

On The Bookshelf

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Excellent as You Are A Woman's Book of Confidence, Comfort, and Strength

By Sue Patton Thoele
Conari Press



This is one of those books that could stand on its own simply because of the title. We are, indeed, excellent as we are. Fortunately, the author did write the book, though, because it is not only a visually beautiful book, it is also very inspiring and supportive. The book offers insightful stories and motivational quotes

drawn from the author's meditation book, *The Woman's Book of Confidence*.

The words are accompanied by some of the most beautiful photos of flowers I have ever seen. Just looking at the photos brings a sense of peace and wholeness. Combined with the thoughts, it is a smashing success. This would make a fabulous gift for yourself or a friend and is a great little book to keep close by for quick pick-me-ups during the day.

Ten Tips for Working for Good

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while leveraging everyone's capabilities and serving everyone's needs. The synergy, generative energy, intelligence, and creativity that result from collaboration can be astounding, and the process is fun and fulfilling in itself.

8. Facilitate.

Facilitate means "to make easy." Facilitating is key to collaboration and to getting along with others in general.

Facilitation catalyzes the wisdom of the group and fosters decisions that engage the hearts and minds of all involved, to generate unified action. We can embody facilitative behaviors whether we are serving as a facilitator or as a participant in a collaboration.

9. Integrate.

Integration is both an internal experience and one of connecting the internal with the external. It involves "digesting" our experiences and incorporating lessons, ideas, insights, skills, etc. into our being. It also challenges us to recognize and address hindrances to our growth, to face aspects of ourselves we may not want to acknowledge. Integration calls for courageous self-reflection and cultivation. It requires effort – to practice what we learn – and delivers immeasurable returns. It is fulfilling and energizing, like plugging in the lights after setting up the holiday decorations: we get to take in the whole experience.

10. Go for it!

I encourage you to get out your calendar or agenda and use it to map out your next steps. Reach out to mentors, advisors, and peers for guidance and support and return to the place within yourself where you connect with the passion, sense of purpose, awareness, and energy to sustain you on your journey.

Here's some wisdom shared by Joseph Campbell. "A bit of advice given to a young Native American at the time of his initiation: 'As you go the way of life, you will see a great chasm. Jump. It's not as wide as you think.'"

Jeff Klein is author of "Working for Good" being published by Sounds True in September. Jeff Klein will be speaking at East West Bookshop in Seattle Sept. 17. www.workingfor good.com. Working for Good is a registered trademark of Platinum Marketing & Management, LLC.

Within You Without You Journey Into Stillness Music CD by Gary Stroutsos with guest David Lanz White Swan Records

The song "Within You Without You" was originally written and recorded by George Harrison in the '60s after he returned from a trip to India. It was a 30-minute raga which is revisited in a 16-minute version on this recording. The



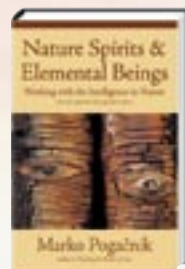
words to the original song are printed in the liner notes and we are reminded that the lyrics are as relevant today as they were in 1967.

Gary Stroutsos is a well-known woodwind master whose home is in the Pacific Northwest. His music always carries a bit of the trees and ocean and this album is no different. Besides the title piece there are eight more to round out the 63-minute CD.

The pieces are quiet and meditative and include the use of Chinese flutes, cello, percussion and koto. The overall tone is otherworldly, calming, and soul-satisfying and I would expect nothing less from Stroutsos and Lanz.



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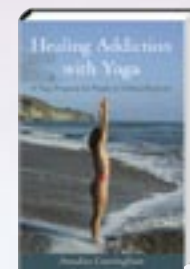
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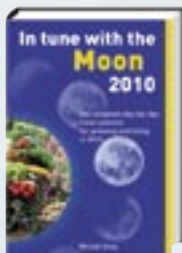
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