

# On The Bookshelf

## Book and Media Reviews by Krysta Gibson

### 7 Secrets of Sound Healing by Jonathan Goldman Book and CD Sounds True



I love this book and the CD that comes with it. Jonathan Goldman has studied and taught sound healing for over 25 years and is one of the pioneers of the art. Here he gives a basic understanding of the principles of working with sound as a healing modality and demonstrates the ways in which it may be used to restore balance.

The various therapies are explored including ancient, modern and futuristic methods. What is really great is that we are given practical applications of the methods that will assist us in leading a more harmonious life.

The CD demonstrates the principles found in the book through a 26-minute experience that leaves one feeling calm, inspired, and motivated. This is a great set whether you are new to sound healing or an old pro!

### 50 Ways to Leave Your 40s Living It Up in Life's Second Half

By Sheila Key and Peggy Spencer, MD  
New World Library



They say that five million people are turning 50 every year now. That's 12, 500 a day!

This book offers an interactive, thoughtful, and entertaining resource for people who are approaching this milestone or who have already passed it.

The book is divided into four sections: body, mind, soul, and heart. Written in a playful spirit, the authors tackle everything from exercise and diet to relationships and stinky feet! If turning 50 has you running scared and thinking you're ready for the grave, this book could change your mind and help you reinvent yourself.

Like the authors say, turning 50 is an accomplishment, one to be proud of. Use the ideas in this book to help you be even prouder when you turn 60!

### A Call to Mastery Living the Art of Ascension by Paula K. Bronte Realitys Books



Written by local author and rapid eye technician Paula Bronte, this book provides an overview of some of her spiritual travels and her practical guide to attaining spiritual mastery.

From various meditative practices to working with the chakras, through sexuality, praying, manifestation, I Am focusing, and dreamwork, the author provides a lot of thoughtful ideas to work and play with.

She defines the various stages of mastery and gives loads of practical things to do, think, and say that can help support a person along this path. The book is definitely worth your time and offers a great array of ideas for you to explore and with which you can interact.

### Song of Songs The Spiritual Cinema Circle, DVD

Exploring the mystery of love, this DVD

attempts to pose answers to the questions: Why do we fall so deeply in love? Why are relationships so difficult? Are life-long monogamous relationships still possible in today's world?

Using a mixture of personal interviews, visits with relationship experts, and music, filmmaker Chris Brickler takes the viewer inside these questions. He interviewed over 150 people from around the world, from all walks of life, trying to understand the essence of what makes a relationship successful. Using his own grandparents — who have been happily married for over 66 years — as an example, he asks the question, "Is this possible in our generation."

Anyone interested in building a successful intimate relationship would be well-served to watch this movie. It is engaging and indeed does answer the questions posed in a most enlightening and hopeful manner.

### The Encyclopedia of Angels, Spirit Guides, and Ascended Masters A Guide to 200 Celestial Beings to Help, Heal, and Assist You in Everyday Life by Susan Gregg Fair Winds Press

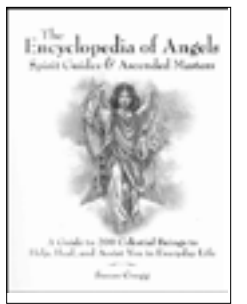
If you are ready to meet some new angels and guides as well as learning more about your favorites, this is the book for you. It is an oversized 9-1/2" x 11" full color book printed on heavy stock paper, and it weighs four pounds! Not a book to

carry around with you, it is one to have at home where you can easily peruse its pages.

For each angel or guide, you are given the main faith from which the tradition comes, the areas in which this saint or angel is known to work, an invocation to use, and a bit of information about them.

For instance, Rachmiel is associated with Judaism and can help with a safe and painless childbirth, creating beautiful and powerful ceremonies, deepening your ability to be compassionate and to move easily through rites of passage like menopause and adolescence.

I predict this will be a very popular and powerful book that will bring people joy and comfort for many years. Oh, and a really surprising thing? According to the review copy I have the cost in the United States is only \$21.99! Better get your copy fast!



