

mind * body * spirit
Support & Inspiration for Life's Journey

UPCOMING EVENT HIGHLIGHTS

Feb. 4-5
Robert Moss

Feb 12
Phyllis King

Feb. 16
Chetan Parkyn (Skype)
Human Design

Feb. 18
Sue Frederick
I See Your Dream Job

Mar. 20 **Snatam Kaur**

Tea for Two!

Enjoy a free cup of tea & chocolate for you and a friend when you bring this ad to the Tea Garden in February!

Know ThySelf

EAST WEST BOOKSHOP

6500 Roosevelt Way NE, Seattle
206-523-3726 / 1-800-587-6002
www.eastwestbookshop.com

Yoga Classes and Retreats for every body

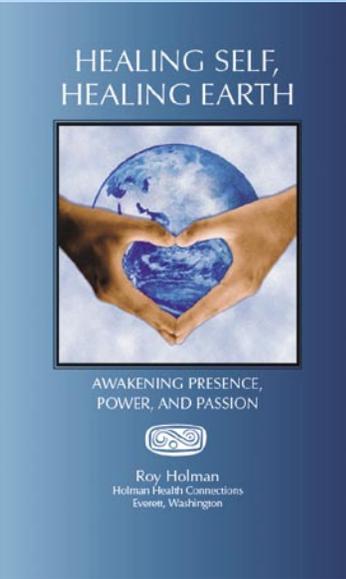
Yoga and Meditation classes in Everett



Retreats in Washington, Sedona, Mexico, Guatemala, Costa Rica

Roy Holman is the author of **Healing Self, Healing Earth Awakening Presence, Power, and Passion**

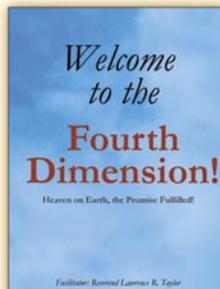
www.holmanhealthconnections.com
(425) 303-8150



HEALING SELF, HEALING EARTH

AWAKENING PRESENCE, POWER, AND PASSION

Roy Holman
Holman Health Connections
Everett, Washington



Welcome to the Fourth Dimension

"One of those books that needs to be on the coffee table"

A Seattle Group started with Edgar Cayce and evolved into the Logos Project. Many of the area's top psychics participated in bringing forth the tools to prepare one for Ascension during the Transformation.

Look for it at your local bookstore or online at Amazon.com, Barnes & Noble.com and LULU.com

For more information email lawrencetaylor0@gmail.com

Are you ready to let go of cigarettes?

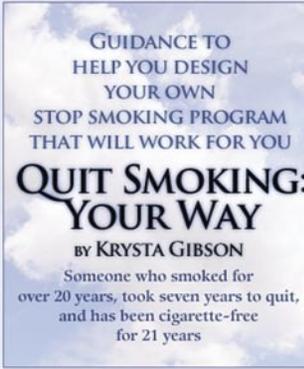
How many times have you decided to quit smoking and tried - only to fail? That's what happened to Krysta Gibson for seven years. She was a militant smoker for 20 years, took seven years to quit, and has been cigarette-free for over 21 years. In this program she shares how she did it and leads you through the process of designing your own program - one that can work for you.

Unless your medical professional says otherwise This program does not require you to quit right away. Make the next time you quit the last time you quit!

Download program consists of

- Three MP3s: instructional, self-talk, subliminal.
- Two PDFs: instructions and worksheets.

Maybe it is time for you to quit smoking: your way!



GUIDANCE TO HELP YOU DESIGN YOUR OWN STOP SMOKING PROGRAM THAT WILL WORK FOR YOU

QUIT SMOKING: YOUR WAY

BY KRISTA GIBSON

Someone who smoked for over 20 years, took seven years to quit, and has been cigarette-free for 21 years

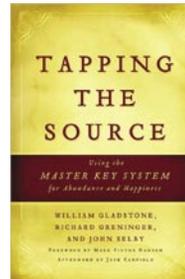
ONLY \$12.99 plus WA sales tax
Download now at
www.krystagibson.com

On The Bookshelf

BOOK, MEDIA, & PRODUCT REVIEWS

by Krysta Gibson

Tapping the Source
Book and DVD, available separately
Using the Master Key System for Abundance and Happiness
By William Gladstone, Richard Greninger, and John Selby
Sterling Publishing Company/Beyond Words Publishing



This book and movie are based on the 1912 text *The Master Key System* by Charles Haanel. These teachings are the basis of the work of Napoleon Hill, the movie *The Secret*, and many people who write about the law of attraction.

