



50

Fab-*YOU*-lous
Resources
for the
Spiritually
Curious

HELLO FAB-YOU-LOUS ONE! I'M SO GLAD YOU'RE HERE!

Welcome to **FabYOUlous Life**! A place where you are celebrated for all of the things that make you be-YOU-tiful, YOU-nique and of course, **Fab-YOU-lous**.

My name is Melissa and I am the founder of **FabYOUlous Life**. My goal is to help you "ditch the drab and find your fab" by creating meaningful programs, products, content and events that will inspire, educate and empower you to live your most **FabYOUlous Life**.

The mission of **FabYOUlous Life** is one that I am passionate about because I know first-hand what it is like to feel stuck, overwhelmed and alone. My struggles with a dangerous eating disorder, abusive marriage and total loss of *self* are what led me to seek the help that I needed to turn my life around and take it from drab to FAB. It wasn't easy, but it *was* possible--and trust me, if it is possible for me--it can be possible for ANYONE.

I hope that you find the information in this book to be beneficial and supportive of your **FabYOUlous** goals. I also hope that you'll join us online at **FabYOUlousLife.com** where you'll find all kinds of amazing resources to help you "ditch the drab and find your FAB".

Thanks for reading--I think you're **FabYOUlous** and I look forward to undertaking this adventure with you.



XO
Melissa

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Fab  lous Life
DITCH THE DRAB AND FIND YOUR FAB
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50 FAB-YOU-LOUS RESOURCES FOR THE SPIRITUALLY CURIOUS

First a disclaimer...

I am not crazy. In fact, I am sometimes entirely too rational for my own good. I don't jump onto bandwagons and I don't readily accept things to be true just because someone says that they are. I like to research, quantify and form my own rational opinions about things.

That being the case, I have always considered the "new age" movement to be a bit too wackadoo and "woo woo" for my logical sensibilities.

Something inside of me is shifting though. It started subtly...intuitive hunches that turned out to be correct, synchronistic happenings that were just a little too coincidental to be explained, etc. Then, those experiences grew into something more. As I became more and more open to the idea that maybe the Universe had things to offer that I hadn't previously considered, more and more of those experiences began to manifest in my life. I've had complete strangers tell me things about myself that they couldn't possibly have known without some otherworldly guidance (as I'm typing this, I realize how crazy that sounds but I also know that it is TRUE), I've felt the astounding (and very, very real) physical effects of an energy healing session, and I have manifested incredible experiences (like an all-expenses paid trip for four to Hawaii for seven nights) seemingly out of thin air.

No, I am not crazy; but I'm also not stupid. If something shows up in my life and seems to have the power to effect real and lasting positive change--I'm going to look into it. So...that's what I've done. I've dipped my toe into many of the offerings that this new consciousness offers and though I don't necessarily buy into everything (astral-projection is probably never going to be my jam); I *have* become awakened to the fact that there are forces at work that I can't explain, and have accepted the fact that just because I can't explain them doesn't mean that they aren't real.

If you too, are interested in exploring this new realm, but aren't exactly sure where to start, I've compiled a list of some of my favorite resources for newbie spiritual seekers. Don't be alarmed if some of these resources resonate with you more than others--that's all a part of the process. Just let yourself be open to the possibilities and trust the journey. I believe with all of my heart, that you will find the exact wisdom and guidance that you are meant to find, as long as you allow yourself to be open to the experience.

Most importantly--enjoy yourself and trust that wherever this journey leads you is exactly where you are supposed to be.



Books

I love books, but admittedly, it was a little difficult to narrow my choices for this list because there are SO many wonderful books on such a wide variety of spiritual topics. Nonetheless, I chose the following books because 1.) they truly offer an *introduction* to the subject matter and are therefore, accessible for most people without feeling too *academic*, 2.) they are written by individuals for whom I have a tremendous amount of respect and 3.) they are books that I, personally, have found to be of great help in my own spiritual journey. I hope that you enjoy these books as much as I have...

Finding FabYOUlous: A 'Self-Help with Sass' Guide to Finding, Celebrating and Capitalizing on the FabYOUlousness that Makes You, YOU by Melissa Venable:

I am very familiar with this author's work because...well...the author is me. Though this book isn't entirely spiritual in nature, there is a "Fab Spirit" section that provides wonderfully practical advice on deepening your connection to Spirit. As a whole, the book is all about helping the reader to



discover and celebrate her unique purpose, and put that purpose to work in her life and in the world. It is available in paperback or Kindle ebook on Amazon.com. Additionally, this book provides readers with a private website full of additional supplemental material to go along with what they are reading. Click [here](#) for more information.

