

REVIEWS



The beauty of words as they come together on paper or in song, and the power of vibration weaving its way through our cellular structure have a sure fired ability to change our mood - our attitude in the blink of an eye. In a flash they can calm our nervous thoughts, teach us new skills, inspire us to fly to new heights, help us leap back on the path and...well...the list is really endless. So rev up your computers and check out the [www info](http://www.info) on these new movers and shifters!

History is Wrong - Erich von Daniken - This book may just challenge your intellect and a few long-held beliefs. After closely analyzing hundreds of ancient and apparently unrelated texts, von Daniken unearths the astounding story of a lost subterranean labyrinth in Ecuador that is said to house an extensive library of thousands of gold panels. He also takes a closer look at the Voynich manuscript which has defied all attempts at decryption, as well as the mysterious lines in the desert of Nazca. He is now ready to proclaim that human history is nothing like the world religions claim - and he has the proof. If we've piqued your curiosity, this book is definitely for you. www.daniken.com ISBN 978-1-60163-086-5

Live Your Bliss - Practices That Produce Happiness and Prosperity Terry Cole-Whittaker If this is your year for believing you can have what you truly desire, this book is definitely for you. Written in a gentle and relaxed style, it is full of inspiration, ideas and practical advice designed to connect you to your most authentic selves. Each chapter includes multiple practices and a prospering mantra designed to discipline the mind and expand awareness about what is possible, rather than dwelling on fear-based negative thoughts and emotions. Whatever your desire is, this book provides proven steps to help you obtain it. www.terrycolewhittaker.com ISBN 978-1-57731-685-5

Kinangiology - Co-working with the Angels to Heal Emotions - Sue Vaughan Kinangiology combines the practice of kinesiology to communicate and co-work with the angels to clear emotional blocks, program positive affirmations and eliminate phobias. The purpose of this book is to give you a powerful toolbox of useful techniques that you can make use of to help yourself and others make decisions, clear the clutter that may be blocking progress towards living a more fulfilled life and discover the joy of co-working with the angels. It is full of good examples, exercises and words of encouragement. www.svaughan.co.uk ISBN 978-1-84694-186-3

From Credit Crunch to Pure Prosperity - Maggy Whitehouse - If the recession has got you in a grip of fear, then this book is for you. It offers simple, practical advice and techniques on how to turn around your mind-set so that outside conditions can no longer affect you. If you do the work suggested, your life will become happier and more prosperous. ISBN 978-1-84694-328-7 www.maggywhitehouse.com

The Ten Things To Do When Your Life Falls Apart - Daphne Rose Kingma 'In the midst of chaos, give your soul a place to rest.' For those who are experiencing serious challenges in life right now, this may be the book throwing you a life-preserver. The perfect combination of empathic friend, counsellor and problem solver, Daphne offers ten deceptively simple yet profoundly effective strategies for coping on practical, emotional, and spiritual levels. ISBN 978-1-57731-698-5 www.daphnekingma.com

Walking the Faery Pathway - Harmonia Saille If you've always wanted to know how to connect with the faery world, this book is an enjoyable read for young adults upwards. Harmonia will take you step by step teaching you about faery culture and how to connect and communicate with them. She will guide you to find particular points, which act as portals to their realm of the Otherworld, and how to attract faeries to your home and garden. ISBN 978-1-84694-245-7

The Path of the Blue Raven - Mark Townsend This book is a devastatingly honest story of a flawed and struggling priest of the Church of England. All his life he has wrestled with organized religion, yet who eventually found true freedom by leaving official Christian priesthood and plunged into the world of magical nature based spirituality. His quest is now to live a fully authentic life and he hopes that by sharing his story he will inspire others who feel trapped within stale religiosity, to break free and discover the magic that shimmers within them and dances under their very feet. ISBN 978-1-84694-238-9

Happiness Genes - James Baird with Laurie Nadel This book proves that there is a definitive link between science and spirituality and that we are biologically wired for natural happiness and more importantly, that it is sitting right in our DNA. Based on a new science of epigenetics it reveals that there are reserves of natural happiness that can be controlled by us, our emotions, our beliefs, and our behavioral choices. Even better, we can learn how to 'switch on' our happiness genes, creating a biological cascade of well-being with a detailed 28-day natural happiness program. ISBN 978-1-60163-105-3

