

# On The Bookshelf

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This is a fascinating reference book and would make a great holiday gift for the health practitioner in your family or for someone who is interested in the underlying cause of various illnesses. It took an incredible amount of work to assemble and categorize all of this information.

If you can't find the book at your local store, go to [www.healerwisdom.com](http://www.healerwisdom.com). It is also available in a test format for your PDA.

## Creative Visualization Use the Power of Your Imagination to Create What You Want in Your Life

By Shakti Gawain  
New World Library

This is the 30th anniversary edition of a classic work upon which many people in our community cut their metaphysical teeth. It was originally self-published in a small amount and sold primarily through word-of-mouth. Since 1978 this book has sold more than six million copies in 35 foreign editions.

The book gives the basic information anyone needs to start making the life changes they want to make: the basics of creative visualization, detailed information about how to use this tool, specific meditations and affirmations as well as techniques to use. This includes treasure maps, working with your ideal scene, and the pink bubble technique.

Finally, there is a section about how to use all of this information as a way of life so that you can discover and live your higher purpose every day.

This edition would make a wonderful gift since it comes in a beautiful box, is hard

covered, and even has a ribbon marker. The publishers have done a great job of making this a very special edition you will want to have.

## Eckhart Tolle's Music to Quiet the Mind and

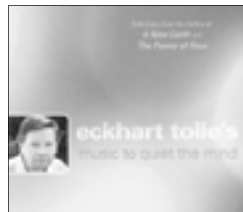
Kim Eng  
Meditations for a New Earth  
Sounds True

The first CD is a collection of Eckhart Tolle's favorite music for entering the depth of the present moment. It is fun to see what he would choose out of all the available music. His choices come from Deva Premal, Kip Mazuy, Jeff Johnson, Helvia Briggen & Djamel Ghezali and David Sun. The music is definitely calming and easy to listen to.

The second is a two-CD set. Eckhart gives a great introduction about meditation and how this process can be used in our everyday lives to bring us to greater awareness. Kim Eng, Eckhart's teaching partner and counselor/teacher in her own right, then leads us through a variety of meditations.

There are eight guided meditations which include practices for dissolving the pain-body, breathing, meditating in nature and while walking. One of my favorites is the collection of 10 mini-meditations which helps to turn daily routines such as washing our hands, driving the car, waiting in line, or having conversations, into opportunities for awakening.

There is no musical background to the



meditations. This allows for greater focus on Kim's voice and on what she is suggesting. If you have enjoyed the work of Eckhart Tolle, you will like this collection of meditations because it embodies what he teaches and will help you take the next step of living the information.

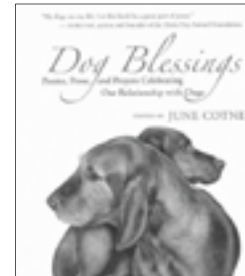
## Dog Blessings: Poems, Prose, and Prayers Celebrating Our Relationships with Dogs

Edited by June Cotner  
New World Library

Dog lovers, bring your box of tissues and your sense of humor when you read this book. It is all about the special relationships we humans have with our dogs as seen through the eyes of a variety of people. From a section called "It's a Dog's World" and another about puppydom we move through bonding, devotion, aging and parting, followed by reflections, prayers and blessings.

The poems and prose will have you nodding in agreement and smiling in acknowledgement of the silly things some dogs can do. This book is a great tribute to the roles dogs play in our lives and our world. Of course, the parts about our dog-friends moving on is difficult but it is also a reminder of our dog-angels who have moved on to dog heaven.

Doris Day says of this book, "My dogs are my life. Let this book be a great part of yours."



information. Well-worth watching more than once and a great introduction to these ideas if you want to share with a friend or family member.

## Chakra Healing Musical CD

By Dean Everson & Soundings Ensemble  
Soundings of the Planet

Dean Everson has always been one of my favorite musicians and this album just insures he stays at the top of my list. The music offers a meditative experience that has been created to resonate with the chakras. The liner notes explain the chakras, giving the name, seed sound, color, vowel tone, affirmation, element, purpose, organs, and gemstones that goes with each. The information is excellent and I was pretty amazed at how much is there in such a small space.

Each track relates to one of the chakras with the final track bringing the energy of all of the chakras together.

One can also use this album as inspiring background music while reading or writing, yoga, massage, or other times you simply want to relax. The album is on my iPod now and readily available wherever I go and want some meaningful relaxing music to listen to. This would make a wonderful gift for any meditator, body worker, or stressed-out person on your giving list.



## Words of Power: Tools for Personal Empowerment and Transformation

63 card deck  
by Almitra Zion

Published by Armida Press

The creator of this deck says that the cards were created in conjunction with the counseling service she offers her clients who seek her out for guidance during times of transformation. She was speaking to a client and said the word "trust." It came to her that this word stands for "Truly Relying on the Universal Strength Thankfully." Thus was born the Words of Power deck.

The 63 cards are numbered and are in a triangular shape. Each word is printed vertically on the card with the meaning of each letter written smaller below. The instructions that come with the cards explain ways to do readings and some suggested layouts. One of the simplest ways to use the cards is to choose one for a particular issue or day.

I pulled one to represent this issue of New Spirit Journal. I asked what is the overriding energy people will receive when they read the newspaper this month. The card I pulled is Forgive. It means "Facing Our Reasons that Generate Imbalance brings Victory Emotionally."

Some other words in the deck are Joy, Goddess, Truth, Anger, Crystal and Time. This is a very interesting deck to work with and gives you the opportunity to ponder various words in our lives and have new ways to apply their energy to the issues we are facing.



## Quest Happy, Wealthy & Wise

A Lili Fournier Special  
100 minute DVD

A highly inspirational DVD, this is from the producers of the award winning Quest program on PBS. This DVD has a wonderful assortment of speakers: Janet Attwood, The Passion Test; Richard Carlson, Don't Sweat the Small Stuff; T. Harv Eker, The Millionaire Mind; Sam Keen, Faces of the Enemy; Marci Shimoff, Happy for no Reason; John Assaraf, The Answer; Jack Cornfield, Chicken Soup for the Soul; Hale Dwooskin, The Sedona Method; Byron Katie, The Work; Hari Nam Singh Khalsa, Spiritual Leader; and Sir John Templeton, Templeton Fund.

Whew. This is 100 minutes that is chock full of ideas, support, inspiration, and humor. There are wonderful nature scenes interspersed with the speakers, lively music, lots of dancing, and a few little short storylines. Well done, creative, there are a lot of one-liners and lists that you might want to stop the show and take some notes.

Perhaps my favorite part is where Sam Keen said that when he turned 61 he figured it was time to start getting old. Instead he went to trapeze school and we see shots of him doing trapeze work at the age of 67. Now that is inspirational!

This goes beyond the secret and has a lot of Zen-like material that offers more substance and spiritual base to the



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