Material Girl, Mystical World: The Now Age Guide to a High-Vibe Life by Ruby

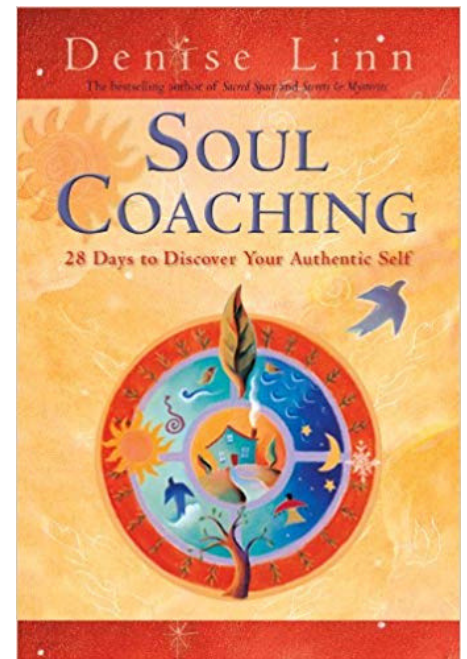
Warrington: I love this book because it is such a fun read, but also offers a ton of basic information on a huge array of topics from Astrology to crystals to Tarot cards. The author feels like your kooky friend who just happens to also be an expert on all things mystical. The book is available as a paperback or Kindle ebook on Amazon.com. It is also available as an audio book on Audible. Click [here](#) for more information.

The Universe Has Your Back by Gabrielle Bernstein: I've read all of Gabby's books and this one is by far my favorite. In her own words, Gabby says "My commitment with this book is to wake up as many people as possible to their connection to faith and joy. In that connection, we can be guided to our true purpose". The lessons that are laid out in the book help the reader to relinquish the need to control, so that she can relax into a sense of certainty and freedom. It seems like a tall order, but reading this book opened my eyes (and my heart and mind) to the synchronicities in my life and showed me that the Universe does in fact, have my back. The book is available as a hard cover, paperback and Kindle ebook on Amazon.com or as an audio book on Audible. Click [here](#) for more information.



Tune in: Let Your Intuition Guide You to Fulfillment and Flow by Sonia Choquette: I have always believed in intuition and yet, always struggled to recognize and heed it in my own life. That's why this book appealed to me. In this book, Sonia provides profound, yet accessible wisdom to those seeking to transcend the structures of an ego-driven existence and experience the joy and fulfillment of an intuitively guided, Spirit-driven life. Whether you are just beginning to tap into your intuition, or are already living in the flow, this book offers a wealth of inspiration that will enable you to engage more deeply with your inner Spirit, which will lead to a more rewarding, fearless and compassionate life. This book is available on Amazon.com as a paperback or Kindle ebook. Click [here](#) for more information.

Soul Coaching: 28 Days to Discover Your Authentic Self by Denise Linn: I love Denise Linn. I've never met her and yet, I have read enough of her books and experimented with enough of her oracle cards (more on those later) to know that I love her. This book outlines a four week program that is dedicated to an in-depth clearing and cleansing of the different aspects of life--mental, emotional, physical and spiritual. As a member of the Cherokee tribe, Denise beautifully integrates the natural elements of earth, air, fire and water into a program that helps the reader to align her inner spiritual life with her outer public life. It is a powerful process that I try to take myself through once a year. This powerful book is available on Amazon.com as a paperback, hard cover and Kindle ebook. Click [here](#) for more information.



Crystal Muse: Everyday Rituals to Tune into the Real You by Heather Askinosie and Timmi Jandro: I'll confess—I used to be pretty skeptical when it came to the use of crystals, and basically regarded them as nothing more than pretty rocks. After some research and personal experimentation though—my view is shifting. This beautiful book was given to me as a gift and has now become my “go-to” book for all things crystal related. It explores how you can transform life’s challenges into opportunities for growth by being equipped with the right crystals and mindset. In its pages, readers will learn how to connect with crystals and empower their lives. Specifically, this book provides guidance on how to set such transformational intentions as: attracting love, relieving anxiety, becoming a magnet for prosperity, cultivating the connection with your creative spirit and so much MORE. These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, Heather Askinosie. This book is available on Amazon.com as a hardback or Kindle ebook. It is also available as an audio book on Audible. Click [here](#) for more information.



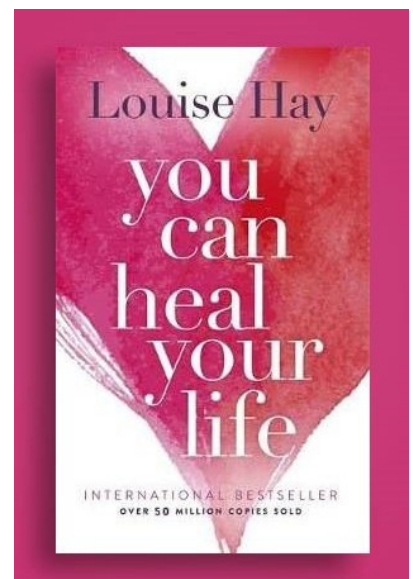
White Hot Truth: Clarity for Keeping it Real on Your Spiritual Path by Danielle LaPorte:

Rooted in compassion, feminism, and spiritual activism *White Hot Truth* is an intimate and (hilariously) relatable account of self-help/spiritual seeking adventures gone wrong, and the breakthroughs that made it all right. What I love about this book is that it gets real about the issues that we all face when seeking enlightenment (yes, meditation can be hard and some spiritual “gurus” are jerks), but also offers a loving way to embrace the challenges and evolve your practice in a way that feels good to you. This book is available on Amazon.com, but I would suggest ordering it [here](#) so that you can check out the bundle that Danielle offers in conjunction with the book (and check out all of her other amazing offerings as well).



