

Gift Ideas

29. Linda Jarrett's Unicorn & Rainbow Angel Meditation CDs

LJ001 £11.50 NEW CD. Unicorns are beautiful beings of tremendous light, their pure energy coming from the Unicorn's Horn will fill each and every cell in your body.

LJ002 £11.50 Rainbow Angels are wonderful healing angels that work with the Temples of Golden Light giving healing on all levels, mind body and soul.

30. Eckhart Tolle's music for inner stillness

ST278 £12.20

With Music for Inner Stillness, Eckhart Tolle presents a handpicked compilation of music purposefully sequenced to center us in the moment in what he calls "the joy of being." Artists include Grammy nominated Tibetan flutist Nawang Khechog, and others.

31. Mantra Meditation for Creating Abundance

ST128 £12.25

Practise sacred sound to encourage abundance and growth in your life, both materially and spiritually. 1 CD.

32. The Mindful Way Through Depression

ST265 £24.50

Mindfulness practice is a simple and relaxing – try it for greater serenity and happiness. 4 CDs.

33. Walking Meditation

ST198 £21.35

Enjoy the first in-depth instructional programme to help you walk with presence and peace of mind - whether in nature or on a busy city street. Buddhist master Thich Nhat Hanh, along with one of his principal students Nguyen Anh-Huong, illuminates central tenets of this art. 1 DVD, 56-page guidebook.

34. Channelling Grace by Caroline Myss

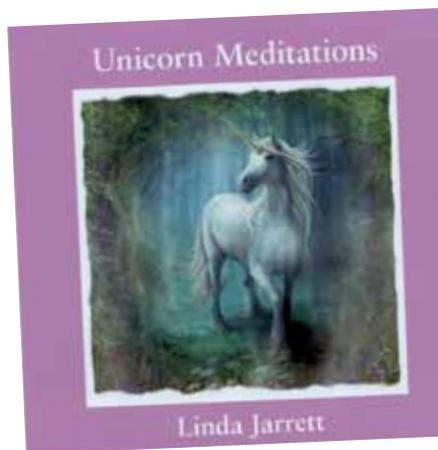
ST251 £18.37

If you were inspired by our interviews with Caroline Myss in past issues, get this CD set and learn more about how to recognise grace in your life. The two sessions will show you how to connect with grace and achieve clarity and healing. 2 CDs.

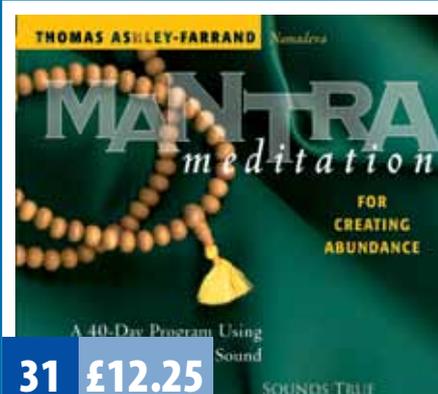
35. Rhythms of the Chakras Vol 2

ST262 £13.26

Balance your body's energy centres with this CD by world-class percussionist and sound healer Glen Velez. A fresh new blend of rhythms, movements and vocalizations fine-tuned to the dynamic energy of your chakras. Seven years in the making, this album draws on drumming from Asia and Africa. 1 CD.

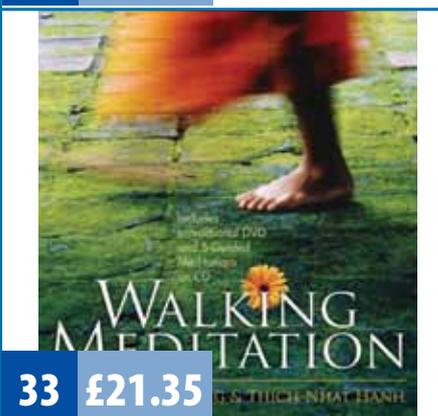
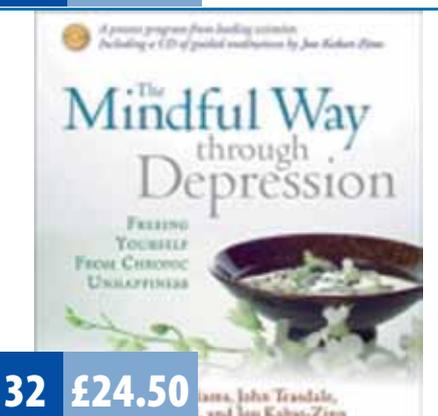


29 £11.50



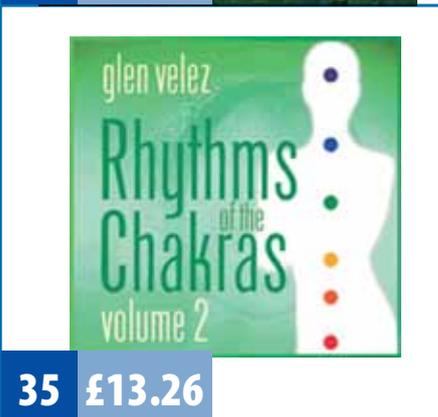
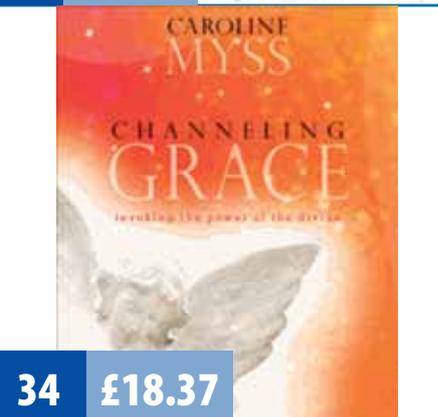
30 £12.25

31 £12.25



32 £24.50

33 £21.35



34 £18.37

35 £13.26