

On The Bookshelf

Book and Media Reviews by Krysta Gibson

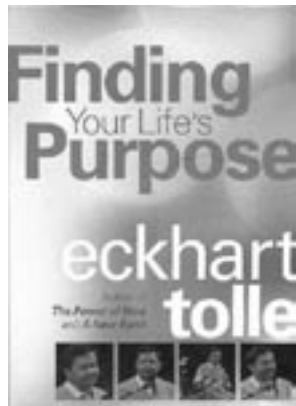
Finding Your Life's Purpose

By Eckhart Tolle
DVD, running time 93 minutes
Sounds True

A few years ago Eckhart Tolle, author of *The Power of Now*, was known mostly in the more spiritually-oriented circles. Now Oprah has made his name well-known to thousands of people who are interested in living happier lives.

This DVD is a wonderful way to learn more about this man's teachings and to be re-inspired if you think you already know enough about living in the present moment. In his quiet but also humorous way, Eckhart discusses the notion of time and how we can live our primary purpose in life that does not involve time.

One tip he gives at the very beginning of the session is to ask ourselves, "Am I still breathing?" This is one way to get out of our minds and into the body which automatically brings us into the "now." For more concepts and tips, give yourself the gift of watching the video, and be sure to take notes!



one of her book selections and then did a 10-week internet class on it, the entire world knew who this great teacher is. This deck is based on Tolle's newest book. Each of the 52 cards in this deck was carefully chosen by the author for the purpose of deeper contemplation and inspiration. Each selection reinforces the principles of the book and even lead us toward personal and, ultimately global, transformation.

They are presented in a beautiful box that also provides a way to display the day's chosen card. This would make a great gift for yourself or others.

Whispers From Eternity

By Paramahansa Yogananda
Self-Realization Fellowship

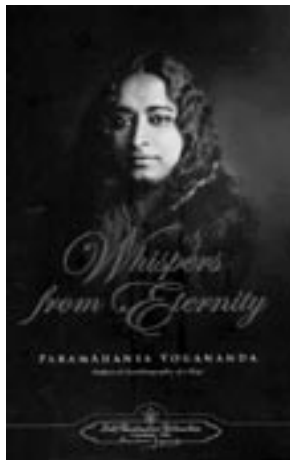
Originally published in 1929, *Whispers From Eternity* was revised by Yogananda (well-known for his *Autobiography of a Yogi*) during the latter years of his life. The book offers universal prayers, affirmations, and ecstatic experiences in elevated states of God-communication.

There are invocations to the prophets of the world's religions as well as a special section of children's prayers. One of the really nice features of this beautiful, hard-bound book is the photos of Yogananda which are scattered throughout.

Here is one of the short prayers called "Be my captain."

"O, Heavenly Father, by Thou the Captain of the boat of my daily activities and bring it to the shores of divine fulfillment."

The book offers such a variety of invocations that any truth seeker from any religion would be able to enjoy and be able to choose daily thoughts most helpful for a person's particular need.



Powers of the Sixth Sense

How to Remain Safe in a Hostile World

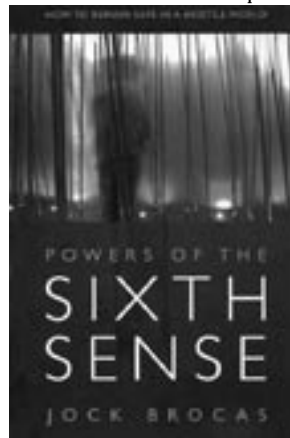
By Jock Brocas

O Books

There are many people who read this newspaper who will be surprised that I am reviewing this book. It is about how to keep yourself safe at home and your business, protecting yourself against being kidnapped or raped, and to be safe from terrorism. Many people will say they do all of this by keeping their consciousness clear and this is good and, in fact, the best way to stay safe.

However, we are all still in learning phases or we wouldn't be here. This book can fill in for the times when our energy might lag. The author is an accomplished psychic and gives many techniques to learn how to use your intuition to keep you safe from harm. He also served in the British army, worked as a personal bodyguard, and works as an international security consultant for several top blue-chip companies in the world.

The book is a beautiful blend of practical information and tips for developing your intuition so you can use it to stay safe as well as to access information of value to you. This is an interesting read and offers some great ideas.



The Forgotten Horses

Photographs by Tony Stromberg

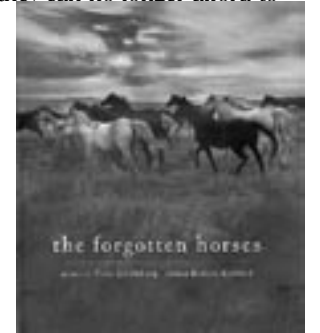
New World Library

An oversized, coffee table book, *The Forgotten Horses* is the work of noted equine photographer Tony Stromberg who turned his camera away from the flashy breeds that often fill horse photo books and toward the ordinary, the sometimes lame and blind, the unwanted horses of our nation.

