

# REVIEWS



What better way to start the New Year than with a good book to read and a new 'tune' to listen to. We have a deLIGHTful array of new titles and artists for you to enjoy.

**Secret Journey - Omar Akram** ISBN 046286743521 This wonderful and enchanting CD was inspired through Omar's years of travelling around the world while he was growing up. The music is a interweaving of acoustic grand piano with acoustic guitar, violin, duduk, flute and ethnic percussion. **Secret Journeys** transports you to exotic countries without having to leave the comforts of home. Each song is a tapestry of the sounds of our multi-cultural world in all its glory.

**Triumph of the Spirit - Healing Music of the Southwest - Jeffrey Fisher** ISBN 640559200621 This CD uses the sounds of orchestral instruments to create music reflective of humankind's consciousness, serving as the bridge between the heavens and earth. While the melodies and instrumentation are mentally stimulating, the music also resonates deeply within, combining a calming and relaxing atmosphere that is ideal for new age lifestyles from massage therapy to Reiki.

**Summer Samba - Irene and Her Latin Jazz Band** ISBN 634479543791 Irene chose some of her favorite Latin tunes she has heard over the years and brought them to her debut album. Filled with her perfectly smooth, silky and sultry voice, you will recognize many of these songs while enjoying some occasional seldom-sung verses that she researched to incorporate into her album.

**In the Key of Earth - Marjorie de Muynck** UPC 600835-118620 This CD is a celebration of our planet as a living organism - its pulse, breath, rhythms, and cycles. Meant as a vehicle to ground and relax the listener through resonance with the Earth using Ohm, a scientifically based and spiritually upheld sound healing frequency, this CD is captivating, symphonic and inspiring.

**Love Reigns - Diana Rogers** UPC 600835-120920 Diana is a compelling kirtan singer who takes us on a musical journey with her evocative devotional chanting. Singing from a very early age, she has sung Gregorian chants, early Renaissance music, opera and Indian devotional singing. With her sweet and earthy voice she brings gorgeous intonations to every syllable of traditional Sanskrit chants. This mesmerizing CD is a delight to listen to anytime, anywhere. In fact, we had it on repeat for 'days' during our 11:11:11 preparations in Nov. and it continued to be Divine. That's amazing!

**A Face in the Clouds - Marshall Styler** ISBN 827640009527 Crystal clear, quiet, instrumental music is this gently relaxing CD. Inspired by human emotions and Mother Nature's endless scenery, Marshall uses a combination of piano, modern digital keyboards and older analog based synthesizers to allow the listener to feel a variety of feelings and imagery to connect deeply with who they are. This CD is ideal for healing, spiritual meditations, yoga, massage and sitting back with your feet up with a soothing hot beverage.

**Arc - The Falkner Evans Trio** - ISBN 630183100824 True to Falkner's style of using an introduction of a melody as a jumping off point, this spirited, swinging, deeply-organic, exploratory improv and trio interplay captures the essence of this CD. As he explains, "the beauty of jazz as an art-form is the freedom of expression allowed," and "there is nothing more free in music than jazz improvisation." If jazz is your genre, this CD will definitely be for you.

**The Masters Return - Fabian Zone Trio** - ISBN 63018310102 If you're looking for another jazz improv this one may well be another hit with you. Says Christian Fabian, "it's like jazz's quantum theory (the transformation of radiant energy) where each of the talented individuals shine, but the collective mass is the heaviest when all the elements come together." Most of the tunes on this CD are first takes, believing to be put on the spot to improvise as a musician, allowing the best music to emerge.

**New York - Ron Kaplan** - ISBN 643157389767 One of the finest contemporary singers of jazz standards, Ron dedicates his latest album to the remarkable metropolis of New York. Using a hot jazz quintet, Kaplan selected a dozen classic compositions that reflect a myriad of different aspects of New York

City. A couple of the tunes are better known as jazz instrumentals than vocalized compositions, but Kaplan did extensive research to track down the lyrics, singing verses seldom heard today. The mature tonal qualities of his voice give this CD a pleasure to listen to.

**Dreams and Visions - Mary-Kathryn** - ISBN 634387719028 This is Mary-Kathryn's 4th album and she is well known for creating sacred and spiritual vocal music. Her dreams of world unity and visions of humankind fully accepting each other's traditions, languages and religious beliefs are the basis for this CD. Her musical lyrics are themes that appear frequently on her albums including love, peace, faith, prayer, worship and angels.

**The Sacred Contract of America - Fulfilling the Vision of Our Mystic Founders - Caroline Myss** ISBN 978-1-59179-606-0 In this provocative 4-CD session Caroline sends an invitation to reconnect with America's original vision of freedom and power. Just as every individual possesses a 'sacred contract,' an obligation to fulfill a divine destiny- so too does every nation hold an agreement made for the planet's highest good. Caroline offers you an impassioned guide to actively participate in resurrecting your nation's highest potential.

