

# On The Bookshelf

## BOOK, CD, DVD, AND PRODUCT REVIEWS

Continued from Page 14

### Transform Your Life Through Handwriting

By Vimala Rodgers  
Two CDs, guidebook, blank journal, 26 cards  
Sounds True



The focus of the author of this program is "...to guide persons in adopting handwriting patterns that bring out the best in themselves, with a specific emphasis on the transformational power of the letters of the alphabet." She teaches that how we write letters, where we make loops, how we cross our "t's" make a difference to our subconscious and can influence our life experiences.

The reader is asked to write every day in a very specific way for 40-day cycles. By doing this, she says we will find ourselves letting go of outdated thought patterns and acknowledging ourselves at the highest possible level.

The book offers this for each letter: soul quality, declaration of intent, alphabetical family, element, gender, gemstone, animal, guardian protector, and how it is best to inscribe the letter.

I have not had 40 days to work with

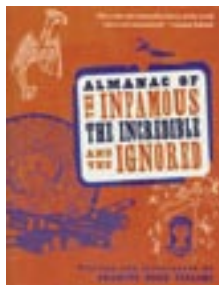
the program so cannot attest to its effectiveness. However, on the outside of the program's box, Louise Hay says she worked with the program and released many old negative patterns by using it. Sounds like it is well worth trying even if it just tidies up your handwriting!

### Almanac of the Infamous, the Incredible and the Ignored

By Juanita Rose Violini  
Weiser Books

Besides having some terrific information, this book is just plain fun. Each day of the year, you can read about some unusual lore with a historical date, a quote, an illustration, and a secret power as well as a way to optimize this power.

For instance, on Nov. 10, we can read about this date in 1819 in Montreal when people thought the world was ending due to blackness that descended on the city. Aug. 23 tells us how in 1929 the New York Times carried the story of Lily White, a young woman "whose clothing constantly, unexplainably caught fire." Read about coffins vanishing, crystal skulls, UFO encounters, poltergeists, and more.



One of these entries every day for the next year and you will have some great trivia and tidbits to share at any gathering or party you attend. This would also make a great holiday gift.

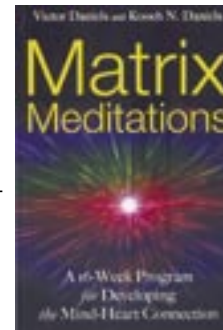
### Matrix Meditations A 16-Week Program for Developing the Mind-Heart Connection

By Victor Daniels  
and Kooch N. Daniels  
Destiny Books

Are you looking for a do-it-yourself-structured program that can support you in attaining spiritual growth as well as greater emotional and financial security? If so, you might want to take a look at this book. It offers four key forms of meditation: concentration, mindfulness, contemplation, and adventures in awareness. These are applied to specific practices that range from improving mental clarity to replacing self-limiting patterns of thinking and behaving.

Each day or "cell" covers a different topic such as: courage, listening, loss, healing, joy, adventure, karma, confusion, and moderation. After a discussion on each topic, you are given something practical to do with the information, a way to apply it to your life. I love this since being given an actual practice is what helps us to ground ideas into the world of matter.

This is a great book and the authors point out it can also be used as an oracle. Just open it to any page and use that as your area of focus for the day.



about finding happiness and the state of the world today in a way that grabs your attention from the beginning and doesn't let go. Interspersed with their wisdom are tidbits of our seeker's life as he tries to understand and apply what he is learning.

You'll watch this more than once and it would make a great gift for someone you know who is seeking the greater meaning to life.

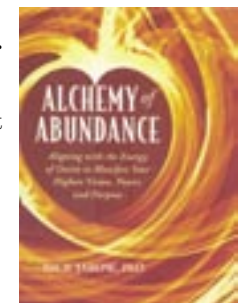
### Alchemy of Abundance Aligning with the Energy of Desire to Manifest Your Highest Vision, Power, and Purpose

Book and CD  
By Rick Jarow, Ph.D.  
New World Library

This is a dandy little book and CD that leads you through the creation of your own mandala of manifestation using 14 guided visualizations. By using this mandala with journaling, dreamwork, and visualizing you are grounded in a personalized method of manifesting your life the way you want it to be.

The chambers visited in the journeys are body, money, machines, home, creativity, organization, other, depth, journey, vocation, vision, dissolution and return. There is a lot of depth to this interactive program. This isn't a book to be read; it is an actual program to be used and lived.

There is a longer version of this program that I reviewed a few years ago. It is really nice to have this abbreviated form for use by busy people who might not have the time to listen to the entire course. If you want to deepen your life experience by having a better understanding of your own manifestation process, this would be a great program for you to use.



### Living Luminaries on the Serious Business of Happiness: The Awakening of Sean Mulvihill

DVD  
Gotham Metro Studios

This is a fast-paced one and a half hours of following the main character, Sean, as he tries to find the secret to happiness. His search leads him to visit with a wide array of authors, religious and spiritual leaders, and social activists such as Eckhart Tolle; Marianne Williamson; Michael Bernard Beckwith; and Nachum Shiffren, the Surfing Rabbi. There is also an exclusive video interview with Geronimo (Pratt) Ji Jaga who found self-realization while unjustly incarcerated for 27 years.

The teachers share what they believe



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