## The Domino Effect

Continued from page 11

You have a laugh with your neighbour, shake his hand — infusing him with positive energy — and say your farewells. The mail carrier, on his way back from work, notices the old woman struggling along the road and instinctively offers to help. Soon enough she feels that she is not the loneliest person in the world.

The neighbor, who has gone into the house now, feels more positive than he felt earlier on. He begins to tidy the home and in a positive frame of mind makes headway into finding more employment.

At 4 p.m. his stepson comes in from school. The father smiles at him and asks how his day has been. The wife returns soon after. She

walks into the home and sees her family hard at work preparing a meal and having fun while doing it. Sitting at the table, the discussion turns to each other's day as they share a meal together. Later in the evening, she looks over to the mantelpiece and notices her pain killers on the side. Discarding this sight she then sees the picture of her family and thanks God for the wondrous gift that she has.

As you can see, the outcome of both of these domino effects creates a negative ending or a positive ending. By using your free will you determine which outcome you will have.

Jock Brocas is the author of *The Powers of the Sixth Sense*. [www.jockbrocas.com](http://www.jockbrocas.com).

## Community News

### Skin Deep Dance Studios Opens

Beacon Hill's new dance studio, Skin Deep Dance Studios, located on the top floor of El Centro de la Raza, at 2524 16th Ave. S., offers classes in American tribal style belly dance, Nia, yoga, Goddess Squad and more. They also offer licensed therapeutic massage on a sliding scale and are a boutique and art gallery. Visit [skindeepdancestudios.com](http://skindeepdancestudios.com) or call 206-322-9500 for class times and more information.

### Academy of Spirit offers live streaming video

New ways to connect with people are being introduced regularly on the Internet. MySpace, which was first thought to be "just for kids,"

has an average user's age of 35 and is the number two most used social networking website. Facebook started out as a college connection and communication resource. It is now the third most used social networking site, with an average user age of 37.

What is number one, you ask? YouTube! The place you go to watch those funny video clips that circulate around through emails. That circulation of video clips (called viral distribution) is what has made YouTube.com number one.

Social networking and the use of video online taken the Internet from being just like a magazine with a bunch of writing on it to being an interactive place. It has also changed the way people use the Internet. With so much information available on the Internet many people find that they are making friends and learning right at their own desk.

Recent technological developments have taken video on the Internet from those short homemade clips on YouTube to full length movies with sharp digital quality pictures. While this technology is changing daily and will continue to give us amazing things that we never dreamed possible, the Academy of Spirit in Lynnwood, Washington is harnessing that technology and making it available for everyone to use today.

Last fall, Academy of Spirit introduced its website offering downloaded video presentations. Their recorded video presentations are enjoyed by people all over the world. Many local practitioners have their hour-plus-long video classes available now on the Academy of Spirit website. The next step beyond the recorded presentations online is live presentations. Academy of Spirit's co-owners, Rev. Wendy Lewis, Ph.D. and her daughter, Emilyanne Lewis, are taking this evolving video technology very seriously and have added live

streaming video capability to their website, launching on June 7 and 8 with a two-day workshop. The workshop was attended by 20 people in the Lynnwood studio and by 40 people live online from the U.S., Canada, Belgium, England, New Zealand and Australia.

Online students can watch what is going on in the classroom, and they can also interact directly with the teacher by sending in questions and comments via email. Those questions are then read to the teacher who addresses them during the class for all to hear.

Because of its complexity and expense, this is cutting edge technology that is only currently being used by a few major corporations and universities.

Academy of Spirit is dedicated to bringing this technology to all practitioners to share their messages and connect with one another in an ever-deepening and meaningful way.

Academy of Spirit is located online at [www.academyofspirit.com](http://www.academyofspirit.com).

**5Focus**  
EXPLORE YOUR QUALITY OF LIFE

**Exercise Education Healing**

[www.5focus.com](http://www.5focus.com)  
206.631.2818  
1009 8th Ave. N  
Seattle

Stop By  
**Café MAE**  
EAT WELL