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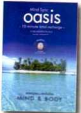
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SILENCE OF PEACE: The Alpha Music of John Levine

was expecting a sound and voice meditation and found myself listening to music that really gave me a sense of peace and connectedness that was almost immediate and lasted for the day, and this is no mean feat as I was listening on the day we went to print, which as everyone knows, is a very stressful time. This CD works with the base chakra, the music in the key of F, and the frequencies offered are subtle and effective. John Levine's work is endorsed by Patrick Holford, the guru of health and nutrition. I highly recommend. To order see ad below.

SANDY McLEOD



OASIS: MINDSYNC SOUND TECHNOLOGY John Homewood

John Homewood leads the visualizations and his voice is soothing and he uses evocative images. The first meditation has water sounds as the background allowing the body to relax and calm the nervous system as you follow the visualization. There are 5 tracks, each 10 minutes long, and each one has a different intention; there is a meditation to tap your intuition, to receive a gift from your super conscious, to let your true potential unfold, to find the key to solve a problem and to release and dissolve problems. My favourite is the second track. I like the piano music, it felt grounded and centred to me. The treasure of this CD is that there are tracks to suit your every mood and need. To order see ad below.

SANDY McLEOD



For advice and recommendations on healing & relaxation CDs, books, Stockists of Mindsync programs, Hay House books, CDs & cards - overnight nation-wide delivery.



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