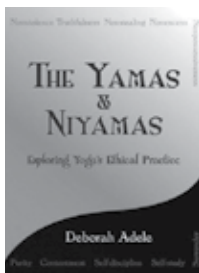


Reviews

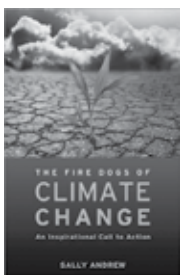
Books



THE YAMAS AND NIYAMAS, Exploring Yoga's Ethical Practice by Deborah Adele; Paperback, 192 pp, 5.5x7.5, \$12.95; On-Word Bound Books 2009, www.onwordboundbooks.com.

THE YAMAS AND NIYAMAS are time-tested principles for right living, *dharmic* living, the kind of life that frees us from karmas and is essential on the spiritual path. Their source is Patanjali's *Yoga Sutras*, and they are the foundation of all yoga paths. We find them presented in various ways, but here the Yamas, the classical *restraints*, include nonviolence, truthfulness, nonstealing, non-excess and nonpossessiveness. And the Niyamas, the classical *observances*, are purity, contentment, self-discipline, self-study and self-surrender.

The Sanskrit name is given for each precept, along with a discussion of its meaning and its broader implications. With week-by-week guidance, the author suggests dwelling on each Yama and Niyama for a month, taking time for reflection, seeking new insights and putting them into practice. Applying restraints and observances may sound limiting, but the result, as yogis have always discovered, is just the opposite: the joy of discovery, creativity, spontaneity, and being able to learn from and move past our mistakes. The author presents a gentle introduction and guidance for this powerful practice.

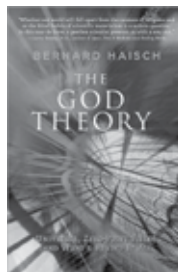


THE FIRE DOGS OF CLIMATE CHANGE, An Inspirational Call to Action by Sally Andrew; Paperback, 135 pp, 6x9, \$14.95; Findhorn Press 2009, www.findhornpress.com.

AS A LITTLE GIRL Sally Andrew was told in a dream that her job was to read stories to dogs. Later she discovered in Chinese astrology that fire dogs symbolize watchdogs for the community and guardians of the earth. She says that we are the fire dogs to whom she is telling the story. As an environmental activist, Sally shares her life with us through poetic prose. Growing up in South Africa, she was part of the anti-apartheid movement: "I run next to a young woman. I have never met her. She is holding my hand. I have always known her..."

Now, she says, it is again time to act, and she invites us into her world of facts and understanding. The presentations cover environmental destruction and climate change, energy efficiency and renewable energy, as well as inspiring examples of constructive action, groundbreaking technology and

sustainable living. These are good things to know, to ponder, to take into our hearts and include in our lives—finding out how we can make a difference. Visit with the author at sallyandrew.findhornpress.com.



THE GOD THEORY, Universes, Zero-Point Fields, and What's Behind It All by Bernard Haisch, Ph.D.; Paperback, 157 pp, 6x9, \$12.95; Weiser Books 2009, www.redwheelweiser.com.

IF YOU MISSED this book in 2006, you will find it well worth looking at and perhaps even easier to relate to today. Bernard Haisch is a professional scientist, an astrophysicist, and a man of spirit. The book speaks with care and abundant detail to a varied audience: hard-nosed scientists, religious people who appreciate science, and especially all those eager to move beyond the religion vs. science dialog.

Dr. Haisch makes his case in the realm where cutting-edge science and classical spirituality complement one another, exploring evidence and theory from Newton to the zero-point field to the quirks of quantum physics. At the end of a well-documented and interesting read, he offers his readers a cosmic conclusion: "We understand the rules because we made them up—not in the state we currently find ourselves as human beings, of course, but back when we were literally one with God, before God decided to temporarily become us"—and we are one with the Consciousness creating everything that is.



INTENT HEALS JOURNAL, Hand-made paper journal, 2.5x4, 72 unlined pages, \$12.00; © 2006 Indigo Healing Community, www.intentheals.com.

"WHAT IF YOU COULD heal your world, simply by holding it in your hands?" In December 2004, Jennifer Bachman felt instructed by Spirit to write down the names of everyone she had ever known: family, friends and co-workers. That experience, followed a few days later by the tsunami that swept away 200,000 lives, profoundly touched her soul. A year later she felt compelled to share the gift of healing, light and wholeness she had received when she held each name she had written collectively in prayer. Joining with friends she formed Intent Heals, a project for non-denominational prayer, forgiveness, and healing, grounded in a journal small enough to fit between two hands joined in prayer.

The simple act of remembrance, prayer and letting go through this journal practice has had a profoundly healing impact on the lives it has touched. The journals are an affirmation that thoughts are as powerful as action. "We make a choice every moment of every day," Jennifer comments. "Are we going to live in fear or are we going to live in love? I believe when you pick up the journal and with the intent to recollect, write down names and send love—something