

Ads

CHURCHES & SPIRITUAL HOMES

SOCIETY OF NOVUS SPIRITUS, Gnostic Christian Church founded by Sylvia Browne. Spiritual Services Sunday 11 a.m., 505 Williams Ave. S., Renton, WA 98055. (425) 255-9042, www.Sylvia.org. e-mail: northwest@novus.org.

WICCA: Aquarian Tabernacle Church, open to all. Free monthly Lunar celebrations, classes, other events. For more information call 360-793-1945. www.aquatabch.org.

OLYMPIA CENTER FOR SPIRITUAL AWAKENING. Creative Reality - Great Spirit - The Big Yes! - God/Goddess The Great I AM - Infinite Potential — whatever you call your Higher Power, you are welcome! Revealing Possibilities - Unleashing Potential, 11 a.m. Sunday Celebration, Nova Middle School, 2020 22nd Ave. S.E., Olympia; (360) 570-2112; www.csaolympia.com

PUBLICATIONS

VOICE OF CHOICES MAGAZINE. Articles, Art & Inspiration to assist you in living your 'Bless'd' Life. Creating Conscious Connections Seattle - Maui - Sedona. Pick up your free copy. Visit www.voiceofchoices.org, email voiceofchoicesnews@yahoo.com or call (206) 715-2824

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MISCELLANEOUS

HAVE A PAPER ROUTE, meet new people! New Spirit Journal has a route available from time to time. If you have a reliable car and would like to explore this opportunity, contact Krysta at (206) 799-7753 or (425) 356-7237.

On The Bookshelf

Reviewed by Krysta Gibson

Serenity Through Meditation

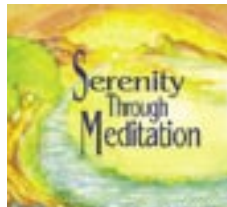
By Sue Neufeld-Ellis
Gentle Path Press

This CD by local psychotherapist, counselor, healer, and nurse Sue Neufeld-Ellis offers two 30-minute meditations that use sonic and voice entrainment technology. This allows your brain waves to move to an alpha-theta state, the later being the one where the deepest relaxation and changes can occur.

Using imagery that takes the listener to a state of self-forgiveness and self-nurturing, the first meditation evokes feelings of great safety and joy. The music of famed musician Steven Halpern forms the perfect backdrop for this and for the second meditation.

The second one is all about relaxing at a very deep level. Sue's voice guides you through a methodical relaxation of the body and mind where you can rest and rejuvenate yourself to the sounds of Halpern's hypnotic music. Both meditations end with ten minutes of silence so that you can have some unstructured meditation experience.

Sue has given us two beautiful and effective meditation experiences that can be easily used by beginning or skilled meditators.



The material is solid, very well presented, and easy to use. Making this a regular part of your spiritual path is certain to help you open doorways to your inner world and support you in creating the life you want.

Women of Wisdom Empowering the Dreams and Spirit of Women

By Kris Steinnes
Wise Woman Publishing

In 1993 Kris Steinnes founded the Women of Wisdom annual conferences that were initially held at Seattle Unity Church. Over the years, just about every major (and many not-so-well-known) woman teacher, artist, musician, and ceremonialist participated as did thousands of attendees.

This book tells the story of this one-of-a-kind gathering for women, detailing the group's evolution to its current-day status. Kris went through hours and hours of tapes transcribing and editing them so they could be presented in this written format. Teachers such as Jean Houston, Angeles Arrien, Judith Orloff, and Barbara Marx Hubbard are only a few that are represented.



In reading the book, one is made to feel as if you are attending one of the conferences and Kris does an outstanding job of making the spoken words, artwork, and ceremonies come to life on the written page.

If you would like to be in the company of women who are encouraging other women to step forward, be leaders, and transform the world from one of fear to one of love, this is the book for you. Women and men can benefit from the wisdom, hope, and challenge that fills each page. It is easy to feel like wrapping yourself up in the pages of this book so you can absorb every ounce of goodness it offers.

Unplug

An interactive kit with booklet, CDs, and cards

By Sharon Salzberg
Sounds True

This is a dandy little kit for people who want to learn how to meditate, unwind, and relax. On two CDs, there are 12 guided meditations that begin with learning how to calm the mind and feel one's breath. The others are about letting go, counting the breath, trusting yourself, facing challenges, opening the heart, walking meditation, the practice of loving-kindness, knowing yourself, and feeling your interconnectedness.

The booklet talks about the topics above and is also accompanied by differently colored cards with supporting thoughts about the various topics, cards that one could carry or place around one's space to help you remember what you are focusing on.

Unplug is a good introduction to meditation and would serve a person for learning how to meditate as well as how to simply live a more relaxed life.



The Moses Code

The Most Powerful Manifestation Tool in the History of the World

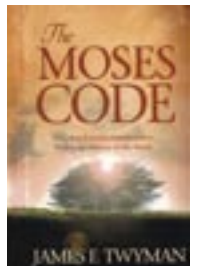
By James F. Twyman
Hay House

The Moses Code is a book and also a movie that many people have been watching locally and around the world. This book and the movie take us beyond the movie The Secret and teach the true function and practice of the law of attraction.

Twyman talks about how nearly 3,500 years ago Moses was given the secret to attracting whatever a person might desire. The author states that the secret was hidden away with only the highest level initiates being allowed to practice it. The information is once again released through this book.

The author says that cracking the Moses Code depends more on what you're willing to give rather than simply on what you want to get. He teaches how we are to use the power of divinity itself to create a world based on the laws of compassion and peace. We can change the world for the better and he is showing the tools to do this. The book is very good, easy to follow, and offers some down-to-earth ideas and techniques to use to better your life.

James Twyman is also showing the movies over the internet and is gathering people energetically to use the Moses Code to help bring peace to Jerusalem. Go to www.themosescode.com for further information.





Cracked Bat

hits home...

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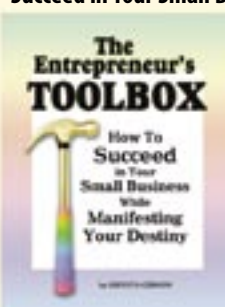
Once a woman reclaims her intuitive eye, the game is never the same.

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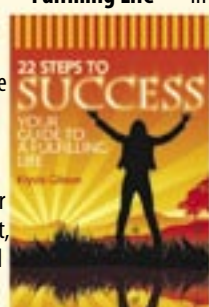
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A five-week course written especially for the holistic practitioner. Learn how to set up your business, market it, and succeed on all levels.

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In her succinct and enchanting manner, Krysta leads you through 22 concepts that can help you live your life the way it is meant to be lived: with joy and zest!

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negative thoughts and feelings to uplifting ones in 10 minutes a day!

Available at many area bookstores as well as on the internet at www.krystagibson.com