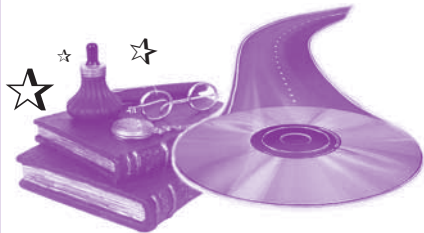


# REVIEWS



From books to DVDs, from cards to precious music, from healing to hidden humour... the list is endless, and in fact... there are even cookbooks, vegan style. What a storehouse and what good timing. There is nothing quite like a good book on a fall evening or scooting down the road on an Indian summer day with some good tunes on your ipod. These reviews are short for space reasons so make sure you check their websites. 'Soooo,' as old Ed Sullivan would say, 'let's start the show'.

**Being Ourselves** - Ty Clement ISBN 978-1-84694-182-5 Ty's simple and straightforward book allows us to see ourselves as unique human beings, each bringing to this world our personal thoughts and experiences while relating to the world in which we are all one. While we strive for individuality in our efforts to appear distinct and different, we paradoxically, find ourselves simultaneously trying to 'fit in' through conformity. He says that "by allowing ourselves to be aware of our true, holistic identity, Ourselves, we can naturally be aware of both our uniqueness and our commonality. We can then consciously take pleasure in manifesting our unique talents and qualities, while also experiencing a true sense of communion and understanding with others." [www.beingourselves.com](http://www.beingourselves.com)

**Rescued by Angels** - Philippa Merivale ISBN 978-1-84694-175-7 This riveting book is the true story of one woman's journey through financial ruination, divorce, loss of home, health and the near-death of two of her three children. But as the title attests to, it is also powerful, enlightening and very uplifting and will be sure to bring hope and inspiration to all who are lucky enough to read it. [www.metatronic-life.com](http://www.metatronic-life.com)

**Picture Prayers** - Heidi Hollis ISBN 978-1-84694-203-7 If prayer is part of your everyday life, this book is one you won't want to miss. This true story is of Heidi's vision received one afternoon just prior to falling asleep, transporting her into another state where she was in a 'mist of white and crystal blue light'. While in this state she was shown image upon

image of people in prayer and only once during this time was she given words that said 'Words fall short of what is meant.' "Prayer can be done this quickly, this is how we communicate," an angelic voice whispered. This book is a must read if you're looking for a different approach to prayer.

**How to Read the Akashic Records** - Linda Howe ISBN 978-1-59179-704-3 If accessing the Akashic Records for yourself and by yourself is something you have been longing to do, then this book will definitely help you do so. Once only accessible to rare spiritual masters, the Akashic Records are now available to anyone. After a lifelong search for truth, Linda has developed a reliable method for accessing this reservoir of information using the 'Pathway Prayer Process'. Linda's clear step-by-step process will help you with any aspect of your life's journey. [www.akashicstudies.com](http://www.akashicstudies.com)

**Healing Our Hormones Healing Our Lives** - Linda Crockett ISBN 978-1-84694-168-9 This wonderful book thoroughly explains just how important our hormones are to good health. What is great about this book, aside from well researched, sound nutritional advice, is that Linda brings the emotional and spiritual aspects into it as well. Moreover, for women who 'intuitively' know something is wrong despite all tests coming back negative, this book may help you with some of the answers you seek. If you have been searching for an easy-to-read and compassionate book about hormonal health, this is definitely the best place to start. [www.heStoneHouseHealingCentre.co.uk](http://www.heStoneHouseHealingCentre.co.uk)

**Happiness From the Inside Out** - Robert Mack ISBN 978-1-57731-658-9 For some people happiness seems to come easily while others struggle. What Robert teaches in his book is that happiness is learnable and it is teachable. True happiness doesn't come from success (whatever your definition of success is) but from a deep inner happiness within yourself. This wonderful book offers a scientifically proven blueprint for happiness that is based on positive action instead of wishful thinking. It all begins with our own habits and beliefs. By using proven example and key principles to create change, anybody is able to discover their own innate joy. As Robert says when asked the question, 'What does he do?' he replies with this brilliant statement, "I've decided to make a career out of enjoying myself." [www.robmacklifecoach.com](http://www.robmacklifecoach.com)