The Yoga Healing Bible by Sally Parkes: Okay—full disclosure. Despite owning several pairs of yoga pants; I do not actually practice yoga on a regular basis. I want to though. That’s why I snagged this book when I saw it on the bargain shelf at Barnes & Noble. I love that this book focuses on melding together both, the physical and spiritual aspects of yoga. I also love that it has wonderful photos and clear instructions on how to nail the poses. Additionally, *The Yoga Healing Bible* also provides practical tips, as well as options for easier modifications and more difficult variations. This enables the reader to tailor each session to her needs, experience, time, and abilities. As I mentioned, this book can be picked up (or ordered from) Barnes & Noble and is available on Amazon.com as a spiral-bound hardcover. Click [here](#) for more information.

You Can Heal Your Life by Louise Hay: It just wouldn't seem right to have a list of powerful spiritual books without including at least one by Hay House founder, Louise Hay. While she has written many, many books, *this* book is a great introduction into the healing power of the mind, and introduces the reader to spiritual principles that can help to alleviate numerous physical, emotional and spiritual problems. This international bestseller has sold over 50 million copies and is available as a paperback, hardcover, Kindle ebook and audio CD on Amazon.com. It is also available as an audio book on Audible. Click [here](#) for more information.



The Soul Searcher's Handbook: The Modern Girl's Guide to the New Age World by

Emma Mildon: If you only buy one book on this list, *this* is the one that I most highly suggest (and I'm saying that despite the fact that I wrote the very first book on this list!) I love this book because it was written by a normal girl who was feeling overworked and overwhelmed so, to remedy the situation, she did what most any of us would do--she googled "how to be spiritual". As it turned out, the internet wasn't as helpful as she had hoped, so instead, she began traveling the world and seeking out spiritual wisdom and new age practices wherever she could find them. She then collected all of the teachings, practices and knowledge that she learned along the way and created the ultimate guide to finding spiritual goodness, wholeness and bliss. I *also* love that this book is so comprehensive and covers a huge spectrum of topics including crystals, spirit guides, numerology, tarot, essential oils, feng shui and everything in between. Best of all, she rates every topic on what she calls her "woo-woo scale" according to how "far out" it may seem. This makes it easy for the reader to select topics according to their "woo-woo" comfort level. Available on Amazon.com as a paperback or Kindle ebook, you can click [here](#) for more information.

Podcasts

I just love modern technology. I love that it allows us to have inspiration and entertainment at our fingertips (literally). Though books will always be my favorite resource for learning, it isn't always convenient to read a book (for example--you probably don't want to dive into the pages of your favorite book while driving 75 mph down a busy interstate). It is for this reason, that I am such a fan of podcasts. While I subscribe to dozens of different podcasts, these are a few of my favorite casts with a spiritual slant.

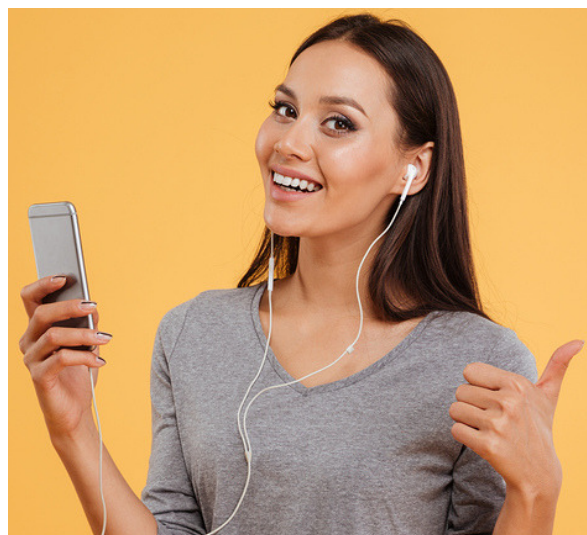
Manifestation Babe: This is probably my all-time favorite podcast. I just love the energy that the host , Kathrin Zenkina, brings to the show and the fact that she has actually done the work and manifested a life beyond what she ever imagined, despite having been broke and living on her grandma's couch in 2016. This podcast is a regular dose of personal development that centers on all things manifesting, mindset and money, and the tips/techniques that Kathrin shares are all actionable steps that each one of us can apply into our daily lives. You can find the podcast [here](https://manifestationbabe.podbean.com/). (https://manifestationbabe.podbean.com/)

