

Healing the Heart of the World: Harnessing the Power of Intention to Change Your Life and Your Planet

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Reviewed by Leslie Granier for Reader Views (3/07)

"Healing the Heart of the World" is a compilation of thoughts, ideas, and personal stories contributed by a diverse group of people, including psychologists, doctors and even a country music singer. It will appeal to intellectual and spiritual individuals who want to live a happy and peaceful life while also trying to make the world a better place. Females especially will relate well to the subject matter since they are a more feeling and emotional group than men. These contributors not only tell us what we should do to accomplish these tasks. They also demonstrate how to achieve these goals through the use of specific examples to support their ideas.

The topics included in this book range from love, healing, getting in touch with nature and embracing one's spirituality. I especially enjoyed the chapters on love and forgiveness. It was demonstrated that the power to love and the power to forgive lie within every one of us and that the choices we make in our everyday lives affect our happiness and the happiness of those around us. Another concept that struck me was "messiness, chaos and frustration are positive signs, reminding us that we are growing." This statement reminds me that change is important but it never comes easily. Change must occur in steps and these gradual modifications mark positive movements toward a goal. It is through these steps that we gain strength and experience in a journey towards a better life.

Overall, this was a well-written and informative book that really can help change humanity. For the most part, it was free from bias but there were a few times I felt the individual contributors were trying to promote his or her workshops and seminars. Perhaps it would have been a bit more acceptable if websites were listed at the end of the book for those who are interested in seeking more information about attending seminars from the authors.

"Healing the Heart of the World" carries a very important message - overall healing in the individual will result in an increase in the health of the planet and the world. We are being called to be a beacon of change and a source of renewed hope. This can be accomplished if everyone puts in the effort at the individual level and leads others through their example.