**The Life Lift-Off Cards** - Michael Bernard Beckwith ISBN 978-1-59179-718-0 Michael has once again pulled it off with this beautiful set of 52 cards. By choosing to pick one each day these cards are sure to spark positive change, while elevating your spirit and infusing you with optimism, trust, and a greater realization of all that is possible. [www.agapelive.com](http://www.agapelive.com)

**Emotional Intelligence** - Jane Wharam ISBN 978-1-84694-187-0 This book is for anyone wanting to build their emotional intelligence. Today, more employers are looking beyond the intellectual individual and focusing more on how well individuals can cope with life on a day to day basis. Self-awareness, acceptance and understanding of emotions, self mastery, empathy, management and motivation, these are the hallmarks of emotional intelligence. This book is filled with practical exercises and visualizations to help us live happier and more authentic lives. Wharam has overcome huge emotional traumas and now leads courses enabling participants to avoid what she suffered. [www.janewharam.com](http://www.janewharam.com)

**What a Body Knows** - Kimerer LaMothe - ISBN 978-1-84694-188-7 Ah, desires! We all have them and yet we are told they are self-serving and yet desire is what gives rise to energy moving forward in our lives, creating excitement. This book covers 3 core desires: food, sex and spirit. In today's modern western culture we are taught to distrust our desires because they may lead to obesity, divorce and depression. Kimerer guides us to move in ways that help to align our pleasures, health and well-being, by learning to move with the wisdom they contain. This allows new life, change, growth and most importantly evolved bodily consciousness. [www.vitalartsmidia.com](http://www.vitalartsmidia.com)

**The Mind Menu** - Jonny Chuter ISBN 978-1-84694-180-1 It has been said that we are the sum of our thoughts. Depending on where the majority of our thoughts are focused, our personal beliefs and thoughts create our own reality. The Mind Menu is an empowering down to earth guide to help us create what we want through the power of our thoughts. What we put out, we get back. Jonathan combines modern psychology with life coaching techniques so that we can better train our minds to identify and work through emotional blockages, and old programs that hold us back. This book is illustrated with examples from Jonathan's own journey through life.

**Forever Faithful - Dogs That Return** - Jenny Smedley ISBN 978-1-84694-174-0 Those of us who have shared our lives with animals who have then passed on, definitely feel a void in our lives. With a heartache so great, many have been reluctant to take in a new pet, knowing that nothing could replace the one who meant so much to us. This uplifting and inspiring true life story tells of Jenny's relationship with a new dog that quite possibly and miraculously reincarnated into a new body and eventually found its way back to her. This book gives convincing evidence that death need not be the end, rather the beginning of a brand new one. [www.jennysmedley.com](http://www.jennysmedley.com)

**Clutter Busting** - Brooks Palmer - ISBN 978-1-57731-659-6 Clutter! It's everywhere. It's tucked away in drawers and closets, crammed into the attic and locked away in the basement. We have storage bins to hold our stuff that we keep for that rainy day that never arrives, while we continue to accumulate more stuff hoping and believing it will bring us happiness and contentment. As Brooks says, "Things will not make you happy. You are sacred. Your things are not." With his upbeat and compassionate guidance, Brooks offers easy and thoughtful advice to not only lighten up your space but lighten up your life. This book is a must for anyone serious about de-cluttering their lives. [www.clutterbusting.com](http://www.clutterbusting.com)

**The Instruction** - Ainslie Macleod - ISBN 978-1-59179-720-3 For those of you who haven't a clue 'what your purpose here on planet earth is' this book may surely help you. Ainslie, who calls himself 'the reluctant psychic', gradually came into his own power with the help of his spirit guides. 'The Instruction' will take you through 12 'doorways' to unveil the life plan your soul created before you were born, including: your soul age, your soul type, past-life fears and talents. This book walks you through a systematic approach to uncovering who you really are and helps illuminate the path of your life. [www.soul-world.com](http://www.soul-world.com)

**The Genius Machine** - Gerald Sindell - ISBN 978-1-57731-650-3 How many of us have had some brilliant ideas but had no clue as how to execute it? For you innovators, visionaries and wanna-be entrepreneurs this book is a gold mine of information. "It's a system that can help you get from the beginning of a problem - whether it be a complex one that needs solving or a brilliant

vision that needs filling out - to the point where your work is fully developed and ready to take its rightful place in the world," he says. The 11 steps outlined in this book have been dubbed the 'genius machine' by his clients and have proven invaluable for countless individuals and businesses. [www.ThoughtLeadersIntl.com](http://www.ThoughtLeadersIntl.com)

