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# Boni's Favorite Things!

Some Little Things That Make My Heart Sing...

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By Boni Lonnsburry

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There are many things on this planet that I love. And there are many things I love because they help me grow...to become more of who I *really* am. This list largely encompasses the latter.



*The world is filled with wonder...*

## Some of My Favorite Books:

- The Earth Life Series *by Sanaya Roman*
  - Living In Joy
  - Spiritual Growth
  - Personal Power Through Awareness
- You Can Heal Your Life *by Louise Hay*
- Creating Money *by Sanaya Roman*
- The Artist's Way *by Julia Cameron*
- The Nature of Personal Reality: Specific, Practical Techniques for Solving Everyday Problems and Enriching the Life You Know *by Jane Roberts*
- Your Heart's Desire: Instructions for Creating the Life You Really Want *by Sonia Choquette*
- The Amazing Power of Deliberate Intent: Living the Art of Allowing *by Esther Hicks*
- E.T. 101: The Cosmic Instruction Manual for Planetary Evolution *by Zoen Jho*

*(Yes, I do read fiction also, but they don't seem to impact me as much as books that hold the information that helps me actually change my life.)*

### **A Few of My Favorite Movies:**

- **Amélie** – *a French film about a young woman who devotes her life to bringing happiness to others. LOVE this film.*
- **Chocolat** – *another French film about a chocolatier whose delectable delights ignite the passions of those who eat it.*
- **The Truman Show** – *I love the parallels this show has to our living in an illusion, and then figuring that out.*
- **Ghost** – *One of the most beautiful love stories ever, and it illustrates so well that we are not our bodies.*

### **My Favorite Places on the Planet (so far...):**

- **England** – *It's not by accident that 90% of the world's crop circles show up in England. It's a magical place where the veils between the worlds are thin. I visited for a very short time but was permanently changed, nonetheless.*
- **Iceland** – *One of the world's best-kept secrets, Iceland is amazing. Great food, fun shopping, and the people there openly recognize and honor the "hidden people" among them. Quite otherworldly, Iceland was a transcendent experience for me.*
- **France** – *I love everything French. French wine, French food, French people and everyplace I've ever been in France. I think it's my lineage (both physical and spiritual)!*
- **Italy** – *How can you not love the passion of the people of Italy, not to mention the spectacular beauty of this country?*
- **Fiji** – *Although I only visited one island, Vatulele, Fiji holds a very special place in my heart because my husband and I were married there. The people were overflowing with joy and love and the experience itself was magical.*
- **Bali** – *My husband and I honeymooned in Bali, among other places. For that reason alone I love it there—and so many more!*

- **Raja Ampat** – *Which means, the Four Kings, is an archipelago comprising over 1,500 small islands, cays, and shoals surrounding four main islands. The water is so inviting here...warm, clear and loaded with fish and coral, it's a diver or snorkeler's delight.*
- **Boulder, CO** – *The home of my heart, Boulder is also my physical home nearly half of the time. It's creative, quirky, laid-back yet intense all at the same time. There is a magical vibe here unlike any other.*
- **The Bahamas** – *My other physical home and the seed of my greatest creativity. The beauty here is unsurpassed if you are into sparkling turquoise blue ocean. And the Atlantinian vibe is quite lovely.*

### **My Favorite Tools for Growth, Healing & Change:**

There are lots of tools for growth, healing and change. Below are just a few that I happen to use and find valuable. I urge you to find the tools and paths that feel right to *you*.

- **Astrology** – *I think astrology can be a valuable tool to learn more about our energies, gifts and chosen challenges during one's lifetime. However, do not give astrology your power. Use it as a tool to help you see an overview of energy, but never forget that you are the one who determines how that energy plays out in your life. Astrology websites I like:*
  - [www.cainer.com](http://www.cainer.com)
  - [www.astrologyzone.com](http://www.astrologyzone.com)
- **Numerology** – *Numerology is a fun tool to use to determine personality, strengths and talents, obstacles, inner needs, emotional reactions and ways of dealing with others. According to Lazaris<sup>1</sup>, the more accurate type of numerology to refer to is Chaldean Numerology. Here are some websites to help you learn more:*
  - <http://www.astrology.com/what-numerology/2-d-d-66854>
  - <http://www.professionalnumerology.com/chaldeansystem.html>
- **The Enneagram** – *The Enneagram is a fabulous tool to understand more about yourself and others. I highly recommend it to anyone serious about his or her growth. Some good resources:*
  - <http://www.enneagraminstitute.com/>
  - And my favorite book on the subject: [The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types](#)

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<sup>1</sup> [www.lazaris.com](http://www.lazaris.com)

- **Crystals** – *I LOVE crystals and work with them often. Crystals offer us amazing energy, power and consciousness. Not everyone is drawn to them, and that's OK. But if you are, check out these resources:*
  - [Love is in the Earth](#) a book by Melody – an amazing compilation.
  - [Various Audio Recordings on Crystals](#) by Lazaris
- **Aromatherapy** – *Aromatherapy is a beautiful tool to enhance your surroundings, and affect physical, mental, spiritual and emotional health as well. If scent “speaks to you”, I urge you to learn more. However, make certain you use only 100% pure essential oils. Some resources:*
  - [Young Living Essential Oils](#) – a company with very high quality oils, blends and products.
  - [The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-Toxic and Fragrant Recipes to Create Health - Beauty - a Safe Home Environment](#) by Valerie Ann Worwood
- **Homeopathy** – *I began to use homeopathy nearly 30 years ago, and I'm still amazed that it works so magically. Although this isn't technically a tool for growth, I did want to let you know it is one of my favorite things for healing. Resources:*
  - [Homeopathy: Medicine That Works!](#) by Robert S Wood – One of the first books I read about homeopathy. A fascinating true story of an MD's search for a more effective form of medicine leads him to homeopathy. Now out of print but still available used.
  - [Homeopathic Remedies: For Health Professionals and Laypeople](#) by Blair Lewis, Dale Buegel and Dennis Chernin – a great reference for choosing the correct remedies for acute ailments.
- **Bach Flower Remedies** – *Bach Flower Remedies ROCK! Seriously. For absolutely magical emotional shifts, there is nothing better. A story: my granddaughter (then 2) was not sleeping through the night. At all! She would wake up with nightmares every single hour. I used a pendulum to determine the remedies she needed, and she grabbed it out of my hand as soon as she saw it. She took a dropperful and wanted more. And that night she slept like a baby. I've repeated this with many other children, and used BFR for my own emotional shifts as well. Some resources:*
  - [Bach Flower Therapy: Theory and Practice](#) by Mechthild Scheffer – this book has been my favorite on the subject for years!
  - [The Bach Center](#) website – Learn about Dr. Edward Bach and the healing system he discovered.

## Ultimately:

My favorite things may not be your favorite things. It is a wonderful truth that we are each uniquely beautiful, talented, gifted and loved. We also have very individual temperaments, likes, dislikes and preferences. In sharing mine I urge you to explore and honor *yours*.

# To Learn More

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[www.LiveaLifeYouLove.com](http://www.LiveaLifeYouLove.com)

[www.BoniLonnsburry.com](http://www.BoniLonnsburry.com)

[www.InnerArtInc.com](http://www.InnerArtInc.com)