**The Orb Project** - Miceal Ledwith, Klaus Heinemann ISBN 978-1-58270-182-0 Is it your camera - or is it proof that spirits DO exist? This is the topic of this fascinating book addressing questions on many people's minds about the reality of orbs; are they dust particles, water droplets, lens flare.. or something more? Filled with color photographs, two leading experts in the study of the orb phenomenon, Klaus Heinemann, a physicist, and Miceal Ledwith, a theologian, defy science. Basically, both authors, while from disparate areas of study reach the same conclusion—that orbs are beings comprised of levels of energy that live in a frequency outside of what we can normally see - that orbs are messengers from the beyond. People on the Island have been finding orbs in their photos for at least 10 years now, so the topic is not a new one. However, **The Orb Project** is the first book to really look at the phenomenon from a scientific perspective. The book is being released in conjunction with **Orbs: The Veil is Lifting**, which is the first documentary-style feature film that discusses orbs, their origins, and their implication for the future. Great Balls of Light...what else can we say. Ah, stay tuned for our next issue.

**The Science of Getting Rich - Wallace D. Wattles** - ISBN-10: 1-58270-188-1 Originally published almost 100 years ago, this updated book for the 21st century provides clear insight on creating prosperity in every aspect of life. Wealth he says is not reserved solely for the privileged or educated, rather it is a mindset that can be learned and instantly applied. Using practical and expanded exercises we have the ability to obtain enough wealth to live as we desire and to fulfill our purpose in life.

**Flow of Grace - Chanting the Hanuman Chalisa - Krishna Das** ISBN 978-1-59179-553-3 This hardcover book plus 2 CDs offers 40 lyrical verses of praise to Hanuman the 'monkey god', known as the pinnacle of devotion and remover of fears. By chanting these powerful Sanskrit words, you will gain strength and confidence and be filled with divine energy. Krishna is known for his ability to transport listeners to other worlds with the eloquence of his deep, hypnotic voice and soothing sounds of the harmonium. This is Hinduism's most important piece of musical literature.

**You Are That - Gangaji** - ISBN 978-1-59179-588-9 This expanded collector's edition book is a collection of Gangaji classic offerings that were first shared more than 10 years ago, and now updated to include both original volumes. This special edition delves into natural inquiries about our existence, including the nature of mind, how to expose the core of suffering, and how to overcome the last obstacle of self doubt. Gangaji guides practitioners of all backgrounds through an examination into the self that often leads to unexpected glimpses of awakening.

**Wake Up and Roar - Papaji** ISBN 978-1-59179-589-6 H.W.L Poonja affectionately known as Papaji was only 9 years old when he experienced his first samadhi, an altered state of consciousness where observer and object merge. He sat in devotion with Sri Ramana Maharshi and became a master teacher. This collector's edition of his teachings include both volumes that were originally published separately. Presented in question-and-answer format this book offers you an opportunity to awaken, here and now, regardless of background, practice or circumstance. Blending humor, logic, and eye-opening storytelling, Papaji extends a gracious wisdom that speaks to the seeker investigating the nature of the mind, enlightenment, and 'how to be in the world.'

**Awakening Into Oneness - Arjuna Ardagh** - ISBN 978-1-59179-573-5 This book shares a fascinating discovery in southern India, that has caught the attention of spiritual teachers from every tradition, leaders from around the world and millions more. The phenomenon called the Oneness Blessing (also known as 'deeksha') is a powerful transfer of energy believed to elicit the realization of unitive consciousness. The remarkable story tells of this radical new gateway to personal and global transformation. "It has proven to be the fastest growing spiritual development in living memory."

**Kuan Yin - Accessing the Power of the Divine Feminine - Daniela Schenker** ISBN 978-1-59179-621-3 This delightful book represents 33 beautiful watercolor images of Kuan Yin's many benevolent manifestations, accompanied by inspirational contemplations, passages from the Lotus Sutra, and tales and legends about her. Kuan Yin is a beloved goddess of compassion, calling upon her brings strength, healing and unconditional love. Daniela's provides a useful resource for connecting to Kuan Yin's energy through art, story, and spiritual practice.

**In the Flow - Find Your Natural Flow for Peak Performance & Metamorphosis-Meditations with Peter Tongue** - ISBN 978-0-9784563-1-3 & 6-21106-56072-6 One of our very own Vancouver Island residents, Peter Tongue of Victoria has produced 2 meditation CDs - a daily transformational healing meditation; and meditations for peak performance. For over 25 years Peter has held sacred space for people in healing meditations. His soothing, gentle voice easily transports the listener into deeper states of transformation. Two years ago Peter left his highly-respected job at an independent senior high school to live his life according to spirit. His long-term goal is to start his own school for Indigo Children who don't always fit into the public or even independent school systems. By allowing these children to explore their differences and tap into their spirituality, they will be able to take on leadership roles that benefit not only themselves but the world as a whole. This is your chance to invite Peter to support you on a very special adventure. If you are looking for a tool of transformation, check these out. [www.PeterTongue.com](http://www.PeterTongue.com)

Wishing you Love and ALL Good Things, as we spiral up the staircase of this exciting New Year.

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