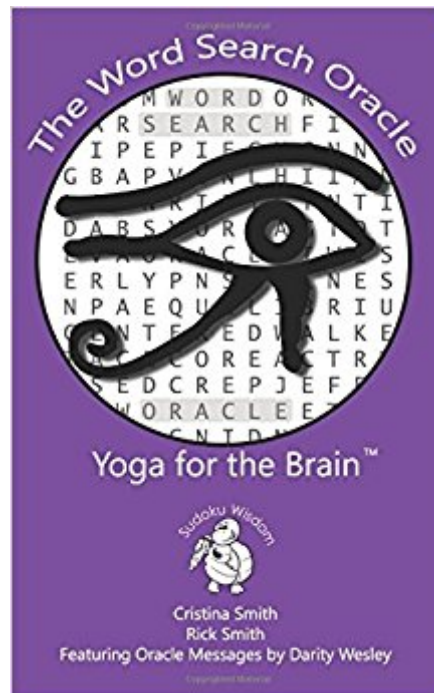




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The Word Search Oracle: Yoga For The Brain



Synopsis

Best Book Winner, 2017 Pinnacle Achievement Award- Games and Puzzles. The Word Search Oracle Invites You to Play! Both a profound philosophy and fun puzzle book, The Word Search Oracle is yoga for the brain, that stretches your mind, nourishes your soul and touches your heart. Featuring Darity Wesley's inspirational Oracle messages, these 60 easy to advanced puzzles make every page both a challenge to be solved and a meditation for self-realization. It gets even better. Once all words are found, a hidden message is revealed; a powerful mantra to affirm the Oracle reading. Plus, find fascinating facts and enlightening insights inside, providing tasty food for thought. Who would have thought that practicing mental yoga, boosting creativity and empowering personal mastery could be so much fun? This book can help you: Stay sharp with a more flexible brain Make your life better now through the power of positive affirmation Reduce the risk of early onset dementia and Alzheimer's disease Have fun with a purpose! Complete the 60 puzzles inside! In the process, discover that you have also solved more of the puzzle that is your inner self.

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Customer Reviews

Never before have I seen such a book, with word search puzzles, secret messages, and even more for the reader to enjoy! What I enjoyed most was that it was not just a word search puzzle book, but also packed with facts and information. Sitting down with the book is a great way to relax and stretch those brain muscles. I can see why the puzzles are considered "yoga for the brain!" This book is highly recommended for those looking for puzzles, relaxation, inspiration, and enjoyment!

-Carla Trueheart for Readers' Favorite Like the authors Cristina and Darity, The Word Search Oracle- Yoga for the Brain is inspirational, relevant, and fun! The puzzles are challenging in a good way, and the messages are insightful and meaningful. It's well worth your time. I highly recommend it to everyone looking for something uniquely uplifting. It provides an all-around positive experience anyone can benefit from in their life from expanding your mind's keenness to elevating your soul's intuitiveness. The book encompasses food for thought and food for the soul! -Brenda Krueger Huffman, Publisher, Women's Voices Magazine I love Yoga for the Brain! The Word Search Oracle is a great way to relax, unwind and play. Even better, research shows that games like these can have a mind-body benefit no matter how old you are. Sign me up for more! -Camille Leon, Founder, Holistic Chamber of Commerce

Ever meet someone for the first time and feel like you have known them forever? That profound heart connection that transcends time and space? Darity and I had that extraordinary experience when we met 20 some years ago. We have been friends and collaborators ever since.

Darity's long standing Oracle guidance readings have been treasured by her global community for more than a decade. We decided to play together in this book, making her readings into puzzles with hidden, secret messages to decode. My brother Rick created these fabulously fun puzzles. My longtime friend Melissa served as editor, making us all sound good! The synergy of deep friendship made this book a soul satisfying experience to write and share. I imagine you can feel the love and joy emanating! Like our award winning first book, The Tao of Sudoku- Yoga for the Brain, this book has fascinating facts and enlightening insights in the chapters between sets of puzzles that are guaranteed to make you go hmmm... Have fun solving all of these deliciously unique puzzles and inspiring secret messages! All while entertaining, maintaining and training your brain. The Word Search Oracle team invites you to play!

I am loving the book.....i loved crossword puzzles as a kid so it's a nice nostalgic relaxing way to rest and keep my eyes and brain sharp. Thank you for creating this fun wisdom filled book.

Fun, and the quotes are extremely timely for the awakening soul.

I gave the authors' previous book, "The Tao of Sudoku," to my sister who loved it so much I thought I'd buy her this one. Hah! She'll never see this copy. MINE. I had a lot of fun with this. Words, not numbers, are my thing. I love it! I read the opening instructions but when I

looked at that first block of letters, so much positive energy has been imbued into this book by its collaborating creators that my own inner oracle must have kicked in. I started to identify words immediately. I wrote them down as fast as they appeared (and it was fast!) in the order I saw them. When I later looked at the list of words for which we were to search, I discovered that some of the ones I'd spotted weren't intended to be a part of this puzzle. And when I read my choices in order, they formed a poem. I'd apparently stumbled into a special oracle message, just for me! So this book gave me, not only what is promised, but yet another level of oracular goodness on top of what is already a multi-layered experience of yoga for the brain. Or was that part of the plan all along? Here's my poem, if you're curious, the order in which words caught my attention, the first four among the unofficial words I saw: Prana Era! Wake, raw life! Awaken! Appreciate good, sustain-able. Bring open relation! Inner journeys, meaningful support--- my bad heart thankful! Deeper: Discover relationship core. Blessings bring lift; Rediscover Spirit. And then, I also decoded a mantra as instructed by the book, and read the accompanying oracle message printed with the puzzle. I am triply rich now. Thank you to all involved for this delightful experience! I will have to buy another copy for my sister, and then there's my husband ...

