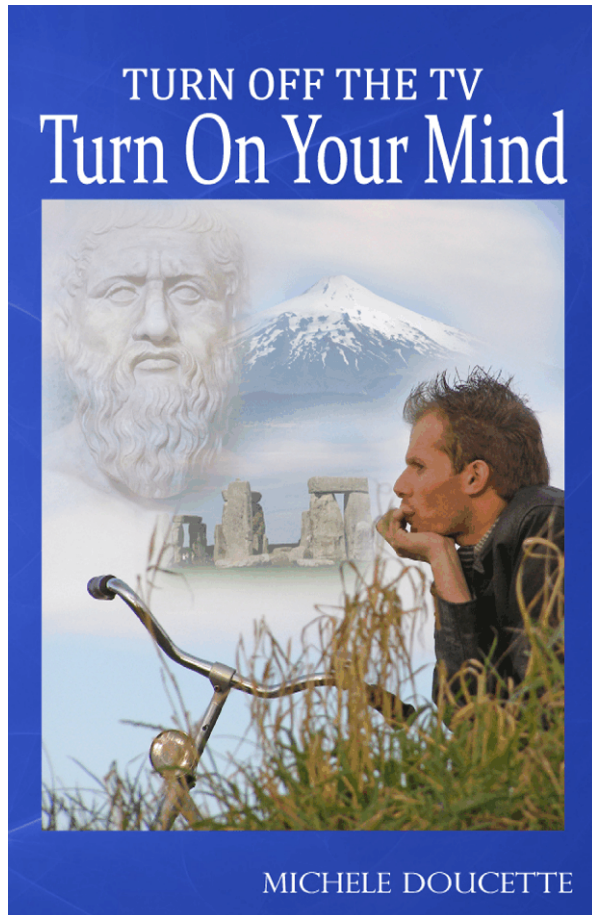


Turn Off The TV Turn On Your Mind



I've just read your book, and really enjoyed it. You cover so much material, it makes my head swim, or rather, be simply amazed at where you find the time to read and write so prolifically.

Although I haven't read anything on Gnosticism for years, your book draws me to explore that avenue. Probably Tolle's book *A New Earth*, which I am just completing has been the most eye opening. While I've read various Buddhist texts relating to ego, Eckhart's explanation of ego and how it works, and how to begin to overcome the habit of ego, and live in the now, is one of the most understandable I've read.

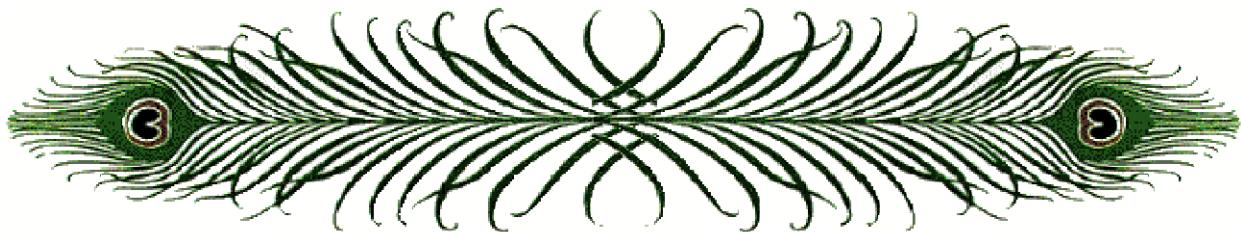
If I were to have two books, of all the ones I've read, I think I'd have *Ancient Secrets of the Fountain of Youth*, which rites I am following now with good results, and Tolle's book.

I really appreciate the fact that you are able to absorb and digest so much literature of a spiritual evolutionary nature, and pass along your thoughts and experiences to the rest of us. There is so much information out there, and having a glimpse of this material with your synopsis is a great help since we are on the same path, to awareness and self realization, the realization that our divinity lies within, as the source of all that is. Thanks again, and may Spirit continue to guide you along your path.

– Susan Seaman, Canada

Please do not be fooled by the title *Turn Off The TV : Turn On Your Mind* by thinking that this is a *mundane* e-book. Michele's third book is *anything* but that. If you are just a beginner to spirituality, this book is offering a template for you to follow. If you think you have reached an intermediate level, this book can take you to a deeper understanding. If you think you are already an advanced entity, there are aspects of this book that will enable you to ponder, thereby helping you further into your spiritual awakening. From the opening statement, *To Be Or Not To Be*, Michele encourages you to contemplate the deeper meaning of To (Choose) To Be or To (Choose) Not To Be (Enlightened). She then weaves concoctions of words and concepts that take you, the reader, to new depths in a clear, concise and easy manner. She offers numerable sources for you to research further, if that is your aspiration. What is very obvious as one progress into this book is that Michele expresses all of this material from her own experiences and her own understanding. I highly suggest this book to anyone on the Path of Enlightenment, it is a MUST READ.