The book is filled with over 200 extraordinary portraits of horses that were taken at various horse sanctuaries across the country. These horses are crossbreeds with no clearly defined bloodline or wild horses that have been forced off public land. All of them are now enjoying a second chance to live a meaningful and dignified life.

The explanation at the beginning of the book about the plight of many horses in today's world is as meaningful as the photos are. Many people are now giving up their horses because they can no longer afford to feed them and many of these horses are ending up in sanctuaries, if they are lucky.

A tribute to everyday horses who give so much to all of us, *The Forgotten Horses* will have you falling in love with these mighty creatures whether or not you ever have one yourself!



Inspirational Card Deck

based on A

New Earth

By Eckhart Tolle

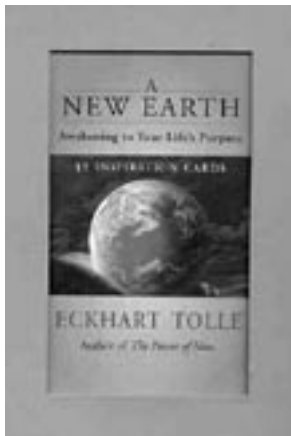
52 cards in

display box

New World

Library

Once Oprah chose to make A New Earth



Tips for Communicating With Our Animal Friends

Continued from Page 20

pen to jot down whatever comes to mind as you learn to strengthen your telepathic skills. We all have these skills innate within us; it's just that we have been programmed to think that telepathic communication could be considered as something weird and something that only certain people can do.

Working with your own animals can be a little more difficult as your emotions can get in the way and because you know them so well, you may dismiss your findings as just your imagination or wishful thinking. When you receive information that can be verified by the owner of an animal, even though it might have appeared nonsense to you, you know you can begin to trust your intuition and guidance from the animals.

Another way that I work with overseas clients is to hold and concentrate on some of the animal's hair that the owners have sent along with a photograph. You can amaze yourself by just starting to write whatever comes into your head. This may take the form of pictures, or what seems rather like a video clip

of the animal's experiences. Physical feelings, sounds, smells or even taste can be experienced. I had a case once where I heard Spanish being spoken and this was for an English client, so I thought I had got it wrong until I discovered that the little dog I was working on was rescued in Spain.

Of course, it is also vital that you relay any of your findings with the utmost integrity and care. Animals evoke strong emotions, especially if you are communicating with an animal that may have passed over. This is a very sensitive area and any information must be given with total compassion and empathy.

Always finish by thanking the animal for its help and patience. I often feel that animals are so much more in tune with our energies and nature than we are and that they are our teachers and guides. It must be so frustrating for them, when they try their hardest to alert us to some issues that need addressing either within the family or environment, and we fail to understand what they are trying to tell us. This can result in some very chal-

lenging behavior by them and many animals can put their homes and sometimes their very lives at risk, by doing this.

We need to remember that animals are so much more than just dogs, cats, or horses. They are multi-dimensional beings. I am passionate about raising people's understanding of this. I also believe that animals can choose to reincarnate to come back to us to continue a loving relationship, which illustrates just how committed they can be to maintain their deep connection to us. We really need to become more aware of their messages and act upon them, so practice, practice, practice. Good luck and happy chatting!

Madeleine is based in the UK but travels extensively to work with creatures in their natural habitat, especially cetaceans. She runs clinics for animals and people and provides distance readings and healing. She is also a columnist and author. For more information, check out her website, www.anexchangeoflove.com. She is the author of "An Exchange of Love," a book about animals healing people in past present and future lifetimes, being released by O Books in October.

Subscribe to

NEW *Spirit* JOURNAL

Have New Spirit Journal delivered to your front door!

Fill out this form and send it along with your payment to:

New Spirit Journal, 14911 Chain Lake Rd. #431, Monroe, WA 98272

Name: _____

Address: _____

City: _____ State: _____ Zip/Postal Code: _____

Phone: _____ Email: _____

Bulk mail rates:

Prices include Washington State sales tax

1 year (12 issues) \$21.70 • 2 years (24 issues) \$32.55 • 3 years (36 issues) \$43.40

First Class or Canadian rates:

Prices include Washington State sales tax

1 year (12 issues) \$35.81 • 2 years (24 issues) \$60.76 • 3 years (36 issues) \$85.72

Your subscription begins with the next issue after we receive your information and payment. Thank you for supporting New Spirit Journal.