

# EARTH STAR

DEC / JAN 2015

CONSCIOUS LIVING IN THE 21ST CENTURY

**EVERYTHING IS  
A MIRACLE**

BERNIE S. SIEGEL

**WALKING HOME**  
SONIA CHOQUETTE

**THE COLORS  
OF LOVE**

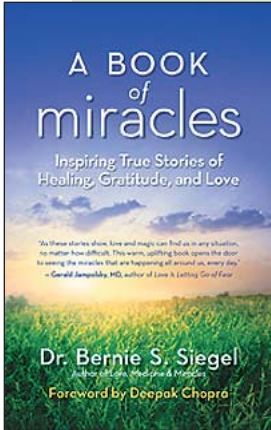
**NEW SLOW CITY**

**YOGA FOR CANCER**





# Winter Reading



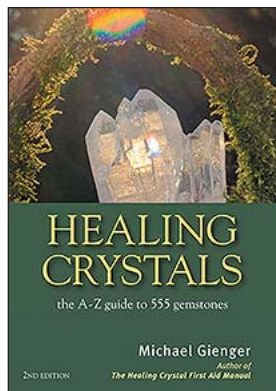
## A Book of Miracles Inspiring True Stories of Healing, Gratitude, and Love

By Dr. Bernie S. Siegel

Bernie Siegel first wrote about miracles when he was a practicing surgeon and founded Exceptional Cancer Patients, a groundbreaking synthesis of group, individual, dream, and art therapy that provided patients with a “carefrontation.” Compiled during his more than thirty years of practice, speaking, and teaching, the stories in these pages are riveting, warm, and belief expanding. Their subjects include a girl whose baby brother helped her overcome anorexia, a woman whose cancer helped her heal by teaching her to stand up for

herself, and a family that was saved from a burning house by bats. Without diminishing the reality of pain and hardship, the stories show real people turning crisis into blessing by responding to adversity in ways that empower and heal. They demonstrate what we are capable of and show us that we can achieve miracles as we confront life’s difficulties.

New World Library. Paperback, \$14.95.



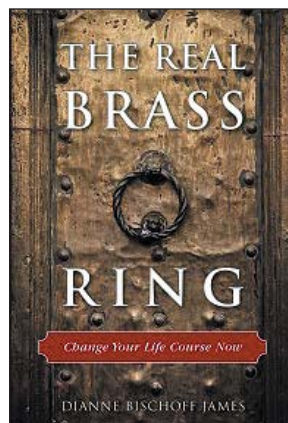
## Healing Crystals (2nd edition) The A - Z Guide to 555 Gemstones

By Michael Gienger

This 2nd updated edition is based on new findings in mineralogy and new experiences and research results in the field of gem therapy, including information for an additional 125 crystals not present in the 1st edition, some of which that have been discovered in recent years. With *Healing Crystals*, Michael Gienger presents a comprehensive directory of all the gemstones currently in use in crystal healing. Clear, concise and precise in style, with photographs of each of

the crystals accompanying the text, he describes the characteristics and healing functions of each crystal. All the important information about 555 healing gemstones in a neat pocket-book! Though it may appear small, it encompasses the contents of a whole encyclopedia.

Findhorn Press. Paperback, \$9.95.



## The Real Brass Ring Change Your Life Course Now

By Dianne Bischoff James

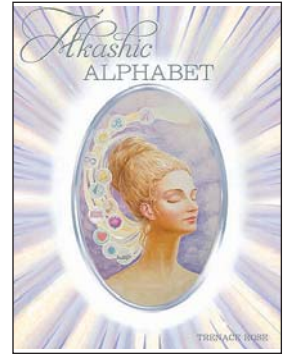
*The Real Brass Ring* takes *The Secret* on a high-speed road test in a tale of midlife transformation in the real, flesh-and-blood world of contemporary Chicago. It is the story of a “midlife reboot,” a raw, unfiltered journey of enlightenment that illustrates a woman’s daunting personal reinvention and the rewards of fearlessly pursuing a life’s true calling. After a jolting encounter with internationally known psychic and author Sonia Choquette, Dianne Bischoff James is forced to face the truth

about her life.

