

# On The Bookshelf

Reviewed by Krysta Gibson

## The Way of the Fertile Soul Ten Ancient Chinese Secrets to Tap into a Woman's Creative Potential by Radine Lewis, Ph.D., L.Ac. Atria Books

This book is about women being able to give birth to a physical baby. It is also about a woman giving birth to the self she really wants to be.

The Way of the Fertile Soul redefines the concept of fertility for modern women by exploring the five elements of traditional Chinese medicine in a feminine Taoist model. As readers bring these secrets of Eastern wisdom into their Western lives, they are empowered to align imbalances; to call forth health and abundance; and to introduce a fruitful approach to life.

Any woman who wants to get pregnant should use the ideas in this book before using fertility drugs or other harsh methods of conceiving. Wouldn't it be wonderful to call forth your pregnancy through your own spirit rather than using drugs?

The ideas and processes in this book apply to everyone, of course – men and women – and to anyone who wants a more fertile life in all areas, not just having a baby.

## The One Command Command Your Wealth Inprint Your DNA for Lasting Success as You Discover Rich Portions of Your Mind That Create Wealth and Satisfaction by Asara Lovejoy

There has been a lot of buzz lately about The One Command book, workshops, and groups. Many people are working with the information in this book and are finding themselves able to manifest material objects, money, career changes, business growth, and relationships more easily than ever before.

The One Command is a six-step process in

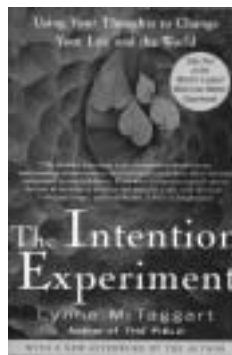
which a person learns how to use the state called theta to call forth whatever it is they want to manifest. This process is the culmination of years of study and experiences by local author and teacher Asara Lovejoy. Asara tells her own story, how she went from being severely in debt to enjoying great prosperity after she came up with and began to use The One Command process.

This book also contains stories of success from many other people and it gives a great deal of supportive information that will help those who decide to work with The One Command. Anyone who is serious about mastering the manifestation process will do themselves a big favor by getting a copy of the book and working with material. The only thing you have to lose is your state of lack!

## The Intention Experiment Using Your Thoughts to Change Your Life and Your World by Lynne McTaggart Simon & Schuster

Have you heard it enough yet? Your thoughts create your world! The Intention Experiment puts a little different spin on this idea. The author examines the science of intention and she actually conducts ongoing experiments with reputable scientists to find out if there is truth behind what has been taught for ages.

She explores human thought and intention as a tangible energy that we can use to focus



our lives, heal illnesses, clean up our communities and improve the planet. Using group experiments, she shows how plants — as well as entire communities — can be impacted by the use of intention.

Best of all, she has ongoing experiments on the internet in which readers can participate to see for themselves whether or not thought and intention can impact the world around us. She also gives processes for the reader to use to hone their ability to use the power of their thoughts. This is a fascinating book and you won't regret reading it.

## Living the Field Tapping into the Secret Force of the Universe by Lynne McTaggart Sounds True

This is a CD set by the same author who wrote The Intention Experiment and a book called The Field. After giving us the science behind what she calls "the field" (the unified consciousness in which we all exist), McTaggart talks about our outmoded paradigms, how we are all connected, and how we can expand our human abilities. She gives us very practical ways to be more aware of our connections so that our lives are fuller and more satisfying. Topics include: native cultures and the new science, native conceptions of time, internal imagery, energy meditation, earth energies and human perception,



holistic approaches to education, relationships, and the quantum connection, and time and the present moment.

Whatever your goals might be – better health, more money, better relationships, developing your ESP – learning how to live in the field will help you get there. This is a marvelous CD set, one you will want to listen to many times as you begin to live what it teaches.

## ASK Lift Off, Lift Up, & Ascend by Carol Joal Arnaudo Walk About Wisdom Books

This is a handy little book that will easily fit into your pocket or purse as well as your life. It offers a step-by-step guide to "crisis survival, healing, wellness, and to have an even better ordinary day." The reader is asked to use the information in the book for 30 days.

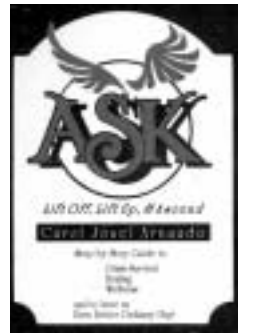
The first part consists of questions to ask yourself during the day, questions such as: "What beliefs do I need right now to accomplish \_\_\_\_\_?"

"How can I accomplish my task and enjoy myself even more?"

"How can a problem best be analyzed?"

These questions are meant to support a

See page 18



## Lee Crawford, B.S. Brennan Healing Science Practitioner 425-828-9794 Graduate of Barbara Brennan School of Healing

Brennan Healing Science is a gentle but profound multidimensional spiritual healing modality. Overall benefits include: Increased feeling of health • Physical and emotional well-being • Increased energy • Increased self-awareness. It complements all traditional and alternative therapies.

11232 120th Ave NE, #105, Kirkland, WA 98033 leecrawf@gmail.com

**Psychics & Healers Daily**

**Spirit Journey**  
Gifts for the Mind, Body & Spirit

485 Front St N. Issaquah  
Just 15 minutes from Seattle  
(425) 391-3127

Open Mon-Fri 11 am - 6 pm  
Sat 11 am - 5 pm • Closed Sunday  
www.spiritjourney.com  
Online store

Featuring:  
**Bio-Cleanse Detox Footbaths**  
Only \$25  
Relax and detoxify your whole body

Books • Statues • Tarot • Jewelry • Amulets • More!

## Transformational Leadership

### From back page

passion. As you are led by the still, small voice within, act on your passion in the world. Take a stand, make a commitment to join, help, and co-create this better world.

- Allow the vision of what is possible to form in your mind, and give attention to this daily.

- Talk about this vision with others and inspire them.

- Find candidates who resonate with your heart and support them with time and money.

- Participate in your local process. Take other like-minded people with you.

Transform the discussion at your very most local level. (It's easier than you think!)

- As you meditate, regularly add the request that we be led to the highest and best outcome in this election season.

- When you get the chance, listen to candidates speak and check their message with your heart. Let yourself become inspired. Particularly look for chances to see candidates in person.

Most of us have watched many elections, usually from the sidelines. It is easy to think that one voice, one person, really can't make a difference. This notion is a grand and tragic delusion. The impact of focused

thought has awesome power to impact reality. Focused thought joined by mindful action is transformative. Each and every one of us is needed for this profound work.

*Kathy Baxter is an ordained OverLight Metaphysician, spiritual counselor, and teacher in the Seattle Area. She is co-owner of Harvest of the Heart, located in Shoreline. She has been a human rights political advocate in Seattle for over 30 years. For more information about the services offered by her organization visit [www.HarvestoftheHeart.com](http://www.HarvestoftheHeart.com). You can contact Kathy at [Kathy.baxter@HarvestoftheHeart.com](mailto:Kathy.baxter@HarvestoftheHeart.com).*

## NEED A GREAT WEBSITE? BUSINESS CARD? BROCHURE?

We can help you put your best paw forward with fetching web design and graphics. At prices that will have you doing dog-circles!

Washington Newspaper Publishers Association:

2006 Winner: Ad of the Year

2006 Winner: Single Promotional Ad

2006 Winner: Best Use of Graphics

Visit our website at [WWW.INDIGODOG.COM](http://www.INDIGODOG.COM)

# Indigo Dog Design

