

Reviews

Ascension Chakra Healing

CD by Jill and Glenn Harrison

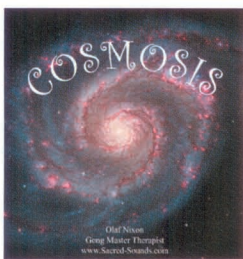


I haven't really tried many meditation CD's before and this one comes channelled from Lord Melchizedek through Jill Harrison. I listened to the meditation read by Glenn (you have a choice of male or female voice) and I have to say it was a beautiful visualisation, which made me feel wild and free. It also taught me a new method for raising the vibration of my chakras using visualised natural movement which was inspiring and fun. This was just one of many CDs that A New Belief have produced; so go to their website to find channelled meditations which can help you with everything from clearing behavioural patterns, visiting Archangel Raphael's spiritual surgery, protecting yourself and meeting your guardian angel.

Review by Sarita Cameron. For more details www.anewbelief.com

Cosmosis

CD by Olaf Nixon



Listening to this Gong CD was quite an extraordinary experience.

Apparently gong therapy is used to create an holistic field of resonance around the body which is felt not just with the ears but also with every cell of the body. This becomes obvious when playing the CD. I put it on one day when I was feeling extremely frazzled (as in my work I have

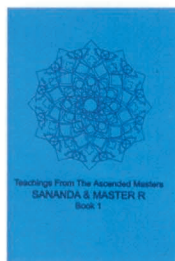
to talk to many people and often absorb their energies and stresses). Within about one minute of starting the CD all the negative energy in my body dissipated, my headache went and I felt completely clear and grounded. It was amazing! I'm also not surprised to find that gong therapy helps reduce stress as it has a very strange comforting quality. It's not a sound I'm used to hearing at all but it's definitely one I will continue to listen to.

Gongs are also good for weddings, music therapy, schools, and baby namings.

Review by Sarita Cameron. For more details www.sacred-sounds.com

Teachings from the Ascended Masters

by Beryl Charnley



This is the first in a series of small books on the channelled teachings of Sananda (Jesus) and Master Rakoczi (St Germain), compiled in the 12 years from 1986.

Channelled at a time when there was little material of this nature available, the messages follow the spiritual unfoldment of the Charnley family.

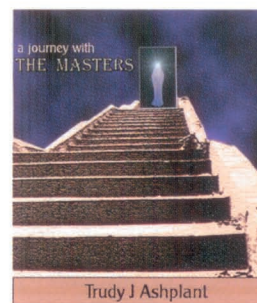
Many subjects are covered including: meditation, enlightenment, karma, reincarnation and unconditional love, and the information is presented very clearly and simply.

This lovely little book is ideal for those just becoming interested in messages channelled from the higher realms, they are gentle, uncomplicated and reassuring.

Review by Claire Williams. Published by Purple Spirit Press. ISBN 978-907042-00-3. Also from Purple Spirit Press is a selection of Heather Charnley's artwork and poems in 'The Planets Book' and 'Poetry From The Heart'.

A Journey with the Masters

by Trudy Ashplant



Trudy Asplant is passionate about teaching the higher message of the Tarot and raising it above the level of fortune telling. As a clairvoyant she has been fortunate enough to receive visitations from a number of Ascended Masters over the years. Sometimes they have manifested as if in human form, often to aid and guide her in her work.

One the tasks she was given was to put together the alignment of 22 Masters to the Major Arcana cards of the Tarot. This book is the result. It may be read cover to cover or dipped into at anytime.

Put together in the natural order of the Major Arcana the book starts with The Fool and its alignment with Sanat Kumara. A crystal, an affirmation and a symbol is given followed by a beautiful guided meditation to connect with Sanat Kumara. Not every card and its Master have a meditation, sometimes it is simply a poem. Nevertheless there is much to learn in this book as the Masters share knowledge of events and offer gifts, attunements and techniques to assist in raising your personal light.

After the alignments details are given on how to create a layout or spread and do your own reading.

Finally there is a guided meditation to introduce you to all 22 Masters together.

This is a delightful book and the meditations are very detailed and filled with light, there is much for the aspiring soul to absorb and enjoy. I would recommend it to beginners and those already familiar with such beings alike, and of course those wishing to take their Tarot reading to a higher level.

Review by Claire Williams. For more details www.trudyjashplant.co.uk

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