Turning Stone Press. Paperback, \$19.95.

## Akashic Alphabet

By Trenace Rose



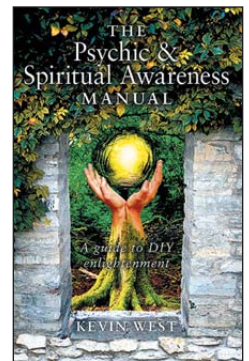
Within the akasha, the space between matter, lies a treasure trove of memories known as the akashic records, containing a history of the infinite, stored from the origins of time. The wisdom from this resonating, energetic heart, whose fabric connects all humanity, life-forms and elements, is accessible to all with pure intention, through meditation. *Akashic Alphabet* is received from the akashic records, housed within the space of the collective mind, the cosmic container of all that is and ever has been. This thought-provoking series of vision narratives coupled with acutely sensitive illustrations painted by a Master Artist, conveys diverse cultural and spiritual philosophies from around the world, revealing a graceful connection of Oneness in all.

Dementi Milestone Publishing. Hardcover, \$38.95.

## The Psychic & Spiritual Awareness Manual

A guide to DIY enlightenment

By Kevin West



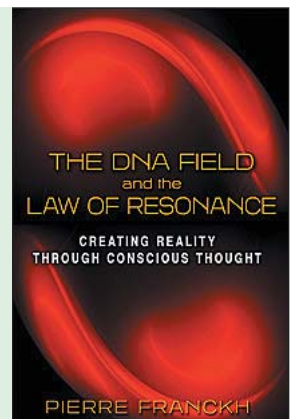
Aimed at people who wish to develop their psychic and spiritual awareness in a very practical way, each chapter deals with a separate aspect of development and also acts as a diagnostic empowering tool. It is based around the Spiritualist and New Age approach to full realisation, and filled with helpful exercises and hands-on techniques designed to empower the reader. Chapters include healing, meditation, psychic awareness, clairvoyance, psychometry, scrying, colours, auras and their energies, and much more.

6th Books. Paperback, \$14.95.

## The DNA Field and the Law of Resonance

Creating Reality through  
Conscious Thought

By Pierre Franckh



Taking the law of attraction to an entirely new level, Pierre Franckh reveals how human DNA has a direct effect on the physical world around us—an effect we can consciously focus to manifest our desires. Sharing groundbreaking experiments on the influence of DNA on photons and on the interactions between emotions and DNA, Franckh explains how our thoughts, emotions, and beliefs, whether positive or negative, build a field of resonance around us. Through this quantum field, our DNA is continuously communicating our unique vibration to those around us, and receiving their unique oscillations in return. By focusing our intentions and removing negativity from our beliefs about ourselves, our past, and our future, we can use our DNA to communicate our thoughts and desires to the universe. Through focused thoughts and intentions we draw the same resonant energy to us, thus bringing our intentions and desires into manifestation.

Destiny Books. Paperback, \$16.95.

# The Real Brass Ring

## Change Your Life Course Now



By Dianne Bischoff James

**I**n this excerpt from her book, *The Real Brass Ring: Change Your Life Course Now*, Dianne Bischoff James reveals some of her secrets for a midlife reboot. As a businessperson Dianne gets excited by executive summaries. So she put together 14 consumable rules based on the meta-physical practices she'd studied over the years. It is her 'cheat sheet', which she calls The Shortcuts for Happy Living.

### The Shortcuts for Happy Living

#### **Rule 1: It's All Good**

The Universe is already in order and in a state of well-being. We didn't come here to fix anything, because nothing is broken.

Dianne's Initial Feedback: If the world is complete and abundant, why do I keep running around trying to improve it and worrying about my next dime? Does this mean I can stop working so hard, relax, and just enjoy being here?

#### **Rule 2: What You Think about You Bring About**

We are always attracting. Everything you think about, talk about, and pay attention to is coming your way, so make it good.

