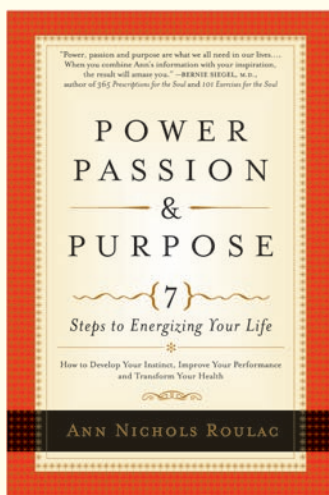


LAYOGA

AYURVEDA AND HEALTH

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**POWER, PASSION
AND PURPOSE
7 STEPS TO
ENERGIZING
YOUR LIFE
BY ANN NICHOLS
ROULAC**

“...she establishes herself as an avatar of energy, a shaman of self-empowerment... With this offering, Roulac does her part to better society and reminds us what a glorious age we are entering.”

As humans transition from the Age of Pisces—sacrifice, charity and psychic drama—to the Age of Aquarius where the focus rests on creating tools for the betterment of individuals and humanity, an onslaught of books has appeared purporting to chart the way towards self-realization. It would be easy to categorize Ann Roulac’s book as yet another quest for the Aquarian Holy Grail: a technology for perpetual energy, vitality and contentment to improve the individual so that the individual can improve society. But Roulac has amassed such a comprehensive volume of information that she establishes herself as an avatar of energy, a shaman of self-empowerment.

Roulac—a corporate refugee who combines a successful business background with a lifelong study of cosmologies from around

the world—divides the book into two parts. The first part addresses the seven steps, which range from discovering your power and life work to believing in miracles. Roulac takes old standards of energy cultivation and gives them her own erudite spin.

The second part is where the book most distinguishes itself because it offers mechanisms for bringing the academic ideals of energy management into the realm of reality. Roulac shows three ways to do this: workbook pages for manifesting your dreams; yoga and meditation exercises for relaxation and clarity; and fifteen pages of a chapter called “Words of Wisdom and Inspiration.”

The workbook pages provide a forum to write down your life’s plan and the yearly and monthly milestones you will make to achieve that plan. The energy practices include

breath, chakra, mantra and yoga influences designed to help maintain and increase your energy levels. The “Words” chapter includes gems from sources as varied as St. Francis of Assisi to Lao Tzu to keep you inspired during your journey.

With this offering, Roulac does her part to better society and reminds us what a glorious age we are entering.

—Marie Black