marysville, to learn about and experience this powerful and innovative form of healthcare!

August 1, 11 a.m. to 12:30 p.m.

John Jennings, Open Channel

John talks about how he uses his gift to help others awaken their light through breath, prayer, and meditation. He'll also talk about the different levels of teaching from the Ascended Masters, and answer your questions!

Alfy's Pizza, 2317 Broadway, Everett

\$10 includes salad bar and beverage

Please RSVP to:

editor@newspiritjournal.com or call (206) 799-7753 or (425) 356-7237.

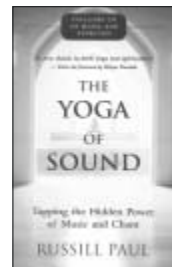
People of Positive Influence (PPIs) are those who are living their lives in such a way as to be a positive influence on the world around them. It doesn't matter what kind of work you do or where you do it. If you are helping to make the world a better place, if you are reading New Spirit Journal, you are a PPI! Join us for a monthly network gathering on the first Tuesday of every month. Get together each month with other PPIs for networking, lunch, and an inspirational speaker!

Sponsored by Krysta Gibson and Rhonda Dickson of New Spirit Journal and Jyl Westbrook of Sparklespeak

The Yoga of Sound
Tapping the Hidden Power of Music and Chant

By Russill Paul
New World Library

This book and CD explore the four powerful streams of this sound system: mantras (sound), mudras (sacred gestures), pranayama (breath control), and dhyana (meditation). The information is presented in a clear and easy to understand format.



The CD is especially useful since it offers both instruction and samples of what is being taught. Together the book and CD provide an extensive vocabulary of spiritual practices and sounds that can enable you to work with the changes and stresses of modern life. Using this material can help to reduce stress, enhance emotional well-being, and optimize the flow of energy in the body.

The Sacred Yes
Letters from the Infinite
Volume 1
As revealed to Rev. Deborah L. Johnson
Sounds True

Reading the letters in this book, one feels they are being spoken to by God, or the supreme being. There is a feeling of being spoken to

New Spirit Journal ad Deadlines:

Articles are due the first Friday of the month and ads are due the second Saturday of each month for the following month's issue

very personally and sometimes, when the author is being addressed, you can feel like you are eavesdropping.

There is a sweetness to this book as it addresses topics such as gratitude, prayer, birthing versus building, grace, joy, marriage, divine flow and much more. You can open to just about any page, any chapter, and find something to ponder.

Rev. Deborah Johnson is minister to a non-denominational congregation of 1500 people in Northern California and is an MBA consultant to Fortune 500 companies. This diverse positioning makes her an ideal person to address the wide diversity of topics found inside the pages of The Sacred Yes.

The Ultimate Brain Psychoacoustic Immersion

By Tom Kenyon, M.A.
Sounds True Publishing

Hold on to your hat if you decide to invest in this set of nine CDs. They offer a fascinating journey into working with your brain in such a way that you can increase your thinking, feeling, and meditative abilities. Through the use of special sounds for brain entrainment, music, and sometimes the spoken word, this set helps to boost brain function and performance, teaches deep relaxation and healing, and can enhance one's ability to learn.

Some of the exercises need to be listened to with headphones while doing nothing else, while some can be used as ambient sound in the room while you are doing other things. Some of the exercises take a full hour, while there are some shorter ones that take only 10 to 15 minutes. This is a fabulous set to work with and it offers enough variety and flexibility to keep you busy for awhile.

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Mind & Spirit

425-373-1987

www.naturalchoice.net