

On The Bookshelf

Book and Media Reviews by Krysta Gibson

Cancer's Best Medicine A Self-help and Wellness Guide

By Mauris L. Emeka

You are advised to consult your healthcare provider before beginning treatments of any kind.

—Editor

The author's wife of 36 years passed away due to cancer and since that time he has dedicated himself to studying this disease. In this book, he shares what he has learned. The author is not a physician and does not claim to be one. He has discovered that the tumors that are commonly called cancer are actually the symptom of the cancer.

Emeka says that cancer is a process that causes the tumor to appear and that the main focus needs to be on the process rather than the symptom. The book gives an array of information about diet, exercise, and lifestyle that can help a person possibly avoid cancer and/or reduce it if it already exists in the body.

Research is presented on the various ideas with follow-up places to get more information. Most of what is in the book will not be news to the readers of *New Spirit Journal*, but it is helpful to have information presented in a variety of ways so we can make best use of it.



"It is a call to live a free and honest life." The information covers the spectrum of what is the nature of the universe and how to get in touch with God to the importance of everyday meditation. There is little that is not addressed.

Very positive and upbeat in tone, the guides present a way to live in the present, aware of our spiritual connections, which supports us in being who we are in every minute of our day.

The two-CD set gives some wonderful guided meditations that are brief and that can be easily learned and used without the CD. They cover being in the light, working with the mind and heart as well as a series that can help the user get to a clearer place in their inner world.

If you like channeled information and angels, you will want to treat yourself to this set of materials. If you are not familiar with channeled material, this would be a great place to start.

God's Gift: Is Knowing Thoughts are Things

Know Thyself by the I in I AM

How to Image Yourself Rich

By Marie Kliever

This is a set of three booklets that are really very interesting. The author lives in Klamath Falls, Ore. The first, *God's Gift*, is a group of inspirational poems she wrote. Many of them are based on biblical passages and all of them provide supportive thoughts to better one's life.

The other two are based on handwriting analysis. *Know Thyself* explains that how you write the letter "I" can show your emotional slant on life and the author shows many examples of the various ways to write the letter "I" and what the variations mean. She also sprinkles in a lot of sound advice about how to live one's life in a more positive manner.

How to Image Yourself Rich explains that "hand writing is brain writing" and how we can use imaging with our handwriting to reach goals we set for ourselves. Examples are given that can be used to support the reader in reaching one's goals.

All three offer sound advice and some unusual perspectives that are worth considering.

If you want to know about these booklets, go to www.yourfutureyourcreation.com.

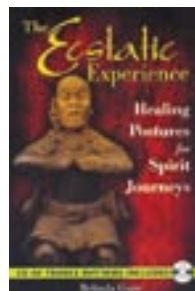
The Ecstatic Experience Healing Postures for Spirit Journeys

By Belinda Gore
Bear & Co.

Based on lengthy research, the author maintains that maintaining specific body postures in a ritual context can help experience transformative states of consciousness.

In the first part of the book, she gives us the background we need to understand where her information comes from and why we might want to consider learning how to do this.

The rest of the book is devoted to 20 specific postures that can be used for healing, divination, initiation, metamorphosis and



Your Body is Your Subconscious Mind

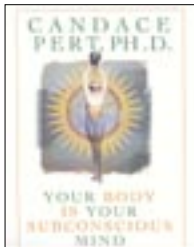
(Set of three CDs with study guide)

By Candace Pert, Ph.D.

What I most love about Candace Pert is her ability to present scientific information in an interesting way that makes it easier for me to apply to my life. This is an older set of CDs but it gives the groundwork she has used for her work since 2000, the year this was published.

Here she helps us look inside the molecular structure of our bodies so we can understand what is going on at the cellular level. She describes her efforts over the past two decades to decode the "information molecules" – peptides and their receptors – that regulate every aspect of human physiology.