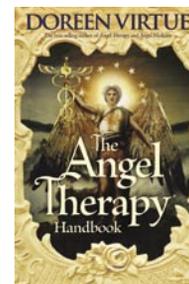
The book presents the teachings in an easy to follow and use format, helping the reader learn how to use focus phrases which take one back to the basic spiritual teachings upon which all of this is based.

The movie is one of the best I've seen. It presents the information clearly and in a highly motivational way. Over 100 people are featured in the movie, sharing some of their wisdom and experiences. I was a little annoyed at first because the people weren't identified. This actually ended up helping by not creating the distraction of thinking about who the person was. Everyone is clearly identified at the end of the movie.

The book and movie work together and I highly recommend both. They give solid information that you can actually use, very grounded and not sensationalistic.

gives a different goddess, tells about who she is and what part of the world she comes from and then we're given an affirmation that embodies her main teaching. This is a great book to have as your companion all year long.

The Angel Therapy Handbook
By Doreen Virtue
Hay House

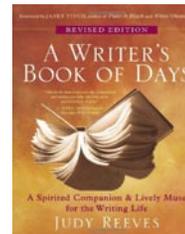


The name Doreen Virtue is synonymous with angels; she has written many books and decks of cards; the list fills an entire page in the front of this book. She is also known for her angel practitioner's course.

I was involved in a telephone interview with her (read the entire transcript in the inspiration section of www.newspiritjournal.com) and she said this book is her most complete work on the subject of angels. It has everything she offers in the class and this year is the last year she is teaching the course.

From learning who the angels are and how to connect with them, she moves into the varied angel therapy methods, how to be a spiritual teacher and healer, and she provides an appendix filled with related information. This is a handbook, for sure, as it gives you everything you need to know to work with these energies either for yourself or as a professional practitioner.

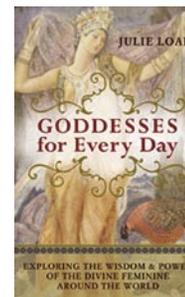
A Writer's Book of Days
A Spirited Companion & lively Muse for the Writing Life
By Judy Reeves
New World Library



Many of our readers are writers and whether you write for yourself or for publication, you will want to have this book. It's the 10th anniversary edition of the book and is full of writing prompts, motivations, exercises, tips, and insight that will help any writer get started, overcome blocks, and allow one's creativity to soar.

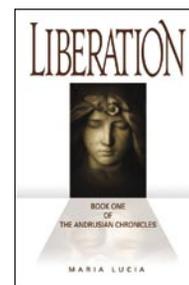
There's an exercise or idea for every day of the year so there's never a need to be bored or blocked again.

Goddesses for Every Day
Exploring the Wisdom and Power of the Divine Feminine Around the World
By Julie Loar
New World Library



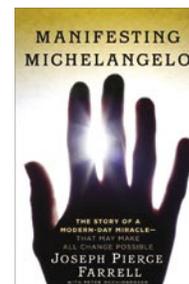
Until I reviewed this book, I didn't know there were 366 goddesses, more than one for each day of the year. You can make 2011 a special year by learning about these examples of the divine feminine and applying their wisdom to your daily life. Each day of the year, the book

Liberation
Book One of the Andrusian Chronicles
by Maria Lucia
Andrusian Press



Once in awhile a novel comes along that doesn't follow a traditional recipe. Liberation combines science-fiction, fantasy, historical fiction, and contemporary politics into a metaphysical dish just right for the Aquarian Age palate. The story centers in Washington, D.C. and follows Amora Madre as she discovers the deeper truth of her own existence, and then becomes a key part of a galactic strike force battling to free the earth from the hold of dark forces. Liberation is a great read for those who enjoy using their imagination while reading fiction with a metaphysical twist.

Manifesting Michelangelo
The Story of a Modern-Day Miracle-That May Make All Change Possible
By Joseph Pierce Farrell
Atria Books



This begins as the author's fascinating story of how he discovered his abilities to transform human tissue and see actual, verifiable changes in a person's body.