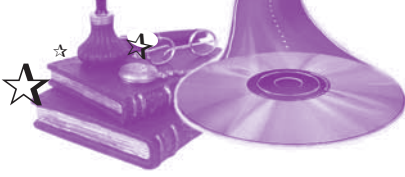


REVIEWS



The crisp truth as revealed by letters on a page, still never ceases to amaze me. For all of the magic and wonder of technology, there is still nothing to compare to a new book hot off the press. Just like yesterday and tomorrow, they capture the golden flame of your imagination as the chilly nights transform under their spell.

So here we are, coming up to the holiday season and the time for gift giving. Say no more...have a look at these new books and CDs and surely you will find a match to fill up Santa's empty stockings.

Since the hot topic of the day seems to be retraining your brain to obey your commands, let's start with Eric Maisel, PhD and Ann Maisel - **Brainstorm**, Harnessing the Power of Productive Obsessions. This is a great book, easy to read but I predict you'll do so more than once. It's a practical guide, a how-do-ya-do kind of book that will help you get back on track...just like you want to. Feeling like you're ready to choose your obsessions rather than have them control you? Run quick and get this book. ISBN: 978-1-57731-621-3

Donald Altman - **The Mindfulness Code**, Keys for Overcoming Stress, Anxiety, Fear, and Unhappiness. Just in case you're feeling a little too anxious, stressed and down-and-out-unhappy, you'll be grateful to pop this one in your bookbag. It's another gem designed to help you get control of life, full of practices you can do, stories to inspire you and little quotes to make you smile. It's a good time to rewire your brain for happiness. ISBN: 978-1-57731-893-4

Meg Lundstrom - **What To Do When You Can't Decide**, Useful Tools for Finding the Answers Within. If you're a 'how can I check' addict, you're going to love this, packed full of ways to tap into your inner consciousness. From muscle testing, to pendling, to mastering the 'chits', you'll be educated and amused. You'll learn to play as you turn these pages, with

practical exercises and with the added bonus of some advanced techniques, to keep you busy taking charge of your life. ISBN: 978-1-59179-816-3

Mary Lou Dobbs - **Repotting Yourself, Financial - Emotional - Spiritual Flow**. Do other peoples stories inspire you? If so you'll read into the midnight hours with this one as a 60 year old woman shares how her affair with a motorcycle revealed the importance of living in the present. And along the way, she share all sorts of nuggets of wisdom, right down to how to handle money. Bring joy back into your life and prepare yourself to flow with change. ISBN: 978-1-84694-335-5

Jane White - **Open to Love**, Healing Attunements and Ceremonies for Spiritual Adventurers. The title says it all here, but what it doesn't say is it is woven with personal stories/experiences to give the reader something to relate to, aside from words to chants or ceremonies to perform. It's a guide for connecting to your own higher source of love. ISBN: 978-1-84694-305-8

Robin Leigh Vella - **Silent Voices of The Soul**, How to Recognize the Spiritual Messages in Everyday Life. We are told to listen to Spirit. How? Robin crafts the words in this book to help you do that. Don't believe in miracles?...turn a few pages. Think you need to go to India?... just sit in your own backyard. From truth to transformation, or dreams to intention - chapter by chapter she leads you to remember, what you already knew a long time ago. ISBN: 978-1-84694-287-7

Caroline Shola Arewa - **Energy 4 Life** High Energy Conscious Living. Lack of energy is a major health issue and this book helps you understand how to 'dial it back up again'. Chakras, relaxation, meditation and physical exercises are some of the topics covered. The fact that she has included a chapter on energy psychology and another on food/diet is indicative that she is intending to deliver a balanced look at all your possibilities to activate your core energy. Happy, healthy, successful you deserve it! ISBN: 978-1-84694-312-6

Philena Bruce - **Know That You Are Loved**, Self-Healing Techniques for Everyone.

