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**Book Review**  
**By Melinda H. Connor**

**The Teachings of the Band: Channeled Wisdom for Personal Growth**  
**By Willow Sibert**

ISBN: 9798336298123  
Peak Aspirations Press

There are lots of people in the world who call themselves a “channel.” Very few have actually been tested in a laboratory and fewer still were actually accurate in repeated trials. Williw Sibert is one of those few.

In her latest book Ms. Sibert shares wisdom from “the Band,” a collective intelligence that provides information that has tested over time to be accurate and accurate in controlled laboratory settings. In this book she is recounting information that is focused on how to grow, how to create your life and how to stay in the “now”, standing “for who you are.” Ms. Sibert is articulate as is “the Band” as she shares wisdom which comes from a larger perspective than that of our daily, all too human lives. The positive aspects of the information and the clarity with which she provides the information allow the reader to partake of that larger perspective.

A simple volume, it is written in clear language, without prevarication and with a gentle sense of humor. A lovely read to support getting and keeping your life on track.

Bio:

Dr. Melinda H. Connor, D.D., PH.D., AMP, holds degrees from Harvard University, Wellesley College, University of San Francisco, American Military University, California Coast University and University of Arizona and was a National Institutes of Health T-32 post-doctoral fellow at the University of Arizona in the Program in Integrative Medicine. Dr. Connor is the current Director of Research for Akamai University and a Chair emerita for the Board of Directors for the National Alliance of Energy Practitioners. She is a fellow of the American Alternative Medicine Association and the Royal Academy of Medicine UK, the founder of Earthsongs Holistic Consulting, the Resonance Modulation™ training program and has written ten books. She has a private practice in Arizona and continues to present her research work at conferences around the world.

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