

# On The Bookshelf

## Book and Media Reviews by Krysta Gibson

### Healer Wisdom Beliefs by Disease and Trauma Revision 2

By Valeria Moore

Similar to Louise Hay's booklet "Heal Your Life," but far more comprehensive, this book is written as a catalog of information to be used with yourself or clients to assist

in the changing of beliefs. The idea is that this information can help a practitioner or individual uncover what sort of beliefs might be underneath physical or emotional issues.

No one can be sure what beliefs do or do not affect a person's health and the author is very clear that she is not saying that this book contains the answers to everyone's health



issues. However, she has spent years studying and working with this information.

It is organized by issues, for example, allergies. We are given "emotional state summaries," such as "The body feel poisons. Hostile feelings

with others in the book. Finally, we are given the underlying belief, that which might be behind the health concern. The idea is that the individual or practitioner can work to unearth the underlying belief structure and then use various modalities to change it, thus allowing the health concern to leave.

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towards others. They feel they are under attack, etc." The issue is then cross-indexed

## Holiday Product Review: Holy Chocolate: Intentional Chocolate!

Reviewed by Krysta Gibson

We've all heard that dark chocolate is good for us. Now there is chocolate that takes the next step; it has been blessed and infused with positive intentions by experienced meditators at the Deer Park Monastery in Madison, Wisc. This is accomplished by using a device developed by the Human Energy Systems Alliance (HESA, [www.hesainstitute.org](http://www.hesainstitute.org)). The device is designed to capture, hold, and then transfer intention into food.

The intention put into the chocolate is: "Whoever consumes this chocolate will manifest optimal health and functioning at physical, emotional and mental levels, and in particular will enjoy an increased sense of energy, vigor and well-being for the benefit of all beings."

A double-blind, placebo-controlled pilot

study published in "Explore: The Journal of Science and Healing" (October 2007) found that one ounce of Intentional Chocolate eaten over three days increased test subject's well-being, vigor and energy by an average of 67% and, in some cases, up to 1,000% when compared to the control group.

Researchers showed that those who ate Intentional Chocolate specifically received these benefits: decreased stress, increased energy, less fatigue, greater calmness, enhanced focus, and improved well-being.

We were able to try three of the available products. The truffles were sublime. Not only did the staff at New Spirit Journal try these, but we shared them with the psychics who worked at our last fair in Monroe and everyone agreed that the chocolate tasted fabulous and all felt great after eating it. No one said if it increased their accuracy.

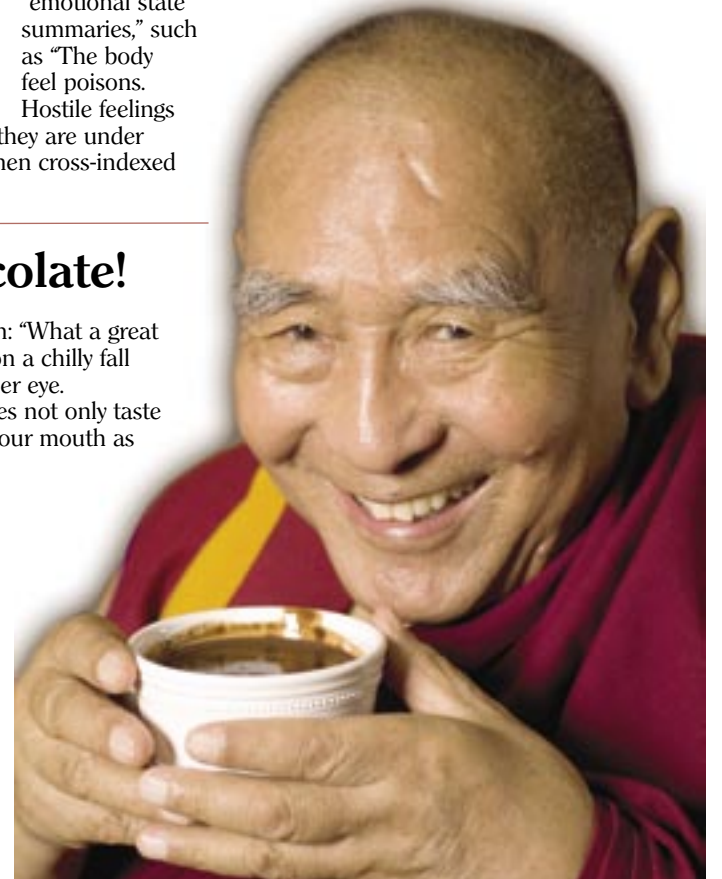
The dark hot chocolate inspired this

quote from Rhonda Dickson: "What a great way to get my antioxidants on a chilly fall day," said with a twinkle in her eye.

The dark chocolate pistoles not only taste delicious, they feel good in your mouth as well as in your heart!

The company Intentional Chocolate, LLC, is offering some great gift baskets for the holidays (\$48.50-\$100). Besides the chocolate, they have coffee, Goji berries, devotional music, T-shirt and hat, pillow cover, gratitude journal, and beeswax candle.

If your local store is not carrying these products yet, go to [www.intentionalchocolate.com](http://www.intentionalchocolate.com).



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Martha Norwalk is an animal behavior therapist with over 35 years of professional experience and service. She also hosts her own radio show, Martha Norwalk's Animal World, Sunday mornings on Alternative Talk AM 1150. She is available for private sessions, either in your home or over the phone. With her holistic approach, Martha can help you understand your animal friends and solve any behavior, training or healing issues that they might be having. Martha's rates are surprisingly affordable and in most cases she will only need to see you once.

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