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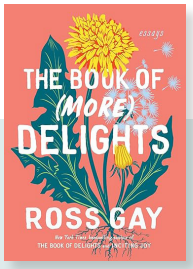
Hi, Readers! To dovetail with this issue's theme, energy systems, I choose one book about the energy of joy, one about the energy of vision, and one about the energy of consciousness. As always, if you want to share your insights please email me at allison@flourishintegralhealth.com. Joyful reading to you!



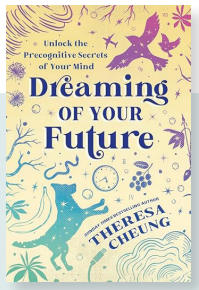
1. The Book of (More) Delights

By Ross Gay

"But what feels like a discovery - I mean, I had a hunch from the first book, but now it's bloomed from hunch into understanding - has been given to me over these last couple of years in conversations with readers who tell me they have taken up their own delight practice."

The Book of (More) Delights by Ross Gay, and published by Algonquin is fantastic. I would highly recommend listening to it on Audiable. You can really sense Ross's full personality through his voice recording. The collection of narrative non-fiction essayettes written over the course of a year is refreshing, sentimental, and often funny. The book is such an important reminder to reflect on what brings you joy routinely. A mindfulness practice such as this will garner tremendous gratitude. I appreciate the lengthy Acknowledgements section; it reflects Ross's depth. The Appendix of Brief Delights summarizes joy beautifully.

"I don't need to tell you, the happiest people among us enjoy everything."



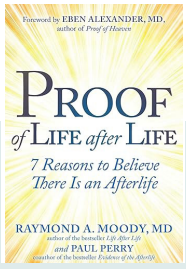
2. Dreaming of Your Future

By Theresa Cheung

"People who can vividly imagine their future selves thriving are more likely to make a long-term investment in themselves and take small but vital healthy steps each day in the direction of their dream future."

Dreaming of Your Future by Theresa Cheung, and published by Llewellyn is eye opening. Theresa teaches readers that by routinely recalling and decoding your dreams you can sense your future. I began journaling about my dreams most mornings and I was surprised to see how my night time visions did actualize. The second half of the book, titled "The Precognitive Dream Directory," is devoted to dream symbols. You can look up dream scenarios from actions to life stages and from animals to people. I would highly recommend *Dreaming of Your Future* if you are seeking some fortune telling.

"Your dreams can foreshadow actual events in your future, but they can also be about future mindsets and emotional responses you may have to future experiences."



3. Proof of Life after Life

By Raymond A. Moody, MD and Paul Perry

"NDErs (Near Death Experiencers) who see the review of their life realize that the being of light loves and cares for them. They realize that the being is not judgemental but wants them to develop into better people. This helps them eliminate fear and focus instead on being loving people."

Proof of Life after Life by Raymond A. Moody, MD and Paul Perry, and published by Beyond Word is research packed about the existence of an afterlife. It includes case studies and interviews about shared death experiences, near death experiences, and paranormal phenomena. One of my favorite stories is from Raymond Moody himself. He and his immediate family witnessed his mother's death and shared a captivating experience. I appreciated the common traits deduced from the studies, too, such as ineffability, feelings of peace and quiet, and a being of light. I feel more at peace about what's next after reading it.

"My summation, after hearing hundreds of these cases (Near Death Experiences), is that people change willingly because they are in the presence of pure goodness, which makes them want to change their behavior radically."

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