

On The Bookshelf

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spiritual journeys. She explains what culture each comes from and gives directions about how to assume the postures for the desired results.

With the book comes a CD with rattling and drumming sounds that can be used to help enter the trance state. Whether you are working alone or in a group, enough information is given that you are able to have these experiences on your own. I haven't had time to try them myself yet, but they surely do look interesting and the book makes for some fascinating reading.

How to Read the Akashic Records Accessing the Archive of the Soul and Its Journey

By Linda Howe
Sounds True



According to the author the Akashic Records "contain everything that every soul has ever thought, said, and done over the course of its existence." If this is true, then it makes sense we could benefit from being able to learn from these records.

The author has been working with these records for herself and others and is able to present a good working knowledge of this dimension of life. The book provides very specific instructions for accessing this material for yourself or for others.

She shares the experiences of others who have read their own records which helps you feel a little more confident when beginning to access your own.

Whether you are interested in order to learn more about yourself or you want to heal some past life issues, this method seems to be sound and well-worth learning how to do.

Creative Flowdreaming Manifesting Your Dreams in the Life You've Already Got

By Summer McStravick
Hay House



Seeing herself as a "manifesting practitioner," McStravick certainly has the right to tell us about her ideas and strategies for manifesting using what she calls Flowdreaming. She is the Network Producer/Programming Director for HayHouseRadio.com where she co-hosts a weekly radio show with Dr. Wayne Dyer. She also hosts her own radio show at Hay House radio.

This book is not only informative and full of ideas and techniques to help the reader live a happier life, it is also a sharing by the author of her own path. I love that she doesn't just share her successes; she also shares her own doubts, her own bad hair days, and tells us how she deals with them.

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She also tackles the tough question: "Do we really create our own reality with our thoughts?" Yes and no? Sometimes? Not really? And what part does our illusive higher self have to do with all of this?

Whether you are new to metaphysics or an old timer, I think you will find much of value here. There are a number of new angles with which to look at life, ones that will support and motivate you to create the life you truly want.

The Three "Only" Things Tapping the Power of Dreams, Coincidence and Imagination

By Robert Moss
New World Library



How often have you said, "It was only a dream." Or heard someone say to you, "Hey, it's only your imagination." Or, "Hey, that was only a coincidence?" These are the three

"only" things Moss is referring to.

In this book he makes a great case for learning to pay attention to our lives and the various symbols and messages that we are receiving all the time, perhaps without being aware of it. He offers practical suggestions for harnessing the power of the three "only" things.

The book is full of stories from his own life as well as from celebrities, inventors, and world-changers that are fascinating and offer compelling evidence for the value in the three "only" things. Not only does the book offer some great ideas to put into practice, it is entertaining as well.

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