LOVE AND LIGHT:
Yoga for Cancer HIV/AIDS
Et other illnesses.
by Julie Wentworth
ISBN 0-646-41815-7
Available from Julie Wentworth
PO Box 195, Malvern Vic. 3144
$22.95 + P/H

THE REIKI SOURCE BOOK
By Bronwen and Frans Sticen
Published by Brumby Sunine
ISBN 1-864816-55-6
$39.95 - available at all good bookstores.

The Reiki Sourcebook is the definitive Reiki book, and includes everything you’ve ever wanted to know about the system of Reiki. It is somewhat like an encyclopedia or compendium of Reiki.

In a factual, objective and informative manner the whole system of Reiki is discussed. It includes a completely referenced history from when Reiki first started in Japan through to its popularity in the West. Over 70 illustrated techniques from Japan and the West, a Reiki lineage chart, Reiki branches and associations, complete glossary, scientific research and naturally, information about the system that is aimed at the beginner through to the teacher.

It is time that such a book be written. The Reiki Sourcebook is bound to clear confusion in the Reiki community on a global level. Highly recommended for anyone interested in or already practising the system of Reiki today.

TANTRIC MEDITATIONS
STEPS TO FREEDOM
Guided meditations with
Swami Muktiharma - CD
$25.00 AUD + P/H Available
www.satyananda.net
$30.00 NZ + P/H Available
yogashop@anahata-retreat.org.nz

Swami Muktiharma guides you quickly into a deeply relaxed state with a strong gentle voice. The highlight is 17 minutes of “Yogic Sleep”, like a conscious catnap, for the work, busy home or education environment.

DIVINE MEDITATION
The Sages Manual for Contemporary Life by Swami Govindananda
ISBN 0-9759513-0-X Available from selected bookstores in Sydney and Adelaide or from BMC Books Publishing
PO Box 742, Vaucluse, Sydney
02 9388 8106
$27.95 + P/H

Over thousands of years numerous sages of India have sought and realised their true self and have affirmed that human life holds supreme potential. They have left blueprints for us to discover the truth for ourselves, encouraging us to follow in their footsteps.

This writing follows in those footsteps. Its author, Swami Govindananda, is a New Zealand born Westerner who lived in India for many years absorbing and experiencing meditation and philosophy from one of India’s most respected Spiritual Masters - Jagadguru Shri Kripalu Maharaj, recognised as the 5th Master of Masters in the last 2,500 years of Indian history.

In this book he passes on the nectar of spiritual wisdom and meditation. Its value is beyond measure. It will change the way you look at your meditation, your spiritual life and you self.

“The Quick Relax” segment if used daily is designed to increase energy and promote a feeling of wellbeing and focus. Other tracks promote deeper inner exploration and a scientific approach to the monkey mind.

There is powerful music accompaniment by world musicians Caitlin and Sika using flutes, didgeridoo, keyboard, bells and harmonium. One is lulled into a state of relaxation, balance and freedom. Included is a beautiful Shanti path chant.