This is a thin book so you can take it anywhere, read it anytime. That makes sense since the content is based on the premise that simple works. Practice while standing in the bus line up she advises, in her down to earth manner. More than just a mini manual on self-healing, it also bridges the gap on manifesting your desires and how to do it right. ISBN: 978-1-84694-308-9

Cher Chevalier - **The Hidden Secrets of a Modern Seer**. This book is a personal story written in the hope it will assist others to follow their own path. It honestly follows the author's life of change and coming to grips with her hidden talents. It is an intense journey that leads her to remember and experience past life visions, healing powers, psychic gifts and more. ISBN: 978-1-84694-307-2

William Powers - **Twelve by Twelve**, A One-Room Cabin off the Grid and Beyond the American Dream. This is another personal story. A 12x12 cabin, minus running water and electricity is the heart of the setting of this tale. The story of the struggle to live with a small 'footprint', leads the author to various situations and provides the opportunity to meet organic farmers, biofuel brewers, eco-developers and more. It paints a moving picture of the contrast between the complex, growth-addicted culture and the simplicity of the other kind of the world. ISBN: 978-1-57731-897-2

John Badalament, EdM - **The Modern Dad's Dilemma**, How to Stay Connected with your Kids in a Rapidly Changing World. We suspect this will become a very important book for men and their families. It is a hands-on approach to the challenge of being a dad in the modern world. It is a workbook to fill in the gaps that most men are missing, i.e. - We were not born knowing how to be parents, and staying connected with your kids becomes even more important. He teaches skills such as learning to balance your time, build open communications and understand your father's legacy. Quite frankly, we think many woman would also find this a useful book. ISBN: 978-1-57731-660-2

Anne B. Ryan - **Enough is Plenty**, Public and Private Policies for the 21st Century.

This book is very different than the majority on these pages in this issue, mainly because it addresses a huge issue...what if! What if we put human and planetary well-being at the center of all decision making? So it is that the author explores moral and ecological concepts, as well as potential public policies that could improve life for all. If this interests you, you'll be excited at the unique blend of ideas, resources, philosophy, leadership and more presented here in the name of 'for the good of all'. ISBN: 978-1-84694-239-6

Now from heaven to earth, another topic intriguing to some of you, is the big ships in the sky. Kevin D. Randle, PhD - **When UFO's Fall From the Sky**, A History of Famous Incidents, Conspiracies, and Cover-Ups. Kevin is a leading voice in the theory that the US government knows more than it pretends to know... Crash is a complete update on the latest research. Randle is an ex-military officer trained in intelligence among other things, and sporting Masters and Doctoral degrees. Always on the forefront of a controversial issue he uses his training to dig deep and bring you the information you were looking for. ISBN: 978-1-60163-100-8

Bernard Haisch - **The Purpose-Guided Universe**, Believing in Einstein, Darwin, and God. Another fascinating book declaring that science has plenty to do with God. Bernard is an astro-physicist loaded with ammunition to present his case. Was consciousness the foundation of the Universe? Read his careful discussions of the nature of the universe and if you are one of the ones who search for deeper meanings behind scientific views, snuggle into your favourite chair and read on. ISBN: 978-1-60163-122-0

Stanton T. Friedman, MSC and Kathleen Marden - **Science was Wrong** - Startling Truths about Cures, Theories, and Inventions "THEY" Declared Impossible. This book is a collection of stories about the pioneers who invented and developed many 'impossible' discoveries. On the list are things like germ warfare, space travel, cures and inventions. ISBN: 978-1-60163-102-2

Marie D. Jones & Larry Flaxman - **The Deja Vu Enigma**, A Journey Through the Anomalies of Mind, Memory, and Time. Deja Vu! A fascinating topic and one most of you have had an experience with on some level. This book explores some 'possibilities' for their occurrence, but it does not stop there. It also explores more of the marvelous mysteries of the mind, such as memory lapses, missing time, altered states of perception, dream states and much more. Jones and Flaxman are also the authors of 11:11 The Time Prompt Phenomenon. and this time they lay out new theories of the DejuVuEnigma and welcome you to join them on their journey. ISBN: 978-1-60163-104-6

