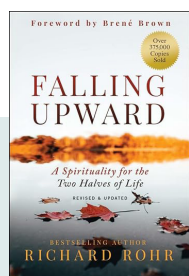


Soulful Reads

with Allison Bruce



Hi, Readers! For this magazine's theme resilience and recovery, I have included two newer releases (one from a Certified Healing Touch Practitioner) and a classic staple. As always, if you would like to share your reading reflections, my email address is allison@flourishintegralhealth.com. Joyful reading to you!



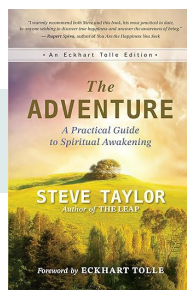
1. Falling Upward

By Richard Rohr

"The soul has many secrets. They are only revealed to those who want them, and are never completely forced upon us. One of the best-kept secrets, and yet one hidden in plain sight, is that the way up is the way down."

Falling Upward by Richard Rohr, and published by Jossey-Bass has been on my reading list for quite some time. This lovely book is about living the second half of your life true to your soul. Richard Rohr writes about the higher purpose of failings. We grow, and contribute to consciousness, the most through pain. It helped me decipher the difference between my actual life and my life situation. It also helped me understand that although I am struggling in my areas of my life, there is a learning that I am meant to share. Goodness will manifest. *Falling Upward* would make an excellent book for your library as much knowledge can be gained from returning to a page.

"The great irony is that you must go through a necessary complexity (perhaps a necessary suffering) to return to any second simplicity. There is no nonstop flight from first to second naivete."



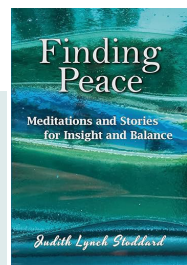
2. The Adventure

By Steve Taylor

"Simply becoming aware of an issue helps to free us from it."

The Adventure by Steve Taylor, and published by New World Library, is fantastic. I anticipated it to be similar to *Extraordinary Awakenings* (also terrific) but it is unique. Steve writes about the essential qualities of wakefulness including disidentification, gratitude, presence, altruism, acceptance, integration, detachment, and embracing mortality. He integrates personal life stories. Each chapter includes calming meditations and practical exercises. I found myself feeling a deep sense of peace while reading. My biggest takeaways are to cultivate a deeper sense of life's impermanence and gratitude for the present. I am planning to try the exercise centered on having just one year to live. Steve and I did a Q&A, please be sure to check it out! I received newfound insight from his meaningful answers, and hope you do too!

"Almost every quality of awakening helps us to transcend separateness."



3. Finding Peace

By Judith Lynch Stoddard

"We may not have any of these (Superheros) extraordinary powers, but we have or can cultivate capabilities that all superheroes have in common such as strength, resiliency, heroic action in circumstances of injustice, and adherence to strict moral and ethical codes." (From Superpowers Meditation)

Finding Peace written by Judith Lynch Stoddard, a Certified Healing Touch Practitioner, and published by CKBooks Publishing is a joy to read. The full color chapters follow the seven main chakras, beginning at the root. Each chapter includes affirmations, meditations, and personal stories. Many inspiring quotes are included too. I found reading it in the evening valuable. It is easy to connect to Judy through her storytelling. I laughed, I cried, and overall I felt grounded and peaceful. *Finding Peace* would be a wonderful reference to keep in your meditation area, or if you were teaching a class, in your knapsack or near your computer. I counted almost 40 meditations.

"The most important message from Spider is that you are an infinite being who will continue to weave patterns of life and living. Anything is possible." (From Spider Spiritual Symbol Meditation) €