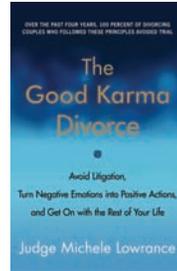
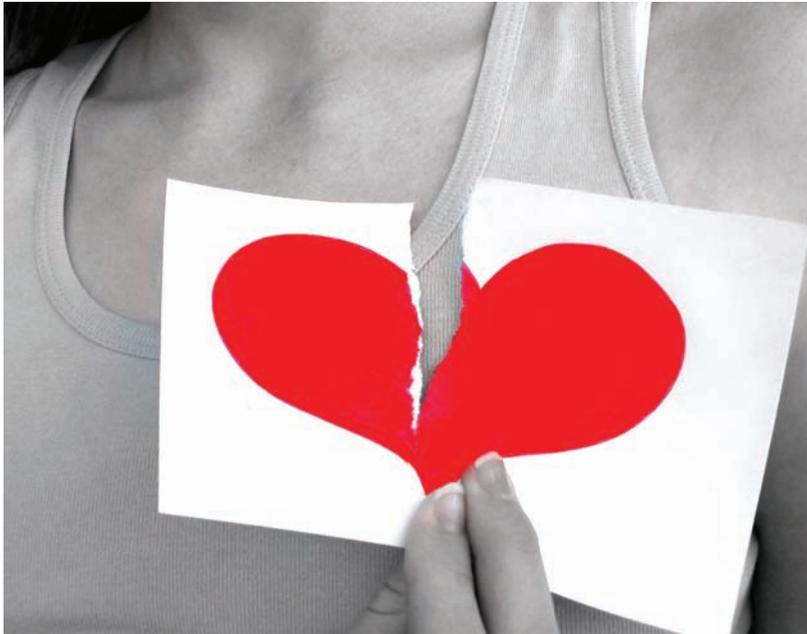


{ Read, Watch & Listen }

# elevated ideas

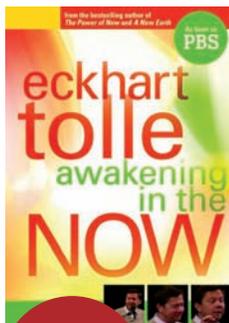


While divorce can be a painful process — in some cases more than others — we were so happy to discover the new book **"The Good Karma Divorce: Avoid Litigation, Turn Negative Emotions into Positive Actions, and Get on With the Rest of Your Life,"** by Judge Michele Lowrance, who spent 20 years as a domestic-relations

lawyer, and has been a judge since 1995. Over the past four years, 100 percent of divorcing couples who followed the principles Lowrance lays out in the book have avoided trial, and we can see why. She offers advice, real-life scenarios and tools to help any couple going through a divorce, allowing them to harness the negative emotions and pain, and translate it into positive actions. She also explains at the beginning of the book that it doesn't matter if only one member of the divorcing couple is open to these principles — it can still work miracles!

**Read**

EE



Based on a PBS special, Eckhart Tolle takes the stage for 110 minutes in the DVD **"Eckhart Tolle: Awakening in the Now,"** and captivates viewers with his teachings on how to transcend compulsive thinking by staying out of the past and the future, and remaining in the present — the now. He explains the importance of embracing thoughts

**Watch**

and emotions through awareness, finding freedom from the ego and the conditioned mind — which convinces us we need to obtain more material things to find happiness — and even offers a mantra to use whenever we find ourselves dealing with a stressful situation. This will be a DVD you will want to watch more than once because it is chock full of information and enlightenment — and Tolle will even make you laugh along the way.

EE



Photo by Kylie Hoobin.



One of our favorite musicians at *Elevated Existence* is German devotional singer, Deva Premal, who introduced several new albums this year, including **"Mantras for Precarious Times."**

Made up of seven tracks, Premal chose traditional Hindu chants and sings each one 108 times on the album, which is ideal to use in morning and evening meditation practice. She also includes instructions for the chants, each intended for a different purpose — from

**Listen**

removing obstacles, creating peace and healing, to abundance and sacred love making. Whether you chant along or simply listen to the calming effect of each track, this CD is sure to become a favorite.

EE

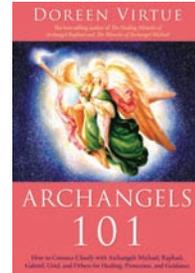


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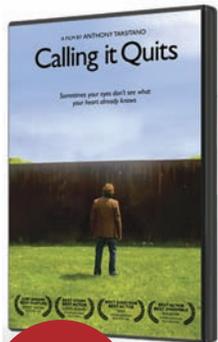


**Read**



Have you ever wondered what role each archangel plays in assisting us with our lives on the physical plane? Archangels, known as the “chief messengers of God,” vary in their specialties, from Michael, who offers protection, to Raphael, who works on healing. In her latest book, **“Archangels 101,”** best-selling author Doreen Virtue breaks down the role of each Archangel, not only explaining their purpose, but offering a variety of prayers readers can use to call upon them for help. For example, did you know Archangel Raguel can be called upon to create harmony in relationships, or that Archangel Metatron can help with highly sensitive children? This book is the ultimate nightstand must-have to call upon angels at bedtime, asking for help and thanking them for the assistance provided that day.

EE



**Watch**

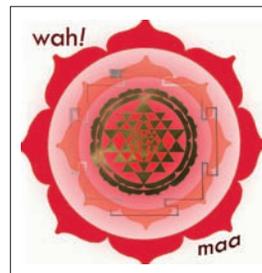
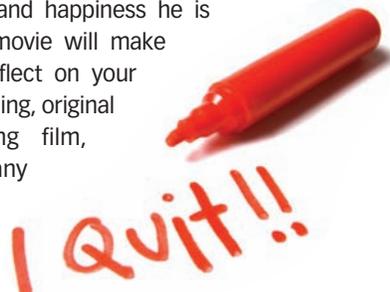
Many people often think they have life figured out, but then suddenly find themselves traveling down an entirely different path, searching for more meaning. This is the case for the main character Dante in the film **“Calling It Quits.”** Faced with the loss of his wife, he walks out on a job and the successful career he spent his entire life in

devotion to, and sets off on a journey toward self-awareness, where he finally begins to look within for the

answers and happiness he is seeking. This movie will make

you laugh, cry and reflect on your own life — an entertaining, original and thought-provoking film, worthy of the many awards it has already received.

EE



Yoga music legend Wah! (whose name means “bliss beyond description”) introduced her latest album **“Maa,”** a blend of new age and electronic beats and spoken-word, which follows the success of her “Love Holding Love” album. While in the

past her sound has been more mystical and relaxing, this CD incorporates dance beats that will get the listener moving and energized. Tracks include the popular “Love Holding Love,” as well as “Shanti,” “Ganga Me [Everlasting Love]” and “Stay in the Love.” Having traveled to Europe, India and Africa, she incorporates different spiritual traditions and teachings into her music and lyrics to create a mix of reggae, Hindu chanting and pop.

EE



**Listen**