

Soulful Reads

with Allison Bruce

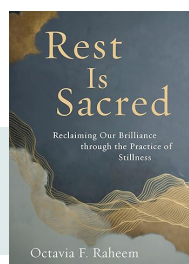


Happy holiday season, Readers!

For the final column of the year, I choose three newer releases, including one Gold Nautilus winner, that celebrate self-balancing our unique energetic footprint.

"Celebrating Energy Medicine around the World" marks the 23rd Soulful Reads! Numerology states, "23 is an inspiration and creative self-expression number." This column will return next year, with a twist.

I wish you the best as we close the 2025 chapter. As always, if you want to share your thoughts on the reading, please email me at allison@flourishintegralhealth.com. Joyful reading to you!



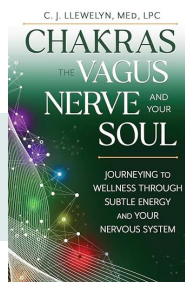
1. Rest is Sacred

By Octavia R. Raheem

"Rest does not ask us to do anything or to be anyone other than who we actually are."

Gold Nautilus Award winner, *Rest is Sacred* by Octavia R. Raheem and published by Shambhala, is a beautifully written reminder about the power of slowing down. Part poetry, part memoir, and part prescriptive, this book gives readers permission to pause. It could be read in a long sitting, but Octavia urges the reader to take their time to absorb the material. There are so many wonderful messages tucked in this book. One of my favorites is about the power of the divine... "let the Divine do the work that only they can do."

"Rest begins in your mind."

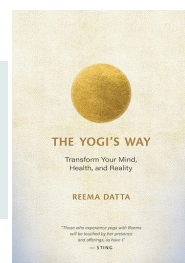


2. Chakras, the Vagus Nerve, and Your Soul By C.J. Llewellyn

"Our power comes when we can open to infinite wisdom that is wanting to work through us."

Chakras, the Vagus Nerve, and Your Soul by C.J. Llewellyn, and published by Llewellyn, offers a solid education on your nervous system and the chakras. It includes more than forty-five exercises to aid your self-healing. *Chakras, the Vagus Nerve, and Your Soul* would be of particular interest not just to healers, but also to readers intending to better understand the mind-body-spirit connection. It illustrates how we retain experiences and can retrain/change our nervous system's response. What I most enjoyed are the personal transformation stories.

"Listening to how your body feels around people is key."



3. The Yogi's Way By Reema Datta

"If we don't truly believe that we are worthy of receiving life's greatest gifts, this doubt becomes an obstacle to creating our best life."

I'm halfway through *The Yogi's Way* twelve-week course written by Reema Datta, and published by New World Library, at the time of writing this review – and I love it. First, I naturally lean towards books with a self-healing timed routine. Second, as a yogi (who took teacher training and taught briefly 20 years ago), I am relearning and learning yogic teachings, many connected to the power of the mind and emotions. The program teaches movement, meditation, visualization, breathwork, Sanskrit, and self-awareness. There is a journaling component, too. I appreciate Reema's vulnerability, sharing her personal story along the way. I'm looking forward to seeing what manifests as I continue with this soul-expanding book. Reema and I did a Q&A, too (available as a bonus for Unlimited subscribers). Please be sure to check it out!

"Studies have found that individuals who vividly imagine themselves succeeding in their goals - whether related to athletics, health, or healing - are more likely to take action and overcome obstacles to achieve their desired outcomes." €