

# meditation

## Meditate your way through 2006

All the essential guided meditation titles you'll need to make 2006 the best year ever! Whether you wish to find inner peace, reduce stress and anxiety, facilitate spiritual development or just get to know yourself that little bit better, the following key titles will become invaluable resources to those seeking to engage in regular meditation practice.



### ARCHANGELIC MEDITATION

Kim Fraser (42:00)

KF002 RRP \$29.95 **VIP Price \$23.95**

This powerful meditation can help you transcend the everyday blues. Opening with an invocation and purification, Archangelic Meditation is a blissful experience that allows us to visualise the four archangels as we seek their guidance and blessing. Archangel Michael helps with attachments and blockages, Raphael assists us to manifest our goals and dreams, Gabriel offers inner peace and love and Uriel can assist us to bless the earth with loving kindness, allowing divine grace to permeate our being.



### EMPOWERING THE SPIRIT

Guided Meditation for Chakra Healing  
Ian Welch (40:19)

CD619 RRP \$19.95 **VIP Price \$15.95**

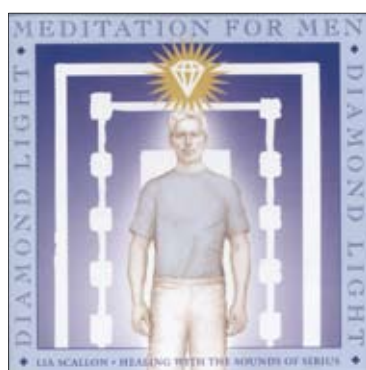
What better time than now to do some spiritual spring cleaning? Empowering the Spirit is a complete mind, body and spirit guided meditation that acts to clear, harmonise and re-energise the chakras. Using colour and crystal visualisations as its primary healing tools, this meditation is a great way to experience a full body energetic tune up.



### DIAMOND LIGHT MEDITATION FOR WOMEN

Lia Scallon (64:00)

LS03 RRP \$29.95 **VIP Price \$23.95**



### DIAMOND LIGHT MEDITATION FOR MEN

Lia Scallon (64:00)

LS04 RRP \$29.95 **VIP Price \$23.95**

A special combination of guided meditation and 'the Sounds of Sirius' (see feature on Lia Scallon on page 9) that takes you on a transformative journey to balance the male/female polarities that exist within each of us and activate Diamond Light energy to bring peace, joy and a deep connection with your own Divinity and healing at a cellular level.