

# On The Bookshelf

Book, CD, DVD Reviews by Krysta Gibson

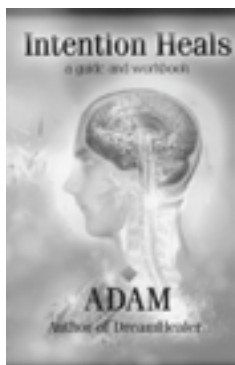
## Intention Heals – A Guide and Workbook

### Dreamhealer, Visualizations for Self-Empowerment (DVD)

By Adam  
DreamHealer, Inc.

This is the fourth book and first video by the healer known as Adam. The book “continues the theme of joining science and ancient wisdom as our awareness moves toward the goal of the scientist and mystic being of one mind. The logic is simple. Our thoughts are energy. Intention is focused thought which affects all physical matter. Once you decide to take control of your mind which in turn regulates your body, then you will be in control.”

Adam first discovered his healing abilities at the age of 15 when he healed his mother



of her symptoms of multiple sclerosis. Since then he has worked with thousands of people, helping them access their own self-healing abilities. He has worked with people such as Dr. Edgar Mitchell, Dr. Bruce Lipton, and Dr. Lee Pulos, all three of whom acknowledge Adam’s healing abilities.

In all four of his books, he gives very specific information about how to use the powers of intention and visualization to heal oneself. Two of the books, “The Path of the Dream Healer” and “The Emerging Dreamhealer” have pictures to help the reader learn how to visualize their body healing. The video brings this to life and would be very helpful to people who have difficulty visualizing as well as to those who enter the state more easily. I have not seen a video like this one before and found it very powerful.

All of these materials are incredibly well



balanced, compassionate, and detailed, giving wonderful roadmaps to follow. Whether you want to heal cancer, stop smoking, sleep better, or lose weight, Adam’s techniques found in these materials are bound to be helpful and supportive in your quest.

Adam will be in Seattle in October. Details can be found at [www.dreamhealer.com](http://www.dreamhealer.com).

### Words2Savor By Mary Gouveia Words2Savor, LLC

This is a fun and different sort of product that you will enjoy using or gifting.

There are nine different bags to choose from and each contains 52 wooden discs, each having a word on them. Words are positive and uplifting, such as: fun, confidence, joy, delightful, explore, encourage, accept, appreciate.

The idea is to choose a disc every day, week, or when you want a word to uplift or inspire you regarding a particular issue. Children can also enjoy using them and carrying their choice with them to remind them of the thought for that day. It would also be fun to let clients choose one after a session of some kind to keep as a token.

The bags to choose from are great and include a butterfly muslin one with tiny beads and sequins, classic denim, black leatherette, camouflage, Asian floral, leopard print, and a few different satins.

Words2Savor are fun, unusual, and well priced. You can see them at [words2savor.com](http://words2savor.com).

### The Shadow Effect: A Journey From Your Darkest Thought to Your Greatest Dream

Produced by Debbie Ford  
70-minute DVD and an  
Interactive Version

Debbie Ford is known to many people as the author of several books and she has been on the major television talk shows. She has developed what she calls The Shadow Process, which is a way for people to get in touch with their shadow sides, heal them, and be freed to live their lives more fully.

In this movie, we are presented a very graphic explanation of what the shadow self is as well as insights into how the Shadow Process can help to integrate and heal it. Self-improvement heavyweights

weigh in during the movie: Deepak Chopra, Marianne Williamson, James Van Praagh and others talk about the existence of the shadow and its importance. There are some very inspirational stories shared by people who have done this using the Shadow Process.

If you only view the movie you might be disappointed like a writer who posted to Debbie Ford’s website. He was very frustrated because while the movie helped him recognize that he needs to deal with his shadow, it did not help him actually do it. He felt the movie was basically an infomercial.

There is an interactive version of the movie that really needs to be used along with the movie. The interactive version takes the next step and actually walks the viewer through the process of uncovering and dealing with one’s shadow.

Both versions are very well done and can provide some great support for people who want to face their shadow self once and for all. This is a great use of current-day technology to help people move forward with their lives.

### The Hope: A Guide to Sacred Activism

By Andrew Harvey  
Hay House

Finally, someone has written a book that blends the worlds of spirituality and activism, and does it very well. Andrew Harvey is an internationally acclaimed poet, novelist, translator, mystical scholar, and spiritual teacher who has published over 20 books.

The first part of the book gives us the background of how Harvey came to his own realizations about being able to blend his spiritual process with the needs of today’s world. The second part gives us what he calls the seven laws for sacred activism. These cover everything from the necessity of incorporating a spiritual practice into your life, to transforming anger into wise energy, to the importance of what he calls networks of grace.

He explains that neither the practical work of the activist nor the passive spirituality of the individual is enough to change the world. The two must be fused to affect the profound change that is necessary.

The Hope comes at a perfect time to teach us how to be conscious agents for change and gives us a plan to do so. The book is being embraced by many well-known spiritual teachers and activists and Harvey is even drawing the attention of the United Nations where he will present his vision this month.



**A Gathering Grove**  
Spiritual books, coffee, music and gifts.  
2820 Oakes Ave.  
Everett, WA 98201  
425-512-8845  
[agatheringgrove.com](http://agatheringgrove.com)  
Bring this ad in for 10% off new books and merchandise.

**Atlantis Health & Ascension Centers, Inc.**  
New Archangel Healing  
Metatron's Healing and Ascension Frequency CDs  
Full 6 months money back guarantee!  
Find out what others are saving at [www.AtlantisHealthCenters.com](http://www.AtlantisHealthCenters.com)

**Now It Can Be Told**  
Announcing a new book that tells you what couldn't be told before. Order this new book today.  
**Help! I'm Trapped In This Lifetime!**  
By Ron Calvin  
This book will inform you and challenge you.  
It is available on line from:  
[www.CelestialHealings.net](http://www.CelestialHealings.net)  
[www.AuthorHouse.com](http://www.AuthorHouse.com)  
[www.Amazon.com](http://www.Amazon.com)  
Ron Calvin

**Subscribe to New Spirit Journal and receive a free gift (\$14.99 value)**  
Have great news delivered to your mailbox for 12 months for only \$21.70 (tax included) and receive a **free copy of Krysta Gibson's popular CD "Embrace Your Day."** This is a CD that is sure to help you live your potential every day.  
Just send your name, mailing address, and phone number with a check for \$21.70 to New Spirit Journal, 14911 Chain Lake Rd #431, Monroe, WA 98272. Or go to [www.newspiritjournal.com](http://www.newspiritjournal.com) to subscribe online.  
**Take the next step in your journey with these two tools that can make the trip more joyful!**

**Family caregivers: you are not alone.**  
Now family caregivers can reduce stress and have greater well-being by using this program 20 minutes a day!  
• Based on scientific research that proves what we think about can influence the quality of our lives.  
• Designed specifically for family caregivers.  
Available as a CD or download at [www.krystagibson.com](http://www.krystagibson.com) or call 425-356-7237

Continued on page 19