Dianne's Initial Feedback: I've been raised by second-generation fear-based survivalists. Positive self-talk is a whole new skill set that will require tremendous practice on my part.

#### **Rule 3: Leverage Your Alignment**

When you're aligned physically, emotionally, and spiritually, you'll experience joy. Connect vibrationally with who you are so that your Earthly part, the body, joins with your spirit, the Source part. This connection will allow you to readily attract whatever you want.

Dianne's Initial Feedback: I'm pretty sure I've never been aligned because I rarely feel like a "fountain of well-being," singing Hallelujah and waving my arms back and forth.

#### **Rule 4: Use Your Emotional Radar Detector**

What feels good is good because emotions are the message center of the body. The thoughts that make you feel light and breathe easy are the right ones. Move away from anything that feels bad. And pay attention to the warning signs displayed through negative emotions.

Dianne's Initial Feedback: As a strong-minded professional woman, I've been too busy "doing" things to ever acknowledge my emotional center. It's been much easier to ignore exhaustion, sorrow, and frustration than to get into those scary "feeling" places.

#### **Rule 5: Manage Your Wave**

Everything has a vibrational flow and we are all connected through energy waves. Create harmony and synergy by focusing on the positive side of the wave.

Dianne's Initial Feedback: It won't be easy to grab at the merry side of the "it's all good" stick. I'll need to redirect my thoughts and look for the small positive things that happened during the day.

#### **Rule 6: Tend to Yourself First**

The only person you need to please in life is you. Take 100 percent of the responsibility for your words, actions, and experiences and take care of yourself, first and foremost.

Dianne's Initial Feedback: Abraham tells us to act like a cat. Well, my cat is orange, fat, furry, demanding, and only sits on my lap only when he feels like it. He is, however, quite satisfied with life and always takes care of his needs.

#### **Rule 7: Focus on Receiving**

Sit back, remain positive, and let the Universe deliver what you want. Allow yourself to receive.

Dianne's Initial Feedback: I am a professional "earner," so I don't know how to receive without effort and exertion. But it sure would be nice if the Universe just dropped things into my lap.

#### **Rule 8: Choose the Ending to Your Story**

Reality is yours to create. Use clear intentions, desires, and positive feelings to manifest whatever you want and watch unlimited futures unfold.

Dianne's Initial Feedback: If my life is a movie in the making, perhaps it will end in love, romance, and travel. Now that sounds pretty exciting.

#### **Rule 9: Manage Your Circle**

There are only three "circles" of influence: (1) your circle, (2) other people's circles, and (3) the Universe's circle. Your only job is to manage your circle. Get out of

everyone else's business and let them manage themselves.

Dianne's Initial Feedback: Does this mean I'm not responsible for other people and their issues? Can I stop feeling guilty and just let everyone enjoy their day or be miserable, as they have chosen?

#### **Rule 10: Feeling Good Is the Mecca**

Lighten up. Move away from resistance and be able to say, "I love how this feels!"

Dianne's Initial Feedback: I mostly feel push-back and strain, but emotional bliss is a terrific future goal.

#### **Rule 11: Learn Your Lessons**

Process your issues now. Learn your life lessons and work everything out in your interpersonal relationships.

Dianne's Initial Feedback: Although I've made some progress in learning lessons, I'm sure I still have a bumpy road ahead.

#### **Rule 12: Speak Your Peace**

Say everything that needs to be said. Always speak your truth in the moment.

Dianne's Initial Feedback: My tongue is a well-trained cover-up artist and I'm much better at saying what people want to hear rather than what's on my mind.

#### **Rule 13: Live Your Authentic Self**

The highest experience of love is the realization of what you believe in, who you are, and what you love to do. The only thing that's stopping you is you.

Dianne's Initial Feedback: I am totally committed to discovering my true desires and pursuing what I came here to do.

#### **Rule 14: Love Your Life**

Learn to love your life because you are the "dance." And in all aspects, pursue the wisdom of the heart.

Dianne's Initial Feedback: Love your life and follow your heart. This statement I completely understand.