Lightwork: I've already mentioned Danielle Laporte in the books section (I love her book, *White Hot Truth*), but here I am, singing her praises again. In her podcast, *Lightwork*, Danielle is her usual raw, delightful, and transparent self as she tackles a variety of spiritual topics. The podcast only has six episodes but the girlfriend-style sermons cover everything from cosmic connectedness, self-compassion, serving the world while staying sane and cultivating more fulfilling friendships. Check it out [here](http://www.daniellelaporte.com/light-work-podcast/), for poetic (and often hilarious) straight-talk on self-realization. (http://www.daniellelaporte.com/light-work-podcast/)



The Priestess Podcast: I love this podcast that is hosted by Julie Parker. I learned about it because Julie is the founder of the *Beautiful You Coaching Academy* (the school through which I became a life coach) and I am so happy that I did. For one thing, I could just listen to Julie's beautiful Australian accent all day long, for another—the topics that she covers are so fascinating to me. The podcast is full of interviews and inspirations on the Divine, goddess culture, spirituality, feminine energy and living with grace. You can give it a listen [here](http://juliesuzanneparker.com/podcast/).
(<http://juliesuzanneparker.com/podcast/>)

Awaken Radio: This is another podcast that I would listen to just because I love the host, Connie Chapman's voice. Still...she also brings heart opening conversations and inspiring interviews that focus on topics such as clearing out fears, transforming your mindset and living into your highest potential. In my opinion, this podcast is a great mix of spiritual concepts and practical advice. You can listen to it [here](https://conniechapman.com/awaken-radio/).
(<https://conniechapman.com/awaken-radio/>)



Soulpreneur Sessions: This is a weekly series hosted by Yvette Luciano and is specifically for those who are interested in growing a soulful and spirit filled business. In this enlightening podcast, Yvette brings leading lightworkers from around the globe to help you Live your Purpose, Lift your Platform and Leap into Prosperity. Topics include clarity and courage on your life purpose, soulful social media, marketing, PR and business, speaking and events, writing and releasing best selling books and self care for sensitive souls in business. You can check out this informative podcast [here](https://itunes.apple.com/us/podcast/soulpreneur-sessions/id1141201214?mt=2). (<https://itunes.apple.com/us/podcast/soulpreneur-sessions/id1141201214?mt=2>)

Websites

Before I list my favorite spiritual websites for you, I feel as though I should offer a bit of a warning. I feel as though I should warn you that this is where things can quickly begin to get a bit crazy. I can't tell you how many times I've clicked a website to gain a little information on how to become more mindful during my meditation time, and have ended up on a site about ancient, time-traveling extra terrestrials (I'm totally serious here). If, however; you are able to avoid the rabbit-hole seduction of the internet, there is a lot of truly wonderful information out there. It just requires a little discipline and judiciousness. Here are few of my favorite sites for those who are looking for a basic introduction into spiritual principles and practices--without any mention of aliens or time-travel.



FabYOUlous Life: While not a specifically *spiritual* website, FabYOUlousLife.com does have a *Spiritually Fab* section that covers a number of spiritual concepts from meditation and mindfulness to chakra balancing and manifesting. You can visit the *Spiritually Fab* section [here](http://fabyoulouslife.com/category/spiritually-fab/). (<http://fabyoulouslife.com/category/spiritually-fab/>)

Dwell in Magic: I just adore this site by Jessica Dimas, a spiritual blogger who is passionate about utilizing sacred self-care and a manifesting mindset on a daily basis. Her site has a bit of a new-age witchy vibe about it that I just love and her information is so compelling. I love her online shop (and have purchased her *Law of Attraction Worksheets & Guide*). You can visit her site and dwell in the magic [here](https://jessicadimas.com/). (<https://jessicadimas.com/>)



The Numinous: This site was founded by Ruby Warrington (author of the book *Material Girl, Mystical World*, mentioned in the *Books* section) and is focused on making the mystical mainstream. The Numinous is at the hub of a global shift in consciousness that's re-shaping our societies in real time. You can check out the site [here](https://www.the-numinous.com/). (<https://www.the-numinous.com/>)

Goodlife Zen: This is a site that I can spend hours perusing if I'm not careful--there is that much great content. While this site covers a number of personal development, wellness and productivity topics, it also has a section that is dedicated to spiritual development. You can click [here](https://goodlifezen.com/category/personal-growth/spirituality/) to find great posts on discovering your dharma, recovering from spiritual fatigue, mindfulness and more. (<https://goodlifezen.com/category/personal-growth/spirituality/>)

Spirituality & Health: Technically, this site is the online platform for the *Spirituality & Health* print magazine, however; the site is chock full of wonderful articles that are accessible, whether or not you subscribe to the magazine. I recently read an article on how to bring my authentic self to my job everyday and followed it up with a post on how to calibrate my first chakra. The articles are beautifully written and cover a wide variety of spiritual topics. Click [here](https://spiritualityhealth.com/) to check it out. (<https://spiritualityhealth.com/>)

