

RESHAPING THE FUTURE: Yogic Tools to Alter Your Destiny

LIGHT OF CONSCIOUSNESS

JOURNAL OF SPIRITUAL AWAKENING

MUSIC IS MEDICINE
Transforming Energy
with Sound

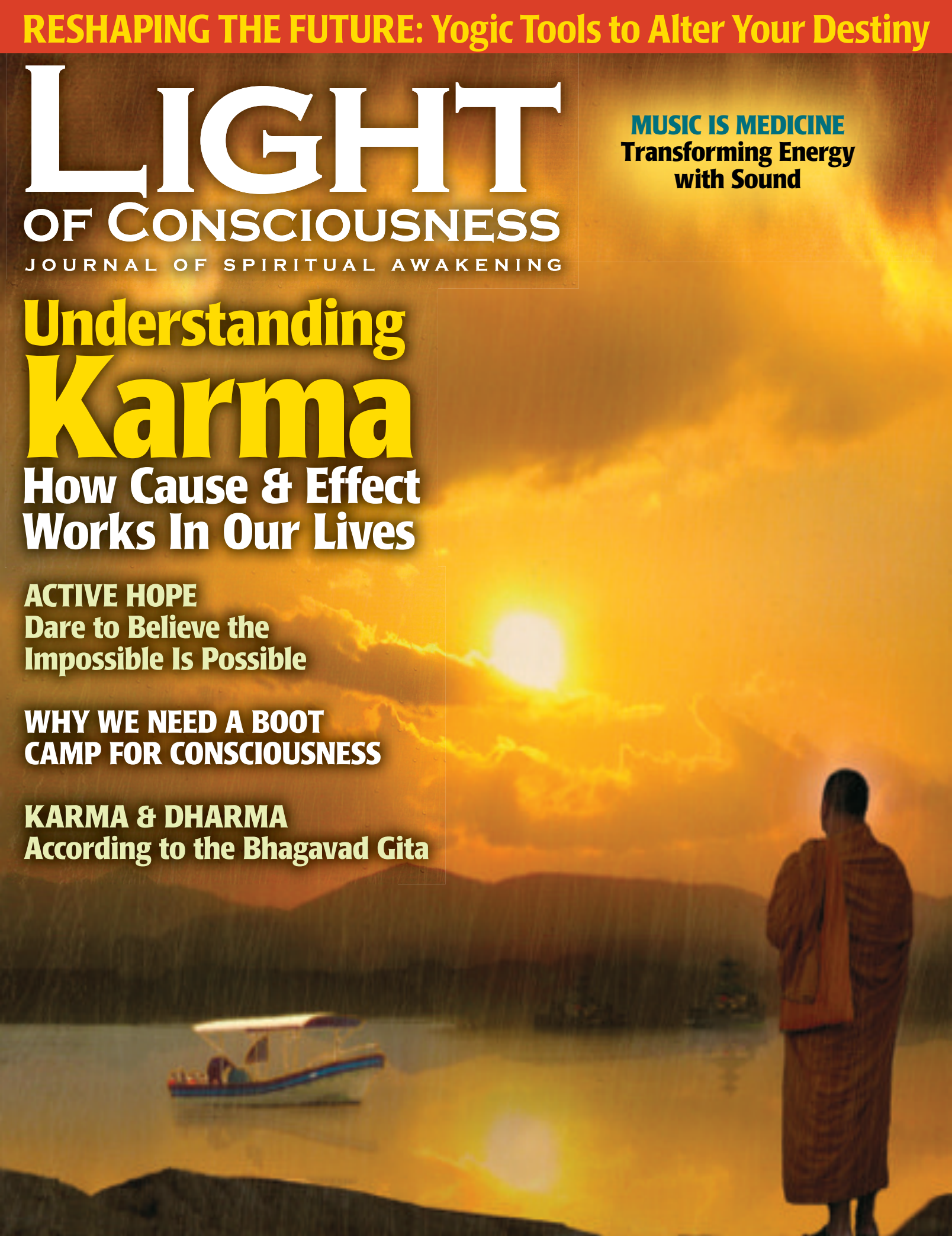
Understanding Karma

How Cause & Effect Works In Our Lives

ACTIVE HOPE
Dare to Believe the
Impossible Is Possible

**WHY WE NEED A BOOT
CAMP FOR CONSCIOUSNESS**

KARMA & DHARMA
According to the Bhagavad Gita



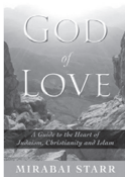
Reviews

Books



THE 11 KARMIC SPACES, Choosing Freedom from the Patterns that Bind You by Ma Jaya Sati Bhagavati; Paperback, 219 pp, 6x9, \$16.95; Kashi Publishing 2012, www.kashi.org. KARMA IS ACTION and reaction, “As you sow, so shall you reap.” Ma Jaya teaches: “Karma is real but you