Robert Moss - **The Secret History of Dreaming**. Dreams have shaped us from the beginning and Robert Moss has been leading seminars and writing books to nurture that endeavor for many, many years. Who better to show us how dreams have shaped our world, in every area of our past and hence could be considered a valuable tool for visioning the future. Irregardless, it is full of stories revealing the dream as the messenger for amazing information. ISBN: 978-1-57731-901-6

We're starting off the CD section with a few piano instrumentals. First up is, Peter Jennison - **Longing for Home**, Songs From War. Don't let the subtitle fool you, this is gentle beautiful music created by a man who lived the emotions he plays about. Each composition was created with a certain theme experienced by the young people sent to war overseas. I believe there is a fascinating subtle healing element to it. Peter is donating a portion of each sale to assist the fund to support veterans dealing with post traumatic stress when they return home. It is beautiful music, whatever the cause and likely to touch your heart whatever your situation. PeterJennisonMusic.com

Lisa Downing - **A Delicate Balance**, -Solo Piano. The intention behind Lisa's 3rd CD is to help you bring some balance back into your world. As a single parent herself, she understands the challenges. Although there are variations explored

here, each cut flows nicely into the next so it's perfect for surrounding yourself with sound when you are working or reading or driving along the highway praying for a speck of calm! www.lisadowning.com

Lisa Hilton's - **Nuance** - delivers a performance lending an element of jazz to her work. This is a varied collection of 12 carefully chosen tracks. Some new, some not so new, but all have been rearranged for the solo piano. Lisa seeks out subtle nuances in every piece, adds her own subtle interpretations, that will no doubt 'carry you' places between the chords. Isn't that what piano is all about! www.lisahiltonmusic.com

Gunnar Madsen is a Grammy Nominated composer/pianist. No doubt you've heard him set the mood for many a situation including TV. **Two Hands** is a collection of his most personal music to date. Like many situations that first appear to cause you trouble, Gunnar created the essence of what you hear today when he was recovering from pneumonia. Just small bits that turned into complete pieces years later. One of the things I love about this, is he rehearsed the pieces on his grandmother's old 1927 Knabe piano, then knew the music needed a different instrument to express the true emotion. He searched out one that was a perfect fit, a Steingraeber. That's the sort of energetic attention to detail that went into this. www.GunnarMadsen.com

I love instrumental guitar, and this CD from Ben Woolman **Many Moods**, is a treat. This is solo acoustic steel-string finger style playing, an accomplishment in itself, but there's more. Ben is playing at a level where 3 parts of the arrangement are performed at the same time. Imagine that there is no overdubbing here. Original compositions and arrangements lend to the overall warmth and wealth of sounds. If you like guitar you'll love it. www.benwoolman.net

Davol - **Good Sign** is definitely an upbeat collection, more along the lines of instrumental pop. Built on a rhythmic foundation, you might just find yourself shaking your mint dispenser along to the music. Whatever you do, I suspect this music will 'move you' to 'move'. It has an

electronic flavour dancing through each track, yet the emotion of each is unique. If you are looking for something to raise your spirits, check this out. www.davolmusic.com

Jeffrey Fisher - **Satyagraha** - Songs of the Earth, Ambient, Meditative, Instrumental Music with Bass Violin. This is not your typical music but it might be just what you're looking for. What we have here is music meant to reflect the sounds of Mother Earth. Little gifts of love from the bass violin and assorted other sounds. The bass is a unique instrument in itself and no doubt the reason it is able to dig deep into the intensity of nature. This is meditative instrumental music meant to bring the listener closer to the many moods of 'mother'. www.HealingMusicOfTheSouthwest.com