Gabby: This is the official online platform for everyone's favorite spiritual girlfriend guru (and author of the book, *The Universe Has Your Back* (mentioned in the *Books* section), Gabrielle Bernstein. Though the site is primarily a marketing tool for her classes, events, books and membership site, there is still a lot of great spiritual content in her blog. I recently read her post on *5 Simple Spiritual Practices that Keep You Grounded when Life Gets Busy*, but there are so many other wonderful offerings to choose from. Gabby also provides links to some of her popular guided meditations--her "Creative Visualization" meditation is one of my favorite go-to meditations. Click [here](https://gabbybernstein.com/category/spirituality/) to begin exploring. (<https://gabbybernstein.com/category/spirituality/>)



Crystal Vaults: As I've gone deeper into my study of the metaphysical properties of crystals, this site has been invaluable. First off, they offer a FREE "Basic Crystal Users Course" that is incredible. I couldn't believe that so much valuable and useful information was being given away for free. Additionally, they have a whole section full of free guides and resources that can be downloaded. You can also purchase beautiful crystals, books etc. on the site, but even if you never buy a thing--you will still gain so much knowledge just from clicking around and exploring the site. Click [here](https://www.crystalvaults.com/) to get started. (<https://www.crystalvaults.com/>)



Mind Body Green: This is another favorite site of mine that I check out nearly every day. It offers great information on a variety of personal development and wellness topics, but I always seem to be particularly drawn to their posts on spirituality. Their recent post entitled, "*The Spiritual Lessons that Your Perfectionism is Trying to Teach You*" was a real eye-opener for me. Click [here](https://www.mindbodygreen.com/spirituality) to check out all of their spiritual offerings. (<https://www.mindbodygreen.com/spirituality>)

Robert Holden: Okay--like Gabby Bernstein's site, this site is mostly just a marketing platform for the teachings, workshops, books etc. by Robert Holden, Ph.D., a renowned speaker and writer in the realm of positive psychology. However, if you can get past all of the marketing hype, this site offers a lot of wonderful blog posts on topics such as mindfulness, connection to spirit, etc. To visit the blog portion of the site, click [here](https://www.robertholden.com/blog/). (<https://www.robertholden.com/blog/>)

Tetraktys: For my final website on this list, I've chosen one that might be a bit much for some people. Though I love this site and it's posts on connecting with nature as a spiritual practice and setting powerful intentions for your life, I understand that there are some who will be turned off by it's Pagan, Shamanism and Wiccan undercurrents. That's cool. Like I said in my introduction--not everything on this list is going to resonate with everyone. Still--if you are someone (like me) who feels drawn to nature as a part of your spiritual practice and is enamored with the moon, crystals etc., you will love this site. Check it out [here](https://www.thetetraktys.com/). (<https://www.thetetraktys.com/>)



Magazines

There are few things in this world that I enjoy more than heading out to my favorite coffee shop (or even my front porch) with a good magazine tucked under my arm. Magazines are perfect for those times when you want a shot of inspiration but don't have time to digest a book. Plus--truth be told, I love the colorful photos in magazines and often cut them out to use on my vision boards. Here are a few of my favorite magazine subscriptions.

Psychologies: This is hands-down my favorite magazine and when it arrives in my mailbox, I immediately find a quiet place to settle in and read it from cover to cover. It's a UK publication so I have to pay an arm and a leg to have it delivered to me in the US, but it is SO worth it. It isn't technically a *spiritual* publication, but a lot of its personal development content centers on one's spiritual development. As an added bonus, subscribers are given access to special online coaching courses and modules. Click [here](#) for more information. (<https://www.psychologies.co.uk/>)

In the Moment: Yet *another* UK publication that I pay extra to have delivered to me in the US, and yet, despite the extra shipping cost, I will continue to be a subscriber to this beautiful magazine. *In The Moment* is a beautiful, practical lifestyle magazine for the modern-thinking creative woman. I especially enjoy the practical creative projects, positive features and stories to inspire wellness in mind, body and *spirit*. Click [here](#) to find out more. (<https://www.calmmoment.com/magazines/in-the-moment/>)



Soul & Spirit: Well, as I'm typing this, it is occurring to me that nearly *all* of my favorite magazines are from the UK. The same is true for *this* one. I love their articles on topics like cultivating your psychic abilities and connecting to your inner guide, but I'm not gonna lie--I also have fun with their kooky quizzes (I took one to find out which Goddess I am--I got the lunar Goddess, Isis). I'll confess, I find some of the articles in this magazine to be a bit "over the top", but still, it's a fun read that I look forward to receiving every month. You can check it out [here](#). (<http://www.soulandspiritmagazine.com/>)



Mindful: Finally, a magazine that I enjoy that *isn't* published in the UK. *Mindful* always seems to have articles covering the latest mindfulness news, scientific breakthroughs, information about the newest mindfulness apps and more. Find out how to subscribe [here](https://www.mindful.org/magazine/). (<https://www.mindful.org/magazine/>)