I was delighted to receive *The Word Search Oracle: Yoga for the Brain*, by Cristina Smith. I had recently read and reviewed her book, *The Tao of Sudoku*, which I enjoyed and found most helpful in keeping my mind active and alive. The word search puzzles move the mind in a different direction from the challenge of finding the right numbers for the Sudoku puzzles. For me, more often than not, the required words were quickly identified, whereas in Sudoku I needed to bring both a method and a focused mind to the activity. That said, as I progressed through the word search puzzles I noticed that it was necessary for me to change my perspective, the way I looked at the puzzle, to find the required words. Puzzles are half of what these books are about. The other half is the commentary Cristina provides on each page that helps us to learn to live fully in this present moment. For example, on page 34 Cristina discusses the Yoga of Mantra. She suggests that saying the mantra of our choosing can help us reprogram our minds. I took her advice and selected three mantras which I have repeated often throughout my day. I just said them right now "they only take a moment" and now my focus is on what I think is important to me as I write this review. When I am ready, I'll choose some new Mantras to say to give me a new perspective on what I consider important in my life. On page 40 Cristina discusses Stillness, the importance of quieting our mind and listening to and focusing on the present moment and what it offers to us. I don't

know about you, my readers, but I am sensitive to all the noise and chatter that surrounds us. Cristina suggests that we need to find some quiet time for ourselves where we get away from all the hustle and bustle of our daily lives and reconnect to our deepest selves, our original selves.

“To be nobody but yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting.” I think Cristina would agree with E.E. Cummings. She says, “Make the now, make the stillness your primary focus. It will hold you up and get you through and perhaps put you on the path to finding your true self.” On page 62 Cristina talks about Encouragement. Sadly, many people live with criticism at home and at work and more often than not, this criticism stops us in our tracks. Criticism says what’s wrong, but not what’s right. Cristina asks us to change and heal our lives by “practicing drawing in love with each breath. Release any unwanted pain or criticism (my addition) with each breath.” Yoga, Qigong, and Tai Chi can all help us learn to draw in love with each breath. It is no accident that the subtitle of Cristina’s book is Yoga for the Mind. The stillness Cristina recommends helps us to find our inner goodness, that original self that is filled with light, healing, and peace. Later on in her book Cristina discusses the cooperation we need between our spirit, mind and body. Her book is deeply spiritual from beginning to end. She has experienced in her own life the power of the spirit to transform her life and allow her to tap into her energy and enthusiasm to help others become all they can be. That is her joyful mission and her books help people to experience love, joy, creativity, and mindfulness. Not bad, for a book which is half filled with puzzles, don’t you think? Highest recommendation.

Update 1: As I reread my review I noticed I did not say anything about the puzzles, but all the words in the puzzles reinforce the message Cristina has to give us and at the end of each puzzle we can discover a Mantra hidden in the puzzle that also supports everything Cristina has to say. I thought of Ralph in A Christmas Story with his Little Orphan Annie decoder ring. He got “Buy Ovaltine” for his message, to his great disappointment. We receive something more valuable and sometimes even profound.

Update 2: On further reflection I decided to add a few more thoughts about Cristina’s book. On page 120 she discusses purpose and I remembered Abraham Maslow’s famous Hierarchy of Needs, the highest need being Self-Actualization -- being all you can be. This purpose of self-actualization is at the heart of much that Cristina writes about in her books. On page 126 she talks about Now, the only time that is real. The past is history and the future is a promise, but the present is where we must live our lives. On page 146 she discusses happiness. Whether we say the glass is half empty or half full is a choice. What choice will we make for ourselves? From happiness we move to Gratitude. Each day above ground is a gift. Everything Cristina writes about

in her books is about our choice of what to do with the great gift of life we have been given. Where does Cristina go from here? We will have to wait until she publishes her new book!

This book talks of Oracles such as when you have a feeling there's a guardian angel looking out for you. Many of our greatest philosophies and inventions have been brought forth via an Oracle messenger. In this book, the Word Search Oracles are designed to be a spiritual mindfulness practice that will enhance your life. Solving the puzzles improve the brain's health. Of the puzzles, there are different levels of difficulty present in the book. And within each puzzle, there is a secret message created by the letters that are not used in any word with the grid. Finish the puzzle and find the mantra of the remaining letters. As you approach each word search, remember there is nothing you need to do, and nowhere you need to go. This is your time to relax and breathe. Our life's mission is important and there are spiritual entities to help on our journey. These word search puzzles are one way to disconnect from the chaos of the world and refocus. There are no accidents or coincidences in life. Synchronicity (unlike coincidences) has a divine plan. This book is filled with many puzzles and interspersed with delightful spiritual information we have learned and then forgotten again perhaps because we do not practice what we knew to be true for us. Within each puzzle lies a mantra to uncover. Cristina Smith combines playtime and spirituality together for a delightful experience. One mantra is "I have the right to a quiet mind."

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