

10 SPIRITUAL staycation reads

This summer, with lockdown easing and the sunshine guaranteed to blaze down (or so we hope), pick up one of our ten best recommended reads. Our authors have manifested their beautiful books into being and they cover everything you could need – from yoga to belly dance, and unicorns to golden temples – with an abundance of wisdom and manifesting tips to help your dreams come true!

Read your way to manifesting mastery this summer, with ten books from our experts

ALIGN WITH YOUR HEART

Niaby Codd, author of *The Spirit of Life* (£8.99, Clink Street Publishing) amazon.co.uk, says:



“Mine is a book of inspiration and meaning. Channelled in 2015 for this very time in history, it is obvious, throughout reading it, that Merlin, the spirit channelled in the book, knew of the up and coming events of 2020. Whilst this book was channelled six years ago, permission was only just given, by spirit, to release it in 2019, just in time for current events.

“I have always known that I would write a book, and for a year before I connected with Merlin I just knew that I was going to connect with a highly enlightened being who wanted to share words of wisdom with the world through me.

“For anyone looking for guidance and a higher perspective on how to thrive during these unprecedented times, this is the book for you. This book seeks to guide people back to their heart space to realign with who they came here to be. When we reconnect with our natural gifts and passions, the very essence of who we are, we naturally start to heal ourselves and in so doing, start to shine our light of love out onto the world to help to heal it too.”

UNITE ANCIENT AND MODERN TRUTHS

Jeremiah Scott, author of *The Theory of You* (£16.99, Jeremiah Scott) jsmedium.co.uk, says:

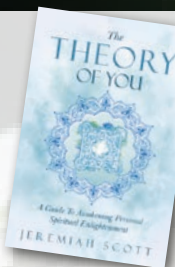
“The *Theory Of You* blends ancient knowledge from spiritual cultures from around the world with my visions and meditative insights. I have studied with South American shamanic cultures, European spiritualists and Nepalese monks to understand humanity's most profound questions from an alternative standpoint.

“My book teaches its readers how ancient wisdom can unite with modern living to create personal spiritual enlightenment. It was designed to reframe past suffering and reveal the true nature of our perceived individuality. Many readers have referred to the book as ‘life-changing’.

“I used my own manifestation technique, which I refer to as

‘panoptic mapping’, to bring all that I desire into my life, including this book. I read works by Esther Hicks in 2003 which sparked my interest and since then, I’ve studied different techniques spanning right back to ancient Egyptian times. I believe this energy influences every aspect of life.

“One piece of wisdom I would share is that a lot of our suffering in life comes down to a perception that someone deliberately set out to hurt us. But what we know to be good and true is so obvious to us that surely everyone else knows and understands our values? Therefore, if they end up hurting us, it is easy to assume it can only be through a deliberate and personally targeted intent. This realisation can pave the way to a powerful truth: we judge other people on their actions, but we judge ourselves by our intentions.”



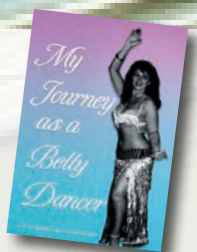
“I used panoptic mapping to bring all that I desire into my life, including this book”

"You can achieve more by doing less. Relaxing is the key"

LIVE YOUR KARMA

Elizabeth Gordon

author of *My Journey as a Belly Dancer* (Troubadour Publishing Ltd) amazon.co.uk and waterstones.com



"My book is about the challenges I encountered with what I believed to be a karmic role as a professional belly dancer. I would dance in clubs and restaurants at night while working for a solicitor's in London as a legal secretary during the day.

"Readers will gain an understanding of their own spiritual journey, knowing there was meaning behind the decisions they made in their lives and the importance of certain people they met along the way.

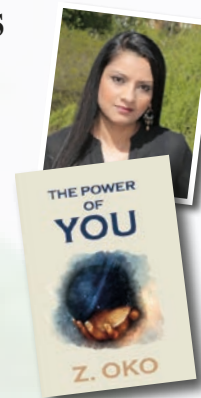
"I was inspired to write this book when, years later, someone from my past tracked me down. He had become a famous celebrity, so I was unsure whether we should meet up again.

"My favourite paragraph from the book is this: 'I told him that I believed in life after death. That we all have a spiritual journey with a purpose and a Destiny to fulfil. Our Fate is planned beforehand and we are given Free Will whether to accept that Fate or not. If we stray or wander from the Fate that was intended, then life will repeat the same old lessons over and over, like the lapping of the sea, until we are ready to reach that higher self. We are not here purely for our own egos and our own material wealth; there is another purpose and we can either listen to that purpose or push it aside for another day. It is up to us when we are ready to listen to our inner selves and it does not matter how long it takes; there is no time limit. Once we reach that higher self, we cannot retract into our old selves and enjoy the ignorance we once knew – as our conscience would have risen to a different level.'"