Conscious Lifestyle: Unlike the other magazines on this list, *Conscious Lifestyle* is not a print publication. Instead, it is a digital magazine that is delivered four times a year and can be read on any device (smartphone, iPad, computer...). *Conscious Lifestyle Magazine* is designed to give you powerful, practical tools, techniques, wisdom and inspiration for creating radiant happiness, health and healing. Best of all, when you subscribe, you will also receive full access to their online archives of all past issues. For subscription information, click [here](https://www.consciouslifestylemag.com/). (<https://www.consciouslifestylemag.com/>)

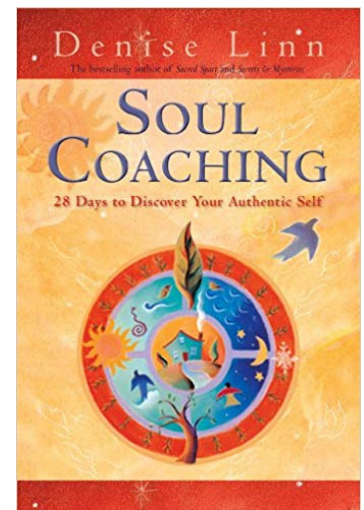
Oracle Decks

Of all of the different spiritual rituals/practices that I enjoy, oracle decks are probably the most "woo-woo". I dabbled a bit with Tarot decks but found them to be a bit too intimidating (and frankly, frightening) for my tastes. Instead, I enjoy the occasional foray into the world of oracle decks. Like many spiritual practices, working with oracle decks is a very personal practice, as is choosing the right deck to work with. In fact, I've had friends tell me that you don't choose a deck--the deck chooses you. As far out as that sounds, I've found that to be the case. I even had one experience when an oracle deck literally fell off the shelf and landed on my foot in the aisle at our local metaphysical shop. I picked the deck up to put it back on the shelf but was immediately entranced by its beautiful artwork and uplifting message...so I bought it. It is now my most treasured oracle deck and one that I turn to regularly.

Some people claim that oracle decks are a way to channel otherworldly spirits, while others say that oracle decks are a portal into Universal wisdom. There are others still who claim that oracle decks are simply a way of tapping into you own, internal guidance system and intuition. While I'm not sure exactly which camp I fall into, I *can* tell you that I have found my oracle deck practice to be one that brings clarity, confirmation and connection to my life. I've had experiences where I've drawn the same exact card for several days in a row (despite very thorough shuffling) and other instances where I've drawn cards with the exact same meaning from three different decks (okay Universe--you've got my attention!) I can't explain how this works, but I *can* tell you that I almost always get the exact message that I need when I consult my cards. Here are a few of my favorite decks but remember--choosing a deck is a highly personal undertaking, so in order to find the deck that is right for you, I'd suggest a visit to your local metaphysical bookstore where you can look at the cards and get a feel for their messaging.



Soul Coaching Oracle Cards by Denise Linn: This is the deck that jumped off the shelf and hit me in the foot. It has been my favorite deck ever since. This deck was also my introduction to Denise Linn (I mention her book in the *Books* section). I love the beautiful artwork on each card and the positive yet poignant messages that the cards deliver. The card deck and guidebook can be used to give yourself, friends and loved ones, remarkably accurate, heartfelt readings. You'll come to understand what your Soul wants you to know about your relationships, your career, your creativity, and even your future. To learn more, click [here](#).

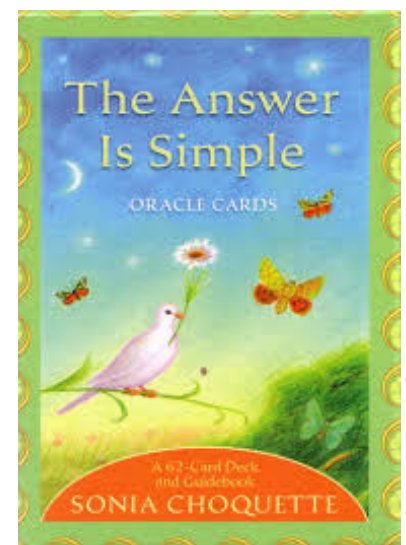


Moon Deck: This beautiful deck comes with 44 gorgeously illustrated cards with powerful mantras, a guidebook with rituals and interpretations for each card *and* a handcrafted wooden storage box. I had originally purchased this deck as a gift for a friend but when it arrived, I loved it so much that I had to purchase another set for myself. You can learn more about this enchanting deck [here](#).



Gateway Oracle Cards by Denise Linn: Another deck by Denise Linn. This deck has a distinctively different feel than the *Soul Coaching Oracle Cards* but the messages are no less powerful. This deck and accompanying guidebook help you to interpret the signs that are all around you, from your nightly dreams to the coincidences, synchronicities, and symbols in your waking life. You can click [here](#) to learn more about this deck.

The Answer is Simple Oracle Cards by Sonia Choquette: This card deck was created by the author of the book *Tune In*, listed in the *Books* section. Each card not only offers direction for specific problems, it also reinforces the path to your Higher Self, freeing you from the turbulence and fear of the ego plane. You can use this deck (and the accompanying guidebook) for specific direction, meditation, life and purpose readings, and to offer guidance to others; as well as to connect to your Divine Self, where drama and stress give way to joy and inner peace. The artwork is delightful and the messages are simple yet powerful. Click [here](#) to learn more about this deck.



