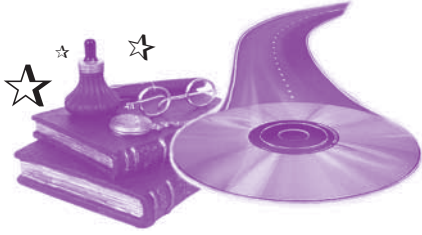


REVIEWS



In the midst of potential turmoil and confusion, all we can say is: thank god for books! You must admit books and music are a sure cure for the insecurities of the world - an avenue to gift you with a fresh concept and if you pop a new cd into the player while you're reading...whoohoo...suddenly the world is bright again. So here's to you and all you are about to discover, as you flip another page in the manuscript of your life!

Let's set the mood with **Siyotanka - Michael Brant DeMaria** Dr. DeMaria's hauntingly beautiful CD captures the essence of Native American flute music by finding an extraordinary balance moving between flute and drum duets. The beautiful passages on *Siyotanka* takes you on a journey of discovery where you almost feel transported to another place and time. If you're looking for a journey without leaving the comforts of home, this CD will certainly take you there. ISBN 796873058124 www.ontos.org

A Place Called Peace - Randy Granger This is another beautiful CD filled with Native American flute-playing. His music evokes images of his American Indian heritage set against the backdrop of his life in New Mexico's land of sage, mesquite, hawks, rattlesnakes, deserts and canyons and stunning sunsets. You can almost feel the warmth of the desert when you hear his music. This is a delight for the ears and the soul. www.randygranger.net

Vayo - Tangos Clasicos Tangos Nuevos For those of you who love Latin music this tango CD is one you'll not want to miss. Vayo is a Uruguayan tango singer whose deep, heart-melting baritone serenades you with his sultry voice and transports you on an enchanted escape. Though the lyrics are in Spanish, his emotions are amplified in his deliverance to each song. www.vayoraimondo.com

Watching for Rain - Anne Trenning Anne has captured the essence of hope in her third instrumental piano recording *Watching for Rain*.

Her soft flowing music reaches into the depth of your heart and soul and evokes images of inner and outer beauty. She chose the title of her album as a metaphor indicating a time of hopeful anticipation. "We find ourselves looking toward new opportunities, for rain to come and refresh the earth, and for growth and positive change to occur. Music, like rain, suffuses the world in beneficent grace." ISBN 093681051324 www.annetrenning.com

Scheherazade - Al Conti This is Conti's third album and *Scheherazade* is the name of the legendary age-old tales "One Thousand-and-One Arabian Nights." This CD conjures up images of *Arabian Nights*, *Aladdin* and the *Magic Lamp*, *Ali Baba* and the *Forty Thieves* due to its Middle Eastern ambience utilizing the sounds of exotic instruments (hurdy gurdy, udu, sitar, tablas and tribal drums) yet also incorporating piano, violin, cello and acoustic guitar. This album contains ten original world-fusion tunes that musically tell the storyteller's story. ISBN 884501015622 www.alconti.net

East Wind - Timothy Cooper For those of you who love solo piano this CD is one that delivers. Timothy is trying to construct a better world through his music, art and films. As Executive Director of *Worldrights*, a human rights advocacy organization, he has travelled extensively throughout Asia and the Pacific Rim and this was the inspiration of his second CD. It was influenced by the people, culture, art and scenery of the Far East, as well as the ancient mystery and compelling power of the Orient. "I want to help our global society become more peaceful and harmonious, and one way to do that is to release gentle and positive music into the world," explains Cooper. This CD definitely delivers his goal. ISBN 700261226859 www.new-piano-age.com

Color Intuition - Laura Alden Kamm They say that every person, object and place has both a physical and energetic signature. This comprehensive kit comes with 2 audio CDs of guided visualizations and exercises, a 47 page workbook and 34 healing cards all designed to enhance your intuitive abilities to glean accurate data from color. Learn how to discover your own personal energetic color map and then help heal yourself and others using color. By using your intuitive mind, you can access and decode your life's questions and their meanings. ISBN 978-1-59179-649-7 www.energymedicine.org

The Kindness Handbook - Sharon Salzberg What would the world be like if each day we practiced loving kindness on ourselves and others. Just simple acts of kindness that uplifted not only our spirits for helping another but for the recipient as well. This book provides a thoughtful collection of anecdotes, stories and practical tools for any life situation. It's a book that can be read from start to finish or simply opened to any page so that one may contemplate what is being presented in your life. A small book packed with a powerful and transforming message. ISBN 978-1-59179-655-8 www.sharonsalzberg.com

Practice Conscious Living and Dying - Annamaria Hemingway This uplifting and powerful collection of thought-provoking real life stories illustrates how each person concerned, has come to understand how death teaches us the preciousness of life. It must be lived with a sense of purpose and meaning, as a celebration of existence. The contributors give us their personal accounts of near-death experience, after-death communication or engagement with someone in the dying process that help expand our limited awareness of consciousness and address timeless questions. This book is inspirational and spiritually uplifting and will provide hope and strength to the dying and the bereaved. It is highly recommended. ISBN 978-1-84694-077-4 www.practicingconsciouslivinganddying.com

The Denim Diet - The No-Nonsense Guide to a Smaller You and a Healthier Planet - Kami Gray For the past 22 years Kami has cultivated a way of eating without yo-yo dieting, gimmicks, starving yourself or obsessing over daily weigh-ins. She presents her fun, no-nonsense blueprint for healthy eating in sixteen easy-to-remember habits to make and habits to break. With hilarious real-life stories, gourmet recipes and an infectious positive attitude, Kami is there to help you lose weight and get energized while simultaneously minimizing the impact on the Earth's resources. www.thedenimdiet.com ISBN 978-57731-661-9

Medicine, Miracles, & Manifestations - Dr. John L. Turner ISBN - 978-1-60163-060-5 Dr. Turner is a renowned neurosurgeon who throughout his medical career explored nontraditional healing techniques for his patients including energy healing, chanting and meditation, soul travel, and astral projection. Dr. Turner said, "After fifteen years of