

HIGH SPIRIT

For Mind, Body and Soul, Look and Feel Good Naturally

WIN
AUDIO BOOKS
AND GUIDED
MEDITATION
CD SETS

REAL LIFE

Destined to be Lovers
"How I met my Twin Soul"

H.R.T.

A Medical Hot Potato
We look at the alternatives

Tough Detox
The Worlds hardest
detox regimes

PLUS

ASK THE ANGELS

ETHICAL FASHION

CELEBRITY PREDICTIONS

PSYCHIC READINGS

Psychic
PROTECTION

What does it mean
and who needs it?

SOUL MATES

5 Steps to manifesting the
relationship of your dreams



Your Stars for February

Full Page for every Sign

LUCK, CAREER, ROMANCE

This Month's Amazing In-depth Guide

* MIRACLE OILS * DREAM ANALYSIS * LOVE SPELLS



Book

REVIEWS

February 2009

TOXIC BEAUTY

How hidden chemicals in cosmetics harm you



Dawn Mellowship

TOXIC BEAUTY BY DAWN MELLOWSHIP

Gaia £7.99

The beauty industry spends many millions of pounds to convince us how wonderful their products are. What they do not tell us is how the chemicals in their products affect our health and well-being. Toxic Beauty takes a closer look at cosmetics and beauty products, their ingredients and the scientific research that we should all know about. This brilliantly researched book tells you about the chemicals you find in your beauty products, with details about which ones adversely affect you and in some cases your unborn child. Mellowship looks at the known health implications of these chemicals and backs it up with reference to the latest scientific research. It's not just the mainstream manufacturers that use potentially harmful chemicals in their products', even some so called 'natural' and 'organic' products contain levels of potentially harmful

chemicals. It's not all doom and gloom though, you will find pages of genuinely natural and safe alternatives you can buy instead. This is one of the most important books I have ever read. Everyone should have a copy of this book.



book you get a free meditation cd and presentation cover. This is an attractively packaged book, and will appeal to many people. The promise of abundance and your every wish come true by using imagination is thankfully only a small part of this book. Gawain has taken some good spiritual concepts and applied them to areas of people's lives. Visualisation is a powerful tool and can be used effectively for many aspects of self-development and healing. That is an honest approach and should be enough. However, when the line between what people need and what people want is blurred, and people are encouraged to use visualisation to achieve anything they want they will be disappointed. The promise of unlimited material abundance from the Universe is a false one. It is simply not possible on any level for everyone to have everything they want. What is possible is for everyone to have what they need.



THE REIKI SOURCEBOOK BY BRONWEN AND FRANS STIENE

O Books £12.99



The Reiki Sourcebook has been reprinted as a revised edition. There are some changes and updates to the earlier version. This is probably one of the most popular and well-known Reiki books around. There is much to recommend this book, the historical information is well researched and gives a good in-depth understanding of the history of Reiki. There are sections dedicated to various aspects of Reiki, such as Reiki past, Reiki present and Reiki future. The book tends to rely on information and opinion provided by other Reiki experts. Where I think this book falls down is with some of the assumptions made by the authors and their interpretation and understanding of some of the key principle elements of traditional Usui Reiki.



AWAKENING THE DIVINE SOUL BY ROSANNA IENCO

O Books £11.99

Rosanna Ienco shares with the reader her journey of spiritual growth, her awakening

Awakening the Divine Soul

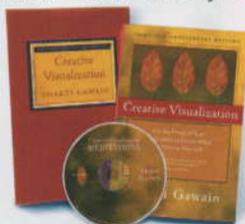


the Divine soul. Through her discovery of Shamanism, Ienco has changed her life. This book is her way of showing you a different way of living, a way of discovering your path and purpose. Through her unfolding story you will learn about Shamanism and how you can apply it to your own spiritual growth. There are exercises and meditations to help you journey within, find your power animals and connect to your spirit guides. Written within Ienco's own story, this is a good introduction to Shamanism. The book works well, both as a story and as a guide to Shamanic teachings and practices.



CREATIVE VISUALIZATION BY SHAKTI GAWAIN

New World Library £21.39



This is a special thirtieth anniversary hardback edition of the classic Creative Visualization. With this

THE SOUL CONNECTION BY ANNE JONES

Piatkus £11.99



The Soul Connection is based on the seminars Jones teaches around the world. Since her 'spiritual awakening' in India, Jones has written a number of books to help others achieve their own spiritual fulfilment.

This particular book is concerned with re-connecting the reader to their divine higher self. The book is pretty well written, and I am sure many readers will find it helpful. There are six steps or stages Jones uses for her particular version of spiritual growth. Each of these has its own chapter with information and simple exercises to follow. Like many other spiritual growth books I have looked at, there are a few good insights to be found in this book, although they are mixed in with many commonly held spiritual assumptions and elements of the writer's own beliefs and understanding. How valid these are is another question. Like all human understanding of the Divine, it is limited by individual awareness.