The Book of Answers by Carol Bolt: Okay--*technically* this isn't an oracle deck--it's a book. Still, I felt like it belonged in this category because it is a book that serves the same function as an oracle deck. Should you ask your boss for a raise? Call that cutie you met at a party? Sell your Google stock? Tell your best friend her boyfriend's cheating? The answers to these questions (and hundreds of others) are in this fun and weirdly wise little book that's impossible to put down. It's simple to use: just hold it closed in your hands and concentrate on your question for a few seconds. While visualizing or speaking your question, place one palm down on the book's front and stroke the edge of the pages back to front. When you sense the time is right, open to the page your fingers landed on and there is your answer! Click [here](#) for more information.

Apps

I just love how much easier apps have made virtually *everything*. Checking your bank balance? There's an app for that. Need to map a route for your next run? There's an app for that. Need to unblock your Solar Plexus Chakra? Well...there's an app for that too. Here's a roundup of my five favorite spiritual apps for the newbie spiritual explorer.

Chakra Pro: Chakras have been around since the beginning of recorded time. They are the essence of all that we are. When the Chakras are out of balance, not only physical, but emotional and psychological problems take place in our lives. *Chakra Pro* is a wonderful tool for bringing this alignment into check and getting the normal balance that we need for health, stability and happiness. *Chakra Pro* uses true Chakra Frequencies and tones based on very expensive Chakra Tuning Forks. These special tones work on opening the body's meridians. The result is more energy and life balance through the stimulation of our natural electrical field. *Chakra Pro* is very easy to use and has built-in Help and Info so you can get started right away. Simply put your headphones on and run the presets. Open your meridians and get natural energy back into your life. *Chakra Pro* is available for \$4.99 in the iTunes App Store.



Headspace: I absolutely love this app because it makes meditation very easy and accessible for people, especially those who are new to the practice. You can choose short guided meditations to help you ease anxiety, focus your mind, sleep better and much more. There's also a great (and free) Basics pack which is a 10-day beginner's course that guides you through the essentials of meditation and mindfulness. It'll give you a solid foundation upon which to build your practice. *Headspace* is available in the iTunes App Store and on Google Play.



Astrology Zone: This great app makes it really easy to check monthly and daily horoscopes. The free version keeps things pretty simple, with daily/monthly horoscopes, important astrological dates and updates. If you subscribe to the paid app, you get longer daily horoscopes, lifestyle and romance guides, and lots of astrological information beyond your star sign. *Astrology Zone* is available in the iTunes App Store.



Dream Moods Dictionary: The *Dream Moods Dictionary* is the perfect app to help you track your dreams and analyze their true meaning. You'll be able to keep a diary and will have access to an extensive library of dream image explanations. Whether you're dreaming of something as complex as ghosts or as random as squirrels or dishwashers, you'll be able to discover exactly what your unconscious is trying to tell you. *Dream Moods Dictionary* is available in the iTunes App store.

The Secret~Daily Teachings: Full use of this app will cost you \$4.99 but I have found it to be well worth the small price tag. All around the world, the book and video, *The Secret* has helped millions of people to live the life of their dreams. You can now carry *The Secret's* wisest, most compelling teachings with you wherever you go, and access them whenever you like! The Secret Daily Teachings for iPhone application takes the printed edition into another stratosphere, enabling you to read the *Secret Daily Teachings* on the go, and live *The Secret* 24/7, 365 days a year.

Products/Services

To wrap up this collection of *FabYOUlous Resources for the Spiritually Curious*, I thought I'd include an assortment of products and services that I have found to be beneficial in my own spiritual development and exploration.

Tina Ci's Iheartarot instagram readings: Tina is a Tarot reader that lives in my hometown and I just love her. She has made the art of Tarot far less intimidating (and frankly scary) to me. While, I'd love for you all to travel to Fort Collins, Colorado to receive one of her powerful readings, I realize that that isn't very practical. That's okay though because you can follow Tina on Instagram at @iheartarot where she does regular readings. Not only have her readings helped me to gain clarity on a variety of issues--they have also helped me to start learning about the Tarot and how to interpret the cards. Click [here](#) to follow her Instagram account.



