



REVIEWS

Sometimes I have wondered if books would eventually fade away into the ethers as more children seem to have electronics permanently attached to their bodies, (that was a bit of a jest - and not). I, for one, could not imagine a home without a book or 2 (hundred)! I know I'm not the only one who has thought about this. Well today I'm pleased to report, you need not worry. There are signs that a new generation is emerging who have other ideas. Take my 'great-niece Sophie' for instance. At one year and a few months old, her favourite 'toys' are now her BOOKS! And her favourite outing with Gramma...the library! Whew! Relax fellow believers in the beauty of the printed page...there will still be little ones growing up to follow your aging foot-steps.

Let's begin where we left off last issue with Olena Gill's new book **The Indigo Survival Guide**. *Olena Gill* has been an avid champion for the Indigos for many years and if that subject intrigues or mystifies you, you are going to love this book. She shares stories from her own life that will have many a reader breathing a sigh of relief while saying 'thank god it's not just me.' The book truly is a survival guide with a great deal of information on who fits into the categories of Indigo/Crystal/Adult Indigo. Likewise, there are numerous techniques and suggestions for coping with and understanding your kids or yourself. Supersensitive people have been waiting for years for someone to notice their struggle and lend a hand. Ms. Gill has responded with 210 pages written with care and attention, including 25 keys for survival and guidance. This information assists these wise beings to be better understood and supported, so they can start DOING what they came here to do in the first place...BE the Peacemakers. ISBN 0-595-40203-8

Your Power to Create – from Wishful Thinking to True Manifestation - *Caroline Myss* In this audio CD Caroline takes us on a direct path to the heart of human creative power-and how each of us can learn to harness it if we practice and discipline ourselves every day. Drawing on her intuitive

grasp of spiritual truths, she cuts through the myths surrounding manifestation and share with us the 5 steps for true manifestation using practical tools to unlocking our abundant potential. Audio CD ISBN 978-1-59179-550-6

Your Body Speaks Your Mind – Decoding the Emotional, Psychological, and Spiritual Messages that Underlie Illness - *Deb Shapiro* This book and CD takes us on a journey to show a practical way to learn the language of our body so that we can understand how our thoughts and feelings directly affect our physical health. This step-by-step guide reveals what our body is trying to tell us and includes a cross-referenced index of symptomatic illnesses and the corresponding emotional imbalances they symbolize. The CD is a creative visualization and meditation technique designed to enhance our ability to listen, communicate with and heal our body. This book can be a valuable guide and resource. ISBN 1-59179-418-8

When the Impossible Happens - *Stanislav Grof* Dr. Grof, a psychiatrist and researcher into non-ordinary states of consciousness, takes us on a mesmerizing firsthand account of over 50 years of inquiry into the very fabric of our existence. Out-of-body experiences, past-life memories and encounters with deities, demons and extraterrestrials are just a few topics covered in this book. This book is guaranteed to shake the foundations of what we assume to be reality, and offers us a new vision of our human potential. ISBN 1-59179-420-X

Numbers: The Energy Forces in Your Name - *Paul G. Minar* If numerology fascinates you this is one book you'll not want to miss. Drawing on thirty years as a professional numerologist, Paul offers a comprehensive yet easy-to-understand guide to the meaning and methods of Numerology, including how to use the nine creative forces in your name. Combining modern techniques with information channeled to him by the ancient mathematician and "Father of Numerology", Pythagoras reveals the incredible power of numerology. Discovering your 'numerical DNA', creating successful outcomes, and the nine parts of God's creative energy, are just a few exercises available in this book. ISBN 0-595-38070-0

The Way of the Superior Man – A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire - *David Deida*. This book offers a practical guidebook for men for living a life of integrity, authenticity and freedom. Quoted as 'The Ultimate Spiritual Guide for Men' it answers questions that men have undoubtedly asked themselves – What is your true purpose in life? What do women really want? What makes a good lover? This book is for today's man: to discover the 'unity of heart and spine' through the full expression of consciousness and love in the infinite openness of the present moment. (A great read for women as well!) ISBN 1-59179-257-6

The Self-Hypnosis Diet – Use the Power of Your Mind to Reach Your Perfect Weight- *Steven & Joy Gurgevich* In this combined book and companion CD of guided self-hypnosis sessions, renowned health experts Steven and Joy reveal the most powerful tool available for sustained weight-loss – the subconscious mind. Different from other weight loss books, it provides the 'missing ingredient' and focuses on the power of the mind to create a healthy lifestyle. They are instructors of Dr. Andrew Weil's Integrative Medicine Program. ISBN 978-1-59179-475-2

