

The Creator's Way: World Ego and Spirit Soul

Theoni Moraitis

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South African metaphysician Theoni Moraitis's *The Creator's Way: World Ego and Spirit Soul* is an engaging, inspiring, and brief book, self-described as an oracular collection of wisdom that can be tapped into as needed.

While useful for such guidance, the book can also be read in its entirety, as a collection of meditations and affirmations related to world ego ("a manifestation of your human relationship with your physical world") and spirit soul (that seeks "to connect your basic humanness with the spirit of your creator"). These two parts of every person, Moraitis says, need to be in balance; if they are, one can fully understand life, one's relationships with others, and one's reactions to everyday events and encounters.

Steeped in Moraitis's experience in everything from traditional healing to hypnotherapy, the book seeks to combine mystical and spiritual thinking with solid advice that can be implemented on many levels in people's lives. Passages on subjects such as choice, mind and body, values, letting go, and forgiveness will encourage and motivate readers to look at their own lives and reflect on how they might become more in tune with their spirits and their deeper selves.

The book dispenses advice in short passages that run from a couple of sentences to a half page or so, with thoughts such as "Life is a treasure chest filled with illusions or disillusion. Choose your beliefs wisely." Though they only take a minute or two to read, the reflections they inspire will take longer. Moraitis encourages opening the book to a random page, which will speak to the current needs of the person holding the book and tell them just what they need to know.

The book is well organized and easy to read, either in quick moments throughout the day or across multiple longer sessions. Short pieces and often short sentences combine into a readable meditation on spirituality, abundance, energy, and more.

While some of the book's passages feel too short to truly be of value—one, for instance, suggests being "constructive with the energy of anger" but doesn't explain how to do that—they are a good place to start when it comes to thinking about how to become more in tune with one's feelings and the world.

The Creator's Way is a work full of easy digested tidbits that allow for self-reflection and taking action; it will encourage readers to improve their attitudes, outlooks, and thoughts, one short reading session at a time.

SARAH WHITE (November 23, 2016)

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