

Podcast Series: Holistic Nature of Us

Episode # 88: To Read is to Explore, Evolve, Emerge, Embrace: Part 2

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1. **Lana Nelson:** *The Food Codes*: A practical non-fiction book that deals with food and selecting food that meets our individual needs

"Your body knows exactly what it wants to eat for optimal health and wellness. If you are tired of yo-yo dieting, chasing the latest eating craze, but continue to struggle with your weight, *The Food Codes* is your answer! In this book, you will learn simple muscle testing techniques that can tell you precisely what nutrition your body needs at any moment, whether you are at home, in a restaurant, or at the grocery store. Once you master this easy testing method, you will no longer struggle to decide what to eat, but get trusted information from your own body. Lana's book includes a wealth of food lists, easy-to-customize recipes, and information that will help you on your journey to on-going health and wellness.

You don't have to wonder anymore about what to eat. You can simply ask. *The Food Codes* makes the abstract idea of communicating with your subconscious mind concrete and straightforward. Imagine. Your food needs, what's right for you, and what's bad for you, are different from my food needs. Everyone is different, and that's what makes *The Food Codes* so eminently useful."

Why I liked it:

1. I have times when I am okay with eating some red meat, though lately, I focus on veggies.
2. Lana explains the reasoning behind muscle testing and how it works
3. We are all unique in our body's makeup. Should one diet fit all?
4. Muscle testing gives us a chance to test whether a food is good for us in real-time. And that can change as we change.
5. Recipes and food lists are always helpful with menu planning, grocery shopping.

2. **Deb Sodergren:** *Just Be*: A non-fiction book about the process of Meditation

Just Be is a groundbreaking book about Meditation & Awareness. Meditation is a state of personal awareness in addition to how you interact with the world around you.

The information in this book is compiled in such a way to give you, the meditator, optimum results. It is a natural, step by step guide to help you begin Meditation.

Why I liked this book:

1. We are in a time of many stresses: COVID-19 totally disrupted our lives. We face economic uncertainty, social unrest, and a world that needs more heart. Meditation, being with self at the moment, being with our breath, brings in the sense of peace.
2. The author describes an easy to understand the explanation for bringing Meditation into your daily life
3. Explains the benefits of Meditation.
4. Journaling allows you to track feelings, guidance, and possibly provide some action to take in real-time.

3.Dr. Gordon Pederson: *A Fighting Chance: How to win the war against Bacteria Viruses and Mold with Silver.* Non-fiction work for health and wellness.

I don't have this book. However, I am familiar with the power of silver against viruses, bacteria, and molds. Dr. Pederson gave a compelling discussion about the benefits of silver. Today with so many questions unanswered or misinterpreted facts about COVID-19 and our uncertain future, I keep some in my home medicine chest. Luckily, I have not been with crowds except the grocery store. But If I have to travel, I will use silver as a precaution. As with any supplement, please check the research and the science. Dr. Pederson's website is a good place to get the facts about silver, and then you can make your decision from there.

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4.**Kathleen Gage:** *Beginner's Guide to Plant-Based Eating:* Non- fiction for health and wellness
"The **Plant Based Eating Beginner's Guide** is designed to set you up for success. Enjoy a simple, **7-Day Reboot** with **Plant Based Eating**. It's a simple to follow, cost-effective eating protocol that Will be a game-changer. You'll feel better, look better, and wonder why you never did this before.

Plant Based Eating for Health is an ethical way to achieve optimal weight, health and energy. It's compassionate to the animals and the environment. It's one of the most spiritual actions you can take, day in and day out."

Why I like this Book:

1. Kathleen shares her personal story of ill health and how that changed into weight loss, more energy, and positive well-being.
2. Easy to follow guidelines.
3. Lots of recipes
4. She reminds us that plant-based eating is easier on the planet. What we do for ourselves we do to the earth: a great holistic principle.

5. Linda Wigen Craft: *Mandalas Every Day*: Art book

"Artist Linda Wigen Kraft's hand-drawn mandalas inspire creative expression and experience every day. Mandalas are circular images that represent wholeness and centering. Coloring a mandala creates these qualities in our lives. The mandalas are printed in a large and small size so that they can be easily colored in about half an hour. The large mandalas fit on one page; the smaller ones are printed four on a page so that different color combinations can be seen together. The mandalas in this coloring book were inspired by nature and the real world. Unlike most mandalas that have been computer-generated or edited, these hand-drawn designs vary in line and symmetry. But like in real life, nature creates absolute perfection and beauty with differences. Children and adults can both experience the joy of creativity with these mandalas that were designed to inspire, transform, and heal.

Why I like this Book:

1. Coloring books are relaxing.
2. We have more time on our own in our homes during this time of tremendous change.
3. Mandalas are one of my favorite art mediums. They have ancient roots. Have you ever seen monks from Tibet create a sand mandala? They work with such precision and offer the mandala as prayers. Then they are erased and given to the water.
4. Easy to fit in for a change of pace.
5. Fun for all ages. I like to sit and color with my grandchildren. We chat and stay in the moment.

6. Lois "Mimi" Stevens: *Maven and the Magic Buttons*: Children's picture book

What is this picture book about?

"When Maven gets up on the wrong side of the bed, with too little sleep and fear of a math test, it all adds up to anxiety... and multiplies into a very unhappy morning.

At school, however, Glenda-the-Good-Nurse teaches Maven how to make her own tears, fears, **pain and anxiety disappear**, using her own nearly-magical powers!

After a few minutes of **Belly Button Breathing** and **Tapping into happy**, Maven is excited about her "Magic Buttons"... and her math test.