The Tao of Tarot - Christina Bjergo This practical guidebook teaches how to explore dream symbols to unity and consciousness and to enhance intuitive

guidance. Woven within the major arcana cards are little known wisdom teachings for inner cultivation through mindfulness and body focused exercise. Christine reveals the tarot as keeper of the secret Taoist practice of Qigong and the 'Way' to health, happiness and spiritual truth through dreams. ISBN 978-84694-265-5

Mala of the Heart - Ravi Nathwani & Kate Vogt These 108 sacred poems are filled with wisdom from the great poets, sages, saints and mystics, bringing a collection of heart-filled wisdom. Since ancient times the number of 108 equates to 108 earthly desires, 108 human feelings, 108 beads in the traditional meditation mala, and 108 sacred poems in this collection. They span a wide range of cultures and civilizations. Each one offers a unique perspective about the path to awakening. www.goodworks108.com ISBN 978-1-57731-677-0

Full Body Presence - Suzanne Scurlock-Durana This book is filled with concrete, life-friendly explorations and instructions on the importance of living in the present moment. Suzanne teaches her step-by-step practice of present moment awareness through her own combination of bodywork and craniosacral therapy. She shows you how to be friends with your body, how to relate to it as an ally rather than as something to control, judge, manipulate or push away, allowing us to connect to our own body's wisdom. www.fullbodypresence.com ISBN 978-1-57731-860-6

Tranquilista - Kimberly Wilson Tranquilista as defined by Kimberly is a woman who embraces her many sides: spiritual, creative, and entrepreneurial. She is full of aspirations and is constantly seeking inspiration. This book with spirituality as its foundation highlights creative individual expression and offers an entrepreneurial approach to just about anything. The aim is to help you realize and revel in your unique potential to make a splash and make a difference. www.kimberlywilson.com ISBN 978-1-57731-672-5

The Way Home - Madis Senner This book examines the mystical world and our relationship with each other and our planet. It explains how our thoughts and actions can affect Mother Earth creating blockages that disrupt the proper functioning of her subtle body that can manifest itself through natural catastrophes and disasters. It provides a road map for positive change to free ourselves from the problems we have created and frees us and Mother Earth in the process. www.motherearthprayers.org ISBN 978-1-84694-248-8

Hand Wash Cold - Karen Maezen Miller "Fall in love with the life you already have" quotes Karen. This enjoyable book reveals the happiness that can come from life's everyday chores - doing the laundry, washing the dishes, caring for a relative, etc. In her

hands, household chores and caregiving tasks become opportunities for self-examination, lessons in relationships, and liberating moments of selflessness. It's the little things- even the unexpected, unpleasant, and unwanted things that count. This wise and gentle book whispers "quit looking someplace else." www.karenmaezenmiller.com ISBN 978-1-57731-904-7

Living Well with Pain and Illness - Vidyamala Burch After suffering more than 30 years with chronic back pain due to congenital weakness, spinal injuries and multiple surgeries, Burch knows what she talks about. Using a five-step model of mindfulness and how to use it to foster stress reduction, her step-by-step techniques and case studies demonstrate how to effectively bring mindfulness into daily life. This book may just be your ticket to set out on a mission to embrace your physical and emotional challenges with awareness, compassion, and peace. www.breatheworks-mindfulness.co.uk ISBN 978-1-59179-747-0

Awakening to the Spirit World - Sandra Ingerman & Hank Wesselman This book with accompanying CD takes a deep look into tapping sources of invisible power in daily life - listening to the weather and the elements, understanding death and so much more. This comprehensive and clear-cut guide shows the sacred path of shamanism, providing practical tools to connect us to our own inner sources of power and healing. With an overview of shamanism, to your first journeys and encounters with your power animals, this in-depth resource includes creating rituals and ceremonies, recreating with nature, working with dreams and traditional wisdom for children. They also offer a separate 2 hour CD titled Shamanic Meditations - Guided Journeys for Insight, Vision and Healing. www.sandraingerman.com and www.sharedwisdom.com ISBN 978-1-59179-750-0