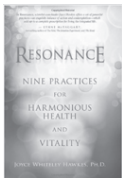
have free will. You can choose to free yourself of karma. Everyone can.” She explains that what we think and do creates patterns in our minds, both positive and negative, which accumulate over lifetimes and form our destiny. She describes certain karmic spaces, or “cubbyholes,” such as jealousy, anger, pride, indifference, desires (including the desire to be right), abuse of power and attachment. Our egos get us stuck in such patterns. With vigor, clarity and a great sense of humor, Ma Jaya shows us how to recognize and understand our karmic cubbyholes. She also explains how to get free, and provides specific practices. Don’t miss this guide to karmic cleansing, an essential requirement on the path for each one of us.



GOD OF LOVE, A Guide to the Heart of Judaism, Christianity and Islam by Mirabai Starr; Paperback, 240 pp, 5.5x8.5, \$15.95; Monkfish Book Publishing Company, www.monkfishpublishing.com.

MIRABAI STARR is an acclaimed translator of the Spanish mystics and a professor of philosophy and world religions. In *God of Love* she combines scholarship and personal experience to plumb the heart of the three Abrahamic religions, with various Eastern paths tied in as well. The flame of Love burning within each great tradition emerges here anew as the goal of an *interspiritual quest*.

God of Love explores this quest in chapters on the divine summons, faith and longing for the Beloved, service, mercy, contemplation, suffering and exaltation. Throughout, we are gently urged to revisit and explore the teachings and practices of the monotheistic religions as they “invoke the God of Love and bring Him into our midst... [to] emerge with the treasure that connects us all.”



RESONANCE, Nine Practices for Harmonious Health and Vitality by Joyce Whiteley Hawkes, Ph.D.; Hardcover, 211 pp, 5.5 x 8.5, \$24.95; Hay House 2012, www.hayhouse.com.

JOYCE HAWKES is a cell biologist and a healer. In *Resonance* she introduces us to the one hundred trillion cells in our bodies—two hundred different *types* of cells—each harmoniously attuned to its own functions as well as to the body as a whole. The main purpose of the book, as she explains in the Introduction, is to help each of us to access the harmonic resonance within our cells to guide us in physical and spiritual healing.

Nine sets of practices are presented, such as Intuition and Action, Presence and Communication, Connection and Protection, Compassion and Clarity, and Resonance and Transformation. The practices are enhanced by a twenty-two page full-color section of illustrations and guided meditations. Joyce also shares pertinent incidents from her healing practice and her training with healers and shamans. Altogether, an informative and nurturing offering to support the healing of the body through the uplifting of our individual consciousness.



THE THREE WAVES OF VOLUNTEERS AND THE NEW EARTH by Dolores Cannon; Paperback, 562 pp, 5x8.5, \$18.00; Ozark Mountain Publishing 2011, www.ozarkmt.com.

FOR THE PAST forty years Dolores Cannon has been investigating “lost knowledge” through past life regressions of thousands of individuals. What has emerged in recent years is a pattern of incarnations she calls the “three waves of volunteers” who have come to Earth in this pivotal time. Her discoveries include Close Encounters of the most compassionate kind: souls born within the last sixty years to help our planet transition into a higher dimension: the New Earth. Many of these souls reveal their experiences on other planets, in other dimensions, and why they have come to serve humanity at this time. Much information is lovingly shared on the physical, mental and spiritual changes taking place in order to help us with this transformation. Ultimately this is a story of redemption, of the Light of the Creator cleansing and purifying our world and restoring each of us to our soul’s true Being.



DREAMING BHUTAN: Journey in the Land of the Thunder Dragon by Nicole Grace; Hardcover, 113 pp, 8.5x11, \$34.95; Mani Press 2011, www.likeswans.com.

FROM THE PARO VALLEY TO Mount Jomolhari, this visual pilgrimage takes us through Bhutan’s sacred spaces revealing temples, monasteries and art. As we accompany Nicole Grace, Buddhist teacher, monk and mystic, she shares the history, legends and insights on each image. Particularly interesting are hidden monasteries and shrines where renowned yogis, yoginis and lamas have meditated for centuries. Also revealed is how the ancient blends harmoniously with contemporary Bhutanese life. *Dreaming Bhutan*, featuring the author’s full-color photographs, is a memorable journey into a land beyond time.

Noteworthy Books

PARANORMAL: My Life in Pursuit of the Afterlife by Raymond Moody, MD and Paul Perry—The author of the bestseller *Life After Life* shares his pioneering research on near-death experience, past life regression, reincarnation, contacting the deceased, grief therapy and shared-death experiences—all within a highly challenging and eventful personal journey. (Hardcover, 246 pp, \$25.99, HarperOne 2012)