

On The Bookshelf

Reviewed by Krysta Gibson

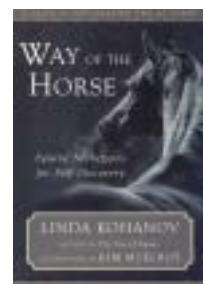
Way of the Horse Equine Archetypes for Self-Discovery

by Linda Kohanov
Illustrated by Kim McElroy
New World Library

Just about everyone I know loves horses. It doesn't seem to matter if we ride or not, if we own a horse or not; horses have a way of working themselves into our hearts. This powerful new book and deck by Kohanov and McElroy will delight you as much as it astounds you. Even after working with the tarot for over 25 years, I am always amazed at how decks such as this can reach into the subconscious and superconscious minds and shed light on our lives.

This deck is built around horse wisdom. Each chapter Kohanov explores key concepts surrounding a particular image revealing practical meanings behind horse behavior as well as the powerful symbolic and spiritual significance of these amazing animals.

This kit can be used as a tool of self-discovery or as a way to learn more about the human-equine bond. Either way it is full of information, inspiration, and magic. If you



have a horse person in your life, grab them a copy of Way of the Horse and they will love you for it!

If You Have a Name You Need This Book

by Dolly Mae
Sacred Lotus Press

Nameology is the art and science of understanding names. In this book, author Dolly Mae gives all the tools you need to understand your name and that of people you know. This information can help you have a clearer picture of why some people are the way they are and even can help you understand some of the various events in your own life if you have gone through any name changes.

Charts are given as well as worksheet so that you can play with the information and apply it right away. Of special interest to people wanting to name their children consciously, Dolly talks about what choices in names might have certain effects in the child's personality.

This is not only a fascinating book; it is useful and fun.



The Art of Presence

by Eckhart Tolle
CD set by Sounds True

If you haven't read The Power of Now by Eckhart Tolle, you have most likely heard of it. This CD set is a recording of a retreat Tolle gave in which he explores the concepts behind being in the present moment. What I love about this retreat is that he gives us some practical ways to stay more present in our lives.

Tolle talks about living our days with relaxed alertness, overcoming our judgments of self and others, how to truly "meet" other people, and how to find our "inner body" and live from that space. I listen to a lot of CD sets and it is unusual for me to be so impressed that I actually sit down with them and take notes. That is what happened with The Art of Presence. If you are looking for clarity on staying centered, allowing your beingness to live your life, and how to practice "allowing," this set is for you. Be warned, though, it is tough to listen to while doing anything else. You will find yourself really wanting to be present with it in your now-moment!



Bite by Bite Seven Guidelines to Break Free From Emotional Eating

by Geneen Roth
CD Set
Sounds True

Bite by Bite is all about changing your relationship with food. Roth gives guided meditations, practical techniques, and her seven guidelines which, when followed, eliminate the need for diets.

This author is well-known for her Breaking Free workshops, in which she has worked with hundreds of thousands of people to help them release emotional eating. What she teaches is based on her own life as well as of the lives of the many people she has helped. She approaches her work with compassion and insight.

Bite by Bite will be of great use and support to anyone who is working with body and eating issues.



Animal Speak Understanding Animal Messengers, Totems, and Signs

by Ted Andrews
CD Set
Sounds True

I found a frog on my porch last night. It was sitting on a chair and I can't imagine how it jumped high enough to be where it was. Whenever I have such an incident with an animal, I turn to Ted Andrews' book, Animal Speak, where I gain tremendous insight into what sort of meaning the appearance of a particular animal might have for me. When I couple Andrews' writing with my own intuition, I usually gain some great insight into my life.

Imagine my delight when I received this CD set to review. The author came alive for me. After reading his words for years, I got to actually hear him, and what a fun experience it is. This CD set is a combination of teaching, telling stories, and sharing insights into the animal world.

You will learn how to determine your own power animals, how to understand the language of the animals, how to call on the



innate medicine of your animal guardians for protection, healing, and uncovering your own hidden strengths.

If you have never worked with animal energies in this way, you are in for a big treat. If you have worked with them, this will broaden and deepen your knowledge.

Beyond the Gates DVD

Fox Home Entertainment

Beyond the Gates, starring John Hurt and Hugh Dancy, is an independent film and winner of the Heartland Film Festival's Truly Moving Picture Award. It is about the



genocide that happened in Rwanda in 1994.

I always hesitate about true-life movies like this. On the one hand I don't want to fill my consciousness with the violence and murder that took place. On the other hand, I don't want to deny the reality of what actually happened. Although this is a difficult movie to watch, it is also one that shows how strong the human spirit can be and it encourages us to stay aware of world events and to speak up when we need to do so.

It is the story of a Catholic priest and an idealistic young teacher who find themselves caught in a literal and spiritual crisis during the 1994 Rwandan genocide. The movie was shot in the same locations where the depicted massacre took place and some of the real survivors work on the crew of the movie.

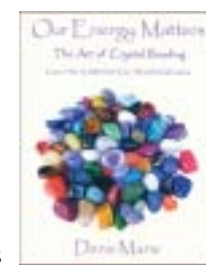
Although a difficult movie to watch, Beyond

the Gates will give you a deeper look into what these people went through and demonstrates just how wicked and deadly prejudice and misunderstanding can be.

Our Energy Matters The Art of Crystal Reading Learn How to Manifest Your Heartfelt Intentions

by Dena Marie

This book is a marvelous introduction into the world of crystals and to understand how they can be used for readings and for manifesting. However, the author gives so much more. This book is actually a compilation of her many years of



reading, studying, and teaching.

Besides crystals, the author talks about charkas, colors, astrology, numerology, the tarot, dreams, feng shui, relationships... whew! The book contains information about so many different facets of metaphysics that it could be considered a basic textbook, and one written with heart and soul. The author provides the basics about giving readings, and encourages her audience to jump in and experience this world for themselves.

Even if you have been around this information for awhile, you will enjoy this book and the refreshing approach it takes.

Courage & Craft Writing Your Life Into Story

by Barbara Abercrombie
New World Library

Whether you write for yourself or for publication, Courage & Craft is a delightful book that will give you some great tools to explore the craft of writing. These tools come from an instructor in the writing program at UCLA Extension and a published author of novels, children's books, poetry, memoir, and articles.

The book is written in bite-sized chapters that explore such things as journals, essays, autobiography, fiction, poetry, and each chapter also contains an exercise designed to lead you more deeply into your craft.

Over the years I have read (and bought, but not read) many books about writing. This is one of the least imposing, most inviting and encouraging that I have experienced. Whether you want to write just for yourself or to share with the rest of us, Courage & Craft deserves a place in your writing life.

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In the Light of Truth

THE GRAIL MESSAGE
by Abd-ru-shin

The author writes, "In the knowledge of Creation which I have given in my Message, and in the related explanation of all the Laws automatically working in Creation, which may also be called the Laws of Nature, the whole weaving of Creation is displayed without a gap; it allows every process to be clearly recognized, and therewith the purpose of man's whole life. With unassailable logic it also unfolds his "whence" and his "whither," thus giving an answer to every question, provided man seriously seeks for it."
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