GRASP THE DEEPER POWERS

Z. Oko

author of *The Power of You*
(£10, Z. Oko Literary Estate Ltd)
amazon.co.uk, says:



"To harness the true power of manifestation you must understand the deeper power behind it. Through simple practices you can bring harmony, love, joy, abundance and your true desires into your experience. Your thought processes and how they affect and eventually imprint onto the subconscious mind can either hinder you or work wonderfully for you. This book will not only tell you where you may be going wrong, but it will show you the steps to take in order to rectify and remedy them.

"I used the visualisation technique outlined in the book to manifest this wonderful book. I include a vital component, which many people miss and which makes a huge difference to your success.

"One piece of wisdom I would share is that you can achieve more by doing less. Many people don't think of relaxation and manifestation being linked, but relaxing more is the key to successfully manifesting what we want in our lives. Overthinking can cause blocks, frustration and anxiety. By using the mind functionally, we can become the embodiment of our true desires.

"The *Bhagavad Gita* is my favourite book of all time. It's one of the oldest scriptures in the world. I'll carry it with me for life. If you find your mind occupied by thoughts which have no purpose in your life, try asking yourself, 'I wonder what my next thought will be?' Watch how your mind silences itself. The silence within is what spirit is. The silence within is *where* spirit is."

TURN FOR
MORE
SPIRITUAL
READS

DISCOVER YOUR SOUL

Piers Morris

author of *The Soul*

(£9.99, Grosvenor

House Publishing)

amazon.co.uk, says:

"Everything you ever wanted to know about the soul is now all in one place! My book is an easy-to-read reference guide exploring the relationship between the soul and the human body – the soul's occupancy of the human body, how the soul develops and advances spiritually, what the soul does after the death of the body and the non-physical 'home' the soul resides in.

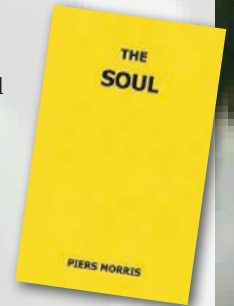


"A key feature of the book is learning about the concept of 'soul thinking'. The knowledge of how to access our higher self allows us to understand our life path, purpose and why things go wrong.

"The book explains that there are two personalities involved during the time the soul is on Earth: the human personality and the soul personality. If the human personality (our ego) is allowed to dominate our life, with the ego's focus on our immediate needs for survival, we cannot see our true path clearly. The soul personality is our

'higher self', and once we think from the soul, through listening to our intuition, rather than our ego, we discover we can think clearly and find our life path, true destiny, soul mates and happiness. This is a simple and beautiful discovery!

"The book was inspired by Dr Michael Newton and Dr Brian Weiss, famous past life and life-between-life therapists, and it reviews their work as well as other key soul literatures."



LIVE YOUR ADVENTURE

Sri Chinmoy

author of *The Adventure of Life*

(£13.99, Blue Beyond Books)

bluebeyondbooks.co.uk and

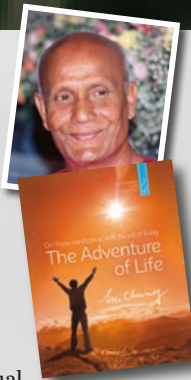
amazon.co.uk

"Sri Chinmoy, who passed in 2007, was an internationally renowned teacher of meditation, writer, poet, artist and spiritual leader, who for 37 years was the director of the non-denominational Peace Meditations at the United Nations in New York. *The Adventure of Life* is his modern-day spiritual manual that guides us towards understanding the roots of negativity and confusion, both on a personal level and in society today. It offers the practice of meditation as a tool to centre and harmonise our lives and introduces us to a modern spiritual lifestyle with a focus on wellbeing, diet, sport, family life and the workplace.

"This book encourages the reader to embrace new ideas, adding a deeper, spiritual dimension to one's life. In a clear and accessible way, Sri Chinmoy writes about the spiritual art of living, society and religion, as well as popular New Age topics such as chakras, occult powers and the end of the world. He explains the role of spirituality in the modern-day world and highlights the practical value of regular prayer and meditation.

"Sri Chinmoy's favourite piece of wisdom was this: 'Life is not boring to one who believes in adventure. Adventure does not mean that you have to climb up the tallest mountain. To allow new ideas, fresh ideas, healthy ideas to enter into your mind – that is adventure.'

"The book includes full-colour photographs and design features that are pleasing to the eye and make it a great gift to someone special. It fits well with a rapidly growing social interest in meditation, mindfulness and yoga, which are now seen as positive, effective life skills."



REBALANCE IN GOLDEN LIGHT

Linda Jarret

author of *The Temples of Golden Light*

(£12.99, Balboa Press)

templesofgoldenlight.com, says:

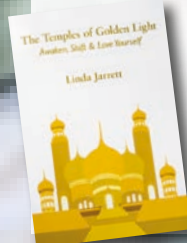
"The Temples of Golden Light are a gift from source to rebalance planet Earth with goddess energy and raise the vibration through ascension. As these are etheric temples, each can be visited during meditation, contemplation, or during one's sleep-state for healing, relaxation, inspiration and to release any blocks. The temples will give you guidance and protection and are filled with love and total light. The Temples of Golden Light are sacred goddess temples. Three goddesses watch over them: Lady Nada, twin flame of Jesus Christ: Goddess Jacinta, who works with nature and earth and Goddess Lathinda, who comes from another

universe, the Universe of the Golden Light. They will help you to manifest all that you want. I always ask the

Universe what it would like me to do or act upon, so the right manifesting tools come to me as they are needed.