Essential Oils: Essential oils, just like aromatic herbs and other ingredients, have been part of spiritual awakening practices all throughout history. Many religions and cultures use various essential oils in their rituals, ceremonies or healing modalities. Diffusing them aromatically or using them on different applications can bring out mental, emotional, physical, and spiritual benefits. Essential oils can help an individual come to terms with oneself and the Universal Mind. A few of my favorite oils for spiritual development include: *Cedarwood* for grounding, *Ylang Ylang* for stress reduction, Peppermint for purification and releasing bad vibes, *Patchouli* for meditation and getting centered, *Lavender* for bringing harmony and alignment to your higher and lower chakras and *Rosemary* for spiritual healing and enlightenment. Though there are many different brands of essential oils on the market, please do your research and pick a company that safeguards the purity and authenticity of the oils. My favorite oils are from doTerra and can be purchased [here](https://www.doterra.com/US/en/site/ranchwifeessentials). (<https://www.doterra.com/US/en/site/ranchwifeessentials>)

Essential Oil Diffuser: Since I mentioned essential oils in my last entry, I wanted to follow it up with a diffuser since diffusing essential oils is my favorite way to use them. Click [here](https://www.doterra.com/US/en/p/doterra-lumo-diffuser) to check out the Lumo Diffuser--my personal fave. (<https://www.doterra.com/US/en/p/doterra-lumo-diffuser>)

Mala Beads: Yes, malas are popular fashion accessories these days, but their true intended purpose goes far beyond fashion. In Buddhism and Hinduism, Mala (the Sanskrit word for garland) beads are traditionally used as a tool for meditation. There are 108 beads to be exact, with one 'guru' bead, which can be held in the palm of your hand or worn around your neck as a reminder of your positive intentions. They also help you to keep count of your mantras as you communicate with the cosmos. To find your perfect mala, click [here](#).



Wholetones Music: This is music that has been recorded at special and specific healing frequencies that have been shown to raise vibration and promote spiritual and physical healing. While I can't really tell you personally whether or not the music is *healing*, I absolutely *can* tell you that it is hauntingly beautiful and mesmerizing. Listening to it immediately causes me to relax and helps me to focus my attention during meditation. If you'd like to learn more about the music, click [here](https://wholetones.com/). (<https://wholetones.com/>)



Himalayan Salt Lamp: This wellness product is created out of pink salt crystals that are native to areas close to the Himalayas, like Pakistan. The pink salt is used in everything from cooking slabs for grilling to what's known as "salt therapy" at local spas. When it comes to the lamps, the pink salt is thought to release negative ions into your space, which would be able to get rid of dust particles that may affect your health. Because of that, many believe that it can do everything from increasing your energy levels to alleviating symptoms of allergies. There's also claims that these pink salt lamps can even help boost your overall mood and can help you sleep more soundly. To shop for your own Himalayan salt lamp, click [here](#).



The Secret DVD: Throughout this list, I've referenced *The Secret* many different times. That's because watching *The Secret* was the first real step on my own spiritual development journey. Through *The Secret*, I first learned about the Law of Attraction and the power of manifestation. To view *The Secret* for yourself, click [here](#). I also own the book version of *The Secret*, as well as the audio CD's so that I can listen to it while driving. No matter how many times I watch, read or listen to *The Secret*, I always gain a new and valuable insight or piece of wisdom.

Gaiam Yoga Mat: I'm still a total newbie when it comes to Yoga, but I am falling deeper in love with the practice every time I hit my mat. That's probably because my mat is so gorgeous. Whether you are an experienced yogi or prefer to use your mat as more of a meditation rug, Gaiam mats are my favorites. They have so many beautiful designs but more importantly, they are lightweight, durable and extra thick for additional cushioning. I also love the fact that if you purchase a Gaiam mat through [this link](#), you will receive an online library of helpful yoga videos in addition to your mat.



Crystals: While I'll confess that I was pretty skeptical about the whole crystals craze at first, I have definitely begun to change my tune. I think most all crystals are beautiful; however, I tend to prefer my crystals in their natural, unpolished, uncut state. When it comes to metaphysical properties, my favorite crystals are...

Kyanite: I'll be honest, I first fell in love with this stone because I thought that it's light blue and white swirled color would look good as a pendant that I could wear with jeans and a t-shirt. Now, I love it for the way it helps to raise vibrational frequency, aids in awareness and promotes positive thinking.



Citrine: This beautiful orange crystal is known for bringing divine energy into form through intention and action by marrying the energy of the mind with that of the will. It is said to stimulate the mind, aid in self-expression and give courage in the face of life's challenges.



Labradorite: I love this stone for so many reasons. First, it just looks cool. Second, its metaphysical properties are so vast. It is said to enhance the mental and intuitive abilities of clairvoyance, telepathy, prophecy and coincidence control. Additionally, as a workplace stone, Labradorite brings out the best in people, making work life more congenial. I also love that Labradorite tempers the negative side of our personality, the traits and actions that rob our energy and may produce depression or shame.



Inner Guide Planner: I saved this entry for last because it is the one tool that can help you to manage all of the others while keeping yourself organized and deepening your connection to spirit. The InnerGuide 12-month planner helps you prioritize, stay organized and increase productivity while giving you the tools to tap into your inner guidance and reach your personal goals. With that greater self-awareness, you'll be able to make decisions that align with your core values, support your bigger vision and cultivate your spiritual connection. The planner comes with a number of different cover options as well as dated or undated versions. To order your own Inner Guide planner click [here](#). If used intentionally and with regularity, this planner can definitely help you to mindfully create the life that you desire.

