

On The Bookshelf

Book and Media Reviews by Krysta Gibson

Movies

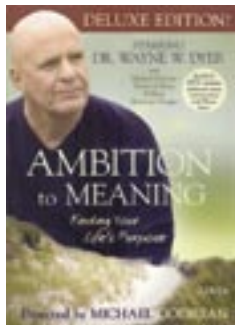
Ambition to Meaning Finding Your Life's Purpose

Starring Dr. Wayne Dyer
Hay House

Fans of Wayne Dyer will love this video set in the deluxe edition. People who don't know the work of Wayne Dyer will find this a fabulous introduction to him. The film uses a combination of story telling and teaching to give us an inspirational experience.

Using the stories of an overachieving businessman, a mother of two trying to find her own way to express herself in the world, and the story of a director who wants to make a name for himself, we are treated to direct teaching that shows how to create a life of meaning and purpose. This is a terrific way to blend the entertainment of story telling with the focus of teaching.

The film is very well done and one is easily carried forward during the two hours of the story. The bonus CD offers another three hours of interviews and extra scenes that sup-



port the messages of the movie.

Ambition to Meaning is sure to find a cherished place in your video collection and is one you will watch many times over while also sharing it with family and friends.

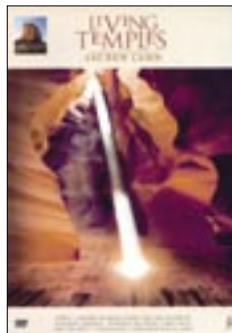
Living Temples Sacred Land

By Jan Nickman with Linda Hunt; music
by David Lanz

Third Planet Productions

All I needed to see was that the music for the video was composed and performed by the combination of David Lanz, Gary Lanz, and Gary Stroutsos and I knew I would love it. And I do!

The cinematography of Jan Nickman takes us through the sacred places of the American Southwest while the voice of Linda Hunt reminds us of the deeper meanings of our lives and nature. And through it all is the music of David Lanz and Gary Stroutsos, which was written specifically for the video. In fact the bonus material has them telling us how they made the video and combined the



music with the film.

This video allows us to make a deep connection with nature and with our own souls. Some are saying this video is a form of healing as it allows the soul of the viewer to make an inner connection with themselves as well as with the planet. I can easily see this video being shown in an assortment of waiting rooms, allowing the visitors to relax and connect before meeting with a physician, lawyer, accountant, counselor or other professional. You could also have it playing on your computer or television to create a supportive working or relaxing environment.

At the end of the movie is a moving dance performance in which it feels like the dancer's partner is the earth herself. It is absolutely brilliant and very moving. This is a video you will watch many times over.

Books

Emotional Freedom Liberate Yourself from Negative Emotions and Transform Your Life

By Judith Orloff, M.D.

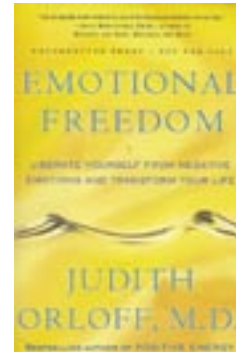
Random House

Who doesn't want to be free of negative emotions? Yet, it seems we hang onto them and use them to beat ourselves and others up. Psychiatrist Judith Orloff offers a lifetime of learning in this very personal book. She shares her own stories and that of her clients which makes us aware that she knows what she is talking about.

She helps us understand the four components of our emotions and gives us a tool to find out where we are with our current state of emotional freedom. We are given tools to help us deal with the most prevalent difficult emotions and how to build more positive ones.

Imagine having better tools to deal with anger, jealousy, depression, worry, loneliness, frustration and fear. Wouldn't your life flow better? Wouldn't you be able to handle the ups and downs of life with a greater sense of confidence?

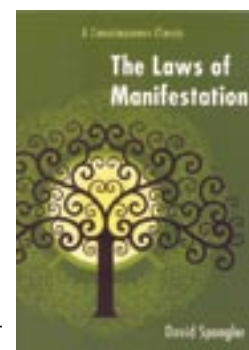
This book has the tools you need to do this and it is written in such a compassionate and useful manner that it makes it easy and inviting to tackle this huge challenge that our emotions can present to all of us.



The Laws of Manifestation

By David Spangler
Weiser Books

Originally written in 1975, this book is a collection of ideas and teachings that David Spangler shared with other residents of Findhorn, Scotland. Findhorn was an early



intentional community where the residents lived by applying the principles of attracting to themselves whatever they needed to promote wholeness and further growth.

David Spangler was one of the early residents there and the principles he teaches in this book were used to help grow the community. The book has been out of print for some time and we are fortunate to have it available once again.

These days we hear a lot about the law of attraction and it is frequently tied to making a lot of money, buying real estate, or otherwise improving our material lives. This book is based on the idea of working with the state of our consciousness so that we can express the selves we are here to manifest. Spangler calls it Gaian manifestation and it goes way beyond many of the ideas being taught today.

If you are looking for something with real substance that will support you in your spiritual quest within a material universe, you will want to grab a copy of this book. Read it several times as once will only get you started on this path. Subsequent readings will take you to the center of it.

Chakra Foods for Optimum Health

By Deanna M. Minich, Ph.D., C.N.

Conari Wellness

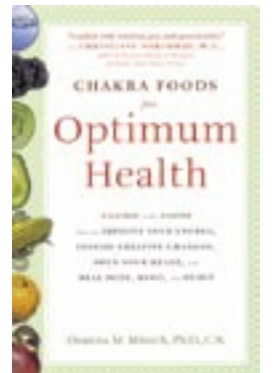
If you are looking for a source of great information about food, eating, and your spiritual process, this is the one for you as it looks at both the nutritional and spiritual aspects of food and how it can heal us.

Deanna Minich is a local nutrition educator, researcher, and counselor and has offered her Nutrition for the Soul workshop series at medical clinics in the Northwest as well as at Evergreen State College and Bastyr University.

The author talks about the energy signature that various foods have and she uses the chakra energy system as a guide in how to heal body, mind, and spirit through foods and eating. Specific affirmation and other practices are offered for each chakra as well as meal plans and recipes. This is less a book to be read than it is one to be used as a workbook. Once the reader understands the system Deanna uses, one would apply the information for the various issues current in one's life.

There are lots of stories here which makes the information more user-friendly and there is a spirit of joy and play around this issue of being nourished that makes using the book a lot of fun.

The author says, "Three meals a day, 365 days a year, for an average life span of 76 years would mean that we have nearly 84,000 opportunities to have meaningful, healing interactions with food!" This book helps you to do just that!



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