David Mauk - **Ground Swell**. You might wonder who Mauk is, but if you ever went to a National Geographic International Museum Tour (like King Tut), then you have already listened to his music. It's beautiful, sincere, colourful and full of light. Ambient and gently electronic, it weaves a web that can catch your tarnished mood and turn it back to gold again. Bottom line is David is an excellent composer and musician. Inspired by artist Edward Hopper, it also includes a DVD of 5 video tracks. www.DavidMauk.com

Bruce Kaphan - **Hybrid**. This is the latest CD from the man behind the pedal steel guitar. Twelve new compositions set the stage for Bruce and friends to show off this unique instrument. The sounds are somewhat exotic in nature and reflect Kaphan's urge to explore places where the steel guitar has not gone before. The purist might say 'where it should not go', but has not stopped him yet. Someone has to take the risks, and his early love for improvisational music naturally set him in that direction. His goal has been to create music that will carry his listeners away. He's joined by a host of other instruments such as cello, tuba, congas, ukulele to name a few. www.brucekaphan.com

Matt Millecchia - **Silhouette of a Season**. Hmmm, what do you get when an ex-punk rocker turns his talents to the acoustic guitar? It might be hard to imagine, but the answer is gentle, beautiful music. His theme explores nature through the seasons, not through creating the sounds of thunder, rather by expressing the emotions he feels. Lots of artistic sounds here, he first created the structured compositions and then brought in various other musicians to add some extra accents and textures. www.mattmillecchia.com

Michael Stribling - **Paradise Lost**. This CD solemnly commemorates the displacement of Native American peoples at the hands of the 'white man'. This is actually divided into 3 acts: paradise, the conflict and tragedy, and the requiem and resolution. You'll feel the vastness of the situation, occasionally hear an eagle call, a mountain stream and water dancing. The music is rich and full, while stretching to tell you the story. www.leela-music.com

Ann Licater - **Doorway to a Dream**, will be a lovely gift for anyone who enjoys the healing and haunting sounds of the wooden flutes. Ann is a masterful musician and this CD is sure to help you create sacred space wherever you play it. The music is alive, timeless and full of imagination and it will no doubt take your own soul on an adventure. There is a perfect compliment of other instruments/percussion adding their voices through, thus creating a musical serenity. www.annlicater.com

Brenda McMorrow - **Ameya**. This is perhaps what you would call soul-expanding music, rich in modern melodies, harmonies and ancient Sanskrit mantras. It's an east meets west relationship, which is one I really love. Joyful would be another description to add along with light, bright and beautiful. Brenda has been following this divine wave of energy, of sound and chant traditions. Canadian born, she has explored various types of music, but we believe she has a winner here. www.brendamcmorrow.com

Mercedes Bahleda - **Mercy Songs**, merges Tibetan Buddhist mantras, Latin Christian church hymns and ancient Vedic chants into a song book of devotion. Don't go running off yet, this woman has a most amazing voice and the combination is a perfect showcase for the best of several words to come together peacefully and with love. If you resonate with this style of music you will be thrilled and what your speakers deliver. Mercedes is a yogini and says she heard some of the melodies in temples and churches, and some came in dreams. We say, if this inspires her to create music, may she on keep dreaming! www.whiteswanrecords.com

Wishing you the happiest of the seasons. May your heart overflow with loving compassion for yourself and your neighbours. May your purse be full of valid currency and your body healthy and wise. We'll be back next to celebrate 2011 and in the meantime...**don't forget we love you!**

The Grand Council of Light



Private channelled 'energetic' sessions

with The Grand Council of Light

or Archangel Michael /The Archangelic BlueONE

Sessions by appointment - approx. 77 minutes (\$111)

Monthly Group Gatherings:

on the 11th & 22nd of most months

approximately 7:30-9:30 - suggested donation \$11

New Monthly Event: 1st nights Oct 1, Nov 1, Dec 1

Please call 250-753-7070 and leave a message or email: AAB1@EAGLEyeONE.com to co-ordinate a convenient time.