101 Exercises for the Soul - Dr. Bernie Siegel With Bernie's trademark humor, he offers 101 simple exercises for the soul, a divine blueprint for healing yourself and transforming your life. Think of him as your 'workout coach' who gives you a wonderful series of short and easy-to-apply exercises to help you achieve your goals; taking complex ideas and making them simple and accessible, to create a life more wonderful than you might ever imagine. www.berniesiegelmd.com ISBN 978-1-57731-852-1

Powerful Prayers for Everyday Living - Mark Linden O'Meara This diverse collection of inspirational prayers from around the world is a wonderful path to the solace and peace you may be seeking in your life. They offer an ideal retreat from the hustle and bustle of daily life. www.marklindenomeara.com ISBN 978-0-9680459-9-2

When God Spoke To Me - David Paul Doyle His collection of inspiring stories shares the lives of ordinary

people who have experienced the many ways in which God speaks to us. People who were in the midst of addiction, grief, anger, rebellion and loneliness tell their heartfelt and remarkable stories, remind us that there is an unseen loving presence watching over each and every one of us. These real-life accounts will deepen your faith, open your heart, and expand your mind. www.thevoiceforlove.com ISBN 978-1-60163-106-0

In the Heart of the World - Mother Teresa This wonderful book by Mother Teresa talks about the intimate everyday tasks of living. This was a soul who was wholly dedicated, with a heart of love to live a life of purpose. She offers pearls of wisdom of spiritual truth, as relevant today as when she began her work more than sixty years ago. Her book may just inspire us all to reach out with love and compassion to others, and to work together for world peace. www.motherteresa.org ISBN 978-1-57731-900-9

The Spiritual Runes - Harmonia Saille If you've always been fascinated by runes, this book will cover all aspects of rune philosophy, including mythology, cosmology, psychology and magic. You will learn how to interpret the spiritual and personal connection with your runes, helping you to develop your intuitive abilities. When you cast the runes, they can help you tap into your unconscious, teaching and guiding you to know the real you. ISBN 978-1-84694-201-3

Clutter Clearing Choices - Barbara Tako This delightful book is entertaining, humorous and very informative about clutter clearing, home organizing, and simple living. If you think you know everything about clearing years of clutter, think again. With practical and helpful ideas you can pick choose what works best for you. There is no single right way to get rid of clutter. It's ideal for those who want to get organized to free up time and energy to do the things they really want to do. www.clutterclearingchoices.com ISBN 978-1-84694-262-4

Only 1 Shot - Randall Scott Rogers This book is about reclaiming one's life; going back to the start to determine who we are and were meant to be. Randall says "I wrote this to resolve suffering; to help people eliminate the disconnectedness that exists within and learn how to respond to that disconnectedness that exists without, helping people find soul, bring it forward into the present, the surface of life." 'Only 1 Shot', does its part to help people "live" again; to love life again; to restore that which has been lost since youth: happiness." www.only1shot.com ISBN 978-0-9841251-0-4

Housekeeping for the Soul - Sandra Carrington-Smith With a down-to-earth approach, Sandra helps guide through the process of emotional healing and renewal of spirit through the analogy of housekeeping: cleaning, organizing, and 'airing out' our lives, room by

room, task by task. Its how-to and self-help approach guides you to embrace a life of balance through inner harmony, creating a meaningful, authentic reality. www.sandracarringtonsmith.com ISBN 978-1-84694-281-5

The Science of Making Things Happen - Kim Marcille Romaner For the past 25 years Kim has spent years researching the latest advances in science and technology and then working with colleagues and clients to reach their true potential. By using the power of quantum, neurological, and biological mechanisms, her five principles from recent and little-known scientific discoveries can help people right now to accomplish their dreams, whether that be focused on career, creative projects, relationships or fitness. Easy-to-follow exercises help anyone looking to make life changes will benefit from reading this book. www.possibilitiesimplified.com ISBN 978-1-57731-853-8

Ashtanga Yoga - The Intermediate Series - Gregor Maehle For those of you into Ashtanga yoga, this book would definitely be for you if you've mastered the Primary series. These poses are more demanding than the primary and include a series of back bends as well as arm balances and inversions. The Advanced series emphasizes difficult arm balances that are appropriate only for extremely advanced students. This book also explores the deep roots in ancient Indian philosophy and mythology. It provides an unprecedented quality of detailed anatomical explanation. www.8limbs.com ISBN 978-1-57731-669-5

