

# On The Bookshelf

## BOOK, CD, DVD, AND PRODUCT REVIEWS

Reviewed by Krysta Gibson

### Qi Flow Yoga Presence through Movement DVD By Kim Eng Sounds True

Kim Eng is Eckhart Tolle's teaching partner and a counselor and spiritual teacher who offers workshops that focus on the integration of mind, body, and spirit. This DVD runs for 130 minutes with different movement practices one can use to bring more presence to one's daily life.



She teaches Bamboo Tree, a grounding presence to help embody emptiness and stillness, and says we can even practice this one when standing in line at the grocery store. Then there are the chakra-based exercises designed to sense, clear, and rejuvenate our energy field. And she gives a shorter daily practice that can stimulate the spiritual energy of awakening.

The movements are taught with Kim standing in a beautiful garden accompanied by the sounds of flute music. She is easy to follow and to understand and the movements are not especially difficult, although there is one that involves standing on one leg while the other is raised behind you, something not everyone can do easily. However, she is quick to tell people to do what they can in the way they can.

If you're looking for a slow moving ex-

ercise routine that is designed to bring you into the present moment and support your spiritual journey, this is a great DVD for you.

### Awakening in the Now By Eckhart Tolle DVD

**Sounds True**  
After having viewed several DVDs of Eckhart Tolle as well as seeing him on Oprah's 10-week webcast and listening to several CDs of his, I thought, "Could I really enjoy another 110 minutes of Tolle?" But, yep, I did!



It isn't that he said anything new on this DVD. He didn't. But each time he talks about being in the now, giving up our resistance to what is, and allowing ourselves to be the space for whatever is happening in our lives, he does it in a slightly different way. It feels new each time. With his quiet sense of humor and giggle, rolling eyes, and floating

hand movements, he draws us right back in to the present moment.

He reminds us that looking to the past or the future for fulfillment is "madness;" that we can live without struggle and with great joy if we just let go and live life as it presents itself to us. Watching this DVD is an excellent way to put yourself into pace with him and feel what it's like to be truly present and alive.

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**3RD ANNUAL HEALING HEARTS PSYCHIC FAIR.** Bremerton Masonic Temple 878 5th St. Walk from ferry. Psychic readings, Artists, Raffles, Performers.

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**FRIDAY, NOVEMBER 20**  
**SUNDAY, NOVEMBER 22**  
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