Ancient Secrets of Facial Rejuvenation – a holistic, non-surgical approach to youth & well-being – *Victoria J Mogilner* If plastic surgery or botox treatments for facial rejuvenation makes you run the other way, then this book just might be for you. The Acupressure Facelift gives you a step-by-step guide with detailed photos presenting a wealth of strategies for attaining outer beauty and inner well-being. Drawing on more than thirty years experience, Victoria provides a way for those seeking to change their lives from the inside out. ISBN 978-1-57731-552-0

10 Steps to Take Charge of Your Emotional Life- *Eve A. Wood* Overcoming Anxiety, Distress, and Depression Through Whole-Person Healing This book brings an integrative approach to healing – combining traditional psychiatric medicine and the latest mind-body therapies. It provides a detailed and practical guide to achieve emotional balance and happiness. This valuable book will enable people to work with their doctors to develop an effective plan for emotional wellness. ISBN 978-1-419-1121-8

Happiness – A Guide to Developing Life’s Most Important Skill – *Matthieu Ricard* This audio CD merges the newest scientific research with traditional Buddhist teachings and contemporary Western philosophy to show us how to realize the experience of happiness. “Happiness is not something you seek, but rather it is a skill you develop”, says Matthieu, a major participant doing collaborative research spearheaded by the Dalai Lama and the Mind and Life Institute. He shares evidence of the profound and measurable effects of inner well-being on our bodies and minds cultivating authentic happiness. ISBN 978-1-59179-555-1

Now - let’s have some music why don’t we!

Climbing the Gates - *Falkner Evans Trio* If you’re into traditional jazz this album is one you’ll want to hear. Combining bassist, drummer and pianist, this trio makes complex tunes sound simple. Evan’s says, “the beauty of the trio is that the pianist gets to lead and control the harmonies, but there also is the group interplay that can inspire each of us in our improvisation and push the music to greater heights.” ISBN 6-301831004-8

Lounging Around - *Ron Kaplan* Lounging Around remastered in 2006 captures the mood and ambience of a small intimate martini lounge where mesmerizing traditional jazz music plays in the background. This CD is full of tunes reflecting lost love and difficult relationships, yet always with an undercurrent of redemption and hope. Says Ron, “I choose my own material that moves me, that means something special to me, that I can relate to.” His 5th album is sure to delight his listeners for generations to come. ISBN 7-8370735710-2

State of Grace III - *Paul Schwartz* State of Grace III is a wonderful range of musical arrangements from modern pulsing rhythmic patterns to instrumentals combined with solo or chorus vocals by singers. He is one of the world’s leaders in creating eloquently spiritual, modern-classical music integrating both pop and new age. Paul’s third album features his trademark seductive ambient grooves with lyrics based on traditional religious texts. He quotes, “I get excited by the challenges of creating a new sound by successfully merging disparate classical and pop elements. Each track sounds unique and having its own identity.” ISBN – 0-9992376922-4

The Beaten Path - *Shad Weathersby* Shad, famous for his Rhythm & Blues and Jazz traditions in New Orleans has just recorded his fifth album and has stood out as the city’s top folk and Americana singer-songwriters. This CD showcases his quirky-but-thought-provoking lyrics and well-crafted timeless acoustic-based music. His albums he explains are “little stories, small slices of life, ‘life markers’ his points of reference along the journey of life.

Tango Legends - *Vayo* If the tango appeals to you this delightful album is the revival of traditional tangos. This is Vayo’s third album taking dramatic interpretations of classic tangos in Spanish that is framed by the acoustic instruments (bandoneon, guitar and bass) that are typical of the genre since the early times. Regardless if you can understand the lyrics or not, the mood and feeling of these pieces is ideal for dancing or listening and subtly draws you into the experience of the Tango. ISBN – 6-1998119722-9

The Shape of Life - *Jeff Ball* One of the premier players of the wooden American Indian flute- Jeff Ball’s 7th album brings together one of the world’s oldest melodic instruments with one of the newest instruments (the space-age “hang”). Hangs have been designed with more than 45 different musical scales and is described as looking like a flying saucer. Played with both hands in a rhythmic fashion like a hand drum, it makes bell-like sounds, somewhat like a steel drum. These combined sounds merging modern and ancient draw musical inspiration from around the world. As Jeff says, “Individuality is the tradition I’m following. This is American wood-flute music for the modern age.” Delightful and hauntingly beautiful this album is.

Quiet Beauty – Heartsongs for Cello and Piano - *James Todd* Very few recordings have the cello as the primary lead instrument yielding this album a rich tapestry of cello sounds playing harmony with each other, while interacting with the piano. Few cellists have such a successful career onstage in the classical world, but James has backed many top pop, rock, folk, country, R&B, new age and opera artists as well. This beautiful listening CD is peaceful and relaxing, but with enough internal movement and complexity to make deeper listening a rewarding experience.

...and on that note, we wish you a glorious summer overflowing with warm wishes from all of us here at ‘the nest’.

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