"Readers will gain skills and knowledge while connecting to the Temples of Golden Light. They will learn how to manifest, be abundant, heart-centred, balanced and empowered and gain clarity, inner peace and enlightenment.

"My favourite passage from the book is this: 'The aim of the Temples of Golden Light is to heal humanity and Mother Earth herself, bringing peace and harmony to a new golden Earth. The Temples of Golden Light are surrounded by the Rainbow Angels and overseen by four universal global golden seraphim Archangels of the highest order representing north, south, east, west of our beautiful planet. Being a gift from source, the temples may bring about miracles.'"



RECOGNISE YOUR DIVINE NATURE

Leanne McDonald

author of *Living Life Goddess Powered* (£17.17, independently published) [amazon.co.uk](https://www.amazon.co.uk), says:



Living Life Goddess Powered is my brainchild. I am a spiritual transformation coach who specialises in empowering women to find their voice, awaken their confidence and recognise their divine nature. The movement inspires women and men to live life aligned with their truth – to live ‘goddess powered’. With 25 co-authors, all with differing perspectives, backgrounds, locations and ages, *Living Life Goddess Powered* captures an abundance of wisdom to empower and inspire its readers.

“I sat with this project for a number of years before I built up the courage to go ahead with it. I kept getting the signs and I kept ignoring them. My tip for anybody who’s thinking of going on that entrepreneurial journey is to follow their own intuition. The one thing that is repeatedly coming to you is your thing, so disregard the feelings of fear around it, feel that fear and *go for that one thing* – that one idea and inspiration that continually keeps occurring to you. It’s not occurring to you by chance, it’s occurring to you for a reason.

“I have worked as a coach for almost five years now and my passion for impacting women was the driver behind creating this project. I really wanted to create something on a grand scale that would cause or create a worldwide transformation for women. Something so they could begin to unravel the stories, the shame, the guilt and the imposter syndrome, and all of the emotional suppression that we experience as women and prevents us from remembering and reigniting that true purpose and potential within.”

SEARCH THE COSMOS

Lisa Melbourne

author of *Natural Magic for the Modern Goddess* (£12.99, That Guy’s House) [amazon.co.uk](https://www.amazon.co.uk), says:



“This is a book of self-discovery and empowerment to reconnect to your wellbeing, your purpose and to nature. Combining personal experience with research and practice, I can help you find your soul’s true purpose with words of wisdom and practical spells, rituals and other natural methods that will help you find your inner Goddess.

“I manifested this book by using Pinterest to create an online vision board which led to the book deal. I would sit and imagine that the pictures on my board were taken from my own achievements. My intention for this book is to help as many women as possible reconnect to themselves, their passion and their purpose. We all go through periods of our lives when we feel lost and disconnected from everything. This book was written in the hope that it will guide others through times of uncertainty, reflection and change.

“I read a book by Rebecca Campbell that resonated so loudly for me on what it takes to follow your heart and the call of your soul. After reading her words, I found the courage to call myself a writer. I changed my bio on social media to ‘writer’ and this created a huge shift in my perception of myself. I didn’t have to have a book deal in place to call myself a writer. I already was one!

“To quote from my book: ‘As you search the cosmos for the answers, you know that they are right here inside you, woven into your soul... they have been here all along.’”

AWAKEN YOUR SENSES

Elly Charles

author of *Ignite Your Light & Awaken Your Soul* (£12.99, Welford Publishing)

[elly.convertri.com](https://www.elly.convertri.com), says:



Ignite Your Light & Awaken Your Soul is a brilliant book to help you discover the seven clair senses that we all hold within our energy stream. It includes amazing techniques for you to tune into your clairs, which will strengthen your psychic skills and mediumship.

“I listened to my ancestors and let them take the lead whilst writing this book. They gave me signs through my clair senses that I acted upon, and my book journey just unfolded before me.

“My intentions with this book are to help people understand their senses in more depth, so that

they can receive the messages around them more clearly – whether that be messages for themselves or to share with others. This book is suited to readers at any stage of their spiritual journey. If you’re a beginner, intermediate, or expert working within the spiritual industry, there will still be a lot that is significant to you. We need more lightworkers in the world!

“A manifesting author that has always inspired me is the wonderful Rhonda Byrne. She has helped me so much and helped so many others, and she has made a real difference in bringing greater awareness of manifesting.

“My favourite quote from *Ignite Your Light & Awaken Your Soul* is: ‘Our soul is pure energy that moves through lives as and when our soul is assigned to do so. Our soul knows the depth of who we are and what we will become.’

“A limited number of signed copies are available from me for £14.99, including UK postage. Please get in touch via the email address light-after-life@hotmail.com to purchase.”

What inspiration have you found this summer to help you manifest? For more bookish delights, check out our Armchair Reads on p11, and win eight fantastic books and card decks on p85!