**Q is for Question - An ABC of Philosophy** - Tiffany Poirier ISBN 978-1-84694-183-2 Children have an insatiable appetite for knowledge. 'Why' is the cornerstone of childhood. Perhaps your child could be a budding philosopher like Tiffany was when she was a child. This critical thinking book is a series of thought-provoking questions such as: free will, happiness and existence. The questions are always open-ended, making it great for your child to discover, debate and articulate their own true beliefs. [www.qisforquestion.com](http://www.qisforquestion.com).

**Angel Animals** - Allen & Linda Anderson - ISBN 978-1-57731-666-4 This heart-warming and inspiring book shares some extraordinary stories about people and their pets. Some stories will make you laugh while others will make you cry. But one thing is for certain - it teaches the power of unconditional love. The animals in this book reveal compassion, and teach us hope and forgiveness. Most importantly, we come to understand that animals truly are angels upon the earth. [www.angelanimals.net](http://www.angelanimals.net)

**The Healer** - Simon Brown - ISBN 978-1-84694-205-1 For those of you looking for a novel that transforms a young man's life from a mundane world to that of a healer, look no further. This book will appeal to anyone who longs for change and is looking for ways to find happiness, while allowing one to awaken to the true meaning of life. [www.chienergy.co.uk](http://www.chienergy.co.uk)

**The Three "ONLY" Things - Tapping the Power of Dreams, Coincidence & Imagination** - Robert Moss - ISBN 978-1-57731-663-3 Have you ever said something was only a dream, only a coincidence or only your imagination? This book will help you discover that these 'only' things can be keys to finding and living your bigger story. In this book you'll learn to tap into the nine powers of dreaming, the nine rules of coincidence, and the seven uses of imagination. Learn how to use the games to access your intuition, heal yourself and bring your dreams to everyday life. [www.mossdreams.com](http://www.mossdreams.com)



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**Creating Trance and Hypnosis Scripts** - Gemma Bailey ISBN 978-1-84694-197-9 Drawing on many years as a qualified and practicing hypnotherapist, Gemma has provided professional or trainee hypnotherapists with tried and tested hypnosis scripts to help clients solve problems and ailments. Each script has been designed to include several hypnotic patterns, including language, voice tone, and double binds to help aide the trance experience. Included scripts are stop smoking, weight loss, bad habits, addictions, fears and phobias, and self development. [www.gemmabailey.co.uk](http://www.gemmabailey.co.uk)

**The Subtle Body - An Encyclopedia of Your Energetic Anatomy** - Cyndi Dale ISBN 978-1-59179-671-8 This book offers a gold mine of information about the complexities and subtleties of the human body and its surrounding energetic fields. Written in layman's language, it provides excellent illustrations and detailed entries about how our energetic biology relates to our physical being. It also includes energy based therapy principles from the world's healing traditions, including Ayurveda, Qigong, Reiki, Kabbalah and many more. [www.cyndidale.com](http://www.cyndidale.com)

**The Simply Raw Living Foods Detox Manual** - Natasha Kyssa - ISBN 978-1-55152-250-0 If you're looking for a healthy, wholesome detox program, this book will definitely help you on your way. Natasha is a raw food chef and lifestyle coach, and her twenty-eight day detox program, which includes only raw and 'living' foods (soaked, sprouted or fermented), is a gentle, effective method to cleanse the body of toxins while providing optimal nourishment for healing. This book comes with 135 delicious recipes. [www.simplyraw.ca](http://www.simplyraw.ca)

**La Dolce Vegan** - Sarah Kramer - ISBN 978-1-55152-187-9 Trying to find a great vegan cookbook that contains no animal products, including butter, milk and cheese? You're in for a treat, with these easy-to-prepare recipes that can be made in 30 minutes or less. From soups to salads, to entrees and desserts, they are sure to inspire both committed and part-time vegans alike. [www.GoVegan.net](http://www.GoVegan.net)

Now if all that talk about eating has you feeling hungry for something healthy, check out pg 33 and go to Sukkho Thai for some vegetarian, vegan and wheat-free meals.

