

# On The Bookshelf

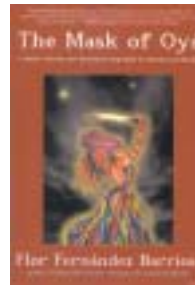
Reviewed by Krysta Gibson

**The Mask of Oya**  
**A Healer's Journey into the Empowering**  
**Realm of Ancestors and Spirits**  
**By Flor Fernandez Barrios**  
**Liaison Press**

Reading this book takes a person on the journey walked by this local psychotherapist. Going back to her ancestral roots in Cuba, she takes us with her as she discovers her healing abilities and her gifts of vision as well

as her skill in working with various spirits.

Although parts of the book could be from an exciting novel or movie, part of the charm of this book is that it is all real. If you enjoy learning about how some healers develop their gifts and if



## Our Animal Friends

From page 16

until they catch up to you and then praise their little socks off for coming to you. Do this whenever you are outside in an open area and the pup gets distracted. You will be teaching your young friend to pay attention to you and off-leash following behavior as well.

There are many good and fun games to play with your

puppy. The best game for exercising purposes is some form of retrieve. Fetching the ball, Frisbee, or retrieving the floatable object all come to mind.

Many dogs take to retrieving naturally but some need to be taught. Starting early when they are as young as possible is the key. Sit on the floor with your legs spread out in a V-position. Roll an attractive ball or toy out a few feet in front of you for the pup to get. If the object is not attractive enough on its own, put food in it or rub something tasty on it so the pup runs after it and picks it up.

Motivate the pup to come back to you (and get as goofy as needed to accomplish this). Praise the puppy verbally and physically upon arrival before you take the toy back, praise them for "giving," and repeat. Puppies

generally have the attention spans of grapefruits so one to three rolls is usually enough to begin with. Always stop before the pup loses interest.

Other games that can be fun, great exercise, and teach useful behaviors are hide-and-go-seek with toys or humans being the hidden target, coming when called games, trick training and agility.

*Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or www.marthanorwalk.com. To purchase a set of Martha's canine behavior dodification tapes or to make an appointment for her to work with you and your animal friend, give her a call.*

### 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

you enjoy uplifting (and occasionally challenging) stories, you will find this an interesting and comforting book.

**Clearwater Girl**  
**By Diana Clark**  
**Booksurge LLC**

Clearwater Girl is a small children's book with a message for people of all ages. Through a simple story and illustrations, we travel along with Clearwater Girl as she learns to accept herself as she is instead of trying to make herself be like other people.

This is a great little book to use to help children learn self-acceptance as well as the beauty of diversity.



**Courageous Souls: Do We Plan Our Life Challenges Before Birth?**  
**By Robert Schwartz**

Courageous Souls explores the idea of pre-birth planning and tells the true stories of ten individuals who chose to experience some of life's greatest challenges: AIDS, cancer, autism, the death of a child, and disability. The stories are particularly powerful because the book allows the interviewees to tell their stories in their own words. The author worked with four gifted mediums and channels to discover what these people chose and why.

Whether or not you believe in this idea of planning our lifetimes before we are born, this book presents the concept in a fascinating manner and definitely provides lots of room



for serious consideration to the concept.

**Life On Purpose**  
**Six Passages to An Inspired Life**  
**By Dr. Brad Swift**  
**Elite Books**

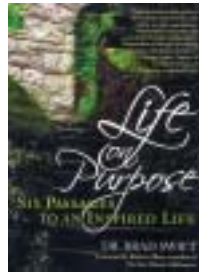
Do you know your life purpose and are you living it? If not, this book can help you get there. This is a how-to manual that can take an individual from confusion to clarity about life's greatest question.

This book can help you live an inspired and personally fulfilling life. It offers more than just concepts. There is an actual plan to follow and exercises to do that will help you find and live your true purpose. Even if you are fairly clear on your purpose, there are some terrific ideas that can help you fine-tune your life to an even greater degree of clarity.

**Riding A Stallion, Igniting the Fire**  
**By Robert P. Theiss**  
**iUniverse**

This is a book of channeled information from Archangel Michael. The author, Robert Theiss, lives in Oregon and offers workshops and public sessions with Michael. Robert explains how he developed his relationship with the archangel and shares information about many aspects of life.

The book offers a look at why we are here and how we are proceeding as a group as well as what each of us can do to further our own growth and development. There is a focus on joy, oneness, and living life abundantly and with personal fulfillment. Channeled information is always interesting to read and this book is no exception.




# In the Light of Truth

THE GRAIL MESSAGE  
by Abd-ru-shin

The author writes, "In the knowledge of Creation which I have given in my Message, and in the related explanation of all the Laws automatically working in Creation, which may also be called the Laws of Nature, the whole weaving of Creation is displayed without a gap; it allows every process to be clearly recognized, and therewith the purpose of man's whole life. With unassailable logic it also unfolds his "whence" and his "whither," thus giving an answer to every question, provided man seriously seeks for it."  
{Lecture - Rigidity}

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 CHAMBER of COMMERCE

## Upcoming Events

- **July 12, 9:30 a.m. to 12:30 p.m. Marketing Seminar**  
 Learn more about how to market your business: planning, techniques, tons of ideas. Presented by Marni Rader. \$25 for members; \$35 for non-members. Seating is limited. Ananda Center, 6505 Roosevelt Way NE, Seattle. Preregister by sending your payment to: WSHCC, 14911 Chain Lake Rd #431, Monroe, WA 98272
- **Wednesday, July 18, 6:00-8:00 p.m. Networking Social**  
 Get together with your peers for conversation, networking, and fun! \$5 donation at the door includes light snacks. Stargazers, 12727 NE 20th, Bellevue.
- **Wednesday, Aug. 8, 11:30-1:30: General Meeting, Networking, Speaker**  
 Michael Buschmole will give us some information about ways we can present ourselves better when we meet people. Michael is a dynamic speaker with tons of great information: This is a "Do Not Miss" event! Donation: \$5 at the door. No reservations. No lunch served. East West Bookshop., 6500 Roosevelt Way NE, Seattle.

To learn more about the Washington State Holistic Chamber or to join, go to  
[www.washingtonholisticchamber.org](http://www.washingtonholisticchamber.org)