



December 10- 2008

Hello,

I imagine as you are reading this email, your mind is also racing with all things needing to be done by year-end. I always find myself reflecting over plans I had for the year and then trying to get them completed by the end of December! One key December activity for me is to make contact with people that have contributed to my life over the past year. I include you in my list. The joy and passion I get from your support, stories and input is priceless. May I thank you from the bottom of my heart and wish each of you a fantastic holiday season.

We have a major new music offering this month, both in the physical and cyber world. As well as playing music over our shop stereo we have 4 individual systems for you to use when purchasing music. There are two panels, one is dedicated to yoga practice music, the other has a mixed range. The panels have headsets attached and you select from the CD cover images. In addition we have two ipods with over 600 CD's loaded. In the cyber world we have the [Phoenix jukebox](#). The music samples are a subset from the total list giving you a taster as you choose your CD's. To make it easier we have sorted the samplers into their genre... i.e. world fusion, healing, guided meditation.

Over the past few weeks I have been asked for children's books as parents, grandparents and friends search for Christmas gifts. To help you choose your gifts I have created a specific [Books for Children page](#) with our top picks. I have chosen the titles based on the feedback I get from children and parents when they come in.

Eckhart Tolle is by far the leading author for us this year. He has always been a favourite with me because he has the ability to cut through and get straight to the point. I also enjoy his sense of humour. He does not take himself or the human condition too seriously. The 10-week workshop he conducted with Oprah via the internet certainly raised his profile. DVD's and CD's from his Teaching Series have been released in Australia and I can highly recommend any of them. I have created a [dedicated Eckhart page](#) for you to check out. Eckhart will be visiting Australia for the first

time in 2009. His host will be Hay House Australia. To find out more visit the Hay House web site.

I will leave you with our new books, DVD's and music for December. I trust there will something to catch your attention, either for yourself or as a gift for a loved one.

Books and music make great gifts so don't hesitate to contact us and let us help you make your choices. We mail out across Australia and can gift-wrap and include a card from you in the parcel.

Best wishes for the Festive Season!

Enjoy

Sue Sharpe

—
New Releases for December 2008

—
To read more about each title listed below, please visit the [New Release Pages](#)

Community

Peter Block
HC AUD44.95

I feel this is a very timely book. As we collectively face huge challenges in so many areas of life the structures of community will be tested and most likely transform into something much more supportive at an individual level. Peter Block explores the components of a nurturing community.

The Art of Power

Thich Nhat Hanh
PB AUD25.00

Thich Nhat Hanh is a very popular author. His work has a timeless quality to it and he blends the eastern wisdom with western pragmatism. In this book he addresses the use of power and argues that our culture has a limited definition and view of power.

The Way of Ayurvedic Herbs

Karta P.S. Khalsa and Michael Tierra
PB AUD40.00

I don't understand a great deal about the Ayurvedic tradition so I have enjoyed reading this book and learning about this ancient healing system. The two authors have combined their knowledge and created a book that caters to someone like myself with minimal knowledge and a practitioner that wants a handy reference guide to the herbs and their remedies.

Angel Therapy Oracle Cards

Doreen Virtue

Cards AUD24.95

The artwork and card quality on this deck is fantastic. Featuring the healing powers of Archangel Michael and Raphael the deck is sure to be popular with everyone.

Nature and the Human Soul

Bill Plotkin

PB AUD29.95

A great book for the times. I admit it has sat on my desk for a while. When I did pick it up I was engrossed. Bill argues that unless we move away from our egocentric, competitive society we will not find the solutions to heal the planet.

To read more about each title listed below, please visit [the New Release Page](#)

Our Tibet

Sophie Bouris with Sok Shabdrung Dujom Dorjee Rinpoche

HC AUD39.95

Tibet has been very much at the forefront of the political landscape this year. What are often lost in the reports are the individual stories of loss, pain and hardship. This book is the story of one family yet is representative of every Tibetan that has left their homeland. As well as heart felt text the pages are filled with stunning photography. A percentage of each sale of this book will be donated back to the Australian Tibetan community for them to use to preserve their culture and art.

