

Learn about shell essences

Shell Essences are vibrational remedies which use different forms and frequencies of energy to rebalance mind, body and spirit. Visit NatureCare College's Open Day on April 29 to find out more about upcoming workshops that can teach you the skills to successfully use these remarkable healing tools in your practice. Call 02 9438 3333, or visit www.naturecare.com.au.



conventional bras, which have been cancer due to the fact that the pressure on the breast and surgery inhibit the flow of lymph causes toxins to re-enter rather than being flushed out. Earth bras are also suffering from allergies. www.blessedeath.com 732 933.

The Healing Power of Reiki

Reiki (meaning Universal Life Energy) is a simple technique for transferring healing energy. These four titles will show you the healing power in your own hands – and how you can use it in all kinds of situations, any time, anywhere.

The Japanese Art of Reiki

Bronwen and Frans Steine

O Books; \$39.95; contactsales@brumbybooks.com or www.reiki.net.au

The first practical Reiki book from the traditional Japanese perspective.

BEST PART The planned guide to developing a daily routine, and clearing your space.