Self-confidence soars with this new-found ability to turn a painful morning into a sparkling day!

In the process of reading about Maven's Magic Buttons, **your child discovers their own Magic Buttons...** and so do you!"

Why I liked this book:

1. The author illustrates the EFT Tapping technique that children can easily use.

2. Easy for parents to learn and teach their children.
3. Tapping is easy and fun. The book's illustrations give child and parent alike a great visual that explains in a story format how tapping into our magic buttons can be helpful.
4. The author talks about the real-time use of this technique and shares her story on my podcast. The children's book is her way of contributing a positive method to help children deal with confusing, unsettling emotions, supporting their feelings, and helping them understand them.

7. Dan Blanchard: *The Storm: Granddaddy Secrets*: Fiction for teens and parents

Why I liked this book:

1. Dan creates a story where a young man and his Granddaddy foster a close relationship. Built on respect, the young man has someone to go to, someone who will listen, and consequently, he learns to hear his Granddaddy's words of wisdom
2. Dan's has touched teachers and students with his compassion, counseling, and coaching wisdom. His deep desire is to grow better men.
3. I recommend this book for teachers and parents of teens.

8. Pam Montgomery: *Plant Spirit Healing: A Guide to Working with Plant Consciousness*

A hands-on approach to working with the healing powers of plant spirits

“This book explores the scientific basis underlying the practices of indigenous healers and shamans

It illuminates the matrix where plant intelligence and human intelligence join and reveals that partnering with plants is an evolutionary imperative.”

Pam explains: Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. Now scientific studies are verifying this understanding. *Plant Spirit Healing* reveals the power of plant spirits to join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than their chemical constituents. They are intelligent beings that have the capacity to raise consciousness to a level where true healing can take place.

In this book, herbalist Pam Montgomery offers an understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process engaging heart, soul, and spirit that she calls the triple spiral path. In our modern existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit. She explains that the evolution of plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution—”

Why I like this Book:

1. I admire her deep passion for the plant world. She has been a plant advocate for many years and offers classes and programs.
2. Her dedication as a teacher, a way-shower, demonstrates that we are more, and so are the plants.
3. Lastly: p. 5: "this quote sums it all: *"In this work, I intend to open the awareness of my audience to these realms....to bring folks to a place of connection to that state of consciousness where we are no longer alone but connected to a vast and wondrous magical world of possibility."*

9. Agneta Borstein: *The Moon's Nodes: Understanding the Dynamic Ties that Bind:* Non-fiction Astrology with roots in both Eastern and Western traditions.

"The Moon's Nodes – Understanding the Dynamic Ties that Bind, written by Agneta, show her vast knowledge of the Moon's Nodes, and the connection to a deeper sense of the Astrological Birth Chart, which allows an individual to integrate their daily living with practical, as well as spiritual applications. The Soul and Spirit have the opportunity to merge during a lifetime with unlimited potentials for success, happiness, and Love for Life.

It presents the Hindu myths related to the nodes with an emphasis on the goddesses as consorts to the male deities and how their stories connect to the Lunar nodes.

Borstein presents the fundamental facts about the Moon's Nodes and includes a discussion of the True and Mean Node and information on the nodal cycle in transit, natal signs and houses of the nodes and their meaning, especially in how to move from the wounded soul, represented by the South Node, to higher consciousness, represented by the North Node."

Why I like this Book:

1. I am not an astrologer, but I appreciate the science behind this respected discipline
2. I have interviewed Agneta a few times for her insights into our chaotic world and received many positive comments. What are the stars, the heavens telling us? What can we learn from this knowledge?
3. She looks at personalities in the public eye and applies her understandings to show us how the nodes work within our lives. And, it is all about Soul, that deep mysterious part of self that prods us to know more.
4. Her style is direct, and you can glean something for self, whether in this field or not.

10. Chris Salem: *Master Your Inner Critic:* Non-fiction: life and business coaching

“For many years, Chris has seen people aspiring to make changes and grow but struggled at different phases of their career and life. He is just like you, a regular person that has faced similar struggles. Chris shares from experience what has worked successfully through hard work and dedication to help in your challenges.

We all reach crossroads in our lives. Is it your time to make life changing decisions to become the person you always aspired too but felt was never within your reach or were not deserving? Most important, are you willing to commit full hearted to becoming your better self that leads to:

Chris reminds us that the solution always evolves out of the problem or challenge. The issue is that many people operate their lives and business in the effect of the "root cause" of their problems. They manage the effect but not address the "root cause". This book shows people how to address their "root cause" then release it over time creating new and healthier habits that lead to prosperity in all areas. There are 7 steps to Mastering Your Inner Critic and are as follows:

Step 1 – Resolve the Root Cause

Step 2 – Embrace Change

Step 3 – Stepping into your Fear

Step 4 – Know your Why to Success

Step 5 – Setting Goals to Live Life on your Terms

Step 6 – Invest in You

Step 7 – Being Accountable”

Why I like this Book:

1. Chris is very down to earth, describing his journey through recovery.
2. His seven steps are easy to understand but not necessarily easy to follow. He tells us why and again shares his own story of inner growth with compassion.
3. He reminds us that inner perseverance can change our life. His seven steps give us a framework to follow. And this can be applied to our work life as well.

Books open doors to our imagination, our hearts, and our minds. I hope you enjoyed these two podcast discussions that highlight so many books written by many of my podcast guests. I appreciate their passion for what they do and the fact that they choose to share their knowledge and experiences with all of us. We have time on our hands to learn more. What excites you? Did you pick a favorite? We would love to hear from you. Enjoy. Judith