Love's Alchemy - Translated from Persian by David & Sabrineh Fideler Working from the original Persian sources, translators and scholars, these authors offer faithful, elegant translations that represent the full scope of Sufi poetry. The poems explore many aspects of human life and the spiritual path, but they center on the liberating power of love. With beauty and wisdom they teach us the truth of our eternal nature and how the heart opens to God. www.sufipoetry.com ISBN 978-1-57731-890-3

History's Mysteries - Brian Haughton This is an absorbing and meticulously researched exploration of the archaeology, history and mysteries of 35 ancient people, places, and artifacts. For those who revelled in the adventures of Indiana Jones, this book provides a perfect reference for those fascinated by the great mysteries of ancient history. Understand the history of the Neanderthals, the 8,000 year stone circle of Nabta. Travel back in time to visit Cleopatra. For the armchair archeologist, this is a true delight. <http://brian-haughton.com> ISBN 978-1-60163-107-7

Bridge Between Worlds - Dan Millman & Doug Childers Each story in this newly revised volume (formerly titled Divine Interventions) describes a unique journey across a metaphysical bridge to a higher reality.

www.peacefulwarrior.com and www.doughchilders.com
ISBN 978-1-932073-26-3

A Study in Survival - Roger Straughan Here is dramatic new evidence for the survival of our individual personalities after death. This is an astonishing series of recent communications from a man who died in 1930 and whose mission, when alive, was to bring just such evidence to the notice of the widest possible audience - Sir Arthur Conan Doyle. The novel and ingenious method of communication and actual content of many of the messages of psychical research make this book a fascinating read. ISBN 978-1-84694-240-2

Kundalini Meditation Music - Various Artists This beautiful CD offers 7 uniquely focused chants, mantras and gong tones selected for their beneficial effect on relationships, prosperity, health and more. It weaves heartfelt vocals with ancient and modern instrumentation to create vibrational shifts that connects your deepest dreams and aspirations to reality. Also includes a booklet with full lyrics and practice instructions to enrich your experience. ISBN 600835-136822

Dalai Lama Renaissance - Soundtrack CD This musical journey is the soundtrack to the documentary entitled above. Contemplative, contemporary sounds from Tibet, India, Iran and the Americas comprise the soundtrack, an enlightening journey ranging from Indian modes and Sufi poetry to jazz and Afro-rhythms - all mirroring the Dalai Lama's joy, compassion and deep humility. Featuring pearls of wisdom in the Dalai Lama's own words. www.dalailamafilm.com

The Renewing - Isaac Shepard This lovely solo-piano album is a delight for folks who love piano instrumentation. It's the perfect album to put on after the end of a long day. You can practically feel the tensions of the day melt away. This is Isaac's third album combining imaginative ballads with classical progressions. www.isaacshepard.com

Behind the Smile - Antoinette Montague Make no mistake about it, Antoinette is a jazz singer through and through who pushes the genre's boundaries. On this CD she resurrects lovely-but-obscure melodies, blends in blues and gospel through her vocal shadings, and puts entirely new jazz arrangements to material from other genres such as R&B, classical soul and pop. www.antoINETTEMontague.com

Trillium - Kori Linae Carothers What a joy to listen to this CD! This is Kori's 3rd album and it's filled with beautiful piano compositions, soothing flute music and lavish keyboard production that melds together seamlessly. Her music is gentle, poignant, yet piercing in its diversity and is a delight to listen to. www.koritunes.com

The Promise - Michael Stribling Michael is yet another artist who has been busy making albums - this is his

sixth. Utilizing the electronic keyboard, Michael demonstrates his mastery across a variety of styles and moods. Ranging from rhythmic and upbeat to soulful and peaceful, his music is sure to inspire feelings of joy and optimism, while creating a dreamy and relaxed state. www.leela-music.com

