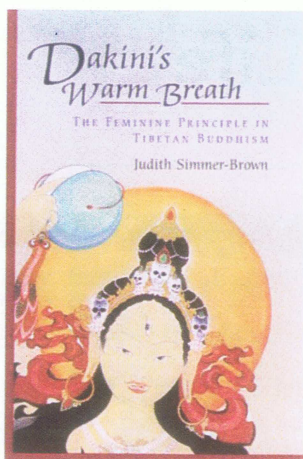


ele:REVIEWS



> THE FEMININE PRINCIPLE

DAKINI'S WARM BREATH > DR. JUDITH SIMMER-BROWN
REVIEWER: BRAD HOFFMAN

The Buddhist view on gender, Dr. Simmer-Brown says, is that:

"The 'feminine' refers to the limitless, ungraspable and aware qualities of the ultimate nature of mind...The 'masculine' relates to the qualities of fearless compassion and actions that naturally arise from the realization of limitless awareness..."

Our relative differences, once understood properly, become a strength:

"The ordinary chemistry between men and women is a powerful expression of the fundamental dynamic of phenomena..."

This is no mere introduction—Dr. Simmer-Brown covers deity yoga and dakini teachings. But while it may not make for an easy read, it's certainly a fruitful one.

> Get yours at: any independent bookstore.

SUPER SIZE ME



A Film of Epic Portions

> FA(S)T FOOD

SUPER SIZE ME > MORGAN SPURLOCK
REVIEWER: MARLOWE FAWCETT

It's every 8-year-old's Big, Fat Question: what happens if you eat nothing but McDonald's for a month? Morgan Spurlock, *Super Size Me's* director and guinea pig, set himself some simple rules: eat three squares at Mickey D's each day for 30 days; everything off the menu at least once; and, if asked to Super Size, he had to say "Yes." The results? Weight: a lean 185 to a flabby 210 lbs. Cholesterol? 160 to 240. EKG's? Off the charts. Liver? So fatty he could have sold it as *foie gras*. His vegan girlfriend wasn't too impressed either: Spurlock's libido got as floppy as yesterday's Big Mac. Spurlock rolls across the country from drive-thru to drive-thru and ends where it all starts: in our nation's schools.

> Get goin' to: a theater near you.



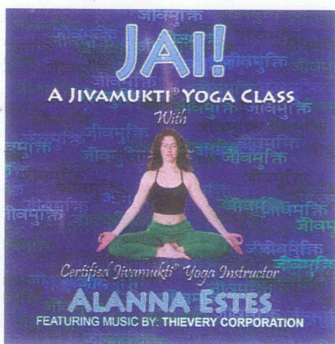
> W-DUBYA-W.BUSHYOGA.COM

BUSHYOGA.COM > DANIEL COTA
REVIEWER: WAYLON H. LEWIS

When President Bush, dressed in elaborate airforce getup, landed on an aircraft carrier and announced the end of the Iraq War with that giant "MISSION ACCOMPLISHED" banner draped behind him on May 1st, 2003, he probably never imagined that he would inspire some neo-conservative genius to create the un-ironic Elite Force Aviator action figure.

He definitely never imagined that someone would cut up a little blue 'yoga mat,' help little Bush assume dozens of yoga postures, and create the funnest, funniest way we can imagine to learn the Sanskrit names of yoga asanas.

> Get goin' to: bushyoga.com



> YOGA-TO-GO

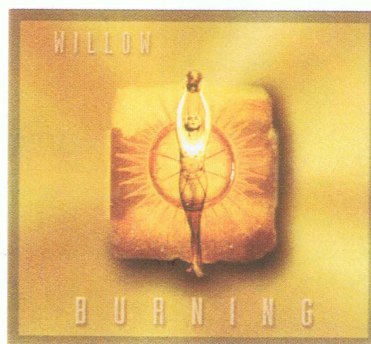
JAI! > ALANNA ESTES

"A producer friend of mine shared his sound booth and edited my recording. Despite everyone's skepticism, Thievery Corporation's record label let me use their music as background. Then, there is a service that creates the CD package...my boyfriend volunteered to do my design.

After a 3-hour photo shoot, we had 92 individual little 'me's' doing all the asanas. We put the entire sequence in the liner notes.

I asked my yoga teachers, Sharon Gannon and David Life, if I could call this an official Jivamukti CD. They notified me that they would play the CD and take my class! A few nervewracking days later, they called—and said they loved it." —Alanna Estes

> Get yours at: Om Time, Boulder Bookstore, Tattered Cover, jivadiva.com



> HEAR HER HEART

BURNING > WILLOW PEARSON
REVIEWER: WAYLON H. LEWIS

Perhaps it's because we practice at the same studio. Perhaps it's because she recorded her debut album, *Burning*, at local indie audio publisher Sounds True. Or perhaps it's because Willow Pearson's voice sounds like rain from heaven.

In any case Willow, who's trained at Ken Wilber's Integral Institute and Naropa University's music therapy program, has put together a CD worthy of playing until it's all-wore-out. And that's a lot.

> Get yours at: Boulder Bookstore, Bart's, lionessroars.org