

**LOVE AND LIGHT:
Yoga for Cancer HIV/AIDS
& other illnesses.**

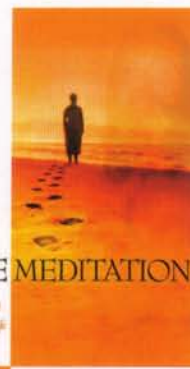
by Julie Wentworth

ISBN 0-646-41815-7

Available from Julie Wentworth
PO Box 195, Malvern Vic. 3144
\$22.95 + P/H

This inspiring book communicates most effectively through both personal experience and detailed instruction. Julie describes her own encounter with cancer and includes several accounts of past and present students who have also lived with HIV/AIDS or a life-threatening illness. She details appropriate practices for those managing such conditions and includes asanas, pranayamas, relation techniques, and meditations for healing, peace and wellbeing. These instructions are accompanied by additional information for teachers. Through the courage and wisdom gained by personal experience, Julie has produced a book that will help not only those wanting to incorporate yoga in a recovery program, but also their families, friends and caregivers, as well as health professionals and yoga teachers. It is a book coloured by joy and compassion. It celebrates life and speaks directly to the heart.

Julie is travelling to South Africa and Sri Lanka in 2005, to teach and work with HIV/Aids students and doctors.



DIVINE MEDITATION

*The Sages' Manual
for Contemporary Life*

swami govindananda

DIVINE MEDITATION

**The Sages Manual for Contemporary
Life by Swami Govindananda**

ISBN 0-9750513-0-X Available from
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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 your self.

**THE REIKI SOURCE BOOK
By Bronwen and Frans Stiene**

Published by Brumby Gemcraft

ISBN 1-903816-55-6

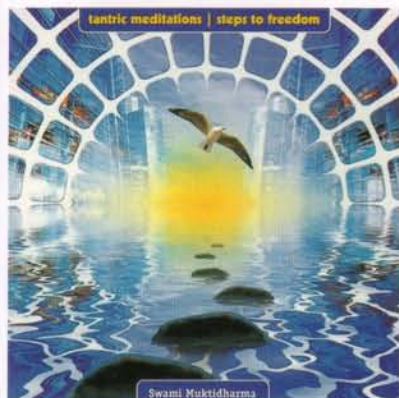
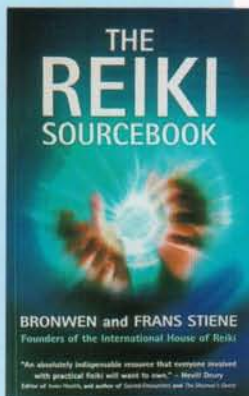
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The Reiki Sourcebook is the definitive Reiki book, and includes everything you've ever wanted to know about the system of Reiki. It is somewhat like an encyclopedia or compendium of Reiki.

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.



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