– Elio Serra, USA



Another excellent read! I have to admit, the title struck me most, as it is what I strive to do. When I got into the “meat” of the book, I was happily surprised with more enlightening thoughts and ideas (other than simply turning off the TV). It was a very interesting and inspiring read! Thanks, Michele for *another great e-book!*

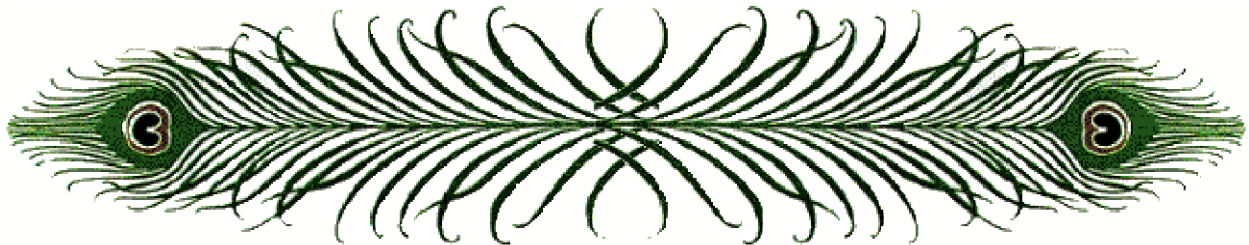
– Genn Waite, [Arkansas Crystal Works](#)

Absolutely superb are the first words that come to mind. I have read many, many things within the dreamstate reality and this work of yours is driving the message home. You give *succinct explanations* to some rather perplexing areas, particularly about the nature of incarnation and what's going on inside our machine. You didn't fail to mention the ego and the power of illusion generated by that which is within everyone. You mentioned Jed McKenna, and how could you not?

There are so many links of helpful assistance to anyone who has the thirst for knowledge concerning awareness. There is one thing I am becoming more and more aware about and that is belief. Anything that needs as a fundamental assumption a belief as its basis is flawed. The reason is just this, in order to ascertain that, we need something tangible like a fact, but the truth is that *nothing holds up under the light of truth*. There is no real knowledge or certainty of anything except that we exist. So any belief, while it's certainly permissible to ponder such things, is just conjecture, a belief, a wisp of smoke. I really love the way in which some ancient texts describe this. A silence. A stillness. But, in that silence and stillness words lose translation and meaning. This is the point where we no longer deny our existence, but embrace it in the only true capacity we can – our own experience of existence. We live life no more in the meditative trance, not that kind of silence, but a stillness and silence that contains everything. The nothing that is ALL. Everything is given to you because it comes forth from you and returns to you.

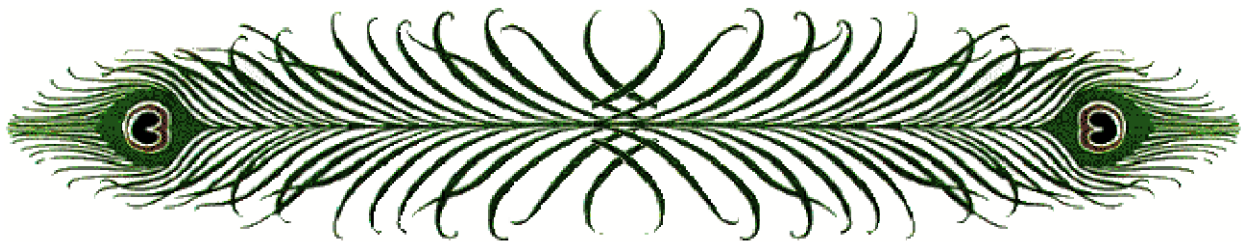
I spent so much time trying to do what you're doing a superb job at, and that's describing this wondrous and radical paradigm shift. So many are doing this, it seems. How much better does it get? We actually live in a beautiful arena of existence that the world has not been able to see. People are helping people and that's what you're doing Michele. How much more beautiful can you be? You are a blessing to so many.

– David Shirk, USA



I have just had the pleasure of reading the new book by Michele Doucette entitled *Turn off the TV: Turn on Your Mind*, and found it very invigorating. I immediately related to the steps which Michele has taken to make her the knowledgeable and positive person that she is. The book is not only replete with truisms, but *contains many little-known Truths which have propelled enlightened individuals toward inner peace throughout the eons*. The serious reader cannot help but deepen their Spiritual search by drinking in this work. Cheers to Michele on a job well done!

– [Stanley J. St. Clair](#), author of *Mysterious People of the Bible in The Light of History and Prayers of Prophets, Knights and Kings*



I just finished reading your book and I was pleasantly surprised. Just like your other works, I thoroughly enjoyed the read. *Turn Off The TV: Turn On Your Mind* was filled with interesting ideas and spiritual principles. I love the simplicity of your writing. *The concepts are very easy to grasp, yet the wisdom they contain is profound.*