As with her other work, she brings the information home by telling us how we can apply it to our lives and brings science to the level of everyday experience. The study guide that comes with the CDs is excellent and offers an eight-point program for work with the molecules of emotion. If you want to understand your body and mind better, this would be a good program for you to listen to.



The Flow of Life Channeled Meditations from Angelic Guides

By Roseann Buritz
Book and two-CD set
Transparent Publishing

This book is channeled information from angelic guides whom the author has known her entire life. She says,



Start your day in a powerful way and experience the difference from the inside out!



CONSCIOUS TALK

RADIO THAT MAKES A DIFFERENCE

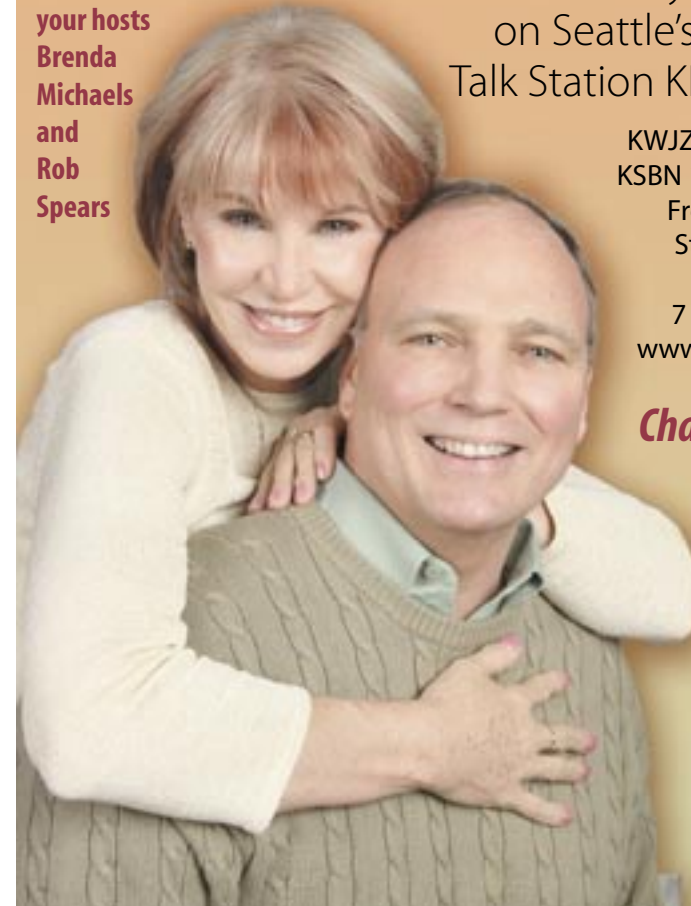
with your hosts
Brenda Michaels and Rob Spears

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Featured interviews for July include:



James Van Praagh

New York Times bestselling author of *Ghosts Among Us* and executive producer of the primetime series, *Ghost Whisperer*, James Van Praagh will be interviewed about his new book *Unfinished Business - What The Dead Can Teach Us About Life*. JULY 2, 7-8 am

Dr. Divanna Vadree

Transformational Healer, Dr. Divanna Vadree, hosts our Down To Earth Spirituality segment. Current, insightful, joyous, and direct, Divanna brings light to every day issues with grace and strength. TUESDAYS, 7-8 am



Ingrid E. Newkirk

Ingrid E. Newkirk is the founder of PETA, the organization that has been instrumental in stopping the use of animals in laboratory tests for cosmetics and car crashes, and raising animal welfare standards in the meat industry. Newkirk has appeared on *Today*, *Oprah*, *Nightline*, *20/20* and *The Colbert Report*. JULY 20, 7-8 am



Krysta Gibson Krysta Gibson is publisher of *New Spirit Journal*, a business and spiritual consultant, and popular teacher and author. Krysta shares her thoughts about the ability to accept our lives as they are while allowing them to unfold magnificently. JULY 30, 7-8 am.

www.conscioustalk.net

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