

# On The Bookshelf

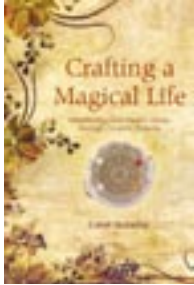
Book and Media Reviews by Krysta Gibson

## Crafting a Magical Life Manifesting Your Heart's Desire through Creative Projects

By Carol Holaday  
Findhorn Press

When is the last time you read a spiritually-oriented book and could actually say it was a fun read? This is exactly what *Crafting a Magical Life* is: a fun read. The reason it is so much fun is that the author gives various projects the reader can use to enhance their manifestation skills. She walks us through making our own pendulum, manifesting map, power prayer beads, traveling altar, dream pillow and so much more.

The author gives specific instructions as well as explaining how to use the various items and techniques. *Crafting a Magical Life* gets you out of your head and into your heart and soul. By using some of these projects and making them your own, you will enhance your own clarity while increasing the power of attraction in your energy field. Both of these can only support you in manifesting the life you are destined to live.



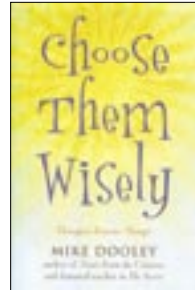
her book will make you laugh and sometimes cry. They'll make you think and they'll fill you with wonder. Most of all, De Dan's stories will teach you about the fine art of bridging worlds; between animals and humans, between heart and mind, between body and soul, and between consensus reality and the deeper levels of reality that nurture and sustain us all. *Tails of Healer* is a gem.

## Choose Them Wisely Thoughts Become Things!

By Mike Dooley  
Beyond Words  
Publishing

Most people are now familiar with Mike Dooley after he was featured in the movie, *The Secret*. Prior to that, however, Dooley had quite a following because of his audio courses and his daily e-mail program, *Notes From the Universe*. The latter eventually became several books.

What people seem to most enjoy about this author is that he shares his own processes and he gives practical information that is inspirational at the same time. This book is no exception. Written in short chapters, each of them is filled with inspiration, compassion and love. No matter what issue life might be throwing at you, there is a chapter here that can support you in choosing better thoughts that will help you enjoy a happier, more satisfying life.



## Finding Heaven Here

By John C. Robinson  
O Books

More of a workbook than one to simply read, *Finding Heaven Here* leads the reader through the journey of experiencing true soul-living. This is, of course, the experience of heaven on earth. Throughout the book, the author shares much of his own journey and process which helps us find his words believable and worthy of action in our own lives.

Exercises such as "exploring heaven's compass" helps us walk through what the author calls the four realms: the world of man, heaven on earth, darkness, and divinity. This one exercise is used as a base for us to explore other aspects of our daily life and attitudes.

The author's journey has taken him into many different religions and traditions and the entire book is sprinkled with various quotes from a wide variety of teachers. The value in this is that the information can appeal to a broad range of people from many different backgrounds.

If you want to explore the idea of self-realization in a bit of a different light, this book would be a great guide for you.



## 365 Prescriptions for the Soul Daily Messages of Inspiration, Hope and Love

By Dr. Bernie S. Siegel  
New World Library

Dr. Bernie Siegel is known worldwide for his fabulous work in the medical profession where he did groundbreaking healing work in aligning body, mind, and spirit. This book could be seen as a mini-course for daily use. At the end of a year, you would have covered just about every issue imaginable.

Try these: Prescription #129 - Get Comfortable (quit worrying about what others think of you)

Prescription #42 - Argue or Love? (You get to choose and the results will show.)

Prescription #315 - Sense of Humor (Get one!)

Grab a copy of this book and put it where you have breakfast every day. Enjoy one of these prescriptions and see if your life isn't better very soon; you might not know yourself in a year's time!



## Tails of a Healer: Animals, Reiki and Shamanism

By Rose DeDan  
Author House

Reviewed by  
Cat Saunders, Ph.D.

*Tails of a Healer* is jam-packed with animal stories that delight the senses, tickle the imagination, and transcend the mundane into the realm of mystery.

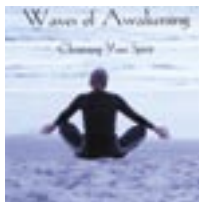
Author Rose De Dan is not only a gifted healer, shamanic practitioner, and Reiki master; she is also a master storyteller. The true-life tales in



## Waves of Awakening Cleansing Your Spirit Meditation CD

By Cathleen Balfour

Cathleen Balfour is a spiritual teacher, holistic health practitioner, and sacred site guide who uses guided meditations as one tool to assist people along their paths. On this CD, she begins with a healing prayer that is followed by about 10 minutes of imagery. The listener



is taken to a beach and led to an experience of great relaxation to the sounds of the ocean and birds. There is guidance about living one's life through divine grace, and honoring one's divine self.

There is a good use of one's senses and of light. Following the guided section, there is about 30 minutes of relaxing music and nature sounds with theta frequencies. Theta frequency is said to promote health, meditation, intuition and memory. If you need more relaxation and deepening of your spiritual practice, this would be a good addition to your tool box.

## Best Tarot Practices Everything You Need to Know to Learn the Tarot

By Marcia Masino, Weiser Books

Anyone interested in the tarot will want to get this book. The author is a certified Grandmaster of Tarot as awarded by the American Tarot Association and is the author of the classic *Easy Tarot Guide*. The book is a comprehensive guide to tarot and can be used by beginners as well as more seasoned readers.

I love the way that this method encourages you to have your own relationship with the cards, their symbols, and the characters on the cards. This enables a person to really know their own personal meaning for each card as opposed to simply memorizing details from books.

Whether you want to read for yourself or others, this book has it all. It even covers what to do with difficult clients and how to have a meaningful reading. If you are looking for ways to integrate the teachings of the tarot into your life, this book offers a great deal of information and insight into doing that as well.

I have recommended this book to every tarot reader I know and feel confident it will deliver

great insights to anyone who decides to use its wisdom.

## Grace, Gaia, and the End of Days: An Alternative Way for the Advanced Soul

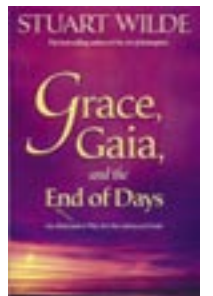
By Stuart Wilde, Hay House

This book will not be for everyone as it takes the reader on a journey far beyond that explored in the usual studies of metaphysics. It is about something Wilde is calling the "end of days," even though he is not saying the world is actually ending; instead, he is saying it is ending as we know it.

According to Wilde, there are battles being waged in the spiritual worlds, battles being waged by the forces of light against dark entities in order to free the planet. The book explains the various entities and events that are going on in these other worlds and what each person can do to work with the various energies. He talks about inviting grace into our lives and how we can allow divine grace to heal us and the planet.

Some of this information can seem to be way "out there" and is impossible to describe in the space allotted for a book review. I was involved in a group telephone interview with Stuart whom I had met and interviewed many years ago. I can say that his energy has changed substantially and he is much more mellow and compassionate.

If you are interested in some of the more challenging explanations of time and space and the planet, this book will certainly intrigue you and offer a lot of material for thought.



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