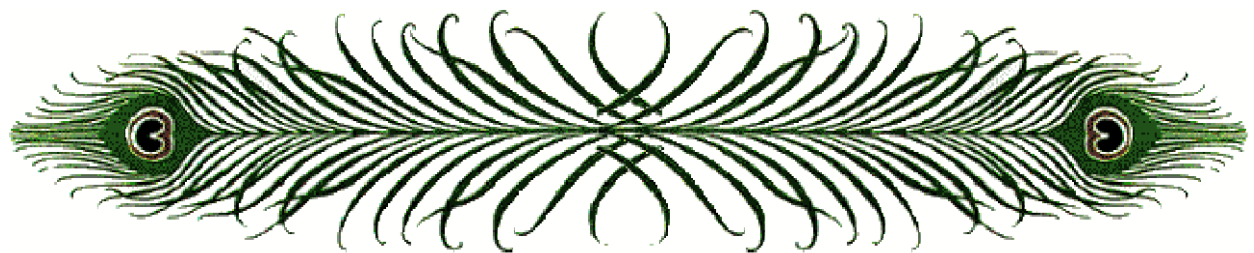
After reading your works, I can tell that not only do you believe that spirituality is meant to be simple, but you practice it. Thank you for getting this information out there. I appreciate and support all of your efforts.

– [Jason Randhawa](#), editor of [The Future of the New Earth: A New Vision for Your Reality](#)

Rarely do I spend the additional funds to order a Pay Per View movie through my cable company, but the movie Kite Runner became available this week. I know the region and culture around Pakistan and Afghanistan fairly well and wanted to see this movie, fully expecting it would be trite and surface gloss only. It has been 2 to 3 days since I saw the movie and my mind is still whirling and reeling from its impact for *it contained many lessons and connections which I also found you struggling to express in your book.*

On ego and ego-lessness, there is a critical scene in the movie where the main characters are children and best friends (and unknown to them, also half-brothers). The older child would never “stick-up” for himself or others. The younger was always at the ready to defend his older friend. One day the older boy witnessed the terrible beating and rape of the younger by town bullies. He hid and did nothing to interfere. The younger boy was badly beaten and traumatized but never said a word. Soon after, the elder boy threw tomatoes at the younger, insulted him and begged him to strike back, but the younger boy would not. Instead, he picked up a tomato and rubbed it into his own face as if to say “Here, I will help you dump your guilt on me. I love you too much to see you suffer even with this guilt. I am here for you to beat up on until you too understand the message and love me as I love you.” This act of total surrender of one’s ego becomes the turning point for events later in their lives. It was the lesson given by a 7 year old guru who understood, far better than anyone else, the true meaning of God and Love and selflessness. It was a life lesson about ego and non ego. For some, it comes naturally. For others, it must be learned and understood. *In reading your book I could see expressions of the same life lessons. I could also see the same expressions of selfless love. To find the words to express it well to others is a true gift.* Thank You and May God Bless You and help you to help others who share our journey.

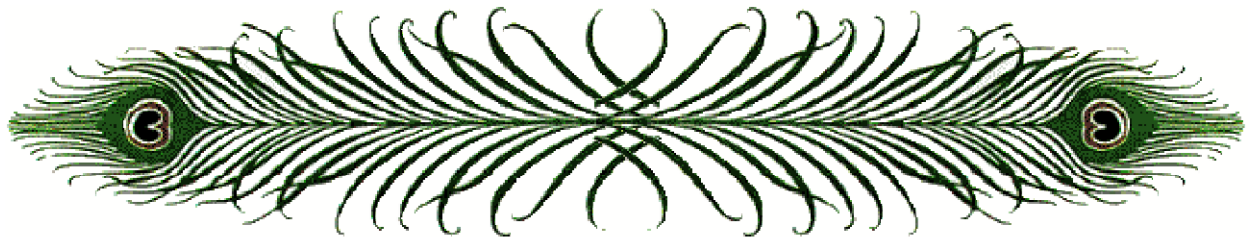
– [Suzanne Olsson](#), author of *Jesus in Kashmir: The Lost Tomb*



I like how your book begins with an explanation of duality along with a pointing toward nonduality and advice on how to pursue nonduality. You then assert that the pursuit is dependent on an understanding of the mind. Your book *provides various ways to turn the mind toward its source*, toward the nondual, along with some interesting and practical diversions along the way. The reader will learn how to re-align the mind through affirmations, visualizations, gratitude, desire, and positive thoughts. Practical gains from proper mental positioning include health, money, love, and inner peace. *The purpose of this heightened mental awareness is something deeper than the practical, and you make that clear.* The purpose of mental preparation is to make the pursuit of enlightenment feasible.

This book is *a fine guide and reminder for people who are wandering in the garden of spiritual and mental delights* and who intuit and need to pursue something deeper, known as source, God, soul, enlightenment, or nonduality. Readers will be pleased to see serious reference to some well-known, and not so well-known names – Edgar Cayce, John Van Auken, Rev. Simeon Stefanidakis, Andrew Cohen, Eckhart Tolle, among others. I also like the hot links within the e-book. The reader can therefore expand the book at multiple points within the texts.

– [Jerry Katz](#), author of *One: Essential Writings on Nonduality*



I simply cannot keep up with Michèle's *prolific output*. I firmly believe Michèle is *writing via divine guidance*. Her work is *pertinent and useful* and will keep any searcher for truth going for a long time. Michèle is blessed by the gods with her *talent for writing*.

If anyone wants to contact me just in case they are skeptical, please don't hesitate.

– [Jacqueline Lion](#), Certified Astrologist, Pendé, France