**Tango** - Vayo - This is Vayo's 12th music album that begins and ends with traditional classics composed nearly a century ago. Vayo is the heart, soul and

voice of tango today. He writes his own material but some say what sets Vayo apart in the world of tango is his singing style - smooth and melodic but also powerful, soulful and dramatic. Born and raised in Uruguay, he has made his home in the U.S. When recording any of his albums, Vayo always returns to Uruguay to work with some of the best tango musicians boasting decades of mastery in the field. [www.vayoraimondo.com](http://www.vayoraimondo.com)

**The Color of Sunshine** - Lawrence Blatt - Acclaimed acoustic guitarist Lawrence Blatt, has a deep love and understanding of science. He explores the natural relationship between colors, sounds and moods and with his third recording, *The Color of Sunshine*, with tunes written and presented in the order of colors found in the light spectrum. "The basic concept of this album is that both light/color and sound/pitch are a function of vibrating waves that are similar and related". If you loved his second album, *Fibonacci's Dream*, you will truly enjoy his new relaxing album. [www.lawrenceblatt.com](http://www.lawrenceblatt.com)

**A Song of You** - Irene & Her Latin Jazz Band - This is Irene's second album featuring 14 love songs. Irene says, "My theory is that the world can never have too many love songs. But what would be the point if we don't do them differently than they have been done before? So each tune is in our own style, featuring a Latin jazz arrangement with a Brazilian beat, but also filtered through a Southern California lifestyle". [www.IreneSings.com](http://www.IreneSings.com)

**Ascension - Phoenix Rising** - This relaxing, de-stressing album is mystical, lyrical and emotionally compelling. Combining piano, flute, Chinese harp, Indian tabla, Swiss Hang Drum, guitar and cello, the seven compelling musical pieces equate to the human body where the major chakras reside. Written specifically for the yoga and meditation market this wonderful CD is a fusion of jazz, new age, classical and world influences. *Ascension* transports you on a journey of peaceful relaxation and centered calm. [www.myspace.com/bayareacontemporarymusic](http://www.myspace.com/bayareacontemporarymusic)

**And NOW, right from the Heart of Vancouver Island...** Have you ever noticed how most people are only impressed with someone if they come from far away? It seems normal to ignore the ones in your own backyard and go searching afar. But have you noticed how many people here actually arrived from someplace else? I said in issue #1, close to 17 years ago, that this island

had a magical power to it, and it was calling special people in from all over the world to join the ones lucky enough to have been born here. YES indeed, many of the people you have been looking for 'out there' are already here, a skip and a jump away. Friends, neighbours, co-workers, like acres of diamonds, we celebrate TWO gems living right here in your own backyard!

**Knowledge of Oneness - Letters of Enlightenment from Beyond the Veil** by Mary-Jane Bateman & Bruce Fogel. ISBN 978-1-897435-23-6 Ordinary people called to do extraordinary things, Mary-Jane is a Reiki Master and Iridologist while Bruce is a machinist by trade and also a Reiki Master and Medium. Always striving to remember and re-awaken to the secret knowledge of the past, this is their way of sharing the wealth of information presented to them. This wonderful book shares beautiful writings and inspirations received over the years through channelled correspondence with Guides, Angels, Holy Archangels and many other Beings of Divine Light. For those looking for positive inspiration in their lives, this book will surely win you over. [www.KnowledgeOfOneness.com](http://www.KnowledgeOfOneness.com)

From the printed page we take you to the world of sound and crystal images! I suspect you'll simply have to say WOW when you pop this one in your DVD player. **The Secret World of Crystals - A Journey Within** by Lee Simmons and Mikeoula is definitely a winner. This is a unique product that combines amazing photographs of the inside world of crystals with the inspiring, channelled music played by Mikeoula. Inclusions and rainbows reflecting from within, invisible images with spirits revealing themselves through the lens, all the while listening to amazing healing/transformational music. Of course you have choices; the main feature, a 30 minute presentation, and a 5 minute Attunement to reconnect and balance your energy centers, which doubles as a quick energizer. Now I can't promise this works, but I can say I played this at 3am after a few long days at my desk, and I did keep working for a couple more hours. TRUE! There is also an 8 minute bonus, titled *Reflections*. Symmetrical images take you on a journey to expand your multi-dimensional awareness. I am also inspired to mention the brilliant work of the design engineer, Kenco. Sometimes it takes a third eye to put all the pieces together!

That's it for us, next step for you - grab a little cash and go shopping!