The Instruction

Ainslie McLeod

HC AUD40.00

I believe that at a soul level we each have a purpose to this physical life. In this book Ainslie McLeod helps you to unravel what your individual soul life purpose is.

Creative Evolution

Amit Goswami
HC AUD43.00

This book does not stay on the shelf long enough for me to have a read! That is the best recommendation I can offer. Amit Goswami is best known for his ability to merge science and spirituality. From what I can see this book is no exception!

Grace, Grit and Gratitude

Grace Gawler
PB AUD29.95

I often find that when I read someone's story I gain realisations and answers to some of my own challenges. This book is no exception. A heartfelt story of love, loss and life.

Yoga Beyond Fitness

Tom Pilarzyk
PB AUD30.00

There has been a tendency in some areas to see Yoga as just a physical exercise program. This book is a bridge for those wanting more than a physical workout and the thousands of years of spiritual tradition that is Yoga.

To read more about each title listed below, please visit the [Music /DVD Release Page](#)

Music, DVD's and Audio Books

Food Matters

James Colquhoun and Laurentine ten Bosch
DVD AUD29.95

You may have read about the material in this DVD. Essentially it is challenging us to look beyond modern prescription medicine as the cure all to what makes us sick. The authors bring together the world leaders on nutrition and wellbeing to offer alternatives. This will be a popular gift idea.

The Brainwave Suite

Dr Jeffrey Thompson
CD's AUD65.00

I have listened to each of the 4 CD's included in this set and can assure you that the effect is just as promised. The acoustic beats bring your brainwaves into the particular state that is supported by

wonderful sounds of nature – waves crashing to the shore, rain on a tin roof to name but two.

The Law of Attraction in Action – Episode 4

Esther and Jerry Hicks
DVD AUD29.95

For all the many fans of Abraham, this DVD will not disappoint. Covering many topics I found the answers offered were deep and well expressed. The focus point was to always be going downstream in the flow of life. Go with the current!

Yoga Mystique

Pravana
CD AUD30.00

This is one of my favourite CD release this month. The combination of music traditions used is haunting in some ways and soothing in others. Don't limit this CD to just yoga... it is perfect for background chill.

Garden of the Gods

Deuter
CD AUD30.00

Deuter is a new musician for us, although I understand his work has been around for a number of years. What I like with this CD is the subtle sound of the flute in between the sounds of water.

—
Our Top Books for November 2008

—
The Untethered Soul - Michael A. Singer
The Mindful Way Through Depression - Jon Kabat-Zinn et al
Anastasia - Vladimir Megre
NLP Workbook - Joseph O'Connor
My Stroke of Insight - Jill Taylor-Bolte
A New Earth - Eckhart Tolle
The Artist's Way - Julia Cameron
CosMos - Ervin Laszlo
Mental Resilience - Kamal Sarma
The Way of the Superior Man - David Deida

To read about these titles as well as others by the same authors visit our [Best Sellers Page](#)
Our Top Audio for November 2008

What about me! - 1 Giant Leap
Not all those who wander are lost - 1 Giant Leap
Timewave 2013 - Sharon Rose
As it is in Heaven - Kay Pollack
Mini Meditations for Stress Free Living - Simonette Vaja
Bhakti - Sacred Earth
A New Earth (Audio) - Eckhart Tolle
Money and the Law of Attraction (Audio Book) - Esther and Jerry
Hicks
2012 – the Odyssey - Sharon Rose
The Power of Presence - Peter Senge

To read about these audio titles as well as others by the same
artists visit our [Music Best Sellers Page](#)

Newsletter subscription

You have received this newsletter announcement because you
either joined our mailing list or purchased one of our products. To
be removed from this mailing click on this link at the bottom of this
email. We'll be sad to lose you.

Privacy

YOUR PRIVACY IS PROTECTED!!!

Our subscription list is NOT made available to other companies
for any reason. We value each and every one of our subscribers
and your right to privacy.