Guitarrista - Ciro Hurtado Ciro is a well-known artist and is a guitarist-composer from Peru who has just put out this delightful album. His guitar work ranges from the very traditional Latin American genres to the more sophisticated fusion Latin-Jazz idioms. His guitar work is the most contemporary sound heard today on the nylon string guitar. He truly has a beautiful way of expressing his musical vision and there is no limit to his composition skills. www.cirohurtado.com

Dragonfly - Timothy Crane This is Timothy's second album and what a delight it is. With 11 original instrumental pieces with backing orchestration, his music lulls you into another world where life is peaceful, serene and content and then turns you on your head when his fingers really begin to fly across those keys. Starting to play the piano at 5 years old, he says the piano is one of the most enduring aspects of his life. www.timothycrane.com

Mindfulness Meditation for Pain Relief - Jon Kabat-Zinn This 2 CD set is for anyone's life that is shaped by pain - and by the physical and emotional suffering that goes along with it. The first CD shares seven fundamental attitudes that can be deployed to cultivate mindfulness in relationship to chronic pain, and the second CD leads into six guided meditations. He says, "Through the systematic cultivation of mindfulness, we can reclaim the entire spectrum of our experience and the joys inherent in living". www.mindfulnessstapes.com
ISBN 978-1-59179-740-1

Within Memory - Craig Urquhart Yes, this is Craig's 7th album filled with beautiful, soulful piano music. The aptly named title is a nostalgic look at wonderful memories that we all share in our collective and unique way. Each song that he has written is inspired by times spent with friends and in nature. If gentle, peaceful music is what you're craving, this is definitely for you. www.craigurquhart.com

Mantras For Precarious Times - Deva Premal With this interactive CD, you can join Deva incorporate ancient Sanskrit mantras into your daily life. Choose a particular mantra and make it a part of your life, chanting it once or twice daily or as time permits. It includes notes on useful applications for each mantra, 108 repetitions of 7 mantras, each with specific purposes and is ideal for use with malas (prayer beads). Each track is 7-9 minutes in length, short enough for you to sustain a daily practice and long enough to feel the power of the mantra. www.devapremalmiten.com

Epiphany - Manose Manose, Nepal's premier flutist, fell in love as a child with the bamboo flute. His playing transports you on a journey like no other, where your imagination floats like prayer flags fluttering in the breeze. His soul and his beloved flutes meld into one where you can almost hear his heartstrings through his flute. Accompanied by guitars, cello, percussion and guest vocals by Deva Premal and Miten - Manose unveils divinity that resides within each of us. www.manosemusic.com

Just This Side of Spring - Ann Sweeten Another wonderful piano album finds us with six-time Music Awards Nominee and Steinway artist/composer Ann Sweeten. This is her 8th album and what a delight it is. Soothing, gentle and melodic, her music allows you to drift away from the stresses of the everyday world and relaxes the body and mind. www.annsweeten.com

Revelation - David Nevue Yet another amazing pianist, David delivers another masterpiece. Since 1991 he has released eleven CDs of his original piano works. This theme of this album is spiritual in nature and features performances of contemporary worship and praise melodies as well as a few hymns. Sit back, relax and allow his music to flow through you while he plays from his heart. www.davidnevue.com

One Day in a Life - Bill Wren The talented artist that he is, brings forth eleven orchestrated new age and neo-classical tracks blended into a perfect nexus of styles, which has accumulated numerous awards around the world. Bill loves to mix jazz, blues and rock but adds warmth and sophistication with the sounds of orchestral music. The music comes from his heart and speaks to one's soul. www.billwrenmusic.com

Inner Voyages - Christopher Boscole Christopher is a classically trained pianist with a background in jazz and improvisational styles. This is his 7th album and the music he composes has a spiritual basis, channelled from the source of creativity that speaks to our true inner voyages. This collection of original compositions for solo piano mixes new age, jazz, folk and neoclassical piano styles. A wonderful album to put up your feet and relax with. www.christopherboscole.com

Keys in Ascension - Fabian Zone Trio For you jazz enthusiasts this may be one album you won't want to miss. Recorded live-in-the-studio this CD was recorded to capture as much spontaneous improvisation and energy as possible, keeping overdubs at an absolute minimum. This allows for an opportunity to bring together different musicians on each project and to give them full improvisational freedom while pushing for the spirit of positive energy